

3 Top Mind Body Discoveries That boost your *Self-Healing Potential!*



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3 Top Mind-Body Advances that boost your Self-Healing Potential

Rolle Integrative Healing Solutions, LLC

Free E-Book

3 Top Mind-Body Advances that boost your Self-Healing Potential

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3 Top Mind-Body Advances that boost your Self-Healing Potential

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Welcome! We're Dr. Ramona Rolle-Berg and Dr. Renee Rolle-Whatley, founders and directors of Rolle Integrative Healing Solutions, LLC in Conroe, Texas. If you've downloaded this free ebook, you're likely wondering what the real chances are that even one of the 3 advances in mind-body medicine we're about to describe can truly impact your health and power up your ability to self-heal.



Well, the chances are great. Better than great, really. Mind-body medicine therapies, like the ones we offer at Rolle Integrative Healing Solutions, are perfectly poised to take full advantage of these 3 revolutionary scientific advances.

Let's get started.

Scientific Breakthrough No. 1: The Turtle Effect - Life Benefits of Slow and Controlled Breathing

Most of us breathe too fast. Probably because we're chronically stressed. Think about it. When you're late for work, or you have a deadline looming, or you're rushing around driving your children to multiple after school events, how slowly are you breathing, really?

Given that the average person takes about 20,000 breaths a day (1), breaths that you don't even notice because you're focused on everything else, it's not unreasonable to expect that your body is tense and your mood is...more often than not...iffy.

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While the concept of controlled breathing may not seem like a scientific break-through, it is! Breathing in a slow, deliberate, and controlled way can lessen your body's tension and totally revamp your mood.

Breathing in a controlled and slow way is also incredibly powerful because it supplies your body with oxygen and removes excess carbon dioxide, a fundamental process that keeps us all alive.

But it's not only about supplying cells with oxygen.

We don't just want to live, we want to thrive.

And the way you breathe,

whether it's deep or shallow, slow or fast,

makes a remarkable – and scientifically verifiable—psychological, and physiological difference that affects your mood, your stress level, your immune system and your genes (2).



As we said, breathing is a powerful tool for health and healing. As mind-body practitioners, we're especially aware of that fact and we teach all of our clients about the benefits of proper breathing and how to do it. In this case, the mind directly impacts the body. And this technique is entirely within your control.

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Controlled Breathing Benefit #1: Your Physiology

If you haven't heard of it before, the mind-body reaction that all mammals have when something bad happens is popularly called the fight-or-flight response (3). This acute stress response kicks in to prepare your body to react to danger. It releases hormones, stimulates your adrenal glands to release catecholamines, which include adrenaline and noradrenaline (4) while increasing your heart rate, blood pressure, and breathing rate.

And guess what? Fight-or-flight is not only triggered by your body's reaction to a physical threat (e.g., a growling dog) but also by your mind's reaction to a perceived threat (e.g., interviewing for a job). It's there so that you can quickly decide to fight or to flee.



The physiological benefit that controlled breathing provides is that it is one way to trigger an opposing response in your body, i.e., the Relaxation Response.

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Coined by Dr. Herbert Benson, a pioneer of mind body medicine at Harvard Medical School, the Relaxation Response activates your parasympathetic nervous system. It's also called the rest and digest system because it helps you to conserve energy for the next time you may be or feel threatened. Once activated, your brain gets a message that you're not being threatened and slows down your heart rate, relaxes your muscles so that you stop trembling or shaking, relaxes the constriction on your digestive tract so that you feel hungry again, and triggers your pupils to return to their normal size.

Learning how to activate the Relaxation Response helps you to control the release of stress hormones like cortisol into your body. It also helps to counteract the toxic effects of chronic stress by keeping muscles relaxed, blood pressure down, blood sugar at normal levels, and chronic pain lessened.

Controlled Breathing Benefit #2: Your Psychology

Controlled breathing can positively impact your mood. According to Belisa Vranich, Ph.D, author of "Breathe", "it's meditation for people who can't meditate" (5).

Integrative medicine practitioners have known for a long time that mind-body interventions that use controlled breathing have a therapeutic effect on a wide range of health concerns

Interventions like mindfulness-based stress reduction (6) and mindfulness-based cognitive therapy (7) have been shown to positively improve insomnia , anxiety, and depression.

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But why does it work? A recent study is shedding some light on this question. The study showed that controlled breathing caused neuronal oscillations in brain regions related to emotion (8). Study participants who were asked to count their breaths over a two-minute period showed that their brain activity (monitored by EEG) became more organized and less random. In addition, rhythmic breathing seemed to trigger improved electrical activity in the brain's emotion center, the amygdala (9).



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How does controlled breathing cause these positive psychological impacts? There exist many studies that provide suggestions. In general, controlled breathing exercises are said to balance your autonomic nervous system and positively influence your psychology by supporting your efforts to increase the amount of time you spend in parasympathetic activity (rest and digest), rather than sympathetic activity (fight or flight), calming your amygdala so that you're less reactive to anger and fear impulses, and managing the release of stress hormones (10).

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Belly Breathing in 3 Easy Steps

Step 1: Sit up so that you are in a comfortable position. You want to have your spine as straight as you can, without it becoming distracting. Next place the tip of your tongue on the ridge of your gums. Place one hand on your chest and the other on your belly. As you inhale, feel your belly expand as your hand lifts slightly. As you exhale, feel your belly flatten and compress. Your chest should remain unmoving.

