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## Placebo explained: Consciousness causal to health.

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[Re: Placebo explained:  
Consciousness causal  
to health.](#)

EDITOR---David Spiegel [1] raises the important question how placebo works. In holistic or consciousness based medicine as we like to call it, we use the induction of changes in the patients consciousness as medicine. What this emerging branch of medical science has been doing during the last two decades is to identify several aspects of consciousness – emotional, cognitive, relational - which from large quantitative studies[2 -12] are known to be highly relevant to health and healing in order to cultivate these into an efficient toolbox for use in the medical clinic[13 -15].

Instead of giving tablets of like calcium carbonate or clean salt water injections and letting the patient believe that the healing power is in the tablet or syringe [16], we admit openly to our patients that this medicine works directly through the consciousness of the patient. We try to explain to our patients, as well as we can, according to the holistic theories, even with cancer [17] or other diseases, why this shift in consciousness (that we try to induce) will lead to a positive change in the patient's state of health [18-25].

If this gives meaning to the patient, it will work, but if the patient is unwilling to work with this explanation, it does not work. This is the ultimate use of placebo. As we have described in many cases now, the patients will often get better [26-31], sometimes even be completely cured, as explained by the holistic process theory of healing [32].

We usually explain the connection between consciousness and health through the concept of global quality of life [33-35]. We therefore also call this open use of placebo for scientific holistic medicine [36-38] or "quality of life as medicine" [39-41]. A more accurate explanation of the connection between health and consciousness are given by the life mission theories [42-48]. We now seem to have collected sufficient empirical evidence to conclude that consciousness really is causal to health in many cases; in four studies including 11.000 Danes examined with the comprehensive, validated questionnaire SEQOL [49], we found that QOL, health and ability primarily are determined by

consciousness[12].

We hope that the medical scientific community will engage in the discussion of these results, and that this new line of scientific holistic medicine ("the new medicine") and its clinical practise will be used by many physicians and help many patients.

#### AFFILIATION

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