

Contents

Foreword to the First Edition by Norman Cousins	vii
List of Teaching Tutorials	x
List of Boxes	xi
List of Tables	xii
List of Figures	xiii
Preface	xv
Acknowledgments	xix

SECTION I

The Psychobiology of Mind-Body Communication

1 The Placebo Response: A Rejected Cornerstone of Mind-Body Healing	3
2 Information Transduction in Mind-Body Healing and Hypnosis	23
3 State-Dependent Learning in Mind-Body Healing and Hypnosis	47
4 Stress and Psychosomatic Phenomena	69
5 The New Language of Mind-Body Communication: Ten Teaching Tutorials	90

SECTION II

The Psychobiology of Mind-Body Healing

6 An Overview of Mind-Body Communication and Healing	133
7 Mind Modulation of the Autonomic Nervous System	161
8 Mind Modulation of the Endocrine System	186
9 Mind Modulation of the Immune System	217
10 Mind Modulation of the Neuropeptide System	278
Summary and Overview	313
References	315
Index	345

Index

- Accessing question
 - basic, 100–102, 101f
- Acetylcholine, 163
- Achterberg, J., 33, 34, 108–109, 163, 191, 217, 251, 266–267, 311
- Acquired immune deficiency syndrome (AIDS)
 - informational disease, 259–261
- ACTH
 - release, 294
- ACTH–endorphin system, 188, 294
- Addictions, 78–79
- Adenosine, 171
- Adenosine diphosphate (ADP), 154–155
- Adenosine triphosphate (ATP), 154–155, 164, 171, 236
- Adenylcyclase, 164
- Ader, R., 25t, 30, 145, 217, 223, 224, 225
- Adrenal hormones, 194
- Adrenocorticotrophic hormone (ACTH), 73, 177, 188, 189t
- Affect bridge, 206
- Affect disorders, endocrine system
 - Circadian rhythms, 205–206
- Aging
 - biological clocks and, 213–215
 - stress and, 79–80
- Ajaya, S., 183
- Alberts, B., 146, 157, 218
- Aldosterone, 194
- Aldrich, K., 309
- Alexander, B., 263
- Alexander, F., 8–11, 22, 289
- Alexithymia, 266, 267
- Alkon, D., 156, 282
- Allergies
 - hyperactive immune system, 261–264
- Alternative therapies, 311
- Altkenhead, A., 176
- Amen, D., 168
- Amkraut, A., 240
- Amnesia
 - traumatic, 57–62
- Analgesic drugs
 - placebo, 16, 17f
- Amplitude dysrhythmia, 80
- Anderson, C., 21
- Anderton, C., 264
- Andrews, V., 265
- Androgens, 193
- Antibodies, 222
- Antidiuretic hormone (ADH), 189t
- Antigen/major histocompatibility complex (MHC), 230
- Antoni, M., 256
- Araoz, D., 294
- Armitage, R., 180
- Arthritis (rheumatoid), 265
 - misguided immune system, 264–270
- Arya, U., 184–185

- Ascending reticular activating system (ARAS), 31-32, 273
- Association
cross-modal, 37
- Asthma
circadian and ultradian rhythms, 262-264
hyperactive immune system, 261-264
hypnotherapy, 263-264
information transduction, 264
- Au, P., 73
- Auerbach, J., 261
- Autocatalytic healing
facilitating, 127-130, 128f
- Autocrine messengers, 151
- Autoimmune dysfunctions
misguided immune system, 264-270
- Autonomic nervous system, 158, 300t
blood flow, 169-170
branches, 12, 143
giving-up complex and, 11-13
hypnotherapeutic approaches, 171-176
hypothalamus and, 142-143
messenger molecules, 13
mind modulation, 161-185, 162f
psychobiological rhythms, 179
stress, time, and mind-gene communication, 164
- Bachevalier, J., 38
- Bakan, P., 35
- Balkwill, F., 245, 246
- Ballentine, R., 183
- Baltimore, D., 146
- Bandura, A., 177
- Banks, W., 168, 172, 173
- Barabasz, A., 168, 249-250
- Barabasz, M., 249-250
- Barber, T., 167-168, 286
- Barinaga, M., 299
- Barry, J., 19, 244
- Basic accessing question, 100-102, 101f
- Basic rest-activity cycle (BRAC), 154, 196, 201
hypnotherapy and, 309-310
- Beck, A., 16
- Becker, J., 209
- Beecher, H., 15
- Behavior
utilizing, 113-115, 114f
- Behaviorist approach, 38
- Bennett, E., 56, 102
- Bennett, H., 176
- Benson, H., 49t, 55, 168, 200, 215, 263, 311
- Berger, L., 118
- Bernard, C., 69
- Bernheim, H., 24t, 25-26, 47
- Bernstein, D., 309
- Besedovsky, H., 225, 229, 279
- Bickford, R., 54-55
- Big Bang
information begins with, 41-43
- Biological clocks
aging process and, 213-215
hypothalamus and, 195, 214
- Biological energy pattern, 12
- Biological stress syndrome. *See* General Adaptation syndrome
- Black, I., 164-166, 279-281, 282-283
- Black, S., 24t, 26, 30, 169, 237-238, 264, 272, 274-275, 276
- Blalock, E., 279, 287-288
- Blankstein, J., 210
- Bleeding control
surgery and hemophilia, 172-173
- Blood flow
autonomic nervous system, 169-170
humoral control, 170
local tissue control, 170-171
mind modulation, 167-171
- Bloom, F., 31, 54-55, 205, 279
- Blum, G., 84
- Bodden, J., 65-67
- Body image, 34
- Body states

