Have Hepatitis C? Try This Wonder Drug

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A strong positive mental attitude will create more miracles than any wonder drug. ~ Patricia Neal

Thoughts are influential. Have you ever had an abnormal lab test or lump and worked yourself up into a dire state of worry and illness? After your doctor said that there was nothing serious, did you notice that you felt better? That is the power of the mind to influence health.

We tell our kids to think big, to believe in themselves, and that they can do anything they want to. At some point, we seem to forget that this advice applies to us too. A positive mental attitude pertains to living with hepatitis C and what we tell ourselves about it.

Are you still skeptical about the power of the mind to influence your body. If so, try this. Close your eyes and imagine you are biting in to a juicy fresh lemon. Chew well, letting the juices roll around in your mouth. Did your salivary glands feel a twinge when you imagined that sour lemon juice? If so, that is an example of the mind's power over the body.

It has been said that whether you believe that you can or you can't, you will be right. What do you believe? Is living with hepatitis C an ordeal or an opportunity? You get to decide.

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