

Thought, Matter, and Fibromyalgia

Moving beyond symptom treatment to the core of fibromyalgia pain

by Lars C. Clausen

Abstract:

This article shows a scientific basis for how and why people can reduce or eliminate their fibromyalgia pain. For those who wonder whether they can do better than just managing a set of life-long symptoms, this article shows how understanding peptides can be key to fibromyalgia symptom reduction or elimination.

Author:

Author Lars Clausen uses energy healing techniques to help people reduce or eliminate their fibromyalgia pain (www.myfibromyalgiarelief.com). Clausen is NOT a doctor or a biologist. He is a mechanical engineer, former Lutheran pastor, and Guinness World Record unicyclist. The following is his understanding of the biology of healing from fibromyalgia pain.

Article:

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- Sunning at the beach, novel in hand, not a care in the world, our brain takes that emotion and creates a peptide to match it.
- Stuck in traffic with a driving headache, our brain takes that emotion and creates a peptide to match it.
- Remembering a childhood trauma, even a sexual trauma from our life, our brain takes that emotion and creates a peptide to match it.

So what are peptides?

Peptides are very short protein molecules which are the material product of our conscious thoughts. They are created from amino acids, the building blocks of all proteins.

What do peptides do?

One indispensable function of peptides is to carry instructions to all the cells of your body. These peptides are the actual instructions for what your cells do. Your DNA takes its cues based on which peptide is giving the instructions. Your DNA *responds* to peptides.

DNA responds to peptides. So what?

Since peptides are created in response to emotions, this means that our DNA, our physical body, is in large part a response to our emotions.

DNA responds to our emotions. Wow.

Our bodies are a response to our thoughts, memories, and emotions? Wow. If this is new for you, take a seat, let this settle in. This is worth weeks or months of reflection – you might find as I did, this turns your world upside down. The implications for healing fibromyalgia symptoms are immense.

Our physical being is a function of something entirely non-material, our thoughts, memories, and emotions. To a great extent – we are our thoughts, memories, and emotions.

Remember those misguided doctors who used to blame people with fibromyalgia? Since the doctors couldn't get fibromyalgia to show up on their physical tests, they would sometimes mistakenly blame the person with fibromyalgia. These people got the blame for something the doctors are not open to understanding. Doctors are trained in a system that assumes mind and body are separate. In fact, mind and body are not separate. Emotions create peptides. Thoughts create material molecules that can be measured in the physical world. To a great extent – our physical bodies are the result of our thoughts, memories, and emotions. This is true for people with fibromyalgia, just as it is true for all human beings.

Given the history of blame – this is a touchy topic to be writing about, but here's a fast example of why it might be true. What was your reaction to the memory of doctor's blaming people with fibromyalgia? In my work with clients, I observe four typical reactions. Does yours match any of these reactions?

- A person might be angry at when they even think about bringing an emotional connection to fibromyalgia – anger is one emotion that arises.
- A person might feel overwhelmed, depressed, and defeated – exhaustion can be another reaction that arises.
- A person might feel satisfied to have an explanation – relief can be yet another reaction.
- Finally, a fourth common reaction is excitement – if my body is a function of my emotions, how can I have some influence of my thoughts, memories, and emotions so that I can create healthful peptides.

What was your emotional reaction? Be aware of your reaction. Pay attention to it. Depending on your reaction, your body is experiencing some corresponding physical response. If you're enraged by that paragraph, because of some memory with a doctor who wrote you off, your body is experiencing that emotion. A peptide is being created and giving instructions to your cells. Pay attention – where is it showing up – did your stomach cramp or get nauseous? Did your neck or shoulders tighten? Did a headache start?

If you're thrilled by the paragraph, your body is experiencing something different right now – perhaps an energy rush, a focused attention that wasn't there a moment ago. Our emotions create peptides. Peptides provide instructions for our body. Out of nothing but a thought, our physical body changes, and peptides are how it happens.

A groundbreaking book on this topic was published in 1997, fully fifteen years ago, by one of the leading researchers in this field of neurobiology. The book is **Molecules of Emotion, The Science of Mind-Body Medicine**, by Candace B. Pert, Ph.D. These findings of Pert and other researchers, though over a decade old, have not yet found their way into the consciousness and practice of the general public or traditional medicine.

What about old memories, stored traumas, and fibromyalgia?

I'm taking you on a whirlwind tour of how I work with fibromyalgia sufferers to help them reduce or

eliminate their pain. I want us to move onto past memories and stored traumas, but before we do, please give yourself a moment to calm down from whatever emotion you may have just experienced. If instead of being caught by the emotion, try just observing the emotion, being aware of the emotion, and paying attention to it. This is very different from being caught up in the emotion. Notice as you calm down, your body once again feels different. You've just experienced an example of how I work with people to address current emotions and current bodily symptoms.

