

Unlock These 4 Secrets of Your Mind to Promote Better Health

University of College London's Professor Mark Spigelman declared the world doesn't have new diseases but only variations of the old. He also believes that bones hold vital answers to many human conditions. [Archaeology](#) findings such as the 8000 years' bones excavated from Jericho show tuberculosis existed even in that age. As the new generation grapples with these findings, many admit that the mind continues to be a powerhouse of healing from ancient times. The prehistoric people didn't have the technology, understanding, or innovations present today, but they still conquered deadly diseases and challenges. How do you heal your body using the power of your mind?



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1. Have a More Positive Attitude to Your Treatment Plans

If you take any medication expecting it to heal, it will do so. Your belief significantly influences the outcome. People who go for drugs or therapies that have been proven to work have a better chance of getting a fulfilling result. If you have a headache and believe that a sugar pill will heal you, it will undoubtedly do so. When you have a positive mindset, the mind sends the same signals to the ailing parts, promoting healing. Have a [positive attitude](#) when going through any treatment plan, whether cancer, a cold, or an injury.

2. Have a Gratitude Journal

Happiness and peace greatly influence health. When you are grateful or thankful for what you have and have peace, you sleep better, are motivated to work harder, have more confidence, and take better care of your health. Before you go to sleep, look at your [gratitude journal](#) or jot down the things you are grateful for that day. This drives away stress and fills you with positivity, promoting a better night's sleep. You wake up more energetic, well-rested, and ready to face the day. Even when you've had setbacks, identify one or two things you are grateful about and think about them.

3. Be More Optimistic

Expect good things to come your way. Studies have shown that being optimistic or hopeful boosts your immunity promoting better health. Also, positive-minded people may be more mindful of their health; therefore, they lead a healthy lifestyle. Optimism builds positive energy. There is less room for anxiety, stress, and depressing thoughts, which may cause ill health.

4. Lead a Purposeful Life

People who have a reason to wake up every day tend to live longer. It can be a job, family, or charity organization that brings meaning to your life. The satisfying feeling that you are indispensable or making a difference in this world gives you peace and purpose. You don't have to earn a lot of money, but as long as you live a purposeful life, your mind adjusts and strengthens your body to help you achieve the goals.

Additionally, have a [meditation](#) routine. It detoxifies your body from stress and slows down the aging process. Laugh a lot to maintain a healthier heart and make sure to eat healthy foods. Your mind is a powerful tool which when trained, can help your body perform at peak levels.