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Mind-Body Medicine Practical Applications in Dermatology

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Abstract

It is only recently that Western physicians are rediscovering the link between thought and health. The spectrum of causative factors in inflammatory dermatoses are often multifactorial. Stress and negative thoughts are major factors in dermatologic conditions. This article begins with some basic information on the ways that thoughts affect health. Practical methods of intervention including meditation, journal writing, affirmations, prayer, biofeedback, and hypnosis are presented.

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