Step 2: You breathe in and out through your nose. Focus your attention on feeling the cool air as you inhale and the slightly warmer air as you exhale.

Step 3: Breathe in to a count of 4; hold your breath to a count of 7; breathe out to a count of 8. Repeat this cycle 4 or 5 times until you become comfortable and can breathe in this way almost involuntarily. Practice as often as you like. After awhile, this type of breathing increases your CO₂ accumulation, which naturally leads you to be calmer and less anxious. Practice as often as you feel it's necessary, but at least twice daily, to take advantage of your brain's ability to form and reorganize its connections in response to new learning activities, i.e., neuroplasticity.

Precaution: If you have a history of abuse, trauma, psychiatric conditions or epilepsy, we recommend that you speak with your health care practitioner, doctor, or therapist first, as there have been some reports that relaxations techniques can, in some people, worsen symptoms.

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For those who enjoy working with phone apps, you may want to try Breathing Zone. It's available for both [Apple](#) and [Android](#) phones and brings the benefits of deep relaxation into the tech world.



Breathing Zone 4+

Mindful Breathing
Breathing Zone

★★★★★ 315 Ratings
\$3.99

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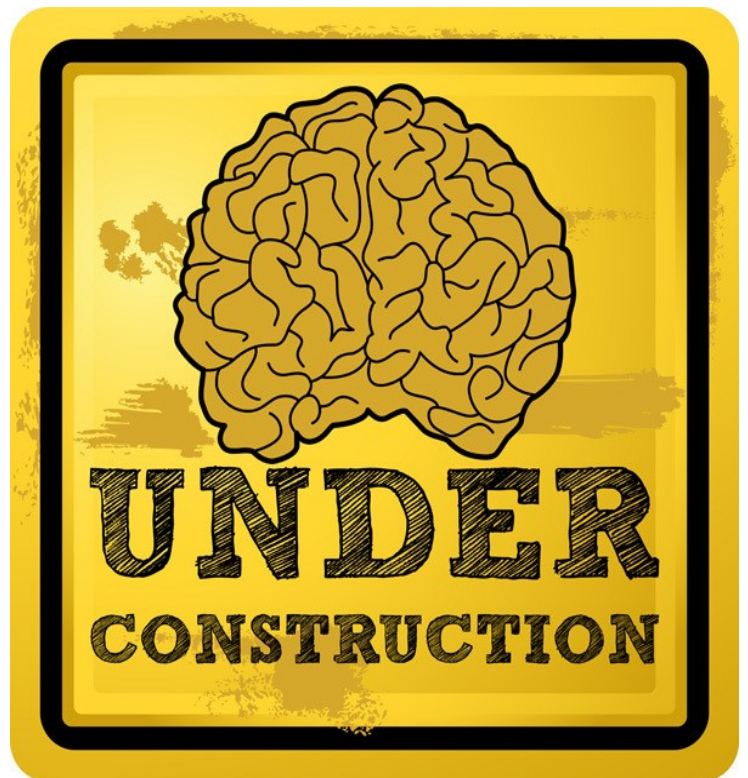
Scientific Breakthrough No. 2: Neuroplasticity

Yes, The Brain *Can* Change

Here's probably one of the biggest scientific discoveries in the last 100 years: The structure of the brain is plastic. What does that even mean, you ask? How is the brain plastic?

Researchers call it neuroplasticity. The brain's neurons, the nerve cells that are the essential building blocks of the brain and the nervous system, can actually be affected by experience.

That's great news for us, especially as we age. Before the 1960s, these same brain researchers would have told you that your brain can't change after infancy and childhood. So what changed their minds?



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Characteristics of Neuroplasticity

First, the development of advanced technology combined with modern neuroscience theories allowed scientists to look inside the workings of the brain, down to the neuronal level and see change, neurogenesis —the creation of new neurons—occurring in specific structures within the brain.

The human brain is composed of [approximately 86 billion neurons](#). Change is occurring all the time! In fact, neuroscientists today understand that the brain possesses the amazing ability to reorganize pathways. And not only that, but it can also create new pathways, and, in some cases, even create new neurons.

Second, case studies of patients with severe brain damage reported remarkable changes in mental capacity suggesting that the mental abilities we're born with are not an upper limit. Sometimes, the brain appears to reorganize itself around old damaged connections, creating new pathways and, yes, even new neurons.

So what do we know about neuroplasticity?

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There are a few defining [characteristics of neuroplasticity](#), including:

1. **We know it can vary by age.** As you might think, the brain changes more or less, depending on how old you are. In infancy and childhood, the brain changes a great deal. We knew that. But we now understand that the brain continues to change and that we can actually influence the growth of neurons, and other cells involved in neurogenesis, like glial and vascular cells, well into our senior years. When we're born, we have an average of 2,500 synapses per neuron. Synapses connect neurons to each other. By 3 years old, we have 15,000 synapses per neuron. As an adult, we're back to about half of that amount.
2. **We know, when it comes to our brains, we have to "Use it or Lose it".** Remember that old saying? That's brain plasticity in action. Neurons and their synapses that get used a lot, keep being vital to the functioning of your brain. Other connections get pruned. It's that pruning that helps the brain adapt to a changing world.
3. **We now know that we can trigger the growth of neurogenesis.** That's the best news of all! But how? Plasticity, changes in how the brain organizes itself, occurs when we learn something new, experience something different enough that we make memories around it, or somehow, we actually damage the brain. Remember, change isn't inherently good or bad. We can do damage to the brain as well.
4. **We know that our environment is an essential ingredient.** If the environment we live in contains toxins and or we have a familial genetics profile that includes detrimental brain effects, they also play a role in triggering neurogenesis.

