

15+ ways to increase the effective potency of your medicines and therefore decrease your dosage

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Short communication

For those people who want to decrease medicine usage, there is hope. Recently, it has been found that hypnosis, suggestion, and/or the Placebo Effect can amplify the effect of medicines or treatments. This probably has been known for a long time but only becoming known now, for whatever reason. Be sure to work with a healthcare professional to evaluate your medicine usage. Then, inform your doctor you would like to use the power of your mind to increase the potency of each medicine. By increasing the effective potency, you can probably decrease the dosage of many prescriptions. Listen to your doctor but decide what is best for you. You might have to find a new doctor, since many doctors are only physicians and do not consider the mind-body connection. The choice is up to you. You are in charge of your own health care. Are your medicines or treatments not working very well, are troublesome, or are unaffordable? Maybe it is time to try something new and enlist the power of your mind.

If you are ready, below are some suggestions on how medications or treatments could be enhanced, amplified, or generally made more effective

First, it is important to relax. Stress aggravates any illness and hinders any medicine or treatment from being effective. Find a stress management routine that works for you on a long-term basis. Consider this part of your medicine or treatment. Your life or at least your good health might very well depend on it.

- a) Put your pills in a brightly colored large container, labeled "Pill Potency Increaser". Subconsciously, you think the pills inside are actually increasing potency.
- b) Ask a clergy person to bless the pills or treatment with extra healing power.
- c) Wrap a devotional object, e.g. rosary, around the pill container and pray for a potency increase.
- d) Make your own healing machine to amplify the pills, salve, etc. Keep your medications in your healing machine until use to maximize potency.
- e) It is important to find a health care professional to encourage you in your efforts. Doctors have great power over us, since they are seen as authority figures. If the doctor says something will work, the medicine or treatment will probably work better. If the doctor is not confident of the medicine or treatment offered, it will not work as well. This also applies for a doctor discarding your mind-body concepts. Adverse effects from negative comments or actions of a doctor are called the Nocebo Effect.
- f) Ask family members or friends to hold the pill bottles for a while to infuse extra healing power. Love and caring is a powerful healer in itself.
- g) Buy or make yourself a small special light. Decorate and locate

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the light just the way you want. Keep the light on all the time to remind you of the healing power of your medication. Maybe let the light shine on your pill bottles to direct healing rays into the medication.

- h) Pause briefly before you take your dose of medicine. Think how effective your potency-increased dosage is going to be. Look at the medicine as you take it. Feel it going into your body. Imagine a warm feeling inside that results from internal healing beyond the potency of the medicine. Your body is now working with the medicine. You are healing from the inside out and you know it. You can feel it.
- i) Listen to guided imagery recordings that suggest or encourage your internal healing power. You can even make your own healing recordings. Put in suggestions such as "My wonderful mind is increasing the potency of each of my medications. Therefore, I will need less medication as time goes on. I am working with supportive health care professionals who are cheering me on. I am so lucky." Consider wrapping the headphone cord around your pill bottles to infuse healing audio energy into the medicine.
- j) Consider a hypnotherapist to suggest to your mind that the medicines or treatments are more powerful than they technically are. You can also learn self-hypnosis to help you relax and add effective potency to your medicines. Some say hypnosis can increase the placebo effect for better results.
- k) Watch healing videos or computer games as you take your medicines. Imagine the medicine focusing on the malady and beating it. Imagine yourself being restored to health. Put your medicines right in front of the computer monitor to show that world that you are serious in getting better. You are "sick and tired of being sick and tired".
- l) Heal in groups by combining with others who also want to increase the effective healing power of their medicines. This could be groups in person, over the Internet, on the telephone, etc. Combine the healing power of all of you to help each one of you. Brainstorm new ideas.
- m) If you are a parent or caregiver and giving medications or treatments, pause for a moment and you yourself become relaxed. Say an encouraging word or two, like "This will make you feel

better”. Use your imagination to make up positive, encouraging, uplifting comments instead of absent-mindedly giving pills to others. If you are religious or spiritual, you could “pray” with the person to make the pills work extra-good.

- n) Wear some special jewelry or have something in your pocket to remind you that your medicine is working. When symptoms recur, rub the special object. Feel the warmth of the object that has been heated by your own body. Remind yourself that the medicine is still working. Shift your thinking to something else. Maybe think of what you want to do when you feel better. Change your mind, which you can do, from sickness to health. Then go on knowing that the medicine is indeed working.
- o) Add some music to your pill taking or treatment. You might consider something like the 1959 song “High Hopes”, “Theme from Rocky”, or anything else that empowers you and gives you hope.
- p) Use scents (aromatherapy) to enhance the medication or treatment and relax you.
- q) Thank your medicine for working so well. Thank your body for working with the medicine or treatment. You and your medicine are now working in unison now. Your doctor might think you now need less medicine to achieve the same effect. You are doing it. Congratulate yourself on your progress. Do not expect too much at first. Make small changes. Sometimes forward, sometimes back, but you are indeed improving. Tell others about your success, especially your doctor. Your doctor might very well be amazed and astonished. Maybe your outstanding progress will help others. Enjoy your new healthy happy life.

Yes, some will discard all this mind-body talk. Let them think what they want. If it works, who cares? *What do you have to lose?* Henry Ford said, “If you think you can do a thing or think you can’t do a thing, you’re right.”

Whether you or doctors like it or not, there is a psychological component with any active medication or treatment. When the psychological component is positive, it is called the Placebo Effect. When the psychological component is negative, it is called the Nocebo Effect. Perhaps, Mr. Ford’s quote could be revised to say something like “**If you think it will work or if you do not think it will work, you’re right**”.

Takeaways

- a) There is a psychological or placebo/nocebo effect with any active medication or treatment.
- b) You can make your medicines or treatments more effective by relaxing, maximizing the placebo effect, and minimizing the nocebo effect.
- c) You are in charge of your own health care and can decide what is best for you.

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Conflict of interest

Authors declare that there is no conflict of interest.