

**INCREDIBLE
Medical
Breakthrough**

"The Nobel Prize committee needs to monitor the next steps of this research project. A highly engaging and accessible approach."

- James Armstrong Ph.D., Associate Graduate Faculty Member, Loyola University

Attain health, wealth, peace, and a new you by unleashing your

***Melatonin* power!**

Increase your melatonin levels naturally!

WITHIN MINUTES THESE TECHNIQUES TRIGGER HEALTH-PRODUCING EFFECTS FOR:

Cancer Prevention & Reversal

High Blood Pressure

High Cholesterol

Insomnia

Alzheimers

Diabetes

Anxiety

Depression

PMS

Stress Reduction

Jetlag

Ranjie N. Singh, Ph. D.
DISTINCTION

Restore youthfulness and extend your life!

self-healing
POWERFUL TECHNIQUES

LEARN THESE SELF-HEALING MIND/BODY TECHNIQUES FOR ATTAINING PERFECT HEALTH

From a scientific study conducted in part at the University of Western Ontario Research Park, **a stunning medical breakthrough** reveals short (10-30 minutes), easy-to-learn mind/body techniques for stimulating your brain's pineal gland to produce high levels of its amazing hormone melatonin, for self-healing: psychologically, physically and spiritually. Both healthy and unhealthy persons can experience improved mind-body functioning. The hundreds of millions of persons currently suffering from cancer, high blood pressure, stress and travel related disorders, insomnia and other disorders will find this book very valuable.

Low melatonin levels are associated with the disorders listed here. In this research **the technique produced an average increase in melatonin of two to three times more**, for both healthy subjects and cancer patients. **Daily practice causes higher levels and can prevent or reverse many of these serious disorders.**

Melatonin is now medically known to be the anti-cancer, anti-aging and anti-stress "hormone." In one study, as melatonin levels increased, 85% of tumors shrunk or stopped their growth progression.

\$24.95 US

\$29.95 CAN

Section A

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INTRODUCTION - *Melatonin—Self-production...1 - 12*

Why this book is priceless to you. How is it radically different from all other books on melatonin? It focuses on your self-production of melatonin naturally, not on taking the tablets.

The great importance of self-producing and increasing your melatonin levels naturally. Reharmonize your brain-immune-pineal-melatonin-hormonal systems.

How and why these techniques cause increased melatonin levels which lower blood pressure, reverse rapid aging, may prevent the occurrence of cancer and caused tumor shrinkage in 85% of cancer patients.

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Recent research at the University of Massachusetts also independently confirmed that meditation is associated with increasing melatonin levels. This has therapeutic implications for breast and prostate cancer.

The pineal gland and its hormone melatonin. Its anti-cancer, age-reversing, anti-stress, anti-psychiatric and spiritual properties.

Very extensive reports on the recent medical and scientific published findings confirming the healing effects of melatonin on cancer, high blood pressure, aging and other conditions such as insomnia, jetlag, PMS.

The health-producing finding in this research. All healthy and all cancer patients showed dramatically higher melatonin levels.

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The pineal gland is sensitive to magnetic fields, radiation, light, moon phases.

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The pineal gland - your personal cosmic bridge.

How the use of these techniques can save governments hundreds of billions of dollars per year in health care costs, as adjunctive, complementary and preventative therapy.

The critical importance of deep emotional absorption for self-producing large quantities of melatonin.

Section B

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(The Scientific / Technical Portion)

Self-Healing: Powerful Techniques.....144 - 207

The solid scientific and empirical foundation for this research project.

The health-producing effects observed with the cancer patients who participated in a 12 month longitudinal study using the techniques in this book.

Recent independent research by [5] scientists at the University of Massachusetts - Department of Psychiatry also suggest an important therapeutic relationship between: meditation, increasing melatonin levels, breast and prostate cancer.

The well controlled research design, biofeedback instrumentation for heart rate and temperature. Extensive, rigorous biochemical radioimmunoassay (R.I.A.) analysis protocol for urine melatonin levels. The Profile of mood states test, the Phenomenology of consciousness inventory test, Eysenck personality inventory, Tellegens absorption scale, Waterloo-Stanford hypnotic ability test.

Statistical analysis at the University of Western Ontario, London, Ontario, Canada.

