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Houston's own Doctor John Demartini, one of the world's leading authorities on human behavior and personal development, discusses how peoples' personal perceptions drive how well they feel.

Houston, Texas, USA, 05.01.12 – The ability of a healthy brain to heal the body was the topic discussed at a recent Unique Mindcare seminar, "The Power of Your Mind to Heal Your Body", the latest in their Future of Health series.

World renowned human behavioral specialist and one of the stars of the critically acclaimed movie, 'The Secret', Doctor John Demartini enlightened the audience with a fascinating journey about the close relationship between the human brain and the body. He indicated that because of this relationship, or connection, a person's physiology is actually impacted by what she or he perceives. A person's perceptions play a pivotal role in his or her well-being. When a person perceives an event to be supportive to his or her highest values he or she will tend to open up to it; conversely, when a person perceives an event to be challenging to his or her highest values he or she will tend to close down to it. This has an impact on the body's metabolism and physiology which is then turned on or off accordingly depending on these initial interpretations of support or challenge.

According to Doctor Demartini, "If you feel depressed because you think the day isn't going your way your metabolic rate will tend to slow down. Your glucose can go down and you may end up with low blood sugar. Because of this, you may tend to minimize yourself to others and passively do what they tell you to do. People with high blood sugar on the other hand, diabetics for example, tend to maximize themselves to others and tend to think that they are always right. They are not easy to tell what to do and they have their own way of doing things."

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These physiological polarities are often a result of imbalanced perceptions. People who minimize themselves relative to others, and live in fear of losing them, tend to repress what they want to say to them. Conversely, those who minimize others around them will have less, if any, fear of saying what comes to their mind.

Every time a person's awareness is imbalanced and he or she experiences polarized emotions and may also go into what is known as sympathetic or parasympathetic dominance. Physiological responses provide people with feedback in the form of symptoms at the cellular, genetic or enzymatic level to let them know whenever they have an imbalanced perspective. The many symptoms the body experiences are its way of trying to reveal the areas in life where there are imbalanced perceptions.

Disease is not necessarily a bad thing as long as the underlying meaning to it is discovered. Demartini proposes that what may be labeled as illness may actually be wellness. The very thing a person thinks may be causing his or her illness may simply be the body's response to misperceptions and the associated actions. These actions are things individuals do, or seek, too much or too little. Once an individual brings perceptions and actions into equilibrium, the body's physiology returns to wellness.

Doctor Demartini says, "Illness is the result of an imbalanced perspective and wellness as one of a balanced perspective. Wellness means wholeness. Illness means halfness. If you see more support than challenge or more challenge than support, you get illness. If you see a synchronicity of support and challenge simultaneously, you get wellness. Your mind, through its value system, filters your sensory reality and motor actions. Every time you go through life and exaggerate and minimize, you are creating physiology labeled as illness. Again, illness is a feedback system to your conscious mind to let you know that you have one or more lopsided perceptions."

Unique Mindcare specializes in treating all of their patients in a natural medication free approach. "We provide our patients a choice when it comes to the use of pharmaceutical medication, weather it is for them or their children, all of our treatment plans are based on brain health and the balance of its chemical and electrical structure." states Mark White, President and Founder of Unique Mindcare. The experts at Unique Mindcare believe that true health begins by focusing on the brain and its ability to function in a normal capacity without the introduction of psychiatric medication. Part of this process begins by identifying the underlying conditions in the body that are interrupting the brains ability to function normally. They address all of the body's health issues with a modern functional health approach. After addressing issues or challenges in the body, they turn to the brain and establish a plan to normalize the activity of the brain. A natural byproduct of this "brain-body" approach is that the dependency on medication and other substances is relieved. All of the treatment plans at Unique Mindcare is based on restoring and retraining the resources in the brain and body that drive optimum performance in all areas of life.

Unique Mindcare teams up with great leading edge companies like Nexalin Technology and Brainpaint. Evidence from years of clinical research and real patient outcomes demonstrate that Nexalin Technology provides natural frequency stimulation to the brain that promotes balance in its neurochemistry. Study results also suggest that the Nexalin Technology can restore resources that enhance brain performance and mitigate age management issues. The Nexalin experience is a soothing and calming way to provide a medication free approach to the treatment of anxiety, depression and insomnia. Brainpaint is a leading edge technology that focuses on neurofeedback, a process that provides feedback on brain activity to retrain and balance functional brain wave patterns. It is a proven form of brain exercise enabling patients to retrain brainwaves that can improve memory, concentration and focus.

Mark White, President of Unique Mindcare, believes that people want to be happy, effective and successful in their lives. Mr. White believes we all have the resources necessary to obtain these goals, and the broad array of services that Unique Mindcare offers can help individuals effectively use their own resources to promote stable health without psychiatric medication. This breakthrough brain-body approach will create the path to the lives they desire.

Doctor Nancy White, Clinical Director at Unique Mindcare has been helping people for over thirty years without using Medication. Dr. Nancy White is a native of Houston and is a pioneer and leader in the field of Applied Neuroscience. Her research has been published in a number of journals and she is a contributing author of two college level textbooks and a frequent speaker at professional conferences internationally, and has conducted workshops for other healthcare professionals both in the U.S. and abroad.

Houston's own Doctor John Demartini is a world renowned human behavioral specialist, a bestselling author, a business consultant working with Fortune 500 CEOs, high profile celebrities and sports personalities. He provides practical solutions to life's challenges. He is considered one of the world's leading authorities on personal development and is a star of the acclaimed global phenomenon, the Secret. His work has been incorporated into human development industries across the world.



Doctor John Demartini



Doctor Demartini and Doctor Nancy White