

## Toxic Thoughts and Childhood

Maria Grazia Spurio\*

Psychotherapist, Master in Neuropsychiatry, Neuropsychology and Forensic Psychology, Carlo Arturo Jemolo, 83 00156 Rome, Italy

**Corresponding Author:** Maria Grazia Spurio, Psychotherapist, Master in Neuropsychiatry, Neuropsychology and Forensic Psychology, Carlo Arturo Jemolo, 83 00156 Rome, Italy. E-mail: [dott.m.g.spurio@hotmail.it](mailto:dott.m.g.spurio@hotmail.it)

**Citation:** Maria Grazia Spurio (2017), Toxic Thoughts and Childhood. Int J Ped & Neo Heal. 1:2, 51-53.

DOI: [10.25141/2572-4355-2017-2.0051](https://doi.org/10.25141/2572-4355-2017-2.0051)

**Copyright:** ©2017 Maria Grazia Spurio. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited

**Received:** January 31, 2017; **Accepted:** February 22, 2017; **Published:** March 6, 2017

### Abstract:

Toxic thoughts and toxic relationships are not only a matter of adult world, as dynamics played by adults while facing a difficult situation are very similar to those played by children. In particular, during the first six years of life, children lay the foundations of what will determine the decisive part of their ability to manage stressor. The unfavorable environment could be the cause of toxic thoughts that, in turn, could be the cause of important disease. That's why is so important to understand how to give children the right tools to face unfavorable environment. Mind is energy. When one person think, a power transmission, which results in biochemical signals propagated in harmony with our body, is activated. Since pharmaceutical companies can not sell the thoughts, they do not invest a penny to show the close relationship between "mind-body" in terms of "signal-response". The signal dictated by the mind may constantly be the welfare as the answer. Thoughts create a field of energy that is converted into a biochemical signal that sometimes could cure, or maintain and promote health and wellness

**Keywords:** Cancer, Childhood, Toxic Thoughts

### Toxic world and childhood:

When we talk about toxic thoughts or relationships, we think especially of the consequences they bring on the psychological or physical health of an adult person, because we look at the adult world, the professional and relational life, as full of stressors and characterized by many difficulties. Rarely, on the contrary, studies and researches deal with the manner in which a toxic environment strongly impacts on mental and physical health and growth of a child. It is necessary to consider that the dynamics played by adults while facing a difficult reality, are very similar to those played by children, even if conformed to their ways of perceiving and interpreting the world.

So, even if studies are normally centered of the well-being issues of the adult world, it is especially during childhood, in particular in the first six years of life as we will see later, that the foundations of what will determine the decisive part of ability to manage stressor and, consequently, the health or the toxicity of internal balance, are laid.

When we ingest a drug, it triggers a series of biochemical reactions that involve the whole body and not just the anatomic section to be healed. What is normally called "side effects" are definitely the

direct effects of the drug, in fact in pharmacology, there are no "side effects", but only direct effects.

When we let a toxic thinking remaining inside our mind, exactly like a drug, a series of biochemical reactions that involve not only the mind but the whole body, begin to trigger (Spurio, 2016).

A scholar and researcher of psychophysical wellbeing, Bruce Lipton (2013), has dedicated the most of his researchers to understand the mechanism by which cells perfectly healthy, when placed in an unfavorable environment, get sick and die. But what determines an unfavorable environment?

What can we do to heal a cell that gets sick?

### What determines whether an environment is favorable or unfavorable?

Human beings are composed of about 50 trillion cells, the human body is similar to a community where every cell is an individual and every organ is a community. So, the original question still is: which is the mechanism that causes illness or let a cell to stay healthy?

Our bloodstream is able to change the fate of cells. The blood

depends on the nervous system and on its way of interacting with the external environment. So if the external environment is healthy, will we get sick less and, in case of illness, will we heal more easily? In theory we can say yes, but in practical terms it is not what happens, in fact, everything is more complex because the quality of the environment is primarily determined by our mind, by the way it interprets the external environment. This means that we maybe have set ourselves in a healthy environment, but our mind starts to read it as a negative and harmful one, therefore our nervous system produces chemical substances that will make us sick the same. Thus, in addition to do what we can in order to make healthy the environment in which we live together with our little children, for example by paying enough attention to lifestyle and nutrition, we must pay attention to the way our mind interprets the environment, that is, we must pay attention to the psychological and toxic thoughts.

When an adult or a child live a pleasant or gratifying situation, the mind receives stimuli that induce the production of dopamine, serotonin, oxytocin. This biochemical mixture involve the entire system body mind, and determine emotions of wellness which involve the entire body, this biochemical goes also to constitute a major health luggage for the cells. Also significant and positive interpersonal situations strongly impact on the biochemical production of health and resilience. (Lipton, 2013). It is evident, therefore, the importance of the environment for the growth of a child and the responsibility that the parental figures or care givers play in this regard. On the contrary, if we think of something that troubles or scare us or if we face the hectic life with a constant background of anxiety, or if we are always accompanied by toxic people, the whole mind-body system will get sick, and instead of producing dopamine, serotonin, oxytocin, etc., we will produce hormones of stress, with the consequence that the cells will not certainly get a benign chemical mixture!

Every day hundreds and hundreds of cells die and are dislodged by new cells. Our gastrointestinal apparatus performs a cell turnover every three days. If the mind body system is too much urged by drugs, by “stress” from “toxic thoughts” or by hundreds of other unnecessary things, the turnover could something go wrong and so we could get sick. (Spurio, 2015). Malicious virus could quickly take root.

