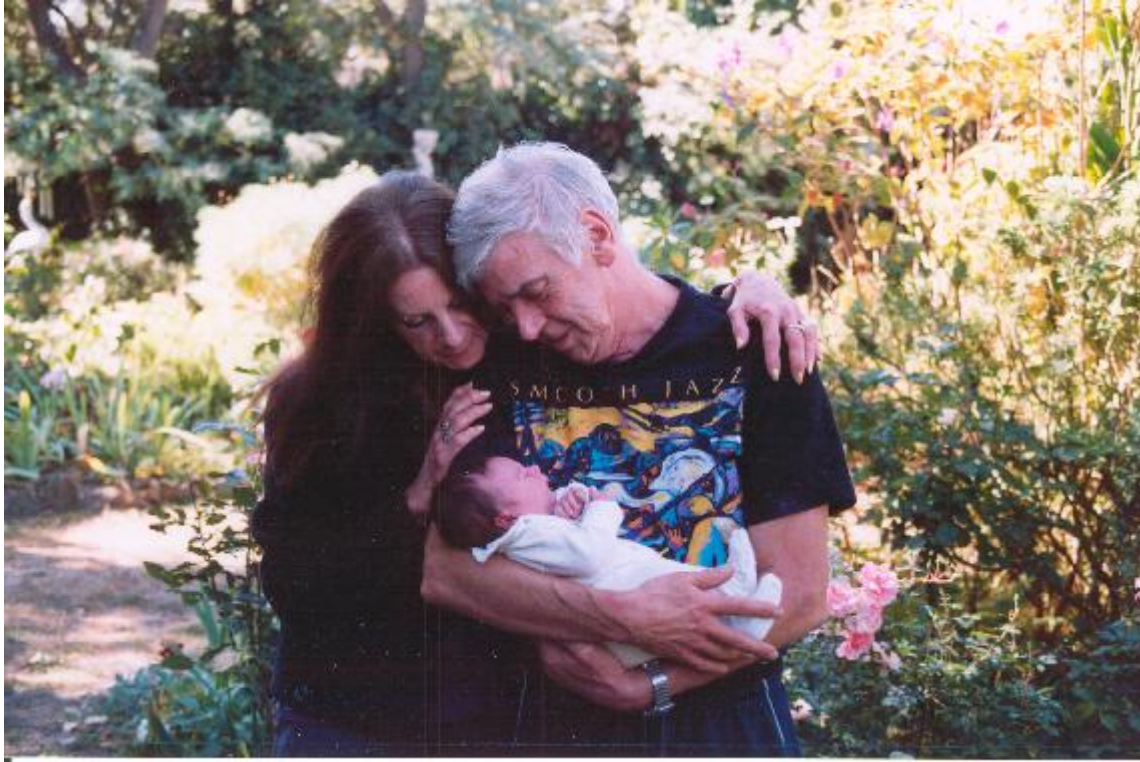


***Mind Over Disease: A Personal Experience  
World Congress on Advanced Integrative Rejuvenology  
OCT 20th , 2006 Gulf Shores, Alabama USA***

***Professor R. H. Brian Costello  
PhD FCP (Lond) Dip FAB Med Psych FAAIM FACFE MACE***



***Professor R.H. Brian Costello, Clinical Neuropsychologist, Forensic Examiner,  
Clinical & Educational Psychologist (Biography Update by Mike L Wright, Nov 2005)  
www.cassel.edu.au [www.onetv.com](http://www.onetv.com) [www.onetv.us](http://www.onetv.us) and [www.icimedicine.com](http://www.icimedicine.com)  
T +61 359-786-888 F +61 359-787-323***

***“Who’s Who NY and Cambridge International Biographies 1979 to 2005”***

On 31 JAN 2005 two T5 & T6 spinal surgery vertebroplasties were performed successfully by the Alfred Hospital Melbourne Radiology Intervention team. Happily this resulted in being ENTIRELY PAIN FREE after five years to finalize Terrorist Picture Polygraph research started in 1986. Brian has resumes upcoming books and specialized Mind Body Medicine private practice.

On accepting his 2003 Press Club invitation to present to Senior Executives of the ACT Canberra Public Service, Brian recapped his career and discussed personal leadership role models. He highlighted critical life incidents to apply decades of research for his Mind-Body Medicine recoveries; 1998 Terminal oesophageal cancer; 2000 Vertebral T6 crack-fracture from head-butting by his pet camel and then a T5 crack-fracture falling backwards from the kitchen sink. Ironically those peculiar accidents were before compression fractures sustained in his 2003 excessive US, UK, EU research itineraries.

