ISSN: 2754-4737

Journal of Neurology Research Reviews & Reports

SCIENTIFIC Research and Community

Review Article

Open Access

Consciousness Influences Epigenetics

Ingrid Fredriksson

Quantum University - Swedish Independent Author at Triquetra-Return AB

ABSTRACT

Epigenetics is the study of the mechanisms for regulating gene activity. Such mechanisms operate on the DNA sequence and determine which genes are turned on or off: in a particular cell type, in different disease states, or in response to a physiological or even psychological stimulus. The study pays special attention to how emotions affect health. Consciousness at its simplest is "awareness or sentience of internal or external existence". In recent years scientists have been exploring the effects that stress and emotions have on our cells – in particular, on our chromosomes and mitochondrial DNA. What they have found is that our emotions can shape our physical reality at the molecular level. How we perceive ourselves and our surroundings – our awareness or self-awareness, is the same as consciousness. Depressed and stressed people have a shorter life span, here we get the answer to how negative emotions affect our consciousness through epigenetic mechanisms. Sometimes it can take years of mental stress, sometimes it is an unhappy childhood that causes ill health. In order to investigate how stress and negative emotions affect health, and to show how consciousness affects epigenetics in the development of disease, questions have been asked and interviews conducted partly with people with the disease meningioma and partly with a healthy control group. All people who have been abused physically or mentally, as children and/or as adults all agree, it impacts health. All of the people in the group who got the question "if they have been physically ill in a destructive relationship", answered "YES" nobody answered "NO". They all are clear, it is the life situation and how we think and feel if we will be healthy or ill. All the healthy people answered that they felt harmony and were happy with themselves. They also felt loved and seen. The majority lived in a happy relationship, others lived alone or divorced but they almost all had someone to talk to. The results show that stress affects our health through epigenetics and consciousness. This study is an indication that consciousness influences epigenetics in the development of disease.

***Corresponding author**

Ingrid Fredriksson, PhD, Quantum University – Swedish Independent Author at Triquetra-Return AB, Sweden.

Received: October 10, 2023; **Accepted:** October 16, 2023; **Published:** October 25, 2023

Keywords: Epigenetics, Genes Turn on or Off, Meningioma, Consciousness, DNA, Gut and Brain

Consciousness

Nobel laureate Sir Roger Penrose is a mathematician, Stuart Hameroff is an anesthesiologist, and together they describe consciousness as we also don´t know if our consciousness perceptions accurately portray the external world. At its base, the universe follows the seemingly bizarre and paradoxical laws of quantum mechanics, with particles being in multiple places simultaneously, connected over distance, and with time not existing. But the "classical" world we perceive is definite, with a flow of time. According to Hameroff, the boundary or edge (quantum state or "collapse of the wave function") between the quantum and classical worlds involves consciousness [1].

Emotions and Epigenetics

Amit Goswami, PhD, is a professor of theoretical physics with a focus on quantum physics and consciousness. He claims that "Much of the data of mind-body disease (psychosomatic illness) say it is stress-related. First, we need to define some terms. A stressor is an outside agent, such as a death in the family, a math problem or an exam, a boring job, and so on. Stress is how he or she mentalizes the feeling as associated with the reaction to the stressor" [2]. Emotions are feeling the language of cells, says Dr. Bruce Lipton [3]. "Contrary to an outdated understanding of genetics, your genes aren't actually "on" or "off." Different chemicals cause different responses in your genes, and since it is your brain that decides what chemical signals to send to the cells, it is actually your consciousness that determines how you feel", he says now and has updated "The Biology of Belief". In higher more aware life forms, the brain developed a specialization that enabled the whole community to tune into the status of its regulatory signals. The evolution of this limbic system provided a unique mechanism that converted the chemical communication signals into sensations that could be experienced by all of the cells in the community. Our conscious mind experiences these signals as emotions. The conscious mind not only "reads", the coordinating, signals that comprise the body´s "mind" it can also generate emotions, which are manifested through the controlled release of regulatory signals by the nervous system.

At the same time that Bruce Lipton was studying the mechanics of the cells and gaining insight into the way the human brain operates, Candace Pert, a neuroscientist, was studying the human brain and became aware of its mechanics [4]. In *Molecules of Emotion*, Pert revealed how her study of information-processing receptors on nerve cell membranes led her to discover that the same "neural" receptors were present in most, if not all, of the body´s cells. Her elegant experiments established that the "mind" was not focused on the head but was distributed via signal molecules to the whole body. Candace Pert wondered if suppressed anger or other "negative" emotions can cause cancer. In addition to the recent studies by various researchers like David Spiegel of Stanford who have convincingly shown that being able to express the emotions of anger and grief can improve survival rates in

cancer patients, we have a theoretical model to explain why this is so. Since emotional expression is always tied to a specific flow of peptides in the body, the chronic suppression of emotions results in a massive disturbance of the psychosomatic network. Many psychologists have interpreted depression as suppressed anger. Freud, tellingly, described depression as anger redirected against oneself. Now we know something about what this looks like at a cellular level.

Pert, herself being a neuroscientist, had read about Rosalind Franklin, and that had greatly influenced her thinking and feeling. Pert felt like Franklin, she wrote in her book Molecules of Emotions, "I woke up in the morning and looked in the mirror – only to find Rosalind Franklin looking back at me" [5]. Rosalind Franklin had solved the question of how the DNA molecule was structured but the Nobel prize went to James Watson and Francis Crick, as wrong as when Otto Hahn received the Nobel Prize for Lise Meitner's discovery of how atoms split when uranium is irradiated with neutrons (1945) [6].