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How our Brains Change

There are two ways in which the brain changes itself:

First, the brain has the ability to reroute functions to different neuronal pathways; second, the brain has the ability to actually change its own structure as a result of any learning we might undertake.

How can you take advantage of your brain's neuroplasticity? We tell our clients that using mind body therapies supports the brain's ability to change itself.

Say you've had a stroke. To take advantage of neuroplasticity the brain needs to be guided *by you* how to rewire its neurons and reorganize itself after the brain injury. Research studies have repeatedly shown that repetitive movements are required. Stroke patients not only need to work with their medical specialists, physical, occupational, and speech therapists, but also with a mind body therapists as well.

A mind body specialist can tailor a program of, for example, qigong, to take advantage of the impact that repetitive energetic slow, sustained harmony-inducing movements can incur for an injured brain.

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Debra Norris, author of Bridging the Science and Practice of Mindfulness suggested that when it comes to neuroplasticity, [what you practice is what you get](#).

We totally agree. In fact, since the discovery of scientific breakthrough #2, neuroplasticity, we've learned that our brains and behaviors are not hard-wired. Through the experiences of stroke patients, for example, we've learned that a damaged brain will regenerate cells in the damaged area. We've also learned that when certain functions are lost due to traumatic brain injury, they're not gone forever. Patients with injured brains have successfully recovered and restored some lost functionality. Our understanding has grown exponentially, and it continues to grow as we learn that it's not only our brains that are plastic, but our muscles, and bones are, too.

Mind-body therapies play a big part in the regeneration process.

Now we are finding that the practice of mindfulness meditation - paying attention in a particular way that's on purpose, in the present moment, and nonjudgmental - can improve the strength and the function of our brains. The result of can improve our quality of life, bring us improved health and emotional well-being, reduce the stress we have, improve our sleep, and even deepen our relationships.

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Meditation grows the brain. Meditation alters neural structure. We tell our clients that a regular meditation practice may produce growth in regions of the brain that are responsible for cognitive and executive function. Regular meditation practice positively impacts memory, a concern that we hear about from those who suffer from chronic stress. Disciplined meditation practice helps you strengthen your capacity to self-regulate your emotions. You naturally become calmer, more centered, and less impacted by the ups and downs of your everyday life's problems.

In our practice, we find that clients who enjoy mind-body therapies experience measurable changes in the quality of their lives. Research on meditation and other mind-body therapies suggests that when you choose to take control of your daily experience of life, you can create physically and emotionally meaningful change. And it doesn't take forever, either. A few weeks and most are seeing and experiencing positive change.

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Scientific Breakthrough No. 3: Epigenetics

Several years ago our Mom's cancer diagnosis changed our lives. We learned how to navigate a world in which the patient seemed to be the last one to ever learn the "why" of any procedure, any drug recommendation, any appointment with yet another specialist. The lack of control was appalling. The lack of coordination between specialists equally so.

So we set out to regain some of that lost control and find a new path. Research into studies around nutrition and lifestyle provided ways to turn threats into opportunities. Studies about the science of epigenetics were downright startling.

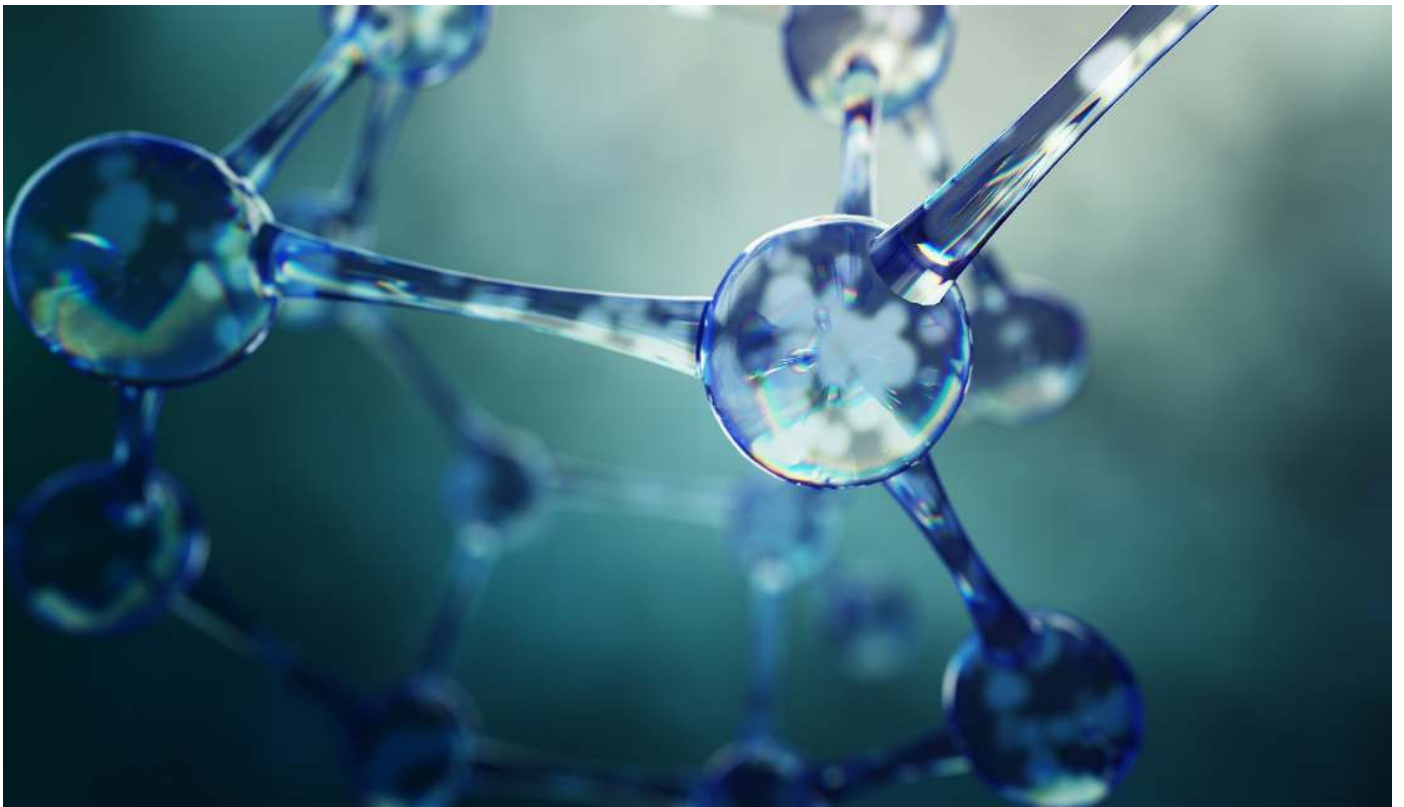
Did you know that researchers are now indicating that cancer is only 10% hereditary and 90% influenced by our environment and how it triggers our bodies?



