**The Placebo Effect**

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At one time, when physicians prescribed "sugar pills," a treatment without documented effectiveness, and a patient got better, the conclusion was that the illness was not real, and that the symptoms were imagined. In truth, the placebo effect is a powerful tool in the physician's medical bag to help people feel better. People can become well when they have faith in the effectiveness of the treatment.

When we apply this same belief to our everyday lives, the results are astonishing. What we've since learned is that when we become sick or injured, **to the extent we believe and focus on getting better, we actually change our brains and our physiology and effectively program our bodies to return to health.** When life throws us curve balls, challenges and losses, unlike our brother and sister mammals with less developed cerebral cortexes, how we respond, and what our mind chooses to focus on, makes all the difference.

**Live long. Live well!**

