

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

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***Questions and Answers Session***

***Un-Expected positive side-effects achieved spin-offs through Mind/Body Medicine Advanced Rejuvenology techniques discovered in 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 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 results double for 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.
- 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.
- Experimental 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 and left ankle reflex, numbness and pain eliminated finally.
- Completion of research from 1986 re Terrorist Deception Detection (Picture Polygraph Technique)
- Incomparable swimming ability demonstrated in RLSS level Award of Merit Water Skills.
- Renewed leisure interests in Classics and Medical Folklore; The Tango; Rock, Techno and classical music; Golf; Cooking; History & Mythology; Physics; Pathology; Genetic memory; Figure-ground perception and night vision; writing upcoming books on Pain Control techniques.