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This triggering is the essence of the science of epigenetics. **As integrative medicine specialists practicing mind-body and energetic therapies, epigenetics is sort of a holy grail.** We tell our clients that if they can understand what epigenetics is, and how to apply the concept to their own lives, then they've unbounded their chances of living long and fruitful lives.

Epigenetics is the impact of environment on gene expression.



We'll say that another way: **We are NOT victims in the game of life. Disease and Dis-ease doesn't have to happen to us. When we change our environment for the better, we choose an optimized path.**

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Dr. Bruce Lipton, author of the ground-breaking book "The Genie in your Genes" states, *"Epigenetics doesn't change the genetic code, it changes how that's read. Genes are equivalent to blueprints; epigenetics is the conductor."*

Epigenetics has literally changed the way scientists, researchers, doctors and health care professionals view the practice of medicine. We see it as a paradigm shift, which is why we're telling you about it. You've no doubt heard the saying, "You are what you eat". Well, according to epigenetics, "You are what you think". And if you're dealing with a health care concern, epigenetics, and mind-body therapies, offer a new direction for your life.



Epigenetics is a powerful concept. It suggests that if you alter your environment, e.g., what you eat, the pollutants in your house, your choice of activities, your thoughts and beliefs, then you can begin to channel how that environment directs your DNA by either activating or de-activating certain genes.

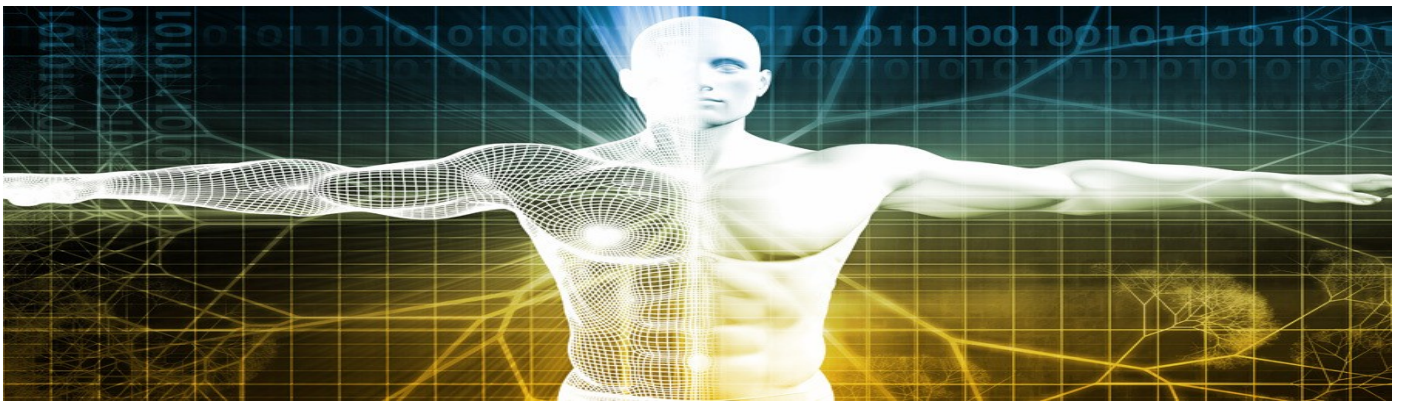
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Epigenetics is about the Environment and our Proteins, not our Genes

We all know that our bodies are made up of billions of cells. Our DNA (deoxyribonucleic acid) tells them what to do. Thing is, we each have a different DNA sequence. It's what makes us unique. That means that no two of us, even identical twins like us, have sequences that are completely alike.

Genes are the bottom of those DNA sequences. Their job is to instruct our bodies how to make proteins (our bodies' building blocks and an essential part of all living organisms) that then cause our bodies to function. Thing is, proteins can change shape. They can be signaled from the foods we eat and/or the emotions we feel. Proteins respond to the environment and when they do, they change our genetic outcome.