In each moment of every day, a conversation is taking place inside us that's one of the most vital we will ever find ourselves engaged in. It's the silent, often subconscious, and never-ending conversation of emotion-based signals between the heart and the brain. The reason this conversation is so important is because the quality of the emotional signal the heart sends to the brain determines what kind of chemicals are released into our bodies. When we feel what we would typically call negative emotions (for instance, anger, hate, jealousy, and rage), the heart sends a signal to the brain that mirrors our feelings. Such emotions are irregular and chaotic, and this is precisely what the signals they send to the brain look like.

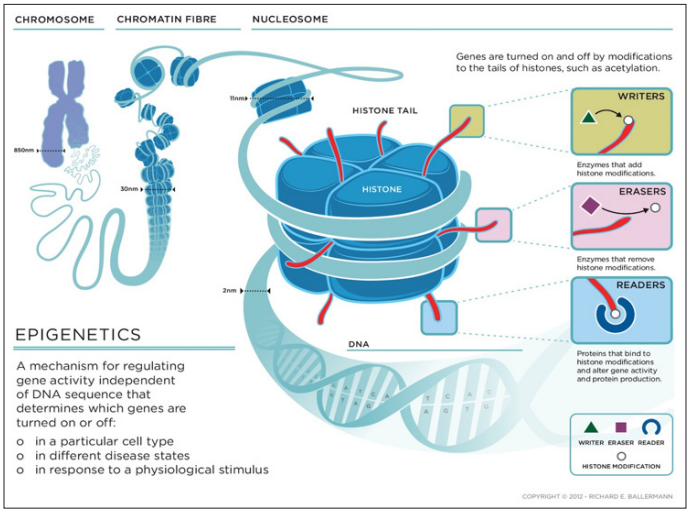
If you can envision a chart of the ups and downs of the stock market on a wild and volatile day, you'll have an idea of the kind of signals we create in our hearts in times of such emotions. The human body interprets this kind of stress signal and sets into motion mechanisms to help us respond appropriately. The stress from negative emotions increases the level of cortisol and adrenaline in our bloodstream, hormones that often are called *stress hormones*, which prepare us for a quick and powerful reaction to whatever is causing us stress. That reaction includes the blood supply from the organs deep within our bodies to the places where it´s most needed in such times: the muscles, limbs, and extremities that are used to either confront the source of stress or run as fast as we can to get away from it – our instinctive fight-or-flight response [7].

Trapped Emotions

Bradley Nelson writes in his book "The Emotion Code" about "trapped emotions" that emotions are created in the present and are stored according to previous experiences. Emotions can have a profound effect on a mental, emotional, and physical level, writes Bradley Nelson. He also has a description for dissolving and healing these trapped emotions that exist in our subconscious. Nelson also mentions how the body and soul belong together. Clearly, it is epigenetics he is talking about, a mechanism for regulating gene activity independent of DNA sequence that determines which genes are on or off. Nelson writes that positive energy creates joy and health while negative energy conveys hatred, unhappiness, inflammation, and ill health. Our thoughts are enormously powerful. It is through the energy of thought that everything happens. Physicist William Tiller at Stanford University has shown that thoughts can affect electronic instruments.

Ingegerd Bergström, is a lady in Sweden who got a brain tumor after years of suffering in a relationship with a psychopath. She went through surgery and afterwards, she separated from her husband. After that, she lived healthy and the rest of the tumor didn´t grow. She also wrote a book about her situation. On Facebook, there are groups for people who have had the same or similar diseases. They all agree it is due to their life situation and how thinking and feeling determine if one will be healthy or ill.

Epigenetics is a mechanism for regulating gene activity independent of DNA sequence that determines which genes are turned on or off: in a particular cell type, in different disease states, or in response to a physiological or even psychological stimulus. In addition, Epigenetic mechanisms are affected by our thoughts – our consciousness, and thus work through DNA methylation, when a methyl group (an epigenetic factor) can label DNA and activate or suppress genes. Histones are proteins around which DNA can be wrapped for compression and gene regulation, Histone modification is the binding of epigenetic factors to histone "tails" to the extent that DNA is wrapped around histones and the availability of genes in DNA to be activated. The epigenetic factor ends up in the "health endpoints": Cancer, autoimmune diseases, mental disorders, and diabetes.



Picture 1: DNA Methylation (HeartMate Institute)

There is a microbiota-gut-brain axis communication in health and disease. Under healthy conditions, the predominance of symbiotic bacteria, an intact intestinal barrier, and a healthy innate immunity controlling pathobiont overgrowth inside the intestinal barrier. The vagus nerve, the body's largest nerve, transmits information to the brain from the organs, 90 percent of all communication from the abdominal brain (ENS) goes from the abdomen to the brain, and from the brain to the cells in our body. What we now want to know is how epigenetics works in practice, in our daily lives, and if or how health and illness are dependent on our feelings. To my help, I have had a lady in Sweden who got a brain tumor after years suffering after years of suffering in a relationship with a psychopath. She had surgery and she moved from her husband. After that, she lived healthy and the rest of the tumor didn't grow anymore. She has also written a book about her situation and has a group on Facebook, where she has contact with others who have had the same disease. (They all are clear, it is the life situation and how we think and feel if we will be healthy or sick, they say.) People with brain tumors have been deeply interviewed about how they experienced their life situation before and after the disease. How the healthcare has helped them, and if they are healthy now, what they have done to get healthy, and what they believe about the reason for their illness.

