



Practical Epigenetics, Best Practices in Modern Belief-Change-Methods: For Holistic and Energy Medicine Practitioners

By Professor of Political Science Bruce Dickson

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Bruce Lipton's idea of Epigenetics are spreading, penetrating more and more deeply into popular imagination.

“Epigenetics” is Bruce's word for DNA changes caused by our beliefs not our genes. As we change our beliefs over a lifetime, the lines on our palms and feet change. Why not also DNA? My experience is when it is possible, permitted and clear, releasing disturbed mental-emotional baggage allows genes and DNA to heal as well. Given recent ferment, a modern summary of Best Practices in Belief Change Work, is timely. Bruce Lipton updated DNA-change theory. What about methods? He points to Psych-K's use of muscle testing as effective. I hope every Reader will try Psych-K personally. However, wonderful and effective as Psych-K is, professional grade methods offer even more. Belief Change Work has been popular in the US since Albert Ellis in the 1950s. Since then, scores of Belief Change methods have been proposed; including Cognitive Behavioral Therapy, Touch for Health muscle-testing, affirmations, NLP, meridian tapping, DNA-change-work and...



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Reviews

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-- **Frank Nienow**

This is the greatest book we have study right up until now. This can be for all those who statte that there was not a worth reading. Your lifestyle period will probably be enhance when you complete looking at this ebook.

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