you're not satisfied, deducted-pullout if Donoghue's says Bill Donoghue of they are quoted after heading "Distribution." the 12b-1 fee has been risen to the 1% spectus, under the advertising and distribution expenses. Many have risen to the 1% mark. Read the prospectus, under the heading "Distribution." Watch yields because they are quoted after the 12b-1 fee—has been deducted—pull out if you're not satisfied, says Bill Donoghue of Donoghue's Moneymeter. Everyone thinks that germs cause disease— as do chemical imbalances. Everyone also knows that some people are more susceptible than others. Why the difference? One answer's in the body's immune system—a complex defense mechanism that guards against illness. When the system works well, illness is unlikely. When the system weakens, the body falls victim to any number of diseases—from common colds to cancer. Is it possible to reinforce the body's ability to defend against and fight off disease? Though modern medicine is beginning to come to grips with that question, answers are still tentative. One approach that shows remarkable success—rooted in ancient Western traditions—is imaging, also known as waking dream therapy.

BACKGROUND

For years modern medicine held that the "nervous system" was divided in two parts: the part that we can consciously control—such as rate of breathing—and the part we can't—such as pulse rate or blood pressure. Yogis insisted they could will their blood pressure to rise or fall. And most doctors scoffed at the claim—until recently. Now these techniques have gained credence and are called biofeedback or meditation. The American Heart Association sees them as methods of defense against hypertension. Many researchers now believe the mind can do more than lower blood pressure. It can also will the immune system to protect against and even cure illness. A growing number of doctors have been using the technique for more than a dozen years. In my practice, where some...
patients all but given up hope for cures with modern drugs, success rates have exceeded 90%.

Using this therapy, a patient conjures up an image of the affected organ. But, instead of seeing it as sick, he views it as healthy. Triggering aids such as pictures, sounds, smells, tastes, etc., can help the patient. The results are startling.

Examples: A patient with an enlarged prostate willed the organ to return to normal within a few months. A joint with an arthritic nodule can be reimagined as a healthy joint—shrink the debilitating nodule that would otherwise require surgery to remove.

Does the technique work for everyone? No. Unlike conventional medicine, where the patient's only involvement is popping a pill or holding out an arm for an injection, imaging requires active participation. If the patient is highly rational, intuitive, and well trained, the battle is uphill and long running. The best patients are those who feel hopeless—all else has failed. For them, if treatment is started soon enough, the success rate may climb to 95%.

Comparison: On average, conventional drug therapy for all illnesses is effective, at best, 75% of the time. And a drug's side effects may introduce new "illnesses" and symptoms into the healing process.

EMOTIONS AND THE IMMUNE SYSTEM

The exact physiology of how imaging heals or strengthens the immune system isn't understood, but this much is known and has been demonstrated scientifically—emotions affect the immune system.

Two key experiments: Several years ago, researchers at Harvard Medical School conducted saliva tests on 40 students to get a "baseline" reading of the status of their immune systems. Then the students were shown a violent film. Saliva tests were repeated. Result: Immune levels in all the students declined. Later, a film about Mother Teresa's work for the poor in Calcutta was shown. Again, saliva tests were administered. In all cases the immune system was strengthened—even among the students who had little faith in Mother Teresa's work. Conclusion: The emotional response has a direct impact on the immune system; positive feelings boost the immune system, negative feelings depress it.

In yet another experiment, at Mount Sinai Hospital in New York, recent widows and widowers were tested for immune levels—once immediately after the death of their spouses and again several months later. Those who recovered well from their grief had improved immune levels in the second test; those who continued to grieve had lower levels and were later discovered to be more susceptible to illness.

ILLNESS AS METAPHOR

My research has also yielded a surprising fact—that there is a definite relationship between the nature of a person's disease and the cause of emotional distress.

Examples: Cancer victims frequently suffer from grief—the effect of losing a loved one. Diabetics harbor great resentment that they can't shake loose. Heart ailment victims tend to be people who are heartbroken—disappointed in their responsibilities. They are holding onto a great rage—plus a fear of losing their independence. Sufferers of colds, flu and upper respiratory allergies are usually weeping over lost relationships. People with cases of acne and eczema are often having volcanic reactions to an inner rage.

The body "speaks" a language that translates its unhappiness into illness. The person who eats junk food, for example, sees himself essentially as a garbage pail. But the person who is careful about what he eats views his body as something of value, something to be protected—and thus the immune system enhances health.

So, too, with exercise programs. As good as proper exercise is, the fact that such a program is being undertaken further enhances a positive image, which further enhances health.

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Privileged Information interviewed Gerald Epstein, M.D., a psychiatrist, with offices at 23 E. 92 St., New York, N.Y. He is author of Waking Dream Therapy: Dream Process as Imagination, Human Sciences Press, 72 Fifth Ave., New York 10011, $24.95.

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Dr. Lee Salk, clinical professor of psychiatry, psychology and pediatrics at The New York Hospital-Cornell Medical Center, New York City. He writes and lectures regularly to general and corporate audiences on issues concerning healthy personalities.

MISSING CHILDREN

The Threat Is More Frightening Than the Reality

Fingerprinting children, putting missing children's pictures on milk cartons and conducting similar campaigns have created an atmosphere of hysteria that's potentially more harmful to kids than the risk of being kidnapped. I'm encountering children in my practice who have nightmares that they'll be kidnapped...that it will be their picture on the milk carton or the evening news.

Problem: Kidnapping isn't happening often enough for them to worry about it as much as they are.

With all the publicity, children are feeling that adults can't protect them. That's probably a key to the popularity of violence-oriented toys, movies and TV shows. They give children a feeling of protection...if not in real life, then at least in their fantasies.

Meanwhile, we're infusing in our children the idea that they shouldn't talk to strangers. In some situations, of course, that's a good idea. But overall, it's important for them to interact with strangers, especially when a parent is nearby. That's how children learn to interact with others. We have to teach them to exercise some caution by not speaking to strangers when they're alone and by never getting into a stranger's car.

We should give them the warning signals, but there's no reason to frighten them to the point where they have nightmares. That just puts more stress on kids. Bottom line: Teach children about the hazards of the world, but mitigate warnings by explaining that with the proper cautions, kidnapping is very, very rare.®

* It's impossible to find accurate figures on the number of children who were indeed kidnapped...probably a total of less than 1,000 in the last 25 years. Last year the FBI investigated fewer than 100 cases. Most of those reported as being kidnapped are runaways...or those taken by the father or mother in a custody dispute.

From our conversation with psychologist Dr. Lee Salk, clinical professor of psychiatry, psychology and pediatrics at The New York Hospital-Cornell Medical Center, New York City. He writes and lectures regularly to general and corporate audiences on issues concerning healthy personalities.