Epigenetic Effects to be Expected

I remember when I was preparing a poster and my neighbor - who is from Switzerland, stated that epigenetics would make the pandemic affect us in future generations. The same is true of the war in Ukraine and Israel. How many millions of children and adults will be mentally affected by this? For body and soul belong together.

Of those who fell ill in my study, all had been abused or affected by something traumatic at a young age. Mental illness is increasing among children and young people, not least in Sweden. Consciousness affects our epigenetics, which regulates which genes are turned on or off. This depends on physiological and not least psychological conditions. Depressed and stressed people have a shorter life. "Health endpoints" are cancer, autoimmune, mental illness and diabetes.

Like the Russian and North Korean people, we believe in what we see on TV every day and read in the media. The climate programs and climate news in the media mean that many children and young people do not believe that they will have any future for the earth due to the climate.

Elsa Widding has a master's degree in engineering from Chamers in Gothenburg and has worked in the energy industry for more than 25 years, including for three of the four largest energy companies in the Nordic region. During her time at the Ministry of Trade and Industry, she tried to stop the Nuon affair, the Swedish state's worst and most expensive affair of all time. She quotes Taheda Kunihiko, vice-chancellor of the Institute of Science and Technology research at Chubu University in Japan: "Carbon dioxide emissions make absolutely no difference in one way or another. Every researcher knows that, but it does not pay to point this out". Research grants are thus NOT distributed to those who question the dominant climate impact of carbon dioxide. One of my worst fears is that the world community is now spending thousands of billions of dollars on reducing CO2 emissions at the expense of poverty reduction. "Consensus does not belong in science", writes Elsa Widding, and believes that politicization in the climate debate must end [9].

Drill cores of ice from 45 thousand years back in time show regular cold and heat periods. This is not something that we humans can influence. At the beginning of the Bronze Age, almost 4000 years ago, the average temperature was a few degrees warmer than today. The Viking Age and the early Middle Ages were also significantly warmer than now. Greenland was green and had residents with grazing animals. People die from cold, not from heat, says Elsa Widding.

During the 1970s, I was afraid of the new ice age that would then come. In 20-30 years, one can look back at the epigenetic effects of "climate change", war, and pandemics.

In a video from Nadine Burke Harris, a video about childhood trauma, based on a study that showed that these traumas increased the risk of 7 out of 10 causes of death and shortened life by 20 years. It is our biggest threat to public health [10]. Childhood trauma isn't something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect, and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer. An impassioned plea for pediatric medicine to confront the prevention and treatment of trauma, head-on, has real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer. An impassioned plea for pediatric medicine to confront the prevention and treatment of trauma, head-on.

-We do not want to see this because it affects us all, but if we are to solve this major public health problem, we must first face it, says Nadine Burke Harris in the video [11].

The Dutch Hongerwinter

During the winter of 1944-1945, Nazi Germany blockaded towns across Western Netherlands, a period which become known as the Dutch Hongerwinter [12].

Many decades later, scientific research found that the children born during this famine were underweight and more likely to suffer from disease. What was most startling, however, was that these children's children were also born significantly underweight, despite never having experienced a nutritional scarcity during in vitro development. Researchers concluded that the famine "scarred" the DNA of the victims, but it was only recently that we were able to correctly identify this "scarring" as epigenetics [13].

Other studies have proposed a more tentative connection between one generation's experience and the next. For example, girls born to Dutch women who were pregnant during a severe famine at the end of the Second World War had an above-average risk of developing schizophrenia [14]. Likewise, another study has shown that men who smoked before puberty fathered heavier sons than those who smoked after. The team was specifically interested in one region of a gene associated with the regulation of stress hormones, which is known to be affected by trauma. "It makes sense to look at this gene."

They found epigenetic tags on the very same part of this gene in both the Holocaust survivors and their offspring, the same correlation was not found in any of the control group and their children. Through further genetic analysis, the team ruled out the possibility that the epigenetic changes were a result of trauma that the children had experienced themselves.

"To our knowledge, this provides the first demonstration of transmission of pre-conception stress effects resulting in epigenetic changes in both the exposed parents and their offspring in humans," said Yehuda, whose work was published in Biological Psychiatry [15].

It's still not clear how these tags might be passed from parent to child. Genetic information in sperm and eggs is not supposed to be affected by the environment – any epigenetic tags on DNA have been thought to be wiped clean soon after fertilization occurs.

However, research by Azim Surani at Cambridge University and colleagues has recently shown that some epigenetic tags escape the cleaning process at fertilization, slipping through the net. It's not clear whether the gene changes found in the study would permanently affect the children's health, nor do the results upend any of our theories of evolution [16]. Whether the gene in question is switched on or off could have a tremendous impact on how much stress hormone is made and how we cope with stress, said Yehuda. "It's a lot to wrap our heads around. It's certainly an

opportunity to learn a lot of important things about how we adapt to our environment and how we might pass on environmental resilience."

The impact of Holocaust survival on the next generation has been investigated for years – the challenge has been to show that intergenerational effects are not just transmitted by social influences from the parents or regular genetic inheritance, said Marcus Pembrey, emeritus professor of pediatric genetics at University College London [17].

"Yehuda's paper makes some useful progress. What we're getting here is the very beginnings of an understanding of how one generation responds to the experiences of the previous generation. It's fine-tuning the way your genes respond to the world."
Can you inherit a memory of trauma? Researchers have already shown that certain fears might be inherited through generations, at least in animals.