- regulation, 33
- Body stimulation
 - somatosensory, 165
- Bolander, F., 147
- Boltzmann, L., 43
- Bonneau, R., 257
- Bower, G., 82, 84
- Bowers, K., 25t, 26-27, 240, 263-264, 272
- Braid, J., 47, 48t, 49
- Brain-body communication, 140-146, 142f
- Brain-body information transduction, 306t
- Brain damage
 - organic
 - assessing memory, 119-122
- Brain stem, 285
- Brandenberger, G., 197, 198t
- Braun, B., 65, 161
- Breaking point, 196
- Bredt, D., 299
- Breedlove, S., 209
- Brewerton, D., 265
- Bridges, C., 16
- Brodsky, V., 233
- Brooks, W., 224
- Brown, F., 179, 212
- Brown, P., 183
- Brush, F., 307
- Bulloch, K., 143, 224, 289
- Campbell, S., 211
- Cancer
 - communication disease, 241-243
 - defenses against
 - messenger molecules, 243-246
 - therapy
 - psychobiological models facilitating, 246-251, 252f
 - underactive immune system, 240-241
- Cannon, W., 11-12, 69-70
- Carden, N., 177, 178-179
- Carich, M., 65
- Carson, R., 36, 111
- Cartesian dichotomy, 22, 137
 - mind-body, 137
- Catalepsy, 207-208
- Catecholamines, 73, 164, 177
- Catharsis, 304-307
 - psychotherapy, 307
- Cell-gene communication, 135f, 146-160
- Cells
 - communication loops, 147
 - division and replication
 - DNA synthesis, 231
- Cellular activity
 - mind modulation, 163-164
- Cellular-genetic information transduction, 306t
- Cellular level
 - psychobiology of healing, 166-167
- Cerebral cortex
 - frontal, 32-34
- Cerebral hemisphere dominance
 - mind-body states, 184f
- Cerebral hemispheres, 3-36
- Challenge
 - positive
 - negative threat, 177, 178f
- Chaos, 253
 - chaotic attractors, 287
- Chapman, L., 286-287
- Cheek, D., 48t, 51, 66, 71, 115, 123, 124, 125, 126, 137, 148, 168, 173-174, 175, 194, 235, 258, 287, 303, 304, 312
- Chiba, K., 213
- Chiba, Y., 213
- Cholecystokinin (CCK), 189t, 307-308
- Chronobiology
 - hypnosis, 309f
 - unification hypothesis, 309
- Ciampi, L., 65
- Circadian rhythms, 179
 - asthma, 262-264
 - endocrine system

- Circadian rhythms (*continued*)
 affect disorders, 205-206
 hypnosis and, 311-312
 neuroendocrine system, 195-197
- Clarke, P., 11-12
- Clawson, T., 254
- Clayton, D., 140
- Coates, T., 261
- Cognitive approach, 38
- Cognitive reframing approach, 247
- Cohen, N., 223
- Cohn, M., 224
- Coincidental phenomena, 85-86
- Communication
 brain-body, 140-146, 142f
 cell-gene, 135f, 146-160
 evolution, 148
 gene, 140
 loop
 energy-metabolic, 154-157
 messenger molecule-receptor system, 157-159
 mind-body. *See* Mind-body, communication
 mind-gene
 autonomic nervous system, 164
- Complex adaptive systems, 71, 80, 287
- Condyloma acuminatum, 255
- Conn, L., 168
- Connella, J., 108-109
- Conroy, M., 171
- Consciousness, 38
 immune system, 272-277
 neurologic concept, 10
 problem, 137
 self-reflexive information transduction, 10
 wave nature, 179-184, 195-205, 197f, 308-312
 women's transformations, 209-213
- Cooper, G., 242
- Copernicus, 163
- Coping
 ability, 247
 psychobiology, 176-179
- Corticotropin releasing factor (CRF), 189t
- Corticotropin-releasing hormone (CRH), 73
- Cortisol, 307
- Cousins, N., 13-14, 22
- Cowan, J., 305t
- Crabbe, J., 189t
- Crabtree, G., 230, 233, 235
- Crasilneck, H., 161, 168, 210, 259, 287, 289
- Creative formulation, 40
- Creative function
 problem transformation into, 292, 293
- Creative resources, 53
 assessing, 102-108, 104f
- Creighton, J., 247
- Crews, D., 209
- Crick, F., 137, 138, 139, 156
- Crosby, C., 201-202
- Cross, R., 224
- Crowley, R., 38, 40, 109
- Crvic, L., 259
- Culotta, E., 299
- Cutkomp, L., 213
- Cyclic adenosine monophosphate (cAMP), 148-149, 164, 191, 230
- Cytokine production, dysregulated, 245
- Cytokines, 20, 159
- Cytomegalovirus (CMV), 259
- Cytotoxic cells
 antibody-dependent, 241
- Dalton, K., 211-212
- Darnell, J., 146
- Davies, P., 146, 303
- Davis, J., 188
- Day, M., 35
- Déjà vu, 52

