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Tedx

Change your Mindset, change the game

- Thoracic Surgery
- Pain involved after
- Dr. vs. pump - same injection but less pain with human contact
- Extrapolated w/ other treatments
- Placebo? Mindset: the expectation to heal
- A setting of the mind, frame of mind - & play a dramatic role in our health & well being
- Was it the exercise of the knowing what exercise would do for you?
- Hotel cleaners: active but don't think they exercise & just by telling them that they were
- Group that got lecture: lost weight, blood pressure ↓, fat ↓ & liked their job more!
- Milkshake experiment - ghrelin level
 - G↑ - need food - slow down met.
 - G↓ - satiated - met revs up to digest
 - Healthy shake - ghrelin ↓
 - Unhealthy shake - ghrelin ↓ ↓ ↓
- But actually gave them the same shake ∴ mindset/ awareness matters
- What we believe & expect matters
- + Carol Dweck, Becca Levy on aging
- Ted Kapchuck - harnessing placebo
- The psych & phys. effect are determined by our mindsets
- Reclaim the power for yourself