Unexpectedly in 2004 Brian contracted Pneumonia resulting in congestive heart disease from which he recovered to perfect health.

*In May 2004 aged 61, Brian was emergency-hospitalised for pneumonia with BP 70/55. This was due to excessive swimming training with patients on a cold winter's morning. He was discharged in only four days after bed-rest because he was allergic to penicillin and most medications. Without taking later prescribed medication he resumed excellent health and physical fitness through newly discovered self-treatment techniques. These focused on pain control for fast auto-immune repair and physical rejuvenation. Simultaneously he recovered from; Dysthymia; Cardiomyopathy; Pericarditis; Pleural effusion; Atelectasis; Pericardial effusion (Pericardial heart sack Fluid Volume 70ml compared with normal 10ml); Renal cyst measuring 5cm; Left lung lobe fluid density minimal alveolar opacity lesion; Inadequate Thermoregulation; Fibro myalgia nocturnal muscle cramps; Hand & Foot Syndrome symptoms. These recoveries were remarkable because Brian rejected prescribed medication due to allergic reactions.*

In 1998 Brian rejected 24hr Morphine for inoperable cancer ICP Melbourne (Costello,1998); 1999 Australian Institute of Criminology (Costello, 9.9.99); 1999 Post 5-wks daily palliative radiotherapy the couple flew non-stop to NY; 2000 Declined an esophagectomy ICP Toronto (Costello 2003); 2001 In self-treatment he rejected analgesics for T6 AAIM Florida (Costello 2001); 2002 T5 crack-fracture; 2003-4 Again he used his new Mind-Body techniques for vertebrae compression (T6 vertebral height reduction 70%) with general spinal degeneration.

Post pneumonia discharge 2004, for six weeks he excelled in rigorous daily swimming training RLSS water skills strengthening to regain perfect health. Simultaneously invited to NY Who's Who top ten half page entries, Professor Costello was appointed Australian Student Services Coordinator for Bachelor of Sports Science BSS undergraduate and PhD distance learning degrees by the esteemed United States Sports Academy.

***But how did this wish upon a star come true?*** Put simply, Brian coupled new flotation exercises with EEG altered states of consciousness originated for "Visual Afterimage Perception Thought Stopping" classical conditioning *Australian Institute of Criminology (Costello, 9.9.99)*. Pain control emerged quickly using the same 20 new methods developed for anxiety, depression and stress reduction. These accompanied unexpected rejuvenation with unique physical energy.

Professor Costello is regarded as an outstanding Australian who holds extensive academic qualifications with a broad range of far-reaching honorary positions to mention a few;

- Former PhD and MA research supervisor in Mind-Body Medicine at the Swinburne University Graduate School of Integrative Medicine [www.icimedicine.com](http://www.icimedicine.com)
- Chairman of the International Council of Integrative Medicine
- Life Fellow of the American College of Forensic Examiners
- Fellow of the American Association of Integrative Medicine College of Pain Control
- Member of the National Faculty of the United States Sports Academy.
- Forensic Neuropsychology Chairman, American Board of Psychological Specialties.
- Chief Australian Liaison Officer for the American College of Forensic Examiners.
- Visiting Professor, University of South Alabama and United States Sports Academy
- Ambassador of the International Council of Psychologists (ICP Est.1943)

Academic qualifications were earned during a lifetime of full-time employment spanning 43 years teaching and clinical psychology practice. Internationally, colleagues view his career as triumphant in unique Mind-Body Medicine cancer and heart risk factor research break-throughs.

Not surprisingly, Brian's honours and distinctions are extensive to name a few;

- 2004 United States Sports Academy Distance Learning Coordinator for Australia
- 2003 Member of the Canadian Board of Directors for OneTv
- 2000 Chairman, International Council of Integrative Medicine
- 1999 Chairman, American Board of Psychological Specialties
- 1999 ACFE Outstanding Contributions Forensics Service Award, NY Waldorf Astoria AGM
- 1997 International Forensics and Multicultural Education Distinguished Recognition Award
- 1997 Golden Eagle Award for Outstanding Contributions in Computerized Biofeedback
- 1996 Fellow and Diplomate, American Board of Medical Psychotherapists
- 1981 Australian National Distinguished Service to Children Award
- 1980 San Diego Project Innovation Special Recognition Award for Excellence in Health Services
- 1979 Australian Area Chairman and International Council of Psychologists Director at Large
- 1974 Special Education Psychology Fellow of the College of Preceptors, London
- 1971 Member of the Australian College of Educators
- 1968 Royal Life Saving Society Examiner for the Award of Merit.

