Abstract:
Epigenetic Medicine is a new form of therapy destined to upend many of the certainties of today’s medical and psychological practice. Epigenetics (epi=above, epigenetic=control of genes from above or outside the cell) is a new science less than ten years old. It shows that genes are activated or deactivated by many factors originating outside the cell and even outside the body. These factors include childhood nurturing, belief, spirituality, prayer, visualization, and the quality of our social network. It seems incredible that our cells could be conditioned daily by these epigenetic influences. Yet the most cutting-edge scientific research shows that intention literally affects the conformation of the DNA molecule. Our consciousness is affecting our bodies every day. Large-scale scientific studies have shown that success in resolving emotional trauma can lower our chances of getting cancer, heart disease, hypertension, and diabetes. What we believe and think has an immediate effect on our bodies. In this presentation, Dr. Church will show how we can turn this knowledge to our advantage, engaging powerful epigenetic processes through the quality of our emotions and thoughts, and the nature of our intentions.

About the Author:
Dawson Church, PhD, has edited or authored many books, and collaborated with many best-selling authors, including Larry Dossey, MD, Bernie Siegel, MD, Caroline Myss, PhD, and others. He founded Soul Medicine Institute to research and teach emerging psychological and medical techniques that can yield fast and radical cures. His new book, The Genie in Your Genes, pioneers the field of Epigenetics, (control of genes from outside the cell), explaining the remarkable self-healing mechanisms now emerging from this science. It has been hailed as a brilliant breakthrough by leading scientists. He has also authored several scientific studies on the effect of Energy Psychology on health and athletic performance.
EPIGENETIC MEDICINE AND THE NEW BIOLOGY OF CONSCIOUSNESS

Dawson Church, Ph.D.
Soul Medicine Institute
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Comprehensive Review of:
- Medical Records of Miraculous Cures
- Healing Modalities that Employ Consciousness
- Humans are Energy Beings FIRST
- Using Intention as Therapy

SOUL MEDICINE

AWAKENING YOUR INNER BLUEPRINT FOR ABUNDANT HEALTH AND ENERGY

NORMAN SHEALY, M.D., PH.D.
& DAWSON CHURCH, PH.D.

CAROLINE AMIS, PH.D.
**THE GENIE IN YOUR GENES**

**Epigenetic Medicine**
- How Genes Express
- Epigenetic Mechanisms
- Energy Signaling Mechanisms
- Principles for Epigenetic Medicine

*Over 300 studies reviewed*

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**ELECTROMAGNETIC SIGNALING**

- Electrical and magnetic fields influence cells.
- Each cell, organ & system has a field.
- Cells use electromagnetic signals to communicate.
- Emotional traumas are stored in the tissues.
- Diseased organs and tissues have a different charge to healthy ones.
- Energy therapies work on the electromagnetic field.


**REASONS FOR USING ENERGY IN HEALING**

- **4.1 Speed.** Energy Medicine (EM) can resolve symptoms in much
  shorter time than conventional medical approaches.
- **4.2 Effectiveness.** EM can resolve problems that have been intractable to other methods.
- **4.3 Low Knowledge Threshold.** People don’t need a diploma to figure out how to use EM.

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**ENERGY MEDICINE**

- **4.4 Contact.** Quick, low-cost, 
  photons, or 
  electroporation 
  waiting for a trip to the doctor or psychotherapist.
- **4.5 Long Reach.** EM can reach diverse populations, some that can’t be reached with other therapies, or for whom the client- therapist model is inappropriate.
- **4.6 Low Tech.** EM and EP don’t require hospitals, a developed medical system, drugs, or invasive surgery.
- **4.7 Systemic.** Drug approach seeks great specificity, drug research looks for a specific molecule that targets another molecule. EM can affect whole body systems.
- **4.8 High Touch.** Using hands and human bodies, EM and EP provide a hands-on experience of healing, rather than artifacts.
- **4.9 Self-Care.** Gives individuals tools they can use for their own wellbeing.
- **4.10 Personal Power.** Shifts the center of power over wellness away from an impersonal system and toward the affected individual.
- **4.11 Baseline Health.** EM and EP have the potential to resolve so many issues so quickly that an individual’s baseline health expectation is re-set to a higher level.
- **4.12 Ancient Roots.** It gives us a fresh connection with some of the earliest forms of healing, over five thousand years old.
- **4.13 Epigenetic Medicine.** Allows us to influence genetic expression that the old model considered beyond conscious control.
ENERGY IS EPIGENETIC