### What can we do to heal a cell that gets sick?

When a cell is diseased traditional medicine begins its work by prescription.

According to statistics, in the US, the drugs kill over 300,000 people every year! The conclusion is that, maybe, there is something wrong with the modern pharmacology. (Angell, 2000)

Medicine tries to heal the cells strating from the disease by attacking the biochemical mechanisms triggered by the external environment. The medicine acts on the single person man even if the problem is environmentally and psychologically. Similar considerations can be done also for cancer, some researches seem infact to highlight that tumor celles harbor silently. These cells are always there, in every one, but when the level of toxicity and

body inflammation is contained the immune system functions and it is able to prevent their growth (American Institute for Cancer Research,2007)

Innovative researches seems to indicate that the body responds to quantum physics while the vast majority of traditional medicine is based on the physics of Newton. The risk of pharmacology is to disrupt the body’s biochemistry adding other chemicals. According to the logic dictated by quantum physics, rather than administer other chemical one should trigger an energy change. According to quantum physics even our thoughts are energy, and they can become the most powerful medicine available to us. Mind is energy. When one person think, a power transmission, which results in biochemical signals propagated in harmony with our body, is activated. Since pharmaceutical companies can not sell the thoughts, they do not invest a penny to show the close relationship between “mind-body” in terms of “signal-response”. The signal dictated by the mind may constantly be the welfare as the answer. Thoughts create a field of energy that is converted into a biochemical signal that sometimes could cure, or maintain and promote health and wellness (Spurio, 2015).

### Children thoughts

There is a great obstacle to the control and management of thinking. Unfortunately it is not so easy to being able to manage the flow of thoughts. This is because the great part of the power lies in the subconscious. Some scholars estimate that the subconscious runs for 95% of our mental processes, only 5% of our mental processes is dictated by the conscious mind, and even if this estimate was inaccurate to excess, it remains clear that the major influence portion is represented by limbic and emotional areas of the mind. The plot of the subconscious, or in other words, these ancient parts of our brain, are in function since the birth, or maybe before, and are stabilized within the first 6 years of life. (Le Doux, 1996). What has been learned in these first delicate years, become the cornerstone of our adult lives, up to influence our behavior and our health.

As scholars of infants, we become aware of how important is, as said earlier, to take care of the health or social environment toxicity and relationship not only in adults but also and mainly in the very early stages of life. But how can we control the subconscious? How else can we do somerhing more than just be worried about to study and ensure healthy living environments? Many studies report that adult diseases, like cancer, have to do with the programming and the environment which we are immersed in, during the first six years of life. In other words, as children “absorb” the negative attitudes that we have around and so we program the subconscious to predisposing factors such as worry, guilt, anxiety. It is showed that if an adopted child has grown from a family where one parent has cancer, in later life he / her will be more likely to develop a cancer. (Reynaert C, Libert Y, Janne P., 2000)

Candace Pert, (1997) neurophysiologist , director of the brain biochemistry center of NIMH (National Institute for Mental Health) has discovered the endocrines and a vast number of neuropeptides, that work as an “information network” that interconnects the

entire body, the “psychic” molecules are transmitted and travel, communicating information as in a circular and recursive body - mind mechanism that includes the nervous system, the blood, immune system and even the gut (Montecucco, 2010). The revolutionary discoveries of this researcher led her to be nominated for a Nobel Prize. In particular, her studies are focused on the role of emotions and the influence of stress on the immune system, an argument particularly discussed by psychoneuroimmunology. This can be defined as a revolution because for a long time, terms like “mind” and “emotion” were rarely taken into account, not even mentioned in the medical texts. Instead, the most recent scientific research have highlighted that the whole body thinks because every cell hears and feels emotions. Thoughts create a field of energy that is converted into a biochemical signal that sometimes could cure, or maintain and promote health and wellness, even in childhood.

## References

1. American Medical Network, Inc ..(2014) Retrieved on December 17 2014
2. Angell, M., 2000, [Is Academic Medicine for Sale?](#), The New England Journal of Medicine, May 18.

3. LeDoux, JE, 1996, *The Emotional Brain*, New York, Simon and Schuster.
4. Lipton, B., 2013, *La Biologia delle Credenze. Come il pensiero influenza il DNA e ogni cellula*, Maro Edizioni.
5. Montecucco, N.F., 2010, *Psicosomatica Olistica*. Edizioni Mediterranee, Roma.
6. Pert, C., 1997,, *Molecole e emozioni. Perché sentiamo quello che sentiamo?* Tea Libri, Milano,2005.
7. Reynaert C, Libert Y, Janne P. « Psicogenesis » of cancer : between myths, misuses and realty. Bull Cancer 2000; 87 (9): 655-64
8. Spurio, M.G. (2015) *Il suono della guarigione*, Roma, ISBN | 978889306829
9. Spurio, M.G. (2015) ‘[Words that Heal](#)’, *Psichiatria Danubina* 27 Suppl 1: 2015 Sep pg 21-7 [www.mariagraziaspurio.com](http://www.mariagraziaspurio.com)
10. Spurio, M.G. (2016) [The new functional identity: a body that thinks, a mind that feels- frontiers and unexplored territories of the “body and mind zone”](#), *Psichiatria Danubina*, 2016, supplement 1, volume 28