Since his Reading Teacher Typewriter Toy and Language Translator (*Chamber of Commerce Patent 1969*), scientific publications and software for career guidance were acclaimed locally and internationally as contributions advancing knowledge, learning and research in psychology and education. In 2000 Brian was offered the Wisdom Award of Honour to be conferred Eminent Fellow by its president and founder.

As the first Australian named to the Wisdom Hall of Fame Beverly Hills for clinical neuropsychology and educational psychology, he joins many renowned past recipients such as esteemed psychiatrist Dr Carl Gustav Jung, Albert Einstein, Sir Winston Churchill, Ernest Hemmingway, Presidents Truman, Eisenhower and Kennedy.

At age 61 and married 38 years to his loving supportive wife Jan, through diligence in serving humanity Professor Costello is considered by patients and colleagues as a worthy individual whose colourful life is consistent with hard work through faith, hope and quite a few prayers.

### ***Un-Expected positive side-effects achieved spin-offs through Mind/Body Medicine techniques discovered during cancer recovery from 1998***

- Heightened psychological endurance and physical strength.
- Elevated physical energy and agility. Heightened physical work output.
- Increased lung expansion spirometry, swimming 50 meters underwater.
- Increased haemoglobin count and permanent weight without increased appetite.
- Controlled relaxation: Heart 80 to 40 in 30 secs with lowered BP at will.
- RH ring finger RH ring finger grew from size Q to S and LH from Q to R in winter.
- Right hand increased size and span; index finger 1.3 cm larger than left.
- Research articles to demystify *things that go bump in the night*; Past life experiences, NDE's, intuition, psychokinesis and remote viewing.
- Mixed cerebral dominance with fine-tuned rapid ambidexterity
- Sharpened kinaesthetic responses. Luria Nebraska. Visual Motor Scale double age norms.

- Enhanced visual perception and night vision with sharpened auditory closure.
- Improved acuity in hearing, vision, flavour, tactile response and vigilance.
- EEG enhancement for concentration and attention span elevated with minimal fatigue.
- Remote memory expansion with significantly reduced need for sleep.



*Dr Costello at home in January 2001*

- Increased verbal expression and expansive vocabulary.
- Dysphagia eliminated but medication sensitivity including, chilli and mustard.
- Significantly low alcohol tolerance with delightfully increased affect.
- Recurrent lucid-state-dream material retrieval from EEG ranges 11-17 Hz.
- Mutual lucid dream entry with his wife Jan.
- Private practice continued throughout courses of chemotherapy, experimental chemo and palliative radiotherapy with unusual endurance.
- Improved sense of humour and singing, whistling and dancing.
- Repaired neuropathic damage, numbness and pain eliminated.
- Incomparable swimming ability. Renewed leisure interests in Classics and Medical Folklore; The Tango; Techno and classical music; Golf; Cooking; History & Mythology; Physics; Pathology; Genetic memory; Figure-ground perception and night vision.

***Negative Side Effects Vanished completely by January 2000*** Hand & Foot syndrome as a lamentable consequence of chemotherapy: nausea, baldness (twice, also in experimental chemo) and sleep disturbance. Bleeding toes and neuropathy ceased in 2000. *But in MAY 2004: pneumonia; swimming too long without backup instructors. Result: Cardiomyopathy, Pericarditis etc was then self-treated. (NY Who's Who, 2004)*

### ***Remaining symptoms***

- Allergic reactions to most medication and also chilli peppers or hot mustard;
- Inability to perceive time limits while preoccupied with research or strenuous physical work and especially swimming or flotation with fractal and afterimage contemplative techniques;
- Involuntary arousal responses to visual cues with tangent thinking and embarrassment.
- Crack fractures T6 & T5 70% anterior height reduction (Fixed) Vertebroplasties, JAN 31, 2005.
- Nocturnal muscular cramps (Quinate).

***Camel Head-butting and Scrapes with Emergency Ward Admission Staff*** A day after head-butting by his pet camel, Dr Costello was admitted to Dandenong Hospital and X-Rayed to reveal a T6 spinal crack-fracture. On asking for an ambulance to return home, the RMO explained, “Ambulances bring patients to hospital. They don’t take them home. Look at yourself. You can’t walk and are incontinent”. Brian retorted indignantly that the damp sheets were because of melted ice packed under his back to reduce pain while driving to hospital. He was instructed abruptly -- “The only way you can leave hospital is to walk on your own, completely un-assisted. You are being admitted to Intensive Care for 6-8 weeks”. Alarming to staff, he discharged himself and walked out un-assisted, encouraged by his wife and son who were both sobbing. Following 5 months intensive chemo, experimental chemo and 5 weeks radiotherapy, his weakened immune system could not cope with pain management medication.