That's another way of saying that genes are switched on or switched off largely by those signals we give our body. The signals are received by those billions of cells we have through specific receptor proteins on each cell membrane.



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What's a cell membrane? Sort of like a gatekeeper. It's the outer layer that surrounds a cell, letting substances in or keeping substances out. Say you've had a pretty stressful few months at work. Receptor proteins are communicating with each other about that stress and your emotional reaction to each stressful event. The receptor proteins alter their forms depending upon what signal they received from your emotions, and they then take that information to the chromosome. Bottom line, that's where the decision is made whether the gene will express (i.e., be activated), or not (be de-activated).

How Mind-Body and Energetic Therapies can Positively Impact Gene Expression

The science of epigenetics offers us three ways to control our gene expression: We can strive to control our emotions, we can optimize our environment, and thirdly, we can manage our stress levels.

At Rolle Integrative Healing Solutions, we offer several ways to address the first option -- controlling our emotions -- and the third option -- managing our stress levels. [Meditation](#), [Guided Imagery](#), [Qigong](#), [Healing Touch](#), and [EFT](#), all work on reducing emotional reactivity and stress. Environmental factors that we can control are, e.g., the purity of the water we drink, how we cook our food, how we store our food, and what cleaning and beauty products we use are just a few examples.

So how can mind-body and energetic therapies impact how our genes express? Let's have a look.

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Meditation & Epigenetics

"The purpose of meditation is personal transformation."*

Here at Rolle Integrative Healing Solutions, we couldn't agree more. Meditation as a therapy and a way to impact gene expression seeks to transform your body, your mind, and your spirit. Just about every week new scientific research is published illustrating how fMRIs and EEGs for example, are being used to scientifically validate the benefits of active sitting.

Active Sitting? Sounds like an oxymoron, right? But it isn't. Another way to look at what happens during meditation is: **Body asleep, Mind awake.**

Meditating therapy involves a process. It's an active form of brain training. It's practiced all over the world. Generally, meditators sit and focus on the breath. With practice, respiration slows and random rapid-fire thoughts decelerate. Control of the mind is gradually achieved, allowing the body and brain to rest.



This woman knows the value of work-life-balance. She takes time to meditate at work.

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It's that control that leads to emotion regulation, which may then result in gene activation (being turned on) or deactivation (being turned off). Emotion regulation has to do with the strategies that you use (like meditation) to influence *which* emotions arise within you when something stresses you out, *when* they arise (e.g., hare-trigger temper, slow burn), *how long they occur* (a flash and then it's over, with you for hours/days), and *how you experience and express* these emotions (yelling, screaming, crying, burying them deep inside).

Why should you practice meditation therapy? What are its benefits?

- Meditation reduces physical and psychological stress.
- It benefits cardiovascular and immune health.
- It helps relieve subjective levels of personal and social anxiety and depression.
- Can help with addiction.
- It slows aging.
- It improves your ability to focus.
- Prolonged concentration on tasks gets easier.
- It protects your brain as you age.
- Meditation increases self-awareness.
- It increases happiness.

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Give Meditation Therapy a Try!

There's a lot of evidence that the benefits are available to anyone willing to practice regularly. And you don't have to wait 20 years to experience these benefits. Research indicates 6-8 weeks of meditation therapy produces positive changes in the brain. Major companies like Apple, Google, and



Target are now providing employees with meditation training. So are many urban school systems as they try to decrease violence and absenteeism and increase rational thinking and self-control.

If you have 10-20 minutes in the morning or evening (or both), why not see how it goes? If you're interested in a coach, we'd be happy to consult with you to get you started. We have been meditators for more than 20 years now. Or you can...

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- Choose a quiet spot where you won't be disturbed by electronics, animals, or people.
- Sit in a comfortable position with your spine straight. You don't have to sit on the floor.
- Relax your muscles from head to foot.
- Focus on your breathing.
- Choose a word to repeat, like a mantra, that makes you feel calm, e.g., Peace or OM
- Quit worrying. Let your thoughts come and go.

Just to be Clear . . .

You can sit any way you want. Lotus position is not mandatory (FYI, lying down isn't recommended for beginners because you'll most likely fall asleep).

You don't have to start with an empty mind. Most of us find our thoughts are way too jumbled and chaotic. Meditation actually helps with that.

Start with small segments of time and slowly work your way up. No one's monitoring you but you. If five minutes of meditation therapy is where you start, great! One day, you'll find yourself doing eight minutes, then ten.

You also don't have to chant in Hindi though saying a word like *peace* to assist your focus on the breath helps some people. You don't have to be Buddhist, or Hindu. Your religious affiliation doesn't affect your ability to practice meditation therapy unless you want it to.

What you're doing is active sitting. Meditation is about increasing your self-awareness, improving your health, and learning to live a happier life.

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If you're interested in just some of the **evidence-based scientific research validating meditation therapy as a means to health and healing**, here are links to 11 studies and their outcomes about the benefits of meditation.

Enjoy.

increases brain volume, increases
immune function, decreases
inflammation, increases emotional
intelligence, promotes compassion,
improves introspection, improves
memory, improves creative thinking,
decreases anxiety, decreases
depression, decreases pain



Guided Imagery & Epigenetics

Guided Imagery is a healing technique we employ at Rolle Integrative Healing Solutions to create deep relaxation with a goal to improve your emotional and physical health through improved self-awareness. Epigenetically speaking, genes are triggered via environmental influences, stress, and emotions. Using Guided Imagery in a disciplined way, your body is triggered, by your slow and deep breathing, to release chemicals and brain signals that make your muscles and organs slow down and increase blood flow to the brain. This Relaxation Response boosts energy, mood, physical and emotional health.