- Delbruck, M., 24t, 30
Delgado, J., 24t, 30
del Rey, A., 225, 229, 279
Dement, W., 32, 196
DePiano, F., 264
Depression
 endogenous, 205
 postpartum, 211-212
De Wied, D., 73, 281, 307
Diacylglycerol (DAG), 156
Diamond, H., 263
Diapedesis, 227
DiCicco-Bloom, E., 282-283
Diseases of adaptation, 194
Dissociated memory, 13
Dissociation, 50, 106
 hypnosis, 304
Diverticulitis, 290f
DNA, 151, 192
 repair, 231
 synthesis, cell division and replication, 231
Dohrenwend, B., 247
Domanque, B., 286
Domesick, V., 33
Double bind, 57, 104
Downregulation, 78
Dreaming, 31-32
Dreher, H., 18, 248
Drug withdrawal, 157
Dunlap, D., 68
Dysrhythmia
 low amplitude stress, 80
Edelson, R., 222
Edmonston, W., 207
Edwards, G., 264
Ehrlich, P., 245
Eigen, M., 25t, 43-44, 251
Ellenberger, H., 61, 96, 97, 207, 217, 302-303
Emotions, 93
 nonexpression, 248
 positive, 13
Endocrine system, 158-159, 300-301t
 affect disorders
 Circadian rhythm, 205-206
 aging process, 214-215
 hypothalamus and, 143-145
 integration by neuropeptides, 287-288
 mind-gene communication, 190-195
 mind modulation, 186-216
 rhythmical mediation, 195
Endocrinology, 145
Endogenous depression, 205
Endoplasmic reticulum
 protein dynamics, 233-235
Endorphins, 77, 188, 210
Energy pattern
 biological, 12
Engel, A., 138
Engel, G., 12, 149-150
Enkephalins, 188
Enteric nervous system, 289-293
Enzymes, 154
Epinephrine, 72, 73, 171
Epstein-Barr virus (EBV), 256-257
Erickson, M., xv, 26, 37, 48t, 50-53, 53, 54, 55, 57, 58-62, 64-65, 69, 82, 84-89, 98, 100, 102, 104-105, 108, 123, 168, 172-173, 177, 183, 200, 201, 203, 210, 211, 250-251, 267n, 267-268, 294-295, 297-298, 312
Esdaile, J., 206
Evans, F., 15, 16, 17, 18
Ewer, T., 263
Ewin, D., 168, 225, 232, 235, 254-255, 286-287
Exhaustion, 71
Feher, S., 118
Feirtag, M., 33
Feldstein, S., 38
Felton, D., 223, 279
Feramisco, J., 234

- Field, T., 208
 Fight or flight behavioral pattern, 72, 164
 Finch, C., 214
 Finger Family Therapy, 126-127
 Fink, J., 222
 Finkelstein, S., 250
 Fischer, E., 155
 Fischer, R., 48t, 51-52
 Fleck, P., 77
 Flemming, A., 245
 Flood, J., 308
 Floyd, J., 311
 Folkman, S., 177
 Follenius, M., 198t
 Foss, L., 150
 Frankel, F., 247
 French, T., 10
 Freud, S., 48t, 50, 66, 77, 129, 206-207, 276, 304-307
 Freyberger, H., 266
 Friedman, M., 30, 248, 272
 Friedman, S., 199
 Fromm, E., 26
 Frontal cerebral cortex, 32-34
 Fronto-limbic system, 33
 Frooman, B., 179
 Funt, A., 14

 Gaerber, R., 212
 Gage, D., 57-58, 84
 Galanter, E., 273
 Ganong, W., 141
 Gardocki, J., 179
 Gazzaniga, M., 34, 83-84, 176, 179
 Gendlin, E., 109
 General Adaptation Syndrome, 28, 29, 69-84, 170, 313
 stages, 71-78, 72f
 Genes
 communications, 140
 exon-intron dynamics forming mRNA, 231-232
 expression, 150-151, 152, 153
 modulation, 191
 receptors, 147-154
 housekeeping, 152
 information begins with, 43-44
 mutation, 150-151
 regulation loop
 temporal order, 235-236
 structural alteration, 151
 structure, 191
 transcription, 151
 metabolic processes, 230
 tumor suppressor, 243
 Gentry, W., 176, 292
 Georgopoulos, C., 234
 Gerson, M., 289
 Gervais, P., 262
 Ghanta, V., 217, 223
 Ghata, J., 262
 Giving-up complex
 autonomic nervous system and, 11-13
 Giving-up-given-in complex, 12
 Glaser, R., 18, 21-22, 92, 140, 150, 169, 217, 225, 229, 230, 231, 232, 242-243, 256-257, 259
 Globus, G., 77
 Glucose, 72, 73
 Goelet, P., 140, 306t
 Gold, P., 81, 176
 Goldman-Rakic, P., 33
 Goldstein, A., 223-224, 225, 286
 Goldstein, L., 179
 Gonadotrophin-releasing hormone (GnRH), 189t
 Goode, W., 35
 Goodell, H., 286-287
 Goodkin, K., 260-261
 Gorczynski, R., 225
 Gordon, H., 179
 Gorton, B., 161, 289
 Gould, S., 225, 232, 258
 Govern, A., 226
 Graeber, R., 179
 Graham, K., 35
 Gravitz, M., 254
 Gray, C., 138

- Green, M., 118, 311
 Green, R., 118, 311
 Greenberg, R., 113
 Greenleaf, H., 250
 Grinker, R., 10
 Groer, M., 215
 Gruen, W., 168
 Guillemin, R., 186
 Gur, R., 35
 Guyon, A., 141-142, 171
 Guyre, P., 70-71
 Gwynn, M., 232
- Habits, 38
 Hahn, R., 12
 Halberg, F., 213
 Haley, J., 62, 297
 Hall, H., 169, 228, 247, 248, 265
 Hall, J., 161, 210, 259, 287, 289
 Hall, N., 223-224, 225, 227, 232
 Hampson, E., 194, 209
 Harbour-McMenamin, D., 279, 287-288
 Harding, E., 212
 Harris, G., 24t, 28
 Harris, K., 281-282
 Hartland, J., 254
 Hawkins, R., 56
 Healing
 mind-body. *See* Mind-body, healing
 Heart
 healing, 13
 Heat shock proteins, 234
 Hebb, D., 175-176, 282
 Hebb synapses, 282
 Hegge, F., 199
 Heisenberg, W., 235
 Helplessness
 learned, 56
 Hemophilia
 control of bleeding, 172-173
 Henderson, T., 68
 Henry, G., 207
 Henry, J., 186
 Herkenham, M., 278
- Herpes simplex virus
 types I and II, 257-258
 Herpesvirus, 255-256
 Hilgard, E., 26, 48t, 53-54, 62, 268, 286
 Hilgard, J., 48t, 53
 Hillman, J., 251
 Hiramoto, R., 217
 HIV infection, 259, 260
 Hoffman, H., 199
 Hofstadter, L., 31, 205
 Hokama, Y., 222-223, 240-241, 261-262
 Holbrook, N., 70-71
 Holistic therapy, 77, 118, 190, 201, 311
 Holland, J., 71
 Holroyd, K., 177
 Holyoak, K., 71
 Homeostasis, 46, 69-70
 new, 46
 Hopkins, J., 211
 Hormones, 158-159, 223
 adrenal, 194
 memory and learning, 36-37
 mind and body functions, 189t
 mind-gene connection, 193
 sexual, 193-194
 ultradian release, 198t
 Hornig-Rohan, M., 168
 Hostility, 248
 Hotchkiss, J., 198t
 Hull, C., 26
 Humans
 information begins with, 44-45
 Humoral control
 blood flow, 170
 Humphrey, J., 272
 Hunter, T., 155-156, 283
 Hypercycle, 44
 Hypersensitivity, 61-62
 Hypersuggestibility, 61
 Hypnosis
 chronobiological hypothesis, 312
 Circadian and ultradian rhythms, 309-312

