

Exploring the Infinite Possibilities of Mind, Body and Beyond

Ravi Teja Mandapaka^{1*}, Venkata Shreya Kiran Vedantam² and Yogeshwar Dayal³

¹Department of Foods and Nutritional Sciences, (2008-2010), Acharya Nagarjuna University, Nagarjuna Nagar, 522510, Andhra Pradesh, India

²Department of Biochemistry, (2008-2010) LIMS, La Trobe University Bundoora Vic 3086 Australia

³Project Technician, Food and Drug Toxicology Research Center, (2015 – Present), Department of Food Toxicology, National Institute of Nutrition of India, 500007, Telangana, India

***Corresponding Author:** Ravi Teja Mandapaka, Department of Foods and Nutritional Sciences, (2008-2010), Acharya Nagarjuna University, Nagarjuna Nagar, 522510, Andhra Pradesh, India.

Received: October 25, 2016; **Published:** November 01, 2016

Abstract

Even the most skilled and resourceful wound care provider encounters stagnation of wound healing from time to time. Patients with chronic, nonhealing wounds often display negative thought patterns and behavioral tendencies that, in turn, hinder biological and emotional healing. Mind-body techniques are offered as a complement for a more comprehensive wound healing strategy. In the words of a fellow Nutritionist, Ms. Mamatha, a mind-body nutritionist to first look into my own thought patterns and core beliefs and let go of imbalanced energies (such as anger, hate, judgment, blame, pity). Above all, one should be self-motivated and should have in them, that unfathomable desire to transform them from being pessimist towards becoming an optimist in their personal life.

Keywords: Mind Body Nutrition; Past Life Regression; Holistic Nutrition

Objectives

The main objective of the current manuscript is to explore the infinite possibilities of Mind, body and beyond.

Introduction

To the folk and flora and fauna in the field of meditation, mind healing and spiritual healing, life's more than just apposite. Diet and Nutrition occupies the best seat in many a soft palate in our journey if only to yomp being fit and fine and healthy. We all have seen rough passages of time where we could hardly move my body, keep alone the ankle. It was then I've realized the importance of being stoic in this rough weather and tried gathering pace during my rehabilitation program courtesy mind-body healing.

It's good and glad to be a social animal. Isn't it? It's nice, too, to be involved with medicine and nutrition and make it a part of our regular 24 hours that's there to be lived in, every day. Well, if you are really one such, like me, may I request you to join a group of gloaters, moaning at the lack of sleep and getting knackered even before the sun leaves its bed? Or, shall not we, in group, proudly say, we are the toughest individuals there has ever been, nor, there will ever be?

I hope, y'll agree with the latter, but not, the former. As Nutritionists by profession and someone who shares decent camaraderie with many a noble soul in medicine, and for that sake, writers who thinks, we can write, we've lived our lives: humbly, cutely, and boldly and last but not the least, merrily. Understand life's a pale harvest to push many an arid regret to stupefaction.

Amanda Schaffer [1] in her book *The Psychosomatic Secret*, the unscientific allure of mind-body medicine, revealed that, "Ultimately, mind-based remedies will have specific, limited successes just as other medical interventions do. The placebo effect may not cure many diseases, but it does seem to reduce some kinds of pain. Massage therapy appears to pain after major surgery. And certainly, for psychi-

atric conditions like depression and anxiety, cognitive behavioral therapy is often successful. Research that treats the mind simply as a phenomenon of the brain and looks for neural and biochemical explanations for apparent effects, as well as mechanistic links between the brain and the rest of the body-yield the most credible and medically useful results. Even if no one sings about it on Broadway”.

Yet, dear readers, we understand, ours is a groggy febricity naufragous to depths. But, there’s a wee bit of humor and wit in being a nutritionist. Helping the needy or as we say clients, ensuring their better health through timely intake food, guiding and helping them to maintain emotional balance are a few, if not many that make our lives a romance rich in roses red and white.

Yet, dear readers, we understand, ours is a groggy febricity naufragous to depths. But, there’s a wee bit of humor and wit in being a nutritionist. Helping the needy or as we say clients, ensuring their better health through timely intake food, guiding and helping them to maintain emotional balance are a few, if not many that make our lives a romance rich in roses red and white.

Glenn McCabe [2] In her article *Mind, body, emotions and spirit: reaching to the ancestors for healing* revealed that, “When I think about these very thoughts, I remember many an individual who inspire me if only to help me get back my ostracized mind and its capacity to work. Isn’t it brutally true, readers? We all face hardships and there will be days only where our pillows know our darkest tears, but, many have kicked agony in life if only for ecstasy.”

Wayne B. Jonas [3] in his research reported that, “*Healing practices that use direct mental or spiritual techniques, such as prayer, ritual, dreamwork, imagery, direct mental interactions, and laying-on-of-hands, have been part of all known cultures from pre-history to present*”. In the process, the researchers have put-forth three questions.

- 1) *Are the effects of healing ‘real’ when assessed by high quality, independently reduced experiments?*
- 2) *How extensive are the effects of healing interventions?*
- 3) *What clinical impact does healing have in ‘real-life ‘clinical situations?’ [4-6].*

Conclusion

There are, for this, many answers like the railway tracks that forever lay side-by-side. Isn’t it? Am not buying your time, to boast myself to immortal heights in the one thing, I can only do, but, just wanted to say a new hello to you all, my readers, if only to forborne a camaraderie to last forever. Doing something we love the most, will take us beyond our dreams and never blotting one’s copy book. I can nothing but assure you with astute confidence. As an eternal think tank in Nutrition and mind-body healing, ours is rather pale buried many a hatchet of my insecurity.

Bibliography

1. Schaffer Amanda. “The Psychosomatic Secret”. (2008).
2. Glen McCabe. “Mind, body, emotions and spirit: reaching to the ancestors for healing”. *Counseling Psychology Quarterly* 21.2 (2008): 143-152.
3. Jonas Wayne B and Crawford Cindy C. “Alternative Therapies in Health and Medicine” 9.2 (2003): 56-61.
4. Mandapaka Ravi Teja. “The Life of a Field Hockey Writer.” *The Sports Column, Baltimore, MD, USA* (2016).
5. Schure Marc B., et al. “Mind-body medicine and the art of self-care: Teaching mindfulness to counseling students through yoga, meditation, and qigong.” *Journal of Counseling and Development* 86.1 (2008): 47-56.

6. Wientjes KA. "Mind-body techniques in wound healing". *Ostomy wound Management* 48.11 (2002): 62-67.

Volume 5 Issue 4 November 2016

© All rights reserved by Ravi Teja Mandapaka., et al.