What is Guided Imagery?

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Your mind and your body “communicate” in many ways (e.g., chemically via hormones, electrically via neurons, and energetically via the biofield). It's as if there exists a high-speed freeway inside you, a freeway with countless over-and-under-passes directing traffic between your mind and body. For example, when you're stressed, which is a common state of mind, your body is signaled by the brain to release particular chemicals into your body. These chemicals travel a specific path. They know where they're going and how to get you the help you need. This type of mind body communication goes on all the time, and for many of us, it's subconscious.



Woman discussing the results of her Guided Imagery session with her Mind-Body medicine specialist.

How does Guided Imagery Work?

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Guided Imagery can make some of this communication more conscious. It is a technique in which images--pictures you create using your imagination--are used to foster a mind body communication focused on healing an emotional or physical concern you may have.

Guided Imagery can be considered an applied meditation. We speak words, and sometimes a story, that help you relax and evoke pictures in your mind that then produce a physiological response from the cells in your body. That visual imagery also creates a sufficiently deep state of relaxation that you are more readily open to and can more easily access inner wisdom. Inner wisdom, in this instance, is what we call the body's self-healing processes.

How will a Guided Imagery Healing Session Work?

We will have a 30-minute conversation, either in person or via Skype/Zoom, about what's going on in your life. What's stressing you right now that you'd like to be less reactive to? Too many deadlines? Debt? Relationships? A challenging illness? Then you will make yourself comfortable in a chair or on a bed where you can hear us speaking. We will guide you through a targeted imagery session that provides an opening for you to access subconscious information regarding your stress/goals/challenges. Afterward, we will debrief so that we can discuss your reactions and our findings. A session length is 90 minutes.

What are the Benefits of Guided Imagery?

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- Guided Imagery can reduce physical and psychological stress.
- It can lower blood pressure.
- It can reduce cholesterol and hemoglobin A1C levels in the blood.
- It invokes a deep state of relaxation, which supports pain management.
- It helps relieve subjective levels of personal and social anxiety and depression.
- It can help with addiction.
- It can elevate short-term immune cell activity.
- It can help you heal faster from fractures and burns.
- Used prior to surgery, it can reduce blood loss during surgery and opioid use after surgery.
- It can support individuals dealing with Post-traumatic Stress.
- It benefits athletes seeking to enhance performance.
- It positively supports mental skills that create anxiety such as performing, public speaking.
- It assists with mental visualization of a healthy body for those dealing with specific diseases, e.g. cancer.

Guided Imagery is a gentle technique. But never underestimate its power. It involves all your senses, not just the visual sense. Did you know that only 55% of the population feels visualization is a strong personal ability? Guided imagery invokes sight, touch, taste, smell, and auditory senses during the visualization, such that all your senses are marshaled towards your health and healing efforts.

Learning to do Guided Imagery is easy. Almost everyone can learn and use this technique. And you can work with it independently, too. Even if you fall asleep, the messages still get through to your subconscious.

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Give Guided Imagery a Try!

If you're interested in just some of the **evidence-based scientific research validating Guided Imagery as a means to health and healing**, here are links to 5 studies and their outcomes about the benefits of Guided Imagery.

Enjoy. [reduction in pain intensity with Sickle Cell disease](#), [management of smoking addiction](#), [reduction of pain in postoperative orthopaedic patients](#), [cancer management](#), [symptom management for heart failure](#)



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Qigong Exercises & Epigenetics

Millions of people practice Qigong exercises (pronounced “chee-Gong”) every day.

Pronounced “chee-Gong”, this energy balancing technique has supported the health needs of the Chinese people for millenia. Today, this healing practice is accessible world-wide to anyone that's willing to learn. Even your pets can benefit!

Do you suffer from migraine headaches? There are Qigong techniques to relieve that. What about arthritic joint inflammation? A weakened immune system? High blood pressure? Constipation? Does it stress you out knowing that you deal with a bout of Bronchitis every year?



Woman practicing QiGong in a garden as part of a healthy lifestyle including a stress-reduction energetic revitalization routine.

Modern medicine provides an astounding variety of curatives. Particularly when your health challenge is acute. But say your resources, or those provided by your health plan have limits?

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Qigong is an evidence-based, scientifically researched complementary healthcare practice that's powerful because it teaches you how to help yourself heal. It's a mind-body-spirit practice that aims to improve your psychological and physical health through the integration of right posture, breath techniques, slow movements, self-massage, sound, focused concentration, and positive intentions.

By choosing to practice Qigong exercises, you choose to stimulate your body's natural healing abilities. All you need is an open mind and a desire to give something new a try.

What is Qigong?

Qigong is a simple practice that teaches you how "qi" moves in your body so that you can take an active role in your physical, emotional, mental, and spiritual healing journey. Some see performing Qigong exercises as a methodology to control elemental life; For others, it's an expressive art form, meditation within movement, that reveals life's secrets. We believe it can do both. At its heart, Qigong is the study of the flow of energy, life force really, in your body and throughout nature.