- Hypnosis (*continued*)
 dissociation, 304
 history, xvi-xvii, 206
 informational view, 26-27
 information transduction, 23-46
 modulating immune system, 30
 production, 312
 psychoneuro-physiological alterations, 297
 psychosomatic phenomena, 84-86
 psychosomatic problems, 200-201
 self-. *See* Self-hypnosis
 state-dependent memory, learning and behavior and, 47-68, 48-49t
 therapeutic, 314
 traumatic stress, 64
 warts, 254-255
- Hypnotherapy
 asthma, 263-264
 autonomic nervous system, 171-176
 basic rest-activity cycle (BRAC) and, 309-310
 chronobiology, 309
 menstrual disorders, 210
 natural periodicities, 309
 phobias, 177
 steps, 100
- Hypnotic psychotherapy, 86-89
- Hypnotic suggestion
 placebo and, 18, 34-35
- Hypnotism, 47
- Hypothalamic response, 55
- Hypothalamus, 141-142
 autonomic nervous system and, 142-143
 biological clock, 195, 214
 endocrine system, 143-145
 immune system and, 145
 neuropeptide system and, 145-146
 psyche and, 10
 soma and, 10
- Ideodynamic, 37
- Ideo-dynamic exploratory assessing scale (IDEAS-1), 119
- Ideodynamic movements
 signaling healing, 123-127, 124f
- Ideo-motor reflex excitability, 26
- Ideomotor signaling
 medical problems, 173-176
- Ideo-sensorial reflex excitability, 26
- Ikemi, Y., 168, 264
- Imagery
 raw, 35-36
- Immune system, 159, 302t
 anatomy and functions, 217-223
 dysfunctions
 mind modulation, 240-270
 hyperactive
 asthma and allergies, 261-264
 hypnosis modulating, 30
 hypothalamus and, 145
 information
 and consciousness, 272-277
 integration by neuropeptides, 287-288
 messenger molecules, 20
 messengers
 mind-body, 19-22
 mind-brain communication loops, 219f, 221f
 mind modulation, 217-277
 misguided
 autoimmune dysfunctions and rheumatoid arthritis, 264-270
 underactive
 cancer and, 240-241
- Immunity
 acquired
 mind modulation, 237-239
 acquired or adaptive, 222
 cellular, 222
 humoral, 222
 innate, 218
 mind modulation, 226-237
- Immunotransmitters, 30, 223

- Inch, R., 68
 Individuality, 276
 Infokinetics, 147
 Information
 begins with Big Bang, 41–43
 begins with genes, 43–44
 begins with humans, 44–45
 evolution, 40–46
 immune system, 272–277
 Information system
 single, 67
 Information theory, 272, 313
 Information transduction, 133, 135f,
 303, 313, 314
 asthma, 264
 brain-body, 306t
 cellular-genetic, 306t
 evolution of concept, 23–26, 24–
 25t
 hypnosis, 23–46
 mind-body, 305t
 mind-body communication, 300–
 302t
 mind-body healing, 23–46
 mind-gene loop, 187f
 state-dependent levels, 305–306t
 Informative pattern matching, 45
 Ingham, S., 10
 Insight, 53
 Insulin, 189t
 Interferon, 244
 Interleukin 2, 21, 22
 Interleukins, 244
 Iranmanesh, A., 80, 197, 198t, 307
 Irwin, M., 260
 Isaacs, A., 244
 Ischoloronsky, N., 181–182
 Izquierdo, I., 49t, 55, 77, 189t, 206,
 210, 228
 Jacobson, A., 168
 Janet, P., 48t, 49–50
 Johnson, B., 193–194
 Johnson, J., 118
 Johnson, M., 197
 Johnson, R., 168, 254
 Johnston, J., 232
 Jones, J., 256
 Jouvett, M., 24t, 31, 32
 Jung, C., 39–40, 48t, 129, 251, 276,
 277, 289–290
 Jungian analysts, 4
 Kaczender, E., 209
 Kaji, H., 286
 Kandel, E., 56, 139, 140, 141, 151, 152,
 154, 306t
 Kaneko, Z., 264
 Kant, K., 215
 Kantor, I., 199
 Kaplan, J., 168
 Kappler, J., 244
 Kaufmann, S., 71, 199
 Kayser, R., 182
 Keller, S., 145, 224, 240
 Kelly, P., 240, 263–264
 Kemeny, M., 259, 260
 Kennedy, Robert, 82
 Kiecolt-Glaser, J., 18, 21, 92, 229, 231,
 256, 257, 259
 Kiefer, C., 305t
 Kimble, D., 281
 Kimura, D., 194, 209
 King, R., 33
 Kirkpatrick, J., 311
 Kissilef, H., 189t
 Klein, R., 180
 Kleitman, N., 154, 196, 309–310
 Klennert, M., 264
 Klopfer, B., 3–7, 8
 Knobil, E., 198t
 Kobayashi, T., 196
 Kobayshi, T., 78
 Koch, C., 137–138, 139
 Koenig, O., 283
 Kogan, G., 208
 Konig, P., 138
 Koshland, D., 299
 Kosslyn, S., 283
 Krebiozen, 5, 6, 7