Scientists at Emory University in Atlanta trained male mice to fear the smell of cherry blossom by pairing the smell with a small electric shock. Eventually, the mice shuddered at the smell even when it was delivered on its own [18]. Despite never having encountered the smell of cherry blossom, the offspring of these mice had the same fearful response to the smell – shuddering when they came in contact with it. So too did some of their own offspring. On the other hand, the offspring of mice that had been conditioned to fear another smell, or mice that had no such conditioning had no fear of cherry blossom. The fearful mice produced sperm which had fewer epigenetic tags on the gene responsible for producing receptors that sense cherry blossom. The pups themselves had an increased number of cherry blossom smell receptors in their brain, although how this led to them associating the smell with fear is still a mystery.

"The difference between these two is significant because this fundamental belief called genetic determinism literally means that our lives, which are defined as our physical, physiological, and emotional behavioral traits, are controlled by the genetic code," Lipton said in an interview with the online magazine, *Superconsciousness*. "This kind of belief system provides a visual picture of people being victims: If the genes control our life function, then our lives are being controlled by things outside of our ability to change them. This leads to victimization and the illnesses and diseases that run-in families are propagated through the passing of genes associated with those attributes. Laboratory evidence shows this is not true [19]. Emotions can also affect our epigenetics, especially stress and negative thoughts.

Stress and emotions
"Stress and negative emotions have been shown to increase disease severity and worsen the prognosis for individuals suffering from a number of different pathologies. On the other hand, positive emotions and effective emotion self-regulation skills have been shown to prolong health and significantly reduce premature mortality [20, 21]. From a psychophysiological perspective, emotions are central to the experience of stress. It is the feelings of anxiety, irritation, frustration, lack of control, and hopelessness that are actually what we experience when we describe ourselves as stressed. Whether it's a minor inconvenience or a major life change, situations are experienced as stressful to the extent that they trigger emotions such as annoyance, irritation, anxiety, and overwhelm" [22].

This causes a portion of our energy reserves, which otherwise would be put to work maintaining, repairing, and regenerating our complex biological systems, to instead confront the stresses these negative thoughts and feelings create.

In simple terms most people can relate to this, what this means is that when we are having a bad day, going through a rough period such as dealing with the sickness of a loved one or coping with financial troubles, we can actually influence our bodies – all the way down to the cellular level – by intentionally thinking positive thoughts and focusing on positive emotions.

Methodology
In order to examine how stress and negative emotions affect health, and to show how consciousness affects epigenetics in the development of disease, questions have been asked and interviews conducted partly with people with the disease meningioma and partly with a healthy control group.

In a Facebook group on the question of somebody got subjectively ill in a destructive relationship, all, just over 70 people, (N = 70) answered "yes" to this question, and nobody said "no". Many described they have stress-related problems, like fatigue and fibromyalgia, bleeding ulcus, pimples, joint pain and inflammation, Post Traumatic Stress Syndrome (PTSD), high blood pressure, stomach problems and IBS, and Irritable Bowel Syndrome.

To illustrate the difference between people who have subjectively become ill in a destructive relationship, (it is the trigger not the cause), and healthy, not abused people, I have a control group of 20 healthy people. (N = 20).

I have also interviewed 11 people with more detailed questions, (N = 11) about how they experienced their life situation before and after the disease. How healthcare has helped them, if they are healthy now, what they have done to get healthy, and what they believe about the reason for their illness.

The following people were asked:
A. People who feel they have been physically ill in a destructive relationship (N = 70)
B. Control group, people who are healthy, and do not live in a destructive relationship (N = 20)
C. More detailed questions to 11 persons who feel they have been physically ill in a destructive relationship (N=11)

Results
A. Answer on question "If someone has been physically ill in a destructive relationship?"
All people who have been abused physically or mentally, as children and/or as adults all agree, it impacts health. All of the people in the group who got the question "if they have been physically ill in a destructive relationship", answered "YES" nobody answered "no". They all are clear, it is the life situation and how we think and feel if we will be healthy or ill.

"Yes, millions of times over", was a common answer.

Many had also been abused as children. "I was beaten from about the age of four as soon as I did not do as my father wanted", a woman says she goes on with "I live in constant tension, I have read it is the same with people who are tortured".

Fatigue and fibromyalgia were common disorders even cancer. Because of stress, the body is affected, and it also leaves its mark physically.

Cortisol and adrenaline weaken the immune system. Post-Traumatic Stress Syndrome (PSTD) is a common disease, so is high blood pressure, dizziness, heart failure, gastrointestinal disease, thyroid problems, stomach problems, and Irritable Bowel Syndrome.

The dangerous stress is mentioned throughout.

A woman says: "I think we need more knowledge about how different diseases occur. How great the emotional situation affects our health. It is very unfortunate that it has not been taken seriously in health care. But I think as I said, education would also include a more holistic view of man. We have a long way to go!"

All have been abused physically or mentally, many also as children or in their jobs. They often felt sad and less worthy and felt stressed without enough time for themselves.

Somebody described their symptom and their illness. Fatigue and fibromyalgia were common disorders. Because of stress, the body is affected, and it also leaves its mark physically. Another person writes that she was cold all the time and mentions a friend who got cancer after several years of mental abuse.

A man has had a "huge psoriasis rash" after a relationship with a psychopath. Another man answers PTSD and panic anxiety. "Yes, high blood pressure, dizziness, and other things that are affected so that illnesses can break out. Very dangerous with the stress that also affects the heart and stomach and the whole body", is an answer.

Heart failure, gastrointestinal disease, and thyroid problems are other common problems.