Conditions show up in the electromagnetic field before they show up in the body.
- Harold Saxton Burr, Harvard, 1930s
- Robert Becker, Bone Healing studies 1980s

Therapies that affect the electromagnetic field may be hi-tech....
- Devices, Pulsed Electromagnetic Field (PEMS) therapy for depression
- Transcutaneous Electrodermal Neurological Stimulation (TENS) machines, affect pain, and also the production of DHEA

... Or hi-touch
- Faith healing, therapeutic touch, energy medicine, Energy Psychology, shamanism, belief, placebo, visualization, massage, prayer, altruism

Both affect the formation of proteins in our cells.

DNA > RNA > PROTEIN

The Central Dogma of Molecular Biology
RNA (Blue) makes temporary copies of DNA (red)
And each strand of DNA (Gene) has Instructions to build a specific protein
Protein Molecule I:

- Histamine
- Heart rate increase

**PROTEIN FORMATION**

**FUN WITH PROTEINS I**

- Protein = both structure and function
- RNA = working drawings at site
- DNA = blueprint for building protein
- Information required to construct protein
- Temporarily working copy

- The building's structure (beams and walls) plus function (repair, temperature regulation, energy generation)
Protein Molecule 1:
- Histamine
- Heart Rate Increase

Protein Molecule 2:
- Growth Hormone
- Cell Repair

Protein Molecules:
- Histamine (Top)
- Growth Hormone (Below)
- Beta Blocker (Left)
- Neuropeptide (Right)
**PROTEIN FORMATION**

About 100,000 proteins  
Coded by the blueprint in genes  
Regulate virtually all the processes of life

- Information transfer between cells  
- Structure of cells  
- Metabolism  
- Energy production

Greek "protas" — of primary importance

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**WHEN WE SAY A GENE EXPRESSES...**

DNA is wrapped in a protein sleeve  
- Gene cannot be "read" or expressed while encased in protein sleeve.
THE TUBE MUST UNWRAP

DNA Unwraps for
- blueprint to be “read” and a protein constructed.

UNWRAPPING REQUIRES A SIGNAL...

The signal comes from outside the cell
- Epi = above the gene
- Epigenetic = genetic expression triggered from outside
- Signal comes from the environment
- Environment inside the body
- Environment outside the body
- Epigenetic stimuli trigger gene expression

Evolution has given us excellent mechanisms for translating external environmental signals (objective threats) into internal environmental signals (cellular communication via genes, hormones & electromagnetic flux)
METHYLATION, ACETYLIZATION & OTHER MECHANISMS

Expression of genes can be inhibited by the adhesion or absence of other molecules on the DNA and/or protein sheath.

METHYLATION OF AGOUTI GENE

- Mice in which Agouti gene is expressed
- Have yellow coats
- Higher incidence of cancer & diabetes
- Die early
- All these are inhibited by suppression of Agouti gene by methylation (mouse on right)
NURTURING AFFECTS STRESS GENES

- A gene in the portion of the brain known as the hippocampus dampens our response to stress.
- Greater degree of expression of this gene in nurtured rats (Acetylation)
- Expression facilitated by acetyllys on protein sheath (Szyf)
- Inhibited by methyls (Jirtle)

IT'S NOT JUST RATS & MICE!

- Brains of schizophrenics show methylation/acetylation of their stress-dampening genes.
- Delinquent teenagers also show reduced expression of genes that inhibit stress.
- Kaiser's massive ACE study (Adverse Childhood Experiences, 17,400 subjects) showed that 50 years later, people not nurtured as children had a higher incidence of:
  - Hypertension
  - Heart Disease
  - Cancer
  - Bone Fractures
  - Smoking
  - Diabetes
  - Suicide
  - Drug Use
Signal can be actual event

Nurturing

Objective stress

Objective threat
OR A SUBJECTIVE PERCEPTION

I resent %#@* Gary because...