- Krebs, E., 155
 Krebs, W., 209
 Kreinheder, A., 268-270
 Kripke, D., 54, 77, 196, 250
 Kuhl, D., 36, 111
 Kuriyama, K., 250

 L'Abate, L., 111
 LaBerge, S., 32, 204-205
 Labor
 memory
 oxytocin, 210-211
 Lachman, S., 35
 Lambert, S., 11
 Langley, J., 147
 Langton, C., 253
 Lankton, C., 40
 Lankton, S., 40, 263
 Lattal, K., 71
 Lavie, P., 179
 Lawlis, F., 226
 Lawlis, G., 33, 265-267
 Lazarus, R., 177
 Lazerson, A., 31, 205
 Learned helplessness, 56
 Learning, 36
 state-dependent. *See* State-
 dependent memory, learning
 and behavior (SDMLB)
 Leckie, F., 210
 LeCron, L., 123
 Leonard, G., 213
 Leshan, L., 217
 Levine, S., 307
 Levy, S., 100
 Lewin, R., 253
 Lewis, T., 169
 Lex, B., 12
 Lieberman, D., 286
 Lienhart, J., 62-64
 Life change stress, 246-247
 Life evolution, 44
 Life experience
 state-dependent encoding, 303-
 308
 Lightfoot, J., 127-128
 Limbic-hypothalamic locus
 neuropeptide system, 284-285
 Limbic-hypothalamic system, 28-31,
 38f, 314
 memory, 37
 Lindenmann, J., 244
 Lindquist, S., 234
 Lippincott, B., 76-77, 154, 183, 199,
 201, 232, 309, 310, 312
 Liu, W., 176
 Lloyd, D., 10, 75, 137, 159-160, 179,
 191, 199, 230-231, 232, 287,
 309
 Locke, S., 168, 225, 247, 254
 Lodish, H., 146
 Long-term potentiation (LTP), 281
 Low amplitude dysrhythmia, 80
 LSD flashbacks, 52
 Ludwig, A., 65
 Luparello, T., 263
 Luria, A., 33
 Lymphocytes
 B-cell, 222
 T-cell, 222-223
 Lynch, G., 56, 91

 McDaniel, S., 237-238, 272
 McFadden, E., 263
 McGaugh, J., 36-37, 49t, 55, 56, 73,
 91, 175, 189t, 206, 305t
 McGeorge, C., 168
 McGilis, J., 223-224
 McGlashan, T., 18
 McKenzie, J., 238-239, 272
 Maclean, D., 225
 Magoun, H., 24t, 31
 Malamut, B., 38
 Manic depression
 cognitive process, 206
 Mantoux reaction, 238, 272
 Marcus, M., 211
 Margination, 227
 Margolis, C., 235, 250, 286
 Margules, D., 188

- Margulis, L., 44, 251-253
 Marini, J., 16
 Markesbery, W., 224
 Markowitz, A., 212
 Marmer, D., 238-239, 272
 Marquis, D., 62
 Marrack, P., 244
 Maslow, A., 177
 Mason, A., 168, 169, 264
 Massage
 mind-body therapy, 208-209
 Mazziotta, J., 36, 111
 Meares, A., 249, 251
 Melnechuk, T., 166-167, 190
 Memory, 36, 283
 clues, 64
 dissociated, 13
 labor
 oxytocin, 210-211
 sets, 64-65
 Menstrual disorders
 hypnotherapy, 210
 Merleau-Ponty, M., 273
 Messenger molecules, xvi, 8, 133-137,
 139-140, 145-146, 159, 186, 190,
 229, 314
 autonomic nervous system and, 13
 defenses against cancer, 243-246
 hormonal, 8
 immune system, 20
 nerves, 307-308
 receptor informational loop, 236-
 237
 receptors, 147-148, 159, 299-303,
 304
 RNA, 151f
 stress, 208
 Messenger RNA. *See* Ribonucleic acid
 (RNA), messenger (mRNA)
 Meyer, E., 286
 Meyers, R., 24t, 34
 Michel, S., 309
 Miller, G., 273, 274
 Miller, H., 206
 Miller, N., 24t, 30
 Miller, R., 199
 Mills, J., 38, 40, 109
 Milner, P., 24t, 30
 Mind, 38, 273
 bridge
 state dependent, 40, 47-68
 healing, 13
 logical, 34-36
 metaphorical, 34-36
 modulating molecules, xvi
 Mind-body
 Cartesian dichotomy, 137
 communication, xv, 10, 16-17, 22,
 34, 133-160, 135f
 endocrine system, 186, 187f, 192
 healing and, 298-312
 information transduction, 300-
 302t
 limbic-hypothalamic system, 141-
 146
 problem, 67
 teaching tutorials, 90-130
 healing, xv, xvii, 16-17, 22, 93, 109,
 133, 134f
 communication and, 298-312
 incubating, 108-110, 109f
 information transduction, 23-46
 natural periodicities, 309
 ritual and, 206-209
 SDLMB, 47-68, 48-49t
 immune system messengers, 19-22
 information transduction, 23, 143-
 144, 144f, 305t
 mechanisms, 224-225
 patterns
 correction of malfunctioning, xvi
 problems
 nasal cycle and, 182
 psychobiological resolution, 67-68
 therapy
 massage, 208-209
 Mind-brain communication, 137-140
 Mind-brain communication loops
 immune system, 219f, 221f
 Mindell, A., 32, 251