All the cases are clear, it is the life situation and how we think and feel if we will be healthy or ill. If you are abused you are stressed and here are the result of stress. All of our cells have the same DNA sequence but they look different and function differently. In all cells, there are similar programs for mutual functions e.g. cell division, cell movements, cell death, and forming of energy (ATP). Through epigenetic mechanisms, different DNA sequences are started or stopped which is also the reason for their special functions [23-27].

If you live under pressure, your body becomes stressed, the longer it lasts, the worse it gets. Complement to Heal Summit's lecturer Lissa Rankin. Excerpt from the article "The body's healing power" in the magazine "Free" no. 1 Jan-Feb 2015 [28].

Candace Pert also writes about how negative emotions can cause cancer [29].
A variety of epigenetic mechanisms can be perturbed in different types of cancer. Epigenetic alterations of DNA repair genes or cell cycle control genes are very frequent in sporadic (non-germ line) cancers, being significantly more common than germ line (familial) mutations in these sporadic cancers [30, 31]. Epigenetic alterations are important in the cellular transformation into cancer, and their manipulation holds great promise for cancer prevention, detection, and therapy [32, 33].

Several medications which have epigenetic impact are used in several of these diseases. These aspects of epigenetics are addressed in cancer epigenetics. There are conferences on cancer epigenetics once a year [34].

B. The Control Group – Healthy People Who Do Not Live in a Destructive Relationship

All the healthy people answered that they felt harmony and were happy with themselves. They also felt loved and seen. The majority lived in a happy relationship, others lived alone or divorced but they almost all had someone to talk to.

Regarding stress, some felt it sometimes but most people thought they had time for themselves. No one felt inadequate and less worthy.

A couple had been abused as children on occasion, but all had pretty much a good childhood. A woman had a mother who had been abused and who had suffered from mental illness all her life.

The view of healthcare had changed, but most people did not think that the doctors asked the right questions, no questions about stress and how to feel mentally. One woman replied that she had never been to a doctor.

Most were grateful for life, for what they had, and for the beauty of nature. Someone had started exercising.

A few had experienced grief and a few had relatives who were ill. Half of these were worried but half were not sad.

Summary of the Healthy People
It was a totally different variety of people - all the healthy people answered that they felt harmony and were happy with themselves. They were seen, they were happy, and they had time.

Somebody was stressed, but only sometimes. All of them had someone to talk with. One had been abused – one time as children. None felt inadequate and less worthy as the people in a destructive relationship always did. It illustrates everyone who answers very well. How they feel, how their body feels, and the awareness of the same. Every one of our cells is conscious, together they make up you and your consciousness.

Summary of Answers from 11 Deeply Interviewed People,
In 10 of the 11 cases, the illness can be explained by stress and emotions. These are women who have been stressed when they were diagnosed, had lived with a psychopath, and have been physically and mentally abused and forced to defend themselves. Someone has had a demanding job. In their cells, genes have been turned on and off by DNA methylation and by modifications to the tails of histones, such as acetylation. The health endpoints are diseases.

Through epigenetic mechanisms, different DNA sequences are started or stopped which is also the reason for their special functions. Negative epigenetic changes can increase the risk of illness while positive epigenetic changes minimize the risk for illness.

Everybody had lived together and most of the respondents were now separated from their partners.

Everybody except one is stressed when they get ill. "Very mental stress before illness".

On the question, or if you had to constantly defend yourself is the common answer "constantly", two have answered "No".

Three answered "No" on the question if they have been in control of what they do, and most of the others answered "constantly".

Nine have been subject to constant demands, two have not.

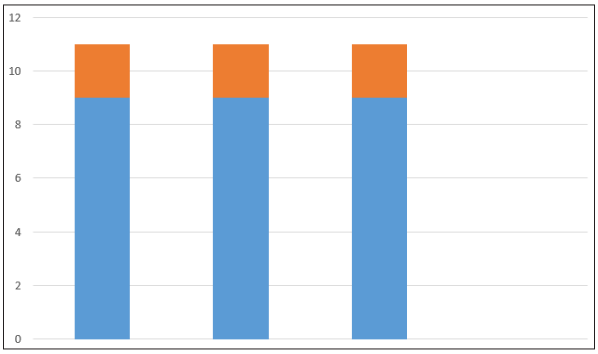


Figure: 1 Figure: 2 Figure: 3

Figure 1: Everybody but two have been abused. One answer: Mentally daily by him for almost ten years and even more than ten years after his separation.
Figure 2: Everybody except the two has suppressed their feelings. One answer is both yes and no.
Figure 3: Everybody except two "has been too kind and adjusted too much". "Yes, unfortunately, or I have been naïve" is a common answer.

At least half of the respondents have been sexually assaulted even though they did not want to. One said "I posed sexually for the sake of house peace" and another had been forced.