I have been working with energy healing techniques for the past four years, but I developed a specific interest in fibromyalgia last year when I learned that even the medical literature acknowledges the role of traumatic emotional and physical experiences in so many people who suffer from fibromyalgia. My peptide fascination got curious. An extraordinary percentage of sufferers report that they experienced a severe childhood trauma, often including sexual trauma. A high percentage of sufferers also self-report as highly sensitive people. And a large number of sufferers can recall a specific emotional or physical traumatic event at some later point in their life when fibromyalgia symptoms started and then never went away again.

Old traumas can keep triggering current peptide and stress hormone production. In fact, Dr. Ginevra Liptan, fibromyalgia clinic director, and a person who has fibromyalgia herself, writes in her 2011 book, **"Figuring Out Fibromyalgia: Current science and the most effective treatments:** "Ultimately all the symptoms of fibromyalgia stem from abnormal activation of the fight-or-flight nervous system."

This statement by Liptan may also come as a revelation to you. If so, I invite your reading of her highly accessible presentation of the latest science and treatment options from a medical perspective.

I want to add only one more piece of information so I can fully share the biological and energetic conceptual framework I use when helping people find relief from fibromyalgia symptoms.

If we can find a way to deactivate the emotional impact of old traumatic memories, then the body will have a new and different emotional state.

And now you know that changing emotions create different peptides, and the DNA will get new and different instructions, and the physical state of our bodies will then be different. In every case that I experience, that change is for the better. Once we relax, and shut down or fight-or-flight response, our body automatically begins to produce growth hormone and other peptides that begin the process of cellular and bodily restoration.

How can I turn off my fight-or-flight response?

This is the critical question. And medical science, according to Dr. Liptan, "has not yet figured out how to turn off the switch of the stress response that gets stuck in the "on" position in fibromyalgia." She goes on to say, "When we do that we will have found a cure."

One answer to shutting off the impact of old memories and trauma comes from neurobiologist Joseph LeDoux, in his 2002 book **Synaptic Self, How Our Brains Become Who We Are**. LeDoux writes, "If you take a memory out of storage you have to make new proteins (you have to restore, or reconsolidate it)

in order for the memory to remain a memory. One way of thinking about this is that the brain that does the remembering is not the brain that formed the initial memory. In order for the old memory to make sense in the current brain, the memory has to be updated.”

Suppose you have a terrible fear of driving because you were in a severe accident when you were a youngster. Every time you hear tires screech, or a horn blare directly next to you, you still flinch with a feeling of terror. The old memory of the car accident has resurfaced in response to the screeching tires. Because you’re terrified all over again, your body produces peptides that are similar to that same emotion of terror that you experienced at the time of the original accident. Because you’re having similar emotions, and because you’re creating similar peptides, the car accident memory will store in a similar way as it always has – with lots of fear and terror wrapped up in it.

My sessions with clients are based on one simple premise. If you can help a person observe their anxiety producing emotions, memories, or experiences from an environment that is emotionally uncharged, then different peptides are produced, the memory gets reconsolidated differently and the memory stores differently. Once the memory charge is eliminated, the body returns to a more peaceful and relaxed state. In this relaxed state the body naturally begins to produce the chemistry of cellular, healing and restoration. Once the body stops creating the chemistry of danger, the reduction or elimination of fibromyalgia symptoms is a common occurrence.

My primary technique for helping a person is with the technique called EFT, the Emotional Freedom Technique, sometimes known simply as tapping. I combine the official EFT technique with insights from both brain chemistry and quantum energy understandings. While quantum and chemical understandings are often seen as different, I believe that in terms of healing, the intersection of quantum and chemical understandings is at that place between thought and matter where new peptides are created and healing instructions can be created for all the cells of the body.

Thought, matter, and fibromyalgia:

Attention to these factors can bring relief or elimination of the symptoms of fibromyalgia. For more information, please visit me at www.myfibromyaliarelieff.com

Recommended further reading.

“Molecules of Emotion: The Science Behind Mind-Body Medicine.” Candace Pert. Scribner, 1997.

Figuring Out Fibromyalgia: Current science and the most effective treatments.” Ginevra Liptan, Visceral Books, 2011.

“The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles,” Bruce Lipton. Hay House, 2008

“The Secret of Instant Healing,” Frank J. Kinslow. Lucid Sea, 2008

"Beyond Happiness." Frank J. Kinslow. Lucid Sea, 2008

