



# CONTENTS

FOREWORD by Larry Dossey, M.D.	vii
PREFACE by Alfred M. Freedman, M.D.	xi
ACKNOWLEDGMENTS	xv
Introduction: The Body Is a Mystery	xvii
<i>Part One: Moving</i> 1	
1. Some Assorted Body Spaces and Their Problems	3
2. Them Bones, Them Bones, and What They Do	9
3. How Your Bones Hold You Up and Sometimes Let You Down	14
4. Astronauts, Skeletons, and Menopausal Women	19
5. The Quantum Physics of Fitness and Fatigue	23
6. The Quantum Physics of Exercise and Stress	36
<i>Part Two: Eating</i> 45	
7. You Are What You Eat	47
8. Energy and Time to Burn	54
<i>Part Three: Building</i> 69	
9. The Quantum Physics of Building Up the Body	72
10. What Are Good Little People Made Of?	78
11. The Structure of Proteins	82
12. The Quantum Mechanical DNA Coding Machine	87
13. An Overview of a Living Cell: Information and Protein in Motion	91
14. Reproduction: The Quantum Physics of Sex	97
<i>Part Four: Sensing</i> 105	
15. Singing the Body Electric	107
16. The Body Magnetic	118

17. Sounds and Ears	127
18. Sights and Eyes	141
<i>Part Five: Breathing</i> 159	
19. The Heart and Its Measurement	161
20. Living in Pressure Suits	169
21. The Quantum Physics of Blood	181
22. The Quantum Physics of Respiration, or Why Do I Breathe?	191
<i>Part Six: Minding</i> 197	
23. Communications: You Got Your Nerve	199
24. Give Me Autonomy or Give Me Death	203
25. The Mind-Body Interaction	209
<i>Part Seven: Healing</i> 219	
26. The Quantum Physical Diseases	221
27. Cancer, or How a Cell Cries for Immortality	228
28. The Cause and Cure of Quantum Physical Disease	231
29. The Quantum Code of Death	236
30. The Mind as Quantum Slayer, the Mind as Quantum Healer	247
<i>Part Eight: Transforming</i> 253	
31. Messages from a Parallel Universe	256
32. A Quantum Model of the Ego, Stress, and Its Relief	263
33. The Transformation of the Whole Body-Mind	280
Afterword: The Body Future	283
Appendix: An Activity Basal Metabolism Program for Weight Control	287
Bibliography	291
Index	297