### ***Dalai Lama Tibetan Monks Delegation visiting Brian at Mornington***

Early the next morning with his wife Jan, Brian drove to a Tibetan Buddhist Festival in Prahran but was unusually grumpy that day, losing faith in most brands of religion. Although jaded by the festival’s pervading theme punctuated with Tibetan translations, unexpected enlightenment materialised with “old fashioned benevolence” from one of his former patients who also attended by chance. When seeing Jan and Brian who was in acute pain and very grey, she gave him a Reiki back massage. On deciding they’d seen enough, all enjoyed a nice cuppa at a local cafe before the long drive home to the Mornington Peninsula.

***Going against orders (again)*** Jan didn’t catch Brian swimming in the dam in the early hours when she was asleep. Constantly they were warned that any infection had to be avoided in chemo because fatal risks occurred from simple germs or just catching a cold. Their little dog Peppy was barred from the bedroom but unbeknown to the doctors, Brian went against their advice. Nightly while Jan was asleep, he spent hours playing in the dark with his horses and farm animals. This kept him distracted from pain on rejecting 24-hr slow release morphine a week after diagnosis. To defeat reactive depression, he used thousands of hours in research, self-observation and record keeping, experimental work, introspection, study and prayer. This was to reverse countless reactive stressors. Otherwise the victim/patient role would evoke overwhelming feelings of futility.

***Physical Rejuvenation versus Accident Proneness*** Pain had not subsided On July 4<sup>th</sup> when checking recovery from head butting, surprisingly a second fresh fracture to T5. Accidentally missing the stepladder, he fell backwards onto a concrete floor from standing on the kitchen sink. As his own doctor, something peculiar resulted in developing so many self-help treatments. This time, using everything learned in advanced pain control methods, it did not occur to him to seek medical attention or take analgesics. Osteoporosis due to chemotherapy was ruled out by a bone density X-Ray revealing that of a 17-25 year old male.

***Deception Detection*** Brian camouflaged his weekly chemo dressings beneath a muscle strain bandage waterproofed with Glad-wrap for swimming. Only one person at the pool objected but finally the Chemo nurses caught on towards the end of 5 months chemotherapy. He was sprung by his chemotherapy nurses. Chemotherapy dressings are self-adhesive and specialized compared with normal bandages. Because his bandage was usually wet and soiled compared with others, finally this became obvious in treatment with fresh weekly replacement dressings. His oncologist and nurses were generally amused because his dressings looking strikingly different. In response to their probing questions it was increasingly difficult to deceive them.

Because of the painful nightly cramps and coldness it was almost impossible to get out of the shower to warm up. This response worked well and besides it was very true, without any fibbing! Subservient child role-playing with embarrassing smiles disguising self-perpetuated guilt, he gave numerous excuses. Enjoying mutual interests in sport which they were fond of discussing was an advantage for distraction. Thus conversations were diverted to weekend cricket or the football games, then explaining that he just couldn't keep away from gardening and was always sloppy in the shower. Fortunately these conversational diversions worked.

On reflection that was half the fun of an adventure into the edges of reality because how could they refuse a man's last wishes to go swimming. By that time he had fallen in love with his nurses as many male patients frequently do in intensive chemotherapy. In 2000 Brian was nominated Eminent Fellow of Wisdom for Research & Education, Wisdom National Hall of Fame Beverly Hills pictured at the United States Sports Academy because on SEP 11 all WTC records were destroyed. After his 2003 Toronto 61<sup>st</sup> ICP research presentations, Dr Costello was appointed Ambassador for the ICP International Council of Psychologists (Est. 1943) as a former ICP Director in 1979.

On 06 APR 2004, Brian was emergency admitted to the Frankston with Streptococcal Pneumonia BP 70/50 and it looked to him like it was over, after the last rights.

In May 2004 he suffered resultant congestive heart disease with dysrhythmia, cardiomyopathy and pericarditis. Confirmed by CT, ECG and X-Ray Echo Ultra Sound on 18 JUN 2004 these conditions disappeared with Mind-Body Medicine techniques.

In January 2005 he was rendered pain free following two successful Spinal Vertebroplasties for T6 and T5 compression fractures with eternal gratitude to Radiology Intervention Surgery as a Miracle of Modern Medicine performed at the Alfred Hospital.