



I once asked a doctor his opinion on natural medicine... He replied, "It seems like a good **placebo**." A placebo is a phony medical treatment, like a sugar pill or a fake surgery, causing the patient to think he received medical assistance for his problem.

"That is it?!" I responded. He smiled and said, "Often times a **placebo can be more effective** than the medicine being tested..."

The truth is medical research shows that **placebos "often help patients heal."**(Talbot, New York Times Magazine, 2000)...

And **doctors use the placebo effect in medical practice!**

The British Medical Journal found in "a recent survey of doctors in the US...around **half prescribed treatments that...are used solely as placebos**" (Jha, Guardian, 2010; British Medical Journal 2008;337:a1938).

Ted Kaptchuk, a Professor of Medicine at Harvard Medical School with a Doctorate of Oriental Medicine, asks why are medical studies, "struggling to increase drug effects while no one [is] **trying to increase the placebo effect?**" (Feinberg, Harvard Magazine, 2013).

What is a placebo? Why does it work? Let's look at the **Medical Belief Chart**:

1. We believe that by taking a pill we will feel better. (Belief)
2. We feel the pill when we swallow it. (Action resulting from Belief)
3. We think this pill is healing us because we took the pill. (Belief in the action)

These three steps are the placebo effect... **So how do your BELIEFS affect your health?**

Judaism has a tradition that change heals **and even a change in one's name can lead to physical healing.**

We learn this from Sarah, Avraham's wife, who was barren (she could not become pregnant). In the Torah it is written, "And God said to Abraham, 'Your wife Sarai-you shall not call her name Sarai, for Sarah is her name'" (Beresheis, chapter 17, verse 15).

On this verse we learn that **"sometimes a name change causes it [the healing]"**(Yafe Einiyim on Tractate Rosh HaShanah page 16b "Name Change").

After Sarah's name change she became pregnant!

Let us look at **Sarah's Medical Belief Chart**:

1. Sarah believes in G-d and that G-d is going to heal her. (Belief)
 2. Sarah changes her name as instructed by G-d. (Action resulting from belief)
 3. Sarah knows this change is for her benefit. (Belief in the action)
- Sarah heals from this change!!!

So how do your BELIEFS affect your health... Take three minutes to fill out your Medical Belief Chart...

1. What do you believe is going to heal you? (Belief)
2. What change makes this belief real for you? (Action resulting from belief)

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