Using the **POWER OF THE MIND** to Influence the Body

**WHEN YOU THINK ABOUT TAKING STEPS TO LEAD A HEALTHIER LIFESTYLE YOU LIKELY THINK OF PHYSICAL ACTIONS**—eating better, exercising or quitting smoking. But have you considered the role your mind plays in healthy living?

Research currently conducted on the mind and body shows a direct relationship between the two and how this relationship affects our health. A technique, called **Guided Imagery**, can be used to **help harness the power of your mind to influence your body**. In Guided Imagery, a specialist helps elicit the relaxation response and then guides the person’s imagination in such a way that positively affects their physical, emotional and spiritual well-being.

It is estimated that an average person has 10,000 thoughts or images flashing through his mind each day; half of which are negative. Unharnessed, a steady dose of negative images can alter your physiology and make you more susceptible to a variety of ailments, including arthritis, headaches, heart disease or ulcers. But if you can learn to direct and control the images in your head, you can help your body heal itself. That’s where Guided Imagery comes in...

**WHAT IS GUIDED IMAGERY?**

- It is based on the concept that your body and mind are connected. Using all of your senses, your body seems to respond as though what you are imagining is real.
- It is a program of directed thoughts and suggestions that guide your imagination toward a relaxed, focused state.
- Usually an instructor, tapes/CDs or scripts are used to help you through the process.

**HOW IS GUIDED IMAGERY USED?**

- To aid healing, learning, creativity, and performance.
- Help you feel more in control of your emotions and thought processes, which may improve your attitudes, health, and sense of well-being.
- To promote relaxation, which can lower blood pressure and reduce other problems related to stress.
- To help reach goals (such as losing weight or quitting smoking), manage pain, and promote healing.
- Help relieve pain, speed healing, help the body subdue hundreds of ailments (including depression, impotence, allergies and asthma) and help conditions caused by or aggravated by stress—such as headaches, neck pain, back pain, spastic colon, anxiety, allergies and fatigue.

**IS GUIDED IMAGERY SAFE?**

- Yes. No known risks are associated with it.
- Guided Imagery is most effective when the person teaching it has training in Guided Imagery techniques—such as through Beaumont’s Integrative Medicine program.
- Our services are wonderful tools to aid in your healing and to complement traditional treatments, but are not replacements for medical care.

**Integrative Medicine Services:** Clinical Massage Therapy
- Massage Cupping
- Energy Balancing w/Reiki
- Guided Imagery
- Naturopathy
- Medical and TCM Acupuncture
- Scar Therapy
- Skin Care
- Gentle Yoga
- Meditation

To schedule a private appointment or purchase one of the Guided Imagery CDs ($15), please call Royal Oak 248.551.9990, Troy 248.964.9200 or Rochester Hills 248.267.5660.