

Scientific Proof that Your Childhood Traumas are a MAJOR Factor in Your All Your Illnesses

The Adverse Childhood Experiences (ACE) Study is an ongoing research project which is perhaps the largest scientific research study of its kind. Its purpose is to analyze the relationship between multiple categories of childhood trauma and health and behavioral outcomes later in life.



ACE is examining the effects of:

- Recurrent physical abuse
- Recurrent emotional abuse
- Contact sexual abuse
- An alcohol and/or drug abuser in the household
- An incarcerated household member
- Someone who is chronically depressed, mentally ill, institutionalized, or suicidal
- Mother is treated violently
- One or no parents
- Emotional or physical neglect

To learn more about the study, and to calculate your own ACE score, take a look at the link below.

Sources:

- [The Adverse Childhood Experiences \(ACE\) Study](#)
- [American Journal of Preventive Medicine May 1998; 14\(4\): 245-258](#)



Dr. Mercola's Comments:

I have long maintained that your emotional state [plays a role in nearly every physical disease](#) -- from heart disease, to depression, to [arthritis](#) and cancer.

Even the conservative Centers for Disease Control and Prevention (CDC) states that 85 percent of all diseases have an emotional element, but the actual percentage is probably much higher. Other scientists and medical doctors who have left their conventional medical and scientific dogmas behind -- once they saw the proof for themselves -- claim that **100 percent** of your current health status is due to your mental and emotional reactions to events that take place during your lifetime.

Notice that this ACE study was published nearly 10 years ago? So how come you haven't heard all about it already?

For the same reason that Dr. Geerd Hamer's breakthrough ["German New Medicine"](#) hasn't hit mainstream, even though he's been at it for nearly 30 years. Or the reason why Bruce Lipton's ["New Biology"](#) isn't taught at schools

everywhere even though his research spans across the past 20 years.

Removing an ingrained dogma is difficult, takes time, and requires people who are strong enough to teach an unpopular truth. People died for saying the earth was round not flat, and [Dr. Hamer](#) has been imprisoned for his medical treachery, which has an astounding overall 92 percent success rate.

However, I believe we're nearing the point of breaking through. Soon, there will be no denying the fact that your physical health is deeply connected to your mental projections and beliefs. I think this is exciting news – it [puts the power back in your hands!](#) But it may scare many who are not ready to take responsibility for how they feel, what they think, and their beliefs about their world.

How Traumas Affect Your Health, According to the ACE Study

The ACE study, published in the [American Journal of Preventive Medicine](#) found that both the prevalence and risk increased for severe obesity, physical inactivity, depressed mood, and suicide attempts as the number of childhood exposures to trauma increased.

They also found a strong relationship between the number of childhood traumas and the number of health risk factors for leading causes of death in adults. In particular, they found a significant relationship between the number of childhood trauma exposures and the following disease conditions:

- ischemic heart disease
- cancer
- chronic bronchitis or emphysema
- history of hepatitis or jaundice
- skeletal fractures
- poor self-rated health

How Does This Correlate With German New Medicine?

GNM, developed by Dr. Ryke Geerd Hamer, M.D., operates under the premise that every disease, [including cancer, originates from an unexpected shock](#) experience. The ACE study questionnaire indicates what some of those experiences might be, such as physical abuse.

However, Dr. Hamer's research indicates that the experience that affected you does not necessarily have to appear traumatic to others, and it doesn't have to be a repeated event. It's more about how you react to an unexpected, and to you shocking, experience. Someone else may not react or deal with it in the same way.

Drawing some conclusions from these various discoveries, I'd have to say Dr. Hamer's research can account for why you increase your risk of deadly heart disease or cancer if you were repeatedly traumatized as a child, and here's why.

According to GNM, the resolution (healing) phase is as long as the trauma phase. And GNM claims that all "diseases" are in fact your body going through the resolution phase, meaning it is healing itself.

However, serious trouble can arise if your trauma phase was quite extended, as your body will need the equal amount of time to heal as it took for the damage to take place.

In addition to ACE's conclusions of how trauma leads to heightened risk of certain diseases and premature death (see figure 1), Hamer's findings also explains these correlations, but on a biological/physical level, more so than the sociological level (such as adopting risky behaviors).