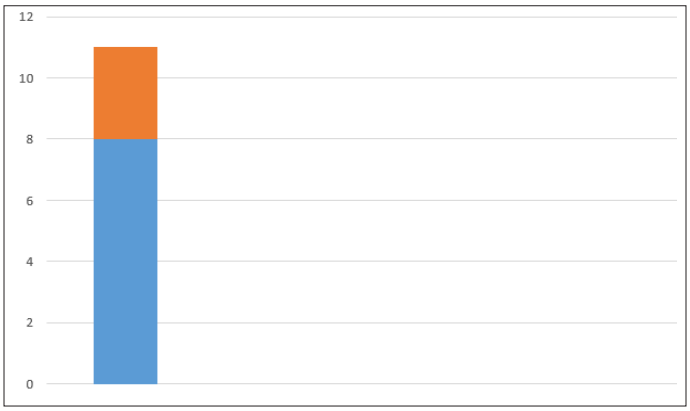


Figure 4: Everybody except three has been told they are unsuccessful and worthless

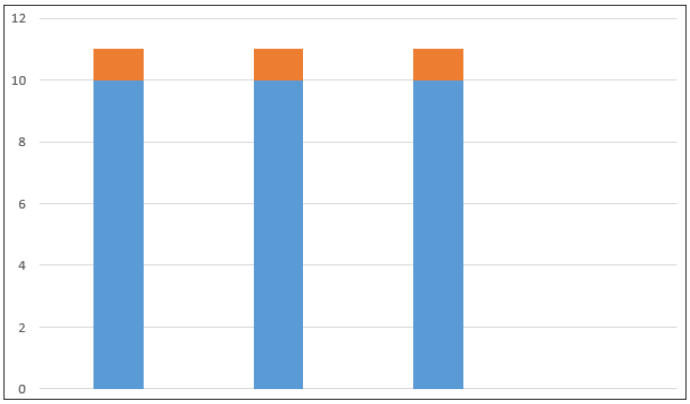


Figure 5: Everybody except one of the respondents has been in constant tension and fear. One "at my work". Two of three have had someone to open up to.

Figure 6: Only one of the respondents has not had difficulty to concentrate, and only one has not had memory disorders.

Figure 7: One of the respondents had not experienced any dramatic and shocking conflict six to eighteen months before the onset of the brain tumor, (or illness).

None of the doctors had asked their patients about psychological conditions or mental stress.

Discussion

All people who have been abused physically or mentally, as children and/or as adults all agree, it impacts health. All of the people in the group A. (N=70) those who got the question "if they had been physically ill in a destructive relationship", answered "yes" nobody answered "no".

In 10 of the people who were interviewed with more detailed questions, group C. (N=11) the illness can be explained by stress and emotions [35-43]. These are women who have been stressed when they were diagnosed, had lived with a psychopath, and been physically and mentally abused and forced to defend themselves. Someone has had a demanding job. In their cells, genes have been turned on and off by DNA methylation and by modifications to the tails of histones, such as acetylation. The health endpoints are diseases [6].

People in the healthy control group B. (N=20) are totally different. They are all healthy and happy with themselves. They felt loved and seen and had time for themselves. The majority lived in a happy relationship, while others lived alone or divorced. No one felt inadequate and less worthy while all those who had been mentally or physically abused felt less worthy and everybody except two constantly had to defend themselves. All of "the healthy and lucky" people had also someone to talk to. It seems to be very important for health.

Emotions are feeling the language of cells, says Dr. Bruce Lipton [5].

Everybody without two in the case study C. has been abused. We know how it causes stress and how stress weakens the immune system [44]. Everybody except one is stressed when they get ill.

"Very mental stress before illness". On the question, or if you had to constantly defend yourself is the common answer "constantly", two have answered "No". Three answered "No" on the question if they have been in control of what they do, most of the others answered "constantly".

Everybody except one of the deeply interviewed respondents, C., has been in constant tension and fear. One "at my work". Of course, it has affected their health. Gut microbiota plays an important role in our lives and in the way our bodies function [45]. The composition of gut microbiota is unique to each individual. Just like our fingerprints. Our gut microbiota contains tens of trillions of bacteria – ten times more than cells in our body. The epigenetic factors is beyond that genes are turned on and off and we get sick or healthy. But more studies need to be done. Epigenetics is a mechanism for regulating gene activity independent of DNA sequence determining which genes are turned on or off: in a particular cell type, in different disease states, or in response to a physiological or even psychological stimulus [6].

In recent years scientists have been exploring the effects that stress and emotions have on our cells – in particular, on our chromosomes and mitochondrial DNA. What they have found is that our emotions can shape our physical reality at the molecular level [46]. How we perceive ourselves and our surroundings, our consciousness Depressed and stressed people have a shorter life span, here we get the answer to how negative emotions affect our consciousness and our epigenetics [47]. Sometimes it can take years of mental stress, sometimes it is an unhappy childhood that causes ill health.

It is clear that all persons in group A. sufferers of illness in a destructive relationship were fully aware that this was the cause, "everyone knows it well".

Of the deep interviewed cases, C., ten were convinced that the condition was the cause. One person laughed at and denied all connection, one respondent had a messy childhood.

In recent years scientists have been exploring the effects that stress and emotions have on our epigenetics, if the cell which genes are turned on or off which is important for how we perceive our health and how we feel - our consciousness [27-29, 48-55].

Conclusion

The study shows 70 people who answered "yes" to the question of whether they became ill in a destructive relationship, group A, and it compares 11 people who have or have had a brain tumor, group B, with 20 healthy people, group B.

In summary the results of the study show:

People in groups A and C have been abused, physically or mentally, many also as children or in their jobs. They often felt sad and less worthy and felt stressed without enough time for themselves.

In the deep interviewed cases, group C:

Everybody except two of the respondents has been abused.
Nine of the respondents have been subject to constant demands, two have not.
Everybody except one of the respondents is stressed when they get ill
Everybody except two of the respondents has suppressed their feelings.
Everybody except three of the respondents has been told they are unsuccessful and worthless.
Everybody except one of the respondents has lived in constant tension and fear.

All of the respondents have had difficulty concentrating,
Everybody except one of the respondents has experienced dramatic and shocking conflict six to eighteen months before the onset of the brain tumor, (or illness).

