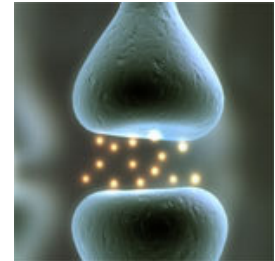


## New Science - The Molecules of Emotion



"The molecules of emotion run every system in our body, and this communication system is in effect a demonstration of the body-mind's intelligence, an intelligence wise enough to seek wellness, and one that can potentially keep us healthy and disease-free without the modern high-tech medical intervention we now rely on."  
[www.candacepert.com/](http://www.candacepert.com/)



There are few people who win plaudits from both the top of the established scientific world and the 'new age' movement. **Candace Pert** is one such person. Her pioneering work is a fundamental part of the new science that is starting to heal the Cartesian division between body and mind, and finally providing evidence for the effect of emotions on the deepest workings of the physical body. Her findings have huge implications for the prevention and cure of disease, showing the biochemical links between consciousness, mind and body.

Her achievement is to have shown that the body's neuropeptides are the key to a network of communication linking the brain to the body in a single system. This has not been without controversy. Her autobiography, ***The Molecules of Emotion***, doesn't spare the blushes of the scientific world, dishing the dirt on the politics, the scramble to get to the top, the sidelining of women and the drama and excitement of top-of-the-league scientific research.

As a young graduate student in the 1970s, Pert laid the foundation for the discovery of **endorphins**, the body's own pain suppressors and ecstasy inducers, becoming known for her part in the discovery of the **brain's opiate receptors**. She later joined the prestigious National Institute of Health in the USA, and embarked on her on-going study of **peptides**, the proteins that orchestrate the activities of every cell, organ and system in the body. Her work has shown that **the immune system contains the same peptides as are found in the brain, and that the nervous, endocrine and immune systems work together** as a 'psycho-immunoendocrine' network. Within these systems each of these organs – the bone marrow and lymph nodes, brain, glands and spleen – are joined together in a two-way network of communication. The carriers of information between these systems are called **neuropeptides**, which with their receptors form the biochemical basis for feeling and are the molecules of emotion.

As a result of what her research has revealed about the indivisibility of body, mind and emotion, she has been increasingly drawn to study the role of complementary therapies, and is helping to provide the evidence, through research and testing, for why they work. Her work is also having an impact on cancer research and she is now involved in developing a peptide-based cure for AIDS.

**"I believe that emotions are a key to the understanding of disease – the data is really starting to accumulate.** There have been some German studies, and some American work, showing that, if not the actual cause, the progress of cancer is not unrelated to the emotional expression of the individual. There's quite a lot of data on this, but people in the States at least really don't want to hear about this too much. It's somehow upsetting - they would prefer to think of cancer as some sort of bolt out of the blue. But now there's more and more data suggesting that promoting emotional expression truly does prolong life. So now instead of the pessimistic, negative thing of 'You don't have the right attitude, that's why you got cancer,' it's turning into 'Hey, you can meet in support groups, you can do art therapy, the data is there that

if you express yourself emotionally you can live twice as long'. It's hard data – there was a study in Stanford at UCLA and there are other studies now in progress. These findings have been around for quite a while, but people are finally starting to pay attention.

**"We all get cancers every single day, and we're able to knock them down with our natural ability.** It just makes sense that your emotional state is not just in your head, it's throughout your body and is almost instantaneously transmitted there. So where you are emotionally will affect how well you're knocking down cancer cells. The most important message of mybook is that people need to take responsibility for their own health, and to realise that conventional medicine, despite the penicillin, the polio vaccines and all the great technological advances, has apparently hit a wall and that the spiritual aspect of human beings is at least as important as the molecules. **We're not going to get to the bottom of cancer and other diseases if we leave the emotional, spiritual part out.**

**"I emphasise individual empowerment and consciousness-raising.** Enough of 'my doctor said I had to do this'. I think it's a time of great change in medicine. Medicine is caught between the two paradigms. People really want a more emotionally-based medicine – and it will be scientific, the science for it is coming.

"In one sentence what I've learned from my science and my experience, that has come together in recent years, is that the spiritual world, the world of consciousness, rather than being something unreal or secondary, really is primary. Things emanate from that world. And that is as radical as the fact that the Earth revolves around the Sun and not vice versa. Everybody on the planet has to get this. As this starts to come through, this is what we're all dealing with right now. This is where the unrest is, and as this makes its way through all of the people on the planet **this is what is going to lead to the next level of human transformation.**"