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Research at the Harvard Medical School and others has conclusively demonstrated that when you choose to practice Qigong, you will not only positively impact your immune system, nervous system, and cellular function, but also your gene expression. That's the epigenetic component! Practicing Qigong promotes what scientists refer to as gene transcription, the very first step in the process when genes decide whether or not to express (i.e., activate). Your physical, social, and electromagnetic environment, as well as your beliefs, perceptions, lifestyle, habits, and behaviours all affect your Qigong practice and, therefore, your epigenetic outcome.

Herbert Benson, MD, director emeritus of the Benson-Henry Institute and discoverer of the Relaxation Response said, "For hundreds of years, Western medicine has looked at mind and body as totally separate entities, to the point where saying something 'is all in your head' implied that it was imaginary. Now we've found how changing the activity of the mind can alter the way basic genetic instructions are implemented."



What is Qi?

Qi is energy, life force. Some say it's in the air we breathe. Some say it's our breath itself, the subtle intelligence that powers life.

What is Gong?

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Gong is work. It's the practice of moving Qi. It's what we do to transform, cultivate, and refine the Qi energy. It's what we do to learn to control and then direct our Qi.

Therefore, Qigong is the work of moving Qi around within your body with the goal of getting or staying energetically balanced. When qi flows smoothly in the body, you feel great. Life's good. When qi doesn't flow so smoothly, you don't feel so great. In fact, when qi flow is blocked, your physical, emotional, mental, and/or spiritual health is compromised.



Woman practicing QiGong in her home as part of a daily meditation routine.

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Daily practice is simple. It's also deeply relaxing. When you practice a Qigong exercise or healing technique, the slower you practice the movements, the better. Slow, repetitive movements warm muscles, tendons, and ligaments. The movements also work to tone internal organs, strengthen connective tissue, and promote circulation of body fluids like blood, synovial and lymph. Qigong exercises are not about sprinting to the finish line. Qigong exercises are about developing self-awareness. Qigong exercises help you to answer the question, "What's going on inside me, right now?"

Qigong exercises are low impact. Even if you can't stand up to do the techniques, you can still obtain benefit. Just do the techniques while sitting. And if you can't sit very long, then you can lie down. Success involves doing 3 things: breathing rhythmically, moving slowly (as much as you can), and focusing your mind on what you're doing in the moment. That's it.

What Health Challenges can doing Qigong exercises assist you with?

Here is just a small sampling of health issues that Qigong exercises may address:

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- Chronic Pain
- Depression
- High Blood Pressure
- Low Back Pain and Sciatica
- Migraines
- Balance
- Osteoarthritis
- Stress
- Cancer
- Parkinson's Disease
- Inflammation

So, it's to your benefit to spend a few moments doing Qigong exercises every day. We believe in the health benefits of a regular Qigong practice so much, that we're certified Spring Forest Qigong practice group leaders.

If you're interested in just some of the **evidence-based scientific research validating Qigong as a means to health and healing**, here are links to 10 studies and their outcomes about the benefits of Qigong.

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Enjoy: reductions of chronic pain and depression; reduction of inflammation-related gene expression; reduction of fibromyalgia symptoms, management of Type 2 diabetes, improvements in hypertension, management of arthritis and depression, cancer management, improving brain health, reducing chronic fatigue syndrome and depression in women



Healing Touch & Epigenetics

Healing Touch is truly a transformational mind-body-spirit modality that employs energetic touch, evidence-based results, and scientific research to facilitate health and healing.

What is Healing Touch (HT)?

Healing Touch is an healing therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental, and spiritual health.

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Healing Touch is also what's called a biofield therapy. "Biofield" is a word coined by biophysics pioneer Dr. Beverly Rubik. It describes the field of energy that surrounds and interpenetrates our bodies.

That biofield is made up of quantum wavelets. One thing that all waves do is move up and down. That's another way of saying they vibrate. Still, not all waves vibrate at the same rate, right? There are low vibrations and then there are high vibrations. There are slow vibrations and fast vibrations, too.



Did you know that emotion is a vibration? It is. For example, when you are excited, your energy is high and you may feel as if you're bouncing with happiness. The opposite is also true. When you're sad, you're vibrating more slowly and you may feel sluggish and low in energy. As board-certified Healing Touch practitioners, we've learned gentle and effective techniques that keep you tuned up, i.e., help you vibrate optimally.

During a session, you may experience a deep feeling of relaxation. Recent scientific studies, including a 2010 study by Choi and colleagues, suggest that integrative medicine techniques like Healing Touch, Qigong, and others are capable of modulating gene expression in a way that is reversible and/or heritable. That means that when you choose to engage in lifestyle changes (e.g., diet, exercise, healing touch) that produce health benefits, epigenetics kicks in and you may even pass on your new genetic predisposition to your children!

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Client in a state of deep relaxation during a Healing Touch session with a Mind-Body Energy Medicine specialist.

So how is energetic Healing Touch experienced? The practitioner uses heart-centered intention, along with light or near-body touch on various places on your body. The purpose is to clear, balance, and energize your whole person, body, mind, and spirit.

Let's use a simple example. When a doctor sets a broken bone with a cast, that cast holds the bone in place, right? But it's your body's healing mechanisms—your body's energies—that then kick in to heal the break. Now, as Healing Touch practitioners, we become the cast. We hold and support your energy field using our hands and our biofield. And as a result of the support, your self-healing mechanisms can get to work helping you heal.

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What are the benefits of a Healing Touch session?

Healing Touch is Non-invasive. During a session, there will be no injections, no medications, and no surgery.

Healing Touch is Non-Toxic. Practitioners do not provide pharmaceuticals.

