



Be the Rainbow * Bridge Heaven and Earth:: How-to Manual for Integrating Alternative and Evidence-Based Medicine

Laura Kragie

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Just as the Rainbow connects Heaven and Earth, you can link Faith-based Healing and Mainstream Medicine. This book provides you with a cognitive scaffold that facilitates your mental ability to integrate Alternative Healing methods with those from Evidence-Based Medicine, and thus allowing for the peaceful coexistence of the irrational with the rational. Based on works derived from Carl Jung, William James and Albert Einstein, as well as recent advances in Cognitive Neuroscience, it teaches tools that allow the synergistic benefits arising from combining these two health universes. Most of all, it describes the Ethical Credo: Duty to Distinguish and Disclose.

This manual is targeted mainly to physicians, to help them learn to work in teams that include Alternative Practitioners. But it is not just for physicians - anyone will benefit from this book filled with nuggets of insight into such topics as: placebo effect, embodiment, optimism, beauty, relaxation response, creativity, and spirituality. Combining recent research from Cognitive Neuroscience with wise masters of the past, it explains a way of seeing the world that incorporates both rational thinking and magical thinking.

The fundamental bedrock upon which sits our pyramid of increasing healthcare complexity, is made up of those acts that bring forth comfort, relaxation and trust. These include the essential healing elements of time, tenderness and touch.

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift." - Albert Einstein

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