Our body converts either to a molecular signal

TRANSLATE TO CELLULAR ENVIRONMENT

Evolution required us to make VERY quick changes in our bodies to react to threats

Two seconds or less
Rapid physiological changes
External environmental cues change interior environment of body.
Immediate Early Genes (IEGs)

Speed at which protein sleeve comes off and genes express varies from gene to gene.

IEGs, as little as one second to peak expression
Intermediate Genes: roughly 2 hours
Late Genes: up to 8 hours
We have about 100 IEGs
Main function is to regulate the expression of other genes, including the immune system.

What a Stress Response Looks Like

Fight or Flight

Noticeable Effects
- Pupils dilate
- Mouth goes dry
- Neck + shoulders tense
- Heart races
- Chest pain
- Palpitations
- Sweating
- Muscles tense

Hidden Effects
- Brain gets body ready for action
- Adrenaline is released for fight or flight
- Blood pressure rises
- Tooth relax
- Cortisol released (depresses the immune system)

Noticeable Effects
- Brain gets body ready for action
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LONG TERM EFFECTS OF STRESS

Chronic Cortisol Elevation Contributes To:
- High blood pressure
- Reduced memory & learning
- High blood sugar
- Heart disease
- Diminished cell repair
- Accelerated aging
- Slower wound healing
- Reduced bone repair
- Decreased circulating immune cells
- Diminished immune antibodies
- Death of brain cells
- Reduced muscle mass
- Decreased skin cell repair
- Increased fat deposits around waist/hips
- Osteoporosis

HORMONE SYNTHESIS/REUPTAKE

Your body is very efficient
- Adrenal glands, cortisol, DHEA, adrenaline
- DHEA is the most ubiquitous hormone in the body, used for cell repair, anti-aging
- DHEA deficiency is present in virtually every major illness
- Breaks down DHEA (left) to make Cortisol (right), vice versa, in a few minutes
Your body is very efficient, synthesizing and breaking down billions of protein molecules every second.

- Either you're stressing, in fight or flight, engaging those 100 JEGs to signal body to make cortisol, OR
- Your're using one of those epigenetic stress reduction techniques like EP or visualization to signal your JEGs to break down cortisol and make DHEA for cell repair.

DHEA - CORTISOL HOMEOSTASIS

Our body is constantly shifting the usage of resources in one direction or another, depending on the signals being received.
WOUND HEALING STUDIES

Kiecolt-Glaser Studies
- Spouses had neutral discussion, suction blisters
- Later, disagreement, three proteins healing
- Up to 40% immune suppression
- Could make life-or-death difference

Meta-analysis of wound healing studies showed similar effects

BELIEFS AFFECT CELLS DRAMATICALLY

Annals of Behavioral Medicine, G. Ironson
- HIV patient's belief in a loving God was the most important indicator of disease progression (viral load and T Cell count).
- Those HIV patients who believed that God was punishing them, lost T cells "three times faster than those who believed God loved them." (Ironson)
- ACEP now designing some new studies with Ironson and other researchers.
IRAQ VETS STRESS PROJECT

- Measuring DHEA and Cortisol before and after EFT intervention. Iraq veterans with Post Traumatic Stress Disorder (PTSD), 2007, Marshall University medical school. The Iraq Vets Stress Project is designed and funded by Soul Medicine Institute.
- Physiological changes observed in clients after energy interventions suggest that cortisol is being very rapidly broken down, and resynthesized into other compounds.
- An experiment using bioresonance machines to measure DHEA and cortisol—before and after 15 minutes of an energy therapy (EFT) that shifts the electromagnetic signature of trauma in tissues—showed drops in cortisol and spikes in DHEA.
- America cannot afford to repeat the mistakes of the Vietnam war, which saw a million troops brought back home without any good therapy to reintegrate them, or deal with their PTSD.
- The Iraq Vets Stress Project needs veterans groups and university hospitals as sites for studies of PTSD, pain, and $250,000 to fund second and third stage clinical trials.

