

AOM/ND

Health and Society in North America:

Lessons From the Heart

How the stress reduction techniques called Heart Math work. In the past few years science has begun to confirm the ancient wisdom of listening to our hearts. In fact a program called HeartMath is teaching people to reduce stress and bring their bodies into greater harmony by paying attention to, even changing the rhythms of their hearts.

The New Medicine

In this program, you're going to meet some very hard nosed scientists who are doing groundbreaking studies of this mind/body connection. They are proving, in the language of science, that our emotional state, thoughts and feelings, has an enormous influence on our emotional state, thoughts and feelings, has an enormous influence on physical phenomena like pain, healing and even our ability to fight off infection. We're calling these programs the new medicine. What's new is an appreciation among medical researchers that we are one complex, interconnected organism and to heal involves treating the mind, the body, and the spirit.

Partners in Healing: Mind, Body and Prayer

Potions Or Poisons?

In the early 1940s, the former door to door salesman begins concocting the potion in backyard barrels to cure his arthritis. It worked, he says. In addition, LeBlanc claims the mixture of honey, vitamins, minerals and a stiff shot of alcohol is the antidote for everything from diabetes to obesity to a frigid wife.

The Power Of Prayer: How it Can Help to Influence Your Healing

If you're one of the 30 million Americans facing surgery this year and you already know how frightening that can be. This program talks about how the patient can be a player in the process; and how they can be active and involved in their own healing through prayer.

Quality of Mercy

The most effective relief of severe pain involves the use of narcotics. Our society is frightened of narcotics and our understanding of pain is confused. Prejudice, ignorance, fear and agony are often the result. As you will see later this reaction leads to poor and dangerous treatments in our hospital. No patient should have to endure intense pain unnecessarily. Few things a doctor does are more important than relieving pain. The quality of mercy is essential to the practice of medicine. That quality should never be strained.

Soul & Science: The Power of the Mind

This story illustrates very clearly that if we expect something negative to happen and we think we are ill and believe we are receiving treatment, it affects us. It may affect us positively or negatively. In this case it affected the patient negatively. We observe increased activity in the part of the brain that processes painful stimuli. People's expectations and negative thoughts may inhibit the effectiveness of their treatment.

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Rehabilitation Therapy:

[Basic Myotherapy Techniques for Adult Pain Management part 1](#)

[Basic Myotherapy Techniques for Adult Pain Management part 2](#)

[Comparison of Normal and Atypical Development](#)

[Edema Management: Here Today, Gone Tomorrow](#)

[Gentle Touch: Baby Massage](#)

[Integrating Physical Handling and Vision Intervention in CVA & TBI: Part 1 & 2](#)

[Integrating Physical Handling and Vision Intervention in CVA & TBI: Part 11](#)

[Integrating Physical Handling and Vision Intervention in CVA & TBI: Part 3 & 4](#)

[Integrating Physical Handling and Vision Intervention in CVA & TBI: Part 5 & 6](#)

[Integrating Physical Handling and Vision Intervention in CVA & TBI: Part 7 & 8](#)

[Integrating Physical Handling and Vision Intervention in CVA & TBI: Part 9 & 10](#)

[Introduction to Baby Treatment: Part 1 & 2](#)

[Introduction to Baby Treatment: Part 3 & 4](#)

[Introduction to Baby Treatment: Part 5 & 6](#)

[Introduction to Baby Treatment: Part 7](#)

[Introduction to Soft Tissue Mobilization: Basic Concepts and Techniques](#)

[Introduction to Soft Tissue Mobilization of the Upper and Lower Body: Part 1 & 2](#)

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[Issues of the Head and Neck: Part 5 & 6](#)

[Issues of the Head and Neck: Part 7 & 8](#)

[Myofascial Therapy: With Emphasis on Trigger Points of the Upper Extremity](#)

[The NDT \(Bobath\) Management of Adult Hemiplegia: Part 1 and 2](#)

[The NDT \(Bobath\) Management of Adult Hemiplegia: Part 3 & 4](#)

[The NDT \(Bobath\) Management of Adult Hemiplegia: Part 5 & 6](#)

[The NDT \(Bobath\) Management of Adult Hemiplegia: Part 7 & 8](#)

[The NDT \(Bobath\) Management of Adult Hemiplegia: Part 9 & 10](#)

[OA: Tips, Tricks & Trivia](#)

[Office Ergonomics: Take Control!](#)

[Practical Treatment of Torticollis: Part 1 & 2](#)

[Practical Treatment of Torticollis: Part 3 & 4](#)

[Practical Treatment of Torticollis: Part 5 & 6](#)

[Preparation for Better Function of the Upper Extremity in Adult Hemiplegia: Part 1 & 2](#)

[Preparation for Better Function of the Upper Extremity in Adult Hemiplegia: Part 3 & 4](#)

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[Shoulder Pathology: A Detailed Approach to Examination & Treatment, Part 1](#)

[Shoulder Pathology: A Detailed Approach to Examination & Treatment, Part 2](#)

[Slip, Fall, Broken Wrist! A Fracture Everyone Treats](#)

[Soft Tissue Mobilization: Muscles of the Arm and Hand](#)

[Soft Tissue Mobilization: Muscles of the Head and Neck](#)

[Soft Tissue Mobilization: Muscles of the Leg and Foot](#)

[Soft Tissue Mobilization: Muscles of the Shoulder Girdle](#)

[Soft Tissue Mobilization: Muscles of the Trunk and Pelvic Girdle](#)

[Stiff Joints: Tips, Tricks and Trivia](#)

[Stiffness: Suggestions & Solutions](#)

[Structural Aspects of the Rib Cage](#)

[The Systems: Part 1 & 2](#)

[The Systems: Part 11 & 12](#)

[The Systems: Part 13 & 14](#)

[The Systems: Part 15 & 16](#)

[The Systems: Part 17 & 18](#)

[The Systems: Part 19 & 20](#)

[The Systems: Part 3 & 4](#)

[The Systems: Part 5 & 6](#)

[The Systems: Part 7 & 8](#)

[The Systems: Part 9 & 10](#)

[Tai Chi: Flow into Function, Part 1](#)

[Tai Chi: Flow into Function, Part 2](#)

[Yoga: Child's Play, Part 1](#)

[Yoga: Child's Play - Yoga for Special Needs Children](#)

[Yoga: Child's Play - Yoga for the Well Child](#)

[Yoga: Mind and Body, Part 1](#)

[Yoga: Mind and Body, Part 2](#)

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