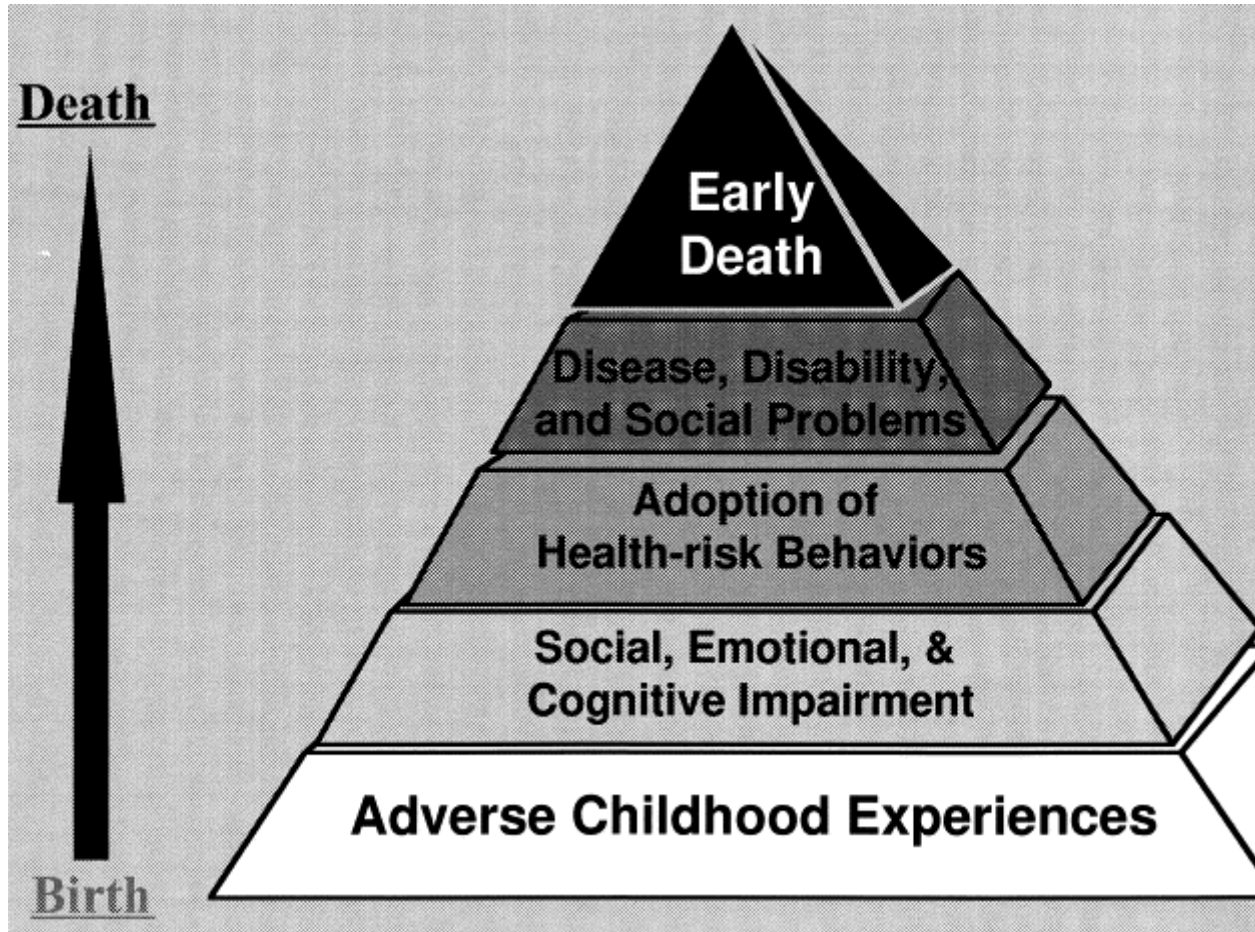


Figure 1 The Adverse Childhood Experiences (ACE) Study, American Journal of Preventive Medicine

Heal Thyself – From Within

If your emotions play such a significant role in your health, and I'm convinced they do, treating your emotions becomes an **essential** part of optimal health.

Learning how to use energy psychology tools, such as the [Emotional Freedom Technique](#) (EFT) can help you get a better handle on your emotions and buried pain, including the stress from unexpected tragedies. One of Dr. Hamer's main pieces of advice for optimal health is this:

Deal with, and resolve your emotional traumas as quickly as possible! Don't let them linger and fester.

In severe cases you might not be able to perform EFT satisfactorily on yourself, in which case I would highly recommend you seek out a trained professional. Dr. Patricia Carrington provides a [list of certified EFT practitioners](#) across the world, plus helpful advice on how to choose a practitioner that is right for you.

Related Articles:

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