



The Biology of Belief - Press Release

New Research Reveals That Thoughts Affect Genes

Groundbreaking scientific studies find that genes can be turned on and off by environmental signals including thoughts, feelings and emotions from outside the cell. Cellular biologist Dr. Bruce Lipton, a former medical school professor and research scientist, was one of the first scientists to posit such extra-cellular control. Dr. Lipton conducted a series of experiments that reveal that the cell membrane, the outer layer of a cell, is the organic equivalent of a computer chip, and the cell's equivalent of a brain. Although this view conflicts with the widely held scientific dogma that genes control behavior, papers by other researchers have validated his iconoclastic thinking.

Dr. Lipton has also been a pioneer in applying the principles of quantum physics to the field of cellular biology. While traditional cell biology focuses on the physical molecules that control biology, Dr. Lipton's work focuses on the mechanisms through which energy in the form of our beliefs can affect our biology, including our genetic code.

Dr. Bruce Lipton is an internationally recognized leader in bridging science and spirit. He has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and International conferences.

Dr. Lipton began his scientific career as a cell biologist. He received his Ph.D. Degree from the University of Virginia at Charlottesville before joining the Department of Anatomy at the University of Wisconsin's School of Medicine in 1973. Dr. Lipton's research on muscular dystrophy, studies employing cloned human stem cells, focused upon the molecular mechanisms controlling cell behavior. An experimental tissue transplantation technique developed by Dr. Lipton and colleague Dr. Ed Schultz and published in the journal Science was subsequently employed as a novel form of human genetic engineering.

In 1982, Dr. Lipton began examining the principles of quantum physics and how they might be integrated into his understanding of the cell's information processing systems. He produced breakthrough studies on the cell membrane, which revealed that this outer layer of the cell was an organic homologue of a computer chip, the cell's equivalent of a brain. His research at Stanford University's School of Medicine, between 1987 and 1992, revealed that the environment, operating through the membrane, controlled the behavior and physiology of the cell, turning genes on and off. His discoveries, which ran counter to the established scientific view that life is controlled by the genes, presaged one of today's most important fields of study, the science of epigenetics. Two major scientific publications derived from these studies defined the molecular pathways connecting the mind and body. Many subsequent papers by other researchers have since validated his concepts and ideas.

Dr. Lipton's novel scientific approach transformed his personal life as well. His deepened understanding of cell biology highlighted the mechanisms by which the mind controls bodily functions, and implied the existence of an immortal spirit.

Dr. Lipton has taken his award-winning medical school lectures to the public and is currently a sought after keynote speaker and workshop presenter. He lectures to conventional and complementary medical professionals and lay audiences about leading-edge science and how it dovetails with mind-body medicine and spiritual principles. He is regarded as one of the leading voices of the new biology. Dr Lipton's work summarizing his findings, entitled *The Biology of Belief*, (Hay House Publishing, 202 pages, \$25, hardcover, ISBN 978-1-4019-2311-2). His new book, *Spontaneous Evolution, Our Positive Future and a Way to Get There From Here*, (Hay House Publishing, ISBN 978-1-4019-2580-2) is available now.

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Now, in a new book to be published in May 2005, entitled *The Biology of Belief*, (Mountain of Love/Elite Books, 296 pages, \$25, hardcover, ISBN 0-9759914-7-7, www.BruceLipton.com), Dr. Lipton summarizes such leading edge science and explores its implications for our lives. Dr. Lipton shows that human beings can control gene activity and even rewrite their genes by focusing on their beliefs. These beliefs--true or false, positive or negative, creative or destructive--exist not simply in our minds; they are directed downward to the level of the cells of our bodies. He also shows how even our most firmly held beliefs can be changed, which means that we have the power to reshape our lives.

Dr. Lipton believes that this emerging model of cell biology will have as great an effect on our scientific paradigm as the emergence of quantum theory had on physics. The fact that energy impacts cells as profoundly as physical molecules provides a scientific explanation for the efficacy of conventional medicine, alternative therapies, and spiritual healing.

The traditional antagonism between science and spirit and between alternative and conventional medicines is obsolete.