Healing Touch is Effective. Research and evidenced-based clinical results have shown that Healing Touch facilitates the relaxation response which catalyzes the body's self-healing mechanisms.

Healing Touch is Economical. Practitioners do not require the use of specialized equipment which means costs are very attractive either as a stand-alone to facilitate ongoing wellness, or as an integrative therapy, to support existing medical practices.

What does the research say?

Research into the effectiveness and efficiency of HT as a primary and/or complementary healing modality has branched out to include many standard medical challenges faced by both patients and hospital administration. The results are exciting and suggest patient support for the use of Healing Touch as an integrative partner for primary medical concerns including:

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- Cancer
- Pain
- Cardio-Vascular Disease
- Psychology/psychotherapy
- Stress
- Balance
- Death and dying
- Endocrine/immune function
- Post-operative Recovery

What to expect during a HT session?

As HT is a gentle therapy, deep relaxation is often experienced. We will discuss your health concerns. Then you will lie on a massage table. No clothes ever need to be removed. After obtaining your verbal permission, we will use light or off-body touch to assess your biofield. Based upon our discussion and the subsequent energetic assessment, we will then work to clear congestion and balance your biofield. A feedback discussion will follow the session. For clients who are interested, we offer [Distant Healing Touch](#). The distance protocol incorporates a 50 minute HT session with two 30-minute (before session and after session) telephone/video discussions/feedbacks conducted via a web-conferencing software. Healing Touch for ailing pets can also be done remotely.

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As board-certified Healing Touch practitioners, we follow the Healing Touch Program Code of Ethics and Standards of Care.

[Healing Touch Program](#) is nationally accredited by the National Commission for Certifying Agencies ([NCCA](#)) and the American Nurses Credentialing Center ([ANCC](#)).

The American Holistic Nurses Association ([AHNA](#)), the Canadian Holistic Nurses Association ([CHNA](#)), and the National Certification Board for Therapeutic Massage and Bodywork ([NCBTMB](#)) also endorse Healing Touch.

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EFT & Epigenetics

Want to stop over-reacting to certain words, tones, attitudes, memories, and even some people? There is a way to tone down your anxiety and reclaim your emotional control. Why not try EFT Tapping! At Rolle Integrative Healing Solutions, we use this energy technique routinely in our practice because it's easy to teach, easy to learn, and easy to use, anywhere. Regaining conscious control over chronic emotional reactions leads to a renewed sense of psychological balance and a reduction of anxiety, both of which are essential ingredients for physical health and healing.

What is EFT Tapping?

EFT Tapping is a powerful self-healing method that we have been advocating to our clients for years. Why? Because this energy-based technique is grounded upon gold-standard research that's been repeated by reputable researchers worldwide, published in peer-reviewed medical and

psychology journals, and has received acceptance by the AMA (American Medical Association), American Nurses Credentialing Commission, the APA (American Psychological Association), and the NASWB (National Association of Social Workers).



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EFT stands for Emotional Freedom Techniques. It offers what it says it offers—**freedom from the disabling impact of chronic and/or intense emotions.**

EFT Tapping involves a mechanical process. Whether you're being voice-guided by us during a session or working by yourself, you execute the tapping sequence on yourself. The sequence involves tapping 12 energy meridian points on your face and body using your fingertips along with repeating a specific and individualized set of affirmations. It's easy to learn. Sort of a self-acupuncture without needles.

What can I use EFT for?

- Reducing the impact of anxiety
- Improving athletic performance
- Diminishing the effects of depression
- Finding the emotional/psychological roots of pain
- Reducing the emotional and physical symptoms of stress
- Improving or eliminating phobias
- Controlling or reducing PTSD
- Improving tension headaches
- Controlling cravings & addiction
- Succeeding at weight loss
- Building positive emotions, like hope and joy

EFT is effective for adults and children. You can learn the basics on your own and then teach your child. It's a great tool to help yourself and your children deal with everyday stress and anxiety reactions so that they don't deepen and become chronic.

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However, we highly recommend that if you or your child has a serious emotional disorder, that you partner with your medical doctor, a psychotherapist, and us, or another qualified EFT practitioner trained in EFT to support and guide you through the EFT process, to lead you towards long term health and healing.

EFT makes use of the body's energetic pathways to help you heal from the fears and stressors that may be narrowing your potential to live a full and expansive life. The recent shift in thought that Western doctors are experiencing away from a more limited focus on acute treatments to a more broad and comprehensive way of thinking about health and healing in a wholistic way makes room for techniques like EFT to impact millions. This is especially true for the energy medicine techniques, like EFT, where mind over matter is an integral part of the process of healing. With EFT tapping, we may be experiencing what Kanherkar and colleagues, in their 2017 paper, called "mind of gene".

Here is a resource that may help you: [Basic EFT course and tutorial](#)

Remember, the more you practice, the better you get.

If you're interested in **evidence-based scientific research validating EFT as a means to health and healing**, here are links to 1) 5 studies and their outcomes about the benefits of EFT; and 2) a website resource listing scientific research studies on the efficacy of EFT broken out into five categories: Outcome studies, clinical reports, mechanisms papers, review articles and meta-analyses.

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Enjoy.

reduces depression, controls PTSD, reduces adolescent anxiety, improves athletic performance, reduces anxiety among women undergoing surgery

Many more outcome and clinical studies validating EFT as a energy medicine modality that heals can be found here: [EFT research studies by category](#)