People in the healthy control group B are totally different. They are all healthy and happy with themselves. They felt loved and seen and had time for themselves. The majority lived in a happy relationship, while others lived alone or divorced. No one felt inadequate and less worthy while all those who had been mentally or physically abused, felt less worthy and everybody except two constantly had to defend themselves. All of "the healthy and lucky" people had also someone to talk to.

Consciousness is stronger than medication, the solution to a health problem is often not in the body but in the consciousness, says Lissa Rankin [56]. There are lots of studies that explain the relationship between our thoughts and feelings and our state of health, groundbreaking scientific findings that show how negative emotions harm the body [21-23, 57-60].

Epigenetics is the continuation of consciousness which affects reality. Consciousness is translated into chemistry that will determine what you become [61]. Epigenetic mechanisms is not only environmental chemicals, -drugs/pharmaceuticals, aging, and what we eat it´s also how we feel, our stress and emotions, if we live in tension and fear [62].

The results of the survey are an indication that consciousness influences epigenetics in the development of disease.

References

1. Hameroff S, Penrose R (2014) Consciousness in the universe: A review of the 'Orch OR' theory. Physics of Life Reviews 11: 39-78.
2. Goswami A (2011) The Quantum Doctor: A Quantum Physicist Explains the Healing Power of Integrative Medicine. Charlottesville: Hampton Roads Publishing.
3. Lipton BH (2005) The biology of belief Unleashing the Power of Consciousness, Matter & Miracles. USA: Hay House.
4. Pert Candace B (2003) Molecules of Emotion. New York: Scribner.
5. Pert Candace B. Molecules of Emotion. New York: Scribner 110.
6. Fredriksson I (2005) The Third Book. London: Athena Press.
7. Braden G (2019) How Our Emotions Affect Our Health [cited 2019 Sept. 12] Available from: https://www.greggbraden.com/blog/how-our-emotions-affect-our-health.
8. Nelson B (2019) The Emotion Code. London: Vermilion.
9. Widding E (2019) Klimatkarusellen -vilka frågor kan besvaras. (The climate carousel - which questions can be answered). In Swedish. Wikströms tryckeri, Uppsala.
10. Nadine B Harris https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma.
11. YouTube How childhood trauma affects health across a lifetime | Nadine Burke Harris 17 Feb. 2015.
12. The Dutch famine birth cohort study (2019) Available from: http://www.hongerwinter.nl/item.php?id=32&language=EN.
13. Dana Dovey (2015) I Think, Therefore I Am. Epigenetics