The six hypothesis were all supported. The rationale, purposes and objectives of this study. Limitations and delimitations.

Actual histograms with changes on each variable.

Detailed neuroanatomical, neurochemical and neurophysiological mechanisms and pathways to explain how meditative intonations influence your psychophysiology, states of consciousness and energy fields. The quantum-bioelectric fields of cells, their constituents and all tissues of the body - the basis for healing and remissions.

The effects of sounds on fetal, prenatal (in-utero) and other tissues, nerves, ganglia, cells and inorganic matter.

Sound is conducted in bone, brain tissues, sinuses and chambers of the head and throat.

Extensive literature review on the effects of human intonations on psychophysiology. A (1991) study showing how a dove's cooing influences her endocrine state culminating in ovulation.

The psychobiology of Transcendence - Limbic system kindling.

How meditative intonations positively change limbic and cortical "maps." Self-actualization.

A model for the origin and emergence of the three primary levels of consciousness and mind within the human brain.

A neurophysiological model explaining: Revelation, attunement, psi phenomena etc.

Meditative intonations, melatonin and hypnosis.



ABOUT THE AUTHOR

Dr. Singh's particular expertise and training are in the neurosciences, health psychology, biofeedback, East/West mysticism, consciousness-creativity and spirituality studies. He lectures, conducts workshops and research on these areas in addition to writing extensively on these issues. He is currently designing courses in "*Mind-Body Health, consciousness studies*" and "*Towards a global spirituality*". The first is being taught at the University of Western Ontario, London, Canada and the other will be taught at the United Nations University for Peace. He is currently conducting a larger clinical study which measures (using CAT scans, etc.) the preventative and health-producing (actual tumor shrinkage) effects in persons who use this technique over 6 weeks and longer. Participants are: healthy and/or have cancer, hypertension, insomnia, and high stress, anxiety, etc.

Visit our Brain-Mind Centre (see pg. 248/249) and learn in 3-5 days these techniques and much more. The programme is conducted by the Author and his associates. It is the only such centre in the world offering FREE personalized melatonin level testing to participants.

- *"Dr. Singh's brilliant orchestration of self-healing is core curriculum for the coming century. Combined with grounded research and visionary practicality, this book may well pave the way for the well-being of every doctor and patient."*

Don Campbell

Author of *The Mozart Effect*

- *"Congratulations, I like its practicality and the evidence it marshals to support your program. In this book Dr. Singh has described a series of mind/body exercises that can be used for the purposes of health maintenance and self-healing. No elaborate equipment is needed to initiate this program; it involves self-regulated breathing, sound, touch, relaxation and mental imagery. Dr. Singh's training in the Neurosciences gives him the expertise needed for a program that is simple and direct, yet far-reaching and long-lasting in its effects."*

Stanley Krippner Ph.D., Professor of Psychology

- *"I am now in remission. It is absolutely true that practising this technique helps me to sleep much, much better. No more insomnia. I can't remember when last I slept through a whole night and now I do this a few nights a week. This is great!"*

Valerie Bain, London, Ontario, Canada

- *"Self-Healing: Powerful Techniques is an important addition to the growing list of books on mind-body medicine. Dr. Singh's research leaves no doubt about the importance of consciousness in mind-body healing. Important book to read for all those interested in the casual efficacy of consciousness."*

Amit Goswami Ph.D., Professor of Physics,

University of Oregon,

Author of *The Self-Aware Universe: "How Consciousness Creates the Material World"*

- *"Self-Healing: Powerful Techniques is a unique and remarkable book, blending leading edge science with ancient meditative practices. This book fills a void in our culture and gives meaning and hope to the sick and distressed, those in greatest need."*

G.B. Young, MD, FRCPC

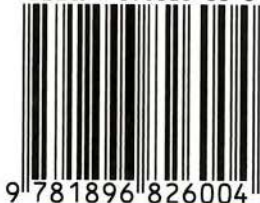
Professor, Dept. of Clinical Neurological Sciences,

The University of Western Ontario

- *"Meditation boosts melatonin, inhibits cancer cells. This is some of the best evidence for the power of your own medicine to ever come out of Scientific studies."*

Astara, Dec. '96 (magazine)

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