

The Power of the Mind-Body Connection

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Tom, a long-term patient of mine, came to see me after his wife died. He suddenly developed heart failure. His heart just wouldn't pump. It was flooded with grief molecules, hormones like adrenalin, noradrenalin, and cortisol.

His case is far from being the only documented case in which grief caused cardiovascular problems. The New England Journal of Medicine recently published a study about how grief or emotional trauma can cause heart failure—literally a broken heart.

Rather than giving Tom drugs for “heart failure” as I was taught in medical school, I suggested he get healing touch, a form of energy and emotional healing. Sounds a bit out there, huh? Well, he followed my advice and dramatically recovered. Touch, not medication, healed his heart.

I think we can all learn a lesson from Tom and other cases like his.

95 percent of all illness is caused or worsened by stress.