



"The right path of learning to a brighter, better future."

"What is PNI"

Contributor: Tina Taylor

Psychoneuroimmunology explores how our psychological conditions and neurological processes affect our immune system. How our thoughts and beliefs can affect our health.

Centuries ago it was believed that when we became ill that we had a "dis-ease of the mind" and at that time apothecaries dealt with the four humours of the body; believing that once they had everything in balance that the body would heal. With the advent of allopathic medicine this kind of practice died out, which for many people was a god send as the apothecaries of the time were believed to have killed as many of their patients as they "healed" with their methods of purging and blood letting to get the bad humours out of the body.

The Chinese, for centuries, have believed that disease takes place when there is disharmony in an organ or within an organs system. They say that this affects the flow of Qi; the energy flow through the meridians of the body. Eastern healers look for a reason why the Qi is blocked; looking to diagnose the nature of the disharmony so that they can then correct the imbalance so that the Qi can flow freely again and the individual can heal.

Roger Callahan, creator of TFT, has noticed that when people are ill they suffer from a reversal of the flow of energy within the meridians. He noticed this whilst his wife was having chemotherapy that whilst she felt the affects of the drug in her system that her energy flow was blocked and that by working with her to get the energy flowing freely she felt no effects from her chemo. How do you test your flow of energy I hear you ask; that's one of the questions I will answer and demonstrate on our PNI course on March 13th.

Since the 1980's we have begun to look at how our brain and immune system interact with each other. It is now readily accepted that stress and emotional responses change the chemical levels in the blood stream that in turn effect the efficient functioning of the immune system; supporting the concept of a direct relationship in between our central nervous system and our immune system. For example; it is now believed that some cancers can be triggered by extreme stress.

Over many years of being a hypnotherapist I have noticed how my clients come to see me for one problem and by helping them overcome this, their health improves; how can this happen?

A few of my clients who have come to see me for help conceiving using IVF, as they have been told that they will never be able to conceive naturally due to medical problems, have conceived naturally and their medical problems have cleared up as we have dealt with the issues they had around parenthood and pregnancy.



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Medical science has provided us with various cures for illnesses that at one time were incurable; and throughout the history of medical research we have also discovered factors such as the placebo effect. People being given what was probably basically sugar pills and being told that they were a super drug that would heal them and they heal. Against all odds their disease goes away.

Back in 1994 Barbara Stepp attended a workshop run by Richard Bandler; Richard was demonstrating his "beautification" technique and chose Barbara as one of his demo subjects. What Richard didn't know at this point was that Barbara had cancer; and to both their surprise her cancer went away. What do we mean when we say things like the cancer went away? We all have cancer cells within our bodies, we actually need some to stay healthy so we obviously have a way of keeping those cells at the right level.

How do we do this?

On March 13th at Kingston University I will be running a one day workshop where we will explore PNI and various methods of healing and how to harness the power of your unconscious.

Check out www.aventesi.com to book online or call 020 8540 3366 or email sarhtonin@aventesi.com for more details