

Dr. McClure, author of *Smart Medicine for a Healthy Prostate*.



By Mark W. McClure, MD

**W**hen I was a little boy, no more than 12, I learned firsthand about the miracle of healing.

I never did find out the nature of my problem, but I remember being very sick. It started at a family picnic; I was overcome by nausea and wooziness while I got hotter and hotter. When my temperature climbed to 105, my Dad took me to the local family doctor.

Just being in his presence calmed me. He had me sit on the edge of his exam table, and opened my shirt. He took out his stethoscope, and asked me to breathe deeply. And he listened, to my front and to my back. Again and again.

And then he scribbled something in his records, and went to a cabinet in the room. He pulled out some tablets, put them in a small bottle, and said, "Take these and you'll be better."

He was right. I took his magical pills, and within 24 hours I was back to normal. It certainly seemed like a miracle to me: from the brink of dying (I felt certain) to a restoration to good health! In one day! Without X-rays or blood tests.

As I think back to that long-ago experience, I feel pretty sure that the doctor's pills were an antibiotic and they certainly helped with the cure. But then and now, I believe the doctor's healing manner and his conviction—"Take these and you'll be better"—were as important, perhaps even more important in the healing process than the medication.

A year later, I had another encounter with a miracle of healing. I was convinced I was going deaf, but the thought of losing my hearing was so scary that I didn't tell anyone of my affliction, not even my parents. But when I kept turning up the volume on the radio, my mother insisted that I go to the doctor for a check-up. You may have guessed that the only problem in my ears was a build-up of wax! Another miracle—just like that, I could hear again!

#### MIRACLES AND MEDICINE

Now that I'm a doctor, I freely admit that I see miracles of healing around me almost every day. We say that medicine is both art and medicine, and I place the emphasis on "art." Despite our wonders of technology, most often it is the art—connecting with the soul—that yields miracles of healing. So it has been for me in my 25 years as a doctor.

I think about health and miracles on the levels of body, mind, and spirit. As a surgeon, I am constantly amazed when I so often witness the body's astounding ability to heal. We do all kinds of really dreadful things to our bodies—some of us smoke, we don't exercise, we don't get enough rest, we fuel the system with junk food, we too often burn the candle on both ends—and still our body continuously pulls our metabolism and our body toward balance, toward homeostasis. Balance in the system is a dance, and the body, miraculously and without our conscious direction, always pulls us toward the balanced center.

Still, as a doctor, I witness the fact that there's a limit to which the body can and will cooperate with us. If we keep

*"I see miracles of healing around me almost every day."*

## miracle pills

depleting our bank account, and refuse to make reasonable deposits—good diet, proper exercise and rest, reduced stress—then there are consequences. We begin to see some of the side effects that come to us as signs and symptoms—of dis-ease, if you will.

#### POWER OF THE MIND

Dr. Bernie Siegel introduced many of us to the healing power of the mind back in the 1970s in books such as *Love, Medicine and Miracles*. I most often see the transformative power of the mind when patients come to believe they have cancer.

"Cancer" is a toxic word and thought. Sometimes patients make themselves sick with worry in the belief they have cancer. Sometimes they are right, and they can consider excellent treatment options. Most often they are happily wrong.

The process is familiar. We order tests, do the necessary thorough exams—both key components. When I am able to look at my patient and say "all of your tests are normal; you don't have cancer," I watch as miraculously the fear and anxiety melt away from their face. They take those words as a great gift, and their mind uses them to produce happiness and emotional healing.

Along with pioneers in mind-body medicine such as Bernie Siegel, we've had other adventurous souls such as Candace Pert who have taught us great lessons. Her book, *Molecules of Emotion*, showed us for the first time that there are little receptors, little radio antennas on our cells that our brain talks to. The important fact is that the cells talk back to the brain. This is two-way communication that goes on while life exists. It's a miraculous communications system. Now we are learning that there are self-regulating neural systems of receptors and molecules, communicating with the brain in much the same way, for our hearts and for our intestines.

#### SPIRITUAL HEALING

Quite logically, when we talk about health and miracles, we need to consider the healing power of prayer. I've seen it at work time and time again, helping people face difficult challenges in all aspects of their lives, including their health.

I've also seen the miracle of forgiveness. I see people come with all kinds of maladies and physical ailments, who at some point begin to really *listen* to the self-talk and really *understand* the nature of their systems and move to a place of realizing the *power of forgiveness* as a gift to ourselves. Relieving ourselves of emotional burdens through the power of forgiveness is something we can do instantly. It's a gift, like casting our loaf on the water and finding it coming back many fold. I've experienced that release in my own life, and I've seen it many times with my patients. The elixir of forgiveness is a miracle that is within the reach of all of us. **llh**

*Dr. McClure's book, Smart Medicine for a Health Prostate, is available in area bookstores. He is medical editor of Health & Healing.*

For more information about urologic and complementary medicine approaches and procedures, contact: **LANDMARK UROLOGY and COMPLEMENTARY MEDICINE**  
**Mark W. McClure, MD**  
**4505 Fair Meadow Lane, Suite 111**  
**Raleigh, NC 27607**  
**Telephone: (919) 571-4399**  
**Web address: www.urolmd.com**