DNA CHIP EXPERIMENTS

Measuring Gene Expression before and after EP Treatment
- Wells on slide contain thousands of genes
- Measures which ones have expressed
- Objective measure of effects of consciousness change
THE BIOCHEMICAL BASELINE

- Shifting the hormonal/ neurological/ electromagnetic homeostasis is difficult in conventional therapy.
- We're addicted to our biochemical homeostatic state.
- Melody Beatty same guy story. The perfect cup of coffee. When we try a new healthy behavior it actually feels wrong in our body.
- Therapies from Energy Medicine that change the electromagnetic signal of a trauma site, or release an electromagnetic blockage, lead us to experience a less-stressed state, a new, low-cortisol high-DHEA homeostasis.
- EP uses this habituation to reorient other body systems. This becomes the new norm for our internal biochemical cocktail.

WHAT CONSTITUTES AN EPIGENETIC INTERVENTION?

Studies show that all of these have effects that might reasonably be expected to produce DNA modulation and protein synthesis.

- Nurturing
- Belief
- Energy Medicine
- Visualization
- Heart Coherence
- Energy Psychology
- Spirituality
- Attitude
- Prayer
- Meditation
- Altruism
When your consciousness is calm, you produce DHEA. When it's disturbed, you produce cortisol.

- Consciousness is an epigenetic precursor of cell and gene control.
- We are rewriting our DNA script epigenetically by what goes on in our consciousness.
- We have choice about what we place in our consciousness.
- Epigenetic interventions affect consciousness to reduce stress, and in a chain reaction, affect the corresponding genes, cells, and tissues.
- Baylor U Med Center, Bruce Moseley, M.D. arthroscopic surgery for debridement & lavage.
- Harvard Maid study.
- University of Miami HIV studies.
Current Studies involving Soul Medicine Institute:

- **MACE Study:** Asks the question following the ACE study, by examining the effect on adult disease of reducing stress. MACE = Mitigating Adverse Childhood Experiences. If we can break it, we can fix it!

- **Iraq Vets Stress Project:** Effects on PTSD of 3 sessions of Energy Psychology.

- **DNA Microarray Study:** Expression of the genes that code for cortisol production, especially CRHRI.


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**EP CASE HISTORY DATABASE**

- Anyone can log on and enter cases: patients, doctors, therapists

- Free and publicly available

- Peer reviewed, compliant with NIH standards

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**Migraine Headaches**

- Initially Diagnosed Condition: Migraine Headaches
- Subsequent Diagnosis: Migraine free
- Initial Diagnosis Date: 12/1/1999
- Subsequent Diagnosis Date: 12/15/1999

**EP Treatment Provider:**

- **Primary EP Treatment Used:** EFT (Emotional Freedom Techniques)
- **Secondary EP Treatment Used:** CBT
- **Number of Treatment Sessions:** 6
- **EP Practitioner/Statement:**

  Migraine male in his mid-50s complaining of chronic migraine headache symptoms. Report that migraines were in his family, and that he currently suffers from between 2-5 migraines per week. He had one session with the client in which he currently suffers from between 2-5 migraines per week. I taught him the basics of the EFT protocol and he continued to use it for himself for the next two weeks. Follow-up report revealed he was migraine free after this 2-week period. Case follow-up after 1 year 7 years reveals that 7 years later:
FUTURE MEDICINE

Consciousness will be the first intervention
- Scaled interventions
- Safest and least invasive first
- Drugs and surgery as a last resort, not the first intervention.

PRIMACY OF CONSCIOUSNESS

THEN: The Central Dogma of Molecular Biology
(Sir Francis Crick, 1957, 1972):

DNA > RNA > Protein

NOW: The Primacy of Consciousness Principle
(Soul Medicine Institute, 2007):

Consciousness > DNA > RNA > Protein
How To Use This Wisdom

- Whenever you feel stressed for any reason: Use the 1 minute technique on page 327 of *Genie in Your Genes*.
- Engage faith and belief in the healing process always.
- Every morning, to increase energy: Use the 5 minute energy technique on page 329 of *Genie in Your Genes*. Then meditate.
- Give a copy of the book to your friends in the healing professions.
- Give a copy to anyone who is ill.
- Have a certified professional from Soul Medicine Institute present a one-day course at your school, workplace, non-profit, or corporation. You will then be working with less stressed people.
- Make a generous donation for research or humanitarian purposes, to the Iraq Vets Stress Project, the People in Pain project, and others.
- Get certified in Energy Psychology through the ACEP certification program, link on the www.SoulMedicineInstitute.org site.