- Mind-gene communication
 - autonomic nervous system, 164
 - endocrine system, 190-195
- Mind-gene connection, xvi, 190, 191-192, 314
 - stress
 - psychoimmunology, 229-237
- Mind-gene loop
 - information transduction, 187f
- Mind modulation
 - acquired immunity, 237-239
 - autonomic nervous system, 161-185, 162f
 - blood flow, 167-171
 - cellular activity, 163-164
 - endocrine system, 186-216
 - immune system, 217-277
 - immune system dysfunctions and, 240-270
 - innate immunity, 226-237
 - neuropeptide system, 278-314, 280f
- Miracle cures, 3
- Mishkin, M., 25t, 37-38, 56
- Mitochondria
 - life energy dynamics and, 236
- Moll, A., 207
- Montgomery, D., 177, 178-179
- Montgomery, G., 153
- Moore, C., 77
- Moore, L., 168
- Morimoto, R., 234
- Morley, J., 308
- Morris, J., 16
- Moruzzi, I., 24t, 31
- Motivation
 - being, 177
 - deprivation, 177
- Mott, T., 168
- Mrazek, D., 264
- Mullaney, D., 77
- Multiple personality, 50, 62-65
 - nasal cycle and, 181-182
- Munck, A., 70-71
- Munoz, A., 259
- Murphy, D., 206
- Murry, E., 37
- N-methyl-D-aspartate receptors (NMDA), 282
- Nadel, L., 253, 287
- Naish, P., 312
- Nakagawa, S., 168, 264
- Nakamura, R., 222-223, 240-241, 261-262
- Nasal breath-brain connection, 182-183
- Nasal cycle
 - illness and mental disorder, 183-184
 - mind-body problems and, 182
 - multiple personality disorder, 181-182
- Nauta, W., 24t, 33
- Nemiah, J., 266
- Neodissociation theory of hypnosis, 53
- Nerves
 - messenger molecules, 307-308
- Nervous system
 - autonomic. *See* Autonomic nervous system
 - enteric, 289-293
- Neural wave equation, 45
- Neuroendocrinal information transducers, 145
- Neuroendocrinal information transduction, 145
- Neuronal death
 - stress and, 79-80
- Neuropeptides, 159
 - activity
 - sexual system, 293-298
 - endorphin, 288
 - immune and endocrine system integration by, 287-288
- Neuropeptide system, 159, 302t
 - hypothalamus and, 145-146
 - limbic-hypothalamic locus, 284-285
 - mind modulation, 278-314, 280f

- Neurosecretion, 145
- Neurotic, 152
- Neurotransmitters, 158, 163-164, 223
- Neutrophils, 227
- Newton, B., 250
- Ng, L., 286
- Nimmons, D., 76, 77, 79, 80, 115, 117, 118, 154, 233, 311
- Nisbett, R., 71
- Nitric oxide, 299
- Niven, J., 272
- Noll, R., 255
- Norepinephrine, 72, 73, 163, 171
- Nugent, W., 177, 178-179
- Numinosum, 277

- Oetgen, W., 168
- Old, L., 244
- Olds, J., 24t, 30, 282
- Oleson, T., 261
- Olness, K., 171, 232, 286
- Oncogenes, 242
- Organic brain damage, 119
- Orne, M., 18, 61-62, 285, 310
- Ornstein, R., 3, 141
- Orr, W., 199
- Osowiec, D., 183
- Overton, D., 48t, 54, 56
- Oxytocin, 145
 - labor
 - memory, 210-211

- Palmblad, J., 225
- Papez, J., 24t
- Papez circuit, 38n
- Papillomavirus, 254
- Pardue, M., 234
- Parwatikar, S., 65
- Pavlov, 56
- Pavlovian conditioning, 56-57
- Payette, R., 289
- Peavey, B., 226
- Pennebaker, J., 92
- Pensée opératoire, 266, 267
- Perelson, A., 220, 222

- Performance peaks, 196
- Perkins, A., 281-282
- Perls, F., 129
- Pernicano, K., 35
- Perry, C., 26
- Personality
 - shifts
 - pregnancy, 212
 - transformation
 - psychobiological hypothesis, 212-213
- Pert, C., 148, 157, 189t, 229, 278, 279, 284-286, 293, 306t
- Petri, H., 38, 56
- Phagocytes, 218
- Phelps, M., 36, 111
- Phenomenological experience, 52
- Phobias, 65-67
 - hypotherapeutic approach, 177
- Phoebus, E., 77
- Pincus, D., 279, 282-283
- Pituitary gland, 186
- Placebo (response), 3-22
 - Alexander interpretation, 8-11
 - analgesic drugs, 16, 17f
 - doctor within, 14
 - fifty-five percent connection, 15-18
 - hypnotic suggestion and, 18, 34-35
 - mind-body communication, 34
 - mind-body healing, 3, 15
 - miracle cures, 3
 - nuisance factor, 3, 14
- Poirel, C., 195
- Post, R., 65, 206
- Postpartum depression, 211-212
- Post-traumatic stress disorder, 50
- Pranayama, 181
- Prank, K., 198t
- Prefrontal cerebral cortex, 32-34
- Pregnancy
 - personality shifts, 212
- Pribram, K., 25t, 44-45, 91, 273-274
- Problem
 - solving, 107
 - three-step, 119-123, 120-121f

