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Hitting the rumble strip

Listen, girlfriend, I presume you're reading this column because you're already on board with my total c

What I want to talk about is a rumble strip. You know, the thing that jolts your car on a highway off-

For many of us, the rumble strip experiences have to do with our health. We get ill. So, we're prog

I'm talking about MD Lissa Rankin. She discusses the placebo and nocebo effect. You know, place

The same mind-body power that can heal you can also harm you. It's called the nocebo effect. The

The nocebo effect is probably most obvious in voodoo death when a person is cursed and then die

The most-publicised case is Sam Shoeman, who was diagnosed with end-stage liver cancer and given

Lissa says that every time your doctor tells you that you have an "incurable" illness the

Okay, granted – it's natural that sick people may get a bit defensive about this. After all, Lissa's messag

Lissa says that the body speaks to us in whispers, but if we ignore the whispers, the body starts to

She says that some people have done so much growth work in an attempt to cure a "terminal

Some, like dr Bruce Lipton, author of 'The Biology Of Belief', argues that, even if our conscious mind

So, why do some people experience spontaneous remissions and others stay sick? Lissa believes
Do you believe this? Then it is true. For you.