and How DNACan Change from Just The Experience of Living. Medical Daily.
14. Shige Song, Wei Wang, Peifeng Hu (2009) Famine, death, and madness: Schizophrenia in early adulthood after prenatal exposure to the Chinese Great Leap Forward Famine March 2009 Social Science & Medicine 68: 1315-1321.
15. Yehuda, Rachel, and Amy Lehrner (2018) "Intergenerational transmission of trauma effects: putative role of epigenetic mechanisms." World Psychiatry: official journal of the World Psychiatric Association (WPA) 17: 243-257.
16. Azim Surani at Cambridge University and colleagues. Scientists discover how epigenetic information could be inherited. 25 Jan 2013
17. Birney E. Study of Holocaust survivors finds trauma passed on to children's genes. [cited 2023 Oct.10] Available from: https://www.theguardian.com/science/2015/aug/21/study-of-holocaust-survivors-finds-trauma-passed-on-to-childrens-genes.
18. Eastman Q (2013) Mice can inherit learned sensitivity to a smell. Woodruff Health Sciences Center | https://news.emory.edu › stories › 2013/1.
19. HeartMate Institute. You Can Change Your DNA. [cited 2019 Sept. 12] Available from: https://www.heartmath.org/articles-of-the-heart/personal-development/you-can-change-your-dna/.
20. Fredricson BL (2002) Positive emotions, in Handbook of Positive Psychology, C.R. Snyder and S.J. Lopez, Editors2002, Oxford University Press: New York 522-539.
21. Isen AM (1999) Positive affect, in Handbook of Cognition and Emotion, T. Dalgleish and M. Powr, Editors. 1999, John Wiley & Sons: New York 522-539.
22. Rollin McCraty, Tomasino D (2006) Emotional Stress, Positive Emotions and Psychophysiological Coherence, in Stress in health and Disease, B.B. Arnetz and R. Ekman, Editors. 2006, Viley-VCH: Weinhelm, Germany 342-365.
23. Rollin McCraty, Tomasino D (2006) Emotional Stress, Positive Emotions and Psychophysiological Coherence, in Stress in health and Disease, B.B. Arnetz and R. Ekman, Editors. 2006, Viley-VCH: Weinhelm, Germany 342-365.
24. Reik W, J Walter (2001) "Genomic Imprinting: Parental Influence on the Genome." Nature Reviews Genetics 2:21+.
25. Surani MA (2001) "Reprogramming of genome function through epigenetic inheritance." Nature 414:122+.
26. Watters, Ethan (2006). "DNA Is Not Destiny" Discover.
27. Cloud, John (2010). "Why your DNA Isn´t Your Destiny." TIME.
28. Free, a Swedish magazine no. 1 Jan-Feb 2015.
29. Pert Candace B (2015) Molecules of Emotion. New York: Scribner, 2003. 111
30. Wood LD, Parsons DW, Jones S, Lin J, Sjöblom T, Leary RJ, et al. (2007) "The genomic landscapes of human breast and colorectal cancers". Science. 318: 1108-1113. Bibcode:2007Sci...318.1108W. CiteSeerX 10.1.1.218.5477. doi:10.1126/science.1145720. PMID 17932254. S2CID 7586573.
31. Jasperson KW, Tuohy TM, Neklason DW, Burt RW (2010) "Hereditary and familial colon cancer". Gastroenterology 138: 2044-2058.
32. Novak K (2004) "Epigenetics changes in cancer cells". MedGenMed 6: 17.
33. Banno K, Kisu I, Yanokura M, Tsuji K, Masuda K, Ueki A, et al. (September 2012). "Epimutation and cancer: a new carcinogenic mechanism of Lynch syndrome (Review)". International Journal of Oncology. 41: 793-797.
34. https://www.grc.org/cancer-genetics-and-epigenetics-conference/2023/
35. Childre, Doc Lew (1994) Freeze-Frame, Fast Action Stress Relief 1994, Boulder Creek: Planetary Publications.
36. LeDoux J (1996) The Emotional Brain:The Mysterious Underpinnings of Emotional Life 1996, New York: Simon and Schuster.
37. Childre D, H Martin (1999) The HeartMate Solution 1999, San Francisco: Harper San Francisco.
38. Kinsella, Michael T, Catherine Monk (2009) "Impact of maternal stress, depression and anxiety on fetal neurobehavioral development." Clinical obstetrics and gynecology 52: 425-440.
39. Puniewska M (2019) What is Cortisol? Here's How it Impacts Your Body When You're Stressed Cortisol is a helpful hormone—until it goes haywire. Bringing it back to its natural rhythm might just be a magic bullet for your health. May 20, 2019 https://www.health.com/condition/stress/what-is-cortisol.
40. Braden G (2019) How Our Emotions Affect Our Health [cited 2019 Sept. 12] Available from: https://www.greggbraden.com/blog/how-our-emotions-affect-our-health.
41. Theorell Töres (2009) Noter om musik och hälsa (Music and health notes). In Swedish. Karolinska Institutet University Press.
42. Währborg Peter (2009) Stress och den nya ohälsan. (Stress and the new ill health) In Swedish. Natur och Kultur.
43. Le Shaw Lawrence (1978) Kämpa för livet. En bok om känslomässiga orsaker till cancer. (Fight for life. A book about emotional causes of cancer). Liber, 1979. You can fight for your life: Emotional factors in the causation of cancer. Jove Publications.
44. Sklar LS, Anisman H (1981) Stress and cancer. Psychological Bulletin 89: 369-406.
45. Eric A Franzosa, Katherine Huang, James F Meadow, Dirk Gevers, Katherine P Lemon, et al. (2015) Curtis Huttenhower Human microbiome identifiability. Proceedings of the National Academy of Sciences 112: E2930-E2938.
46. Farthing G (1992). The Psychology of Consciousness. Prentice Hall. ISBN 978-0-13-728668-3.
47. Gilman SE, Sucha E, Kingsbury M, Horton NJ, Murphy JM, et al. (2017) Depression and mortality in a longitudinal study: 1952-2011. CMAJ 189: E1304-E1310.
48. Fredriksson I(ed.) (2018) Essays on Consciousness: Towards a New Paradigm. Bloomington: Balboa press 296-322.
49. Rauser R (2009) Descartes, Locke, Kant, and the Crisis of Justification Theology in Search of Foundations.Oxford University Press 6-24.
50. "consciousness" (2012) Merriam-Webster. Retrieved June 4.
51. Robert van Gulick (2004) "Consciousness". Stanford Encyclopedia of Philosophy. Metaphysics Research Lab, Stanford University.
52. Susan Schneider, Max Velmans (2008) "Introduction". In Max Velmans; Susan Schneider (eds.). The Blackwell Companion to Consciousness. Wiley, ISBN 978-0-470-75145-9.
53. John Searle (2005) "Consciousness" In Honderich, T. (ed.). The Oxford companion to philosophy. Oxford University Press ISBN 978-0-19-926479-7.
54. Rochat Philippe (2003) "Five levels of self-awareness as they unfold early in life" (PDF). Consciousness and Cognition, 12: 717-731.
55. Michael V. Antony (2001) "Is consciousness ambiguous?". Journal of Consciousness Studies 8: 19-44.
56. Rankin L. Mind (2020) Over Medicine. Hay House: 2020.

[PDF] MIND OVER MEDICINE BY LISSA RANKIN PDF PDF |www.blinkprods.com.

57. Fredriksson I (2018) (ed.) Essays on Consciousness: Towards a New Paradigm. Bloomington: Balboa press.
58. Fredricson BL (2002) Positive emotions, in Handbook of Positive Psychology, C.R. Snyder and S.J. Lopez, Editors2002, Oxford University Press: New York 522-539.
59. McCraty R, M Atkinsson, D Tomasino (2003) Impact of a workplace stress reduction program on blood pressure and emotional health in hypertensive employees. J. Altern Complement Med 355-69.
60. Maria Cohut (2017) (medicalnewstoday.com) October 23, 2017. Depression raises risk of early death.
61. Chemistry and consciousness/Are consciousness a chemical process? https://en.wikiversity.org/wiki/Chemistry_and_consciousness/Is_consciousness_a_chemical_process%3F.
62. Yehuda, Rachel, Amy Lehrner (2018) "Intergenerational transmission of trauma effects: putative role of epigenetic mechanisms." World psychiatry: official journal of the World Psychiatric Association (WPA) 17: 243-257.