- Problem (*continued*)
 transformation into creative function, 292, 293
 Progesterone, 209-210
 Prolactin, 144
 Protein kinase C (PKC), 156, 282-283
 Protein kinases, 155-156, 283
 Proteins
 competence, 153
 heat-shock, 234
 immediate early, 153
 specific receptor, 194
 stress-induced, 234
 transcriptional regulator, 152
 Pseudohallucinatory behavior, 31-32
 Psychobiological models
 facilitating cancer therapy, 246-251, 252f
 Psychobiology, 23
 coping, 176-179
 healing
 cellular level, 166-167
 relationships, 213
 Psychoendocrinology
 developments, 307
 Psychoimmunology, 19-22
 stress
 mind-gene connection, 229-237
 viruses and, 251-259
 Psychological shock, 50f
 Psychoneuro-physiological alterations
 hypnosis, 297
 Psychophysiological, 49
 Psychophysiology, 47
 Psychosomatic network, 147-148
 Psychosomatic phenomena, 84-89
 stress and, 69-89
 Psychosomatic problems, 162-163
 genesis, 199-200
 stress-induced, 200-201
 Psychosomatic symptoms, 313
 Psychotherapy
 catharsis, 307
 steps, 99-100
 Putnam, F., 65
 Rama, S., 183
 Rank, O., 48t, 50
 Raw imagery, 35-36
 Ray, J., 76
 Receptor informational loop
 messenger molecules, 236-237
 Receptors, 229-300
 gene expression, 147-154
 messenger molecules, 147-148, 159, 299-303, 304
 Reichlin, S., 225
 Reinberg, A., 262
 Relationships
 psychobiology, 213
 REM sleep, 154, 179, 196
 Resistance, 81, 114
 depotentiating, 98
 Reticular activating system
 ascending, 31-32
 Reus, V., 206
 Reynolds, C., 100
 Ribonucleic acid (RNA), 151, 154
 messenger (mRNA), 192, 193, 230
 duration and degradation, 232-233
 gene exon-interon dynamics forming, 231-232
 Rider, M., 311
 Rigter, H., 189t
 Ritchie, J., 65
 Ritual
 mind-body healing and, 206-209
 Roberts, W., 24t, 30
 Robin, P., 108-109
 Rolf, I., 208
 Rorschach Inkblot test, 3, 4, 7, 35
 Rosenberg, S., 18, 19-20, 21, 244
 Rosenblatt, M., 190
 Rosenzweig, M., 56, 102
 Ross, J., 232, 258
 Rossi, E., xv-xvii, 10, 32, 36, 37, 48t, 49t, 51-53, 54, 55, 56, 64-65, 66, 71, 75, 76-77, 79, 80, 84, 88, 91, 96, 98, 100, 102, 104-105, 108, 115, 117, 118, 123, 124, 129,

- 137, 148, 154, 159-160, 172-173, 177, 179, 181, 182, 183, 184, 190, 191, 194, 199, 200, 201, 203, 204-205, 211, 212, 229, 230-231, 232, 233, 235, 250-251, 258, 267, 268, 270-271, 276, 287, 290, 291, 294, 295, 298, 303-304, 309-310, 311, 312
- Rossi, S., 65, 102, 104-105, 268
- Roszman, T., 224
- Rothenberg, K., 150
- Rothman, T., 289
- Ruff, M., 148, 259-260, 278
- Ryan, M., 56, 108, 123, 137, 200, 312
- Sachar, E., 247
- Sagan, C., 144n
- Sagan, D., 44
- Salk, J., 27
- Salzberg, H., 264
- Samadhi, 184-185
- Sanders, S., 310, 312
- Sapolsky, R., 71, 72, 74, 76, 79, 213
- Sawaguchi, T., 33
- Schafer, D., 168
- Scharrer, B., 24t, 28
- Scharrer, E., 24t, 28
- Schleifer, S., 145, 224, 240
- Schmitt, F., 139
- Schneck, J., 168
- Schneider, J., 226, 264
- Schizophrenia, 152
- Schrodinger, E., 43
- Schwartz, G., 15-16, 139, 141
- Schwartz, K., 251-253
- Scott, M., 232
- Self-hypnosis
 naturalistic, 216f
 ultradian approach, 203-205
- Self-reflexive information transduction, 10
- Seligman, M., 56
- Seltzer, L., 111, 112-113
- Selye, H., 24t, 28, 29, 37, 55, 57, 69-84, 170, 176-177, 189t, 194-195, 200, 263
- Sexual hormones, 193-194
- Sexual molestation
 assessing memory, 122-123
- Sexual system
 neuropeptide activity and, 293-298
- Shands, H., 27
- Shannahoff-Khalsa, D., 54-55, 182-183
- Shannon, C., 24t, 43, 272
- Shapiro, A., 35
- Shavit, Y., 240, 287
- Sheard, M., 16
- Sheehan, P., 26
- Shekleton, M., 215
- Shor, R., 26
- Shorr, J., 108-109
- Shors, T., 49t, 56-57
- Siegmán, A., 38
- Sifneos, P., 266
- Silberman, E., 65
- Silberner, J., 265
- Simon, C., 198t
- Simonton, O., 247, 251
- Simonton, S., 247
- Singer, W., 138
- Sirhan Sirhan, 82
- Sleep
 REM, 154, 179, 196
- Smith, E., 279, 287-288
- Smith, G., 237-239, 272, 308
- Smith, R., 225
- Smith, W., 226
- Snyder, S., 186, 299
- Sobel, G., 108-109
- Sobel, S., 199
- Sociocultural information transduction, 305t
- Solomon, G., 217, 240, 259, 260, 261
- Solvason, H., 217
- Sommer, C., 310, 312
- Sorkin, E., 225, 279
- Spangelo, B., 223-224
- Spanos, N., 168, 232, 254

- Spector, N., 217
 Spencer, D., 148
 Sperry, R., 24t, 34, 35
 Spiegel, D., 22, 33, 105, 250
 Spiegel, H., 105
 Spinal cord locus
 neuropeptide activity, 285
 Spruielli, G., 286
 Standen, P., 176
 State-bound resources, 105, 125
 State-dependent information trans-
 duction
 levels, 305-306t
 State-dependent memory
 learning and behavior (SDMLB), 40,
 46, 166, 191-192, 194, 303-304,
 313, 314
 assessing, 90-92
 hypnosis, 47-68, 48-49t
 mind-body healing, 47-68, 48-49t
 mind-brain communication, 137,
 138
 stress, 80-82
 State-dependent phenomena
 signs, 106t, 106-107
 Steele, R., 238-239, 272
 Stein, D., 253, 287
 Stein, M., 145, 224, 225, 240, 241
 Stephenson, J., 286
 Sternberg, D., 176
 Steroid hormones, 148
 Stewart, D., 263
 Stewart, J., 209, 294
 Stoltzfus, N., 179
 Stonier, T., 23, 25t, 41-43, 303
 Straus, S., 256
 Strenstrom, J., 232
 Stress
 analgesia, 74
 autonomic nervous system, 164
 low amplitude dysrhythmia, 80
 messenger molecules, 208
 mind-gene connection
 psychoimmunology, 229-237
 neuronal excitotoxicity, 79
 proteins, 234
 psychosomatic phenomena and, 69-
 89
 psychosomatic problems and, 200-
 201
 state-dependent memory, learning
 and behavior and, 80-82
 traumatic
 hypnosis, 64
 ultradian rhythm and, 199
 Structural integration, 208
 Stryer, L., 148-149
 Substance P, 286
 Surgery
 control of bleeding, 172-173
 Swade, R., 254
 Symptoms
 scaling, 110-113, 111f
 signals, 92-100, 93f, 270-271,
 271f
 Takahashi, N., 264
 Talking cure, 304-307
 Taylor, R., 79
 Teitlebaum, H., 35
 Temoshok, L., 18, 248-249, 259, 261
 Temporal amplification, 165
 Testosterone, 193
 Thagard, P., 71
 Therapeutic dissociation, 97
 Therapeutic double bind, 104
 Therapeutic hypnosis, 314
 Therapeutic trance, xvii
 Thompson, R., 49t, 56, 141
 Thorner, M., 80
 Threat
 negative
 positive challenge, 177, 178f
 Thyroid hormones, 193
 Timbury, M., 255
 Time
 autonomic nervous system, 164
 Tinterow, M., 47, 97, 207, 229, 303
 Tissières, A., 234
 Tissler, D., 225, 232, 258

- Tissues
 local
 blood flow control, 170-171
 regeneration
 cancer, 166-167
 Todorov, I., 234
 Trance
 common everyday, 201-202
 therapeutic, xvii
 Transcendent function, 39
 Transcriptional regulator proteins, 152
 Transduction, 23
 Traumatic amnesia, 57-62
 Traumatic power, 50
 Trum, L., 65
 Tsien, R., 220
 Tsuji, Y., 78, 196
 Tumor necrosis factor (TNF), 244-246
 Tursky, B., 15-16
 Tyler, T., 281-282
 Tyrosine hydroxylase (TH), 164

 Ullman, M., 168, 232
 Ulmer, D., 248
 Ultradian rhythms
 asthma, 262-264
 functions, 179, 180
 healing response, 115-118, 116f, 196, 314
 hypnosis and, 311-312
 neuroendocrine system, 195-197
 rest phase, 203, 204
 stress and, 199
 Unification hypothesis chronobiology, 138
 Universe
 evolution, 41-42, 42f
 Vaihinger, H., 108
 van Cauter, E., 197
 Vance, M., 80
 Van Ostade, X., 246
 Varicella-zoster virus, 259
 Vasopressin, 145, 189t
 Veldhuis, J., 75-76, 197, 198t
 Verruca vulgaris, 254-255

 Viruses
 psychoimmunology and, 251-259
 Voodoo death, 11, 12

 Wadden, T., 264
 Wagner, E., 16
 Wagner-Smith, K., 153
 Wagstaff, G., 311-312
 Wain, H., 168, 286
 Wakeman, J., 168
 Waksman, B., 222-223
 Waldrop, M., 76
 Walford, R., 213-215
 Wallace, B., 309
 Warts
 hypnosis, 254-255
 Watkins, J., 206
 Watson, J., 137
 Watzlawick, P., 108
 Wave nature
 consciousness and being, 44, 179, 195f, 298
 Weaver, W., 24t, 272
 Weber, R., 278
 Weeks, G., 111
 Wehr, T., 205
 Weinberger, N., 56, 91, 176
 Weiner, H., 24t, 30-31, 163, 199-200, 265, 289
 Weingartner, H., 65, 206, 210
 Weinstein, E., 73
 Weiss, C., 49t
 Weitzenhoffer, A., 105
 Welch, W., 236
 Werntz, D., 49t, 54-55, 180-181, 182
 West, M., 311
 West, P., 4
 Wever, R., 198
 Wheeler, J., 25t, 43, 303, 308
 White, L., 15-16
 Wickramasekera, I., 16, 34-35
 Wiener, N., 24t, 272
 Wilde, J., 118
 Williams, J., 168

- Williams, V., 232
Winkler-Oswatitsch, R., 25t, 43-44,
251
Witcher, S., 226
Withdrawal, 78
Wolff, H., 286-287
Wondering, 204
Woodman, M., 251
Wybran, J., 224-225
Yanovski, A., 168
Zeig, J., 40, 111
Zeitgeist, xv
Zilboorg, G., 207
Zornetzer, S., 49t, 55