

Happy booster-how positive attitude promotes health, reduces stress, enhances performance, accelerates success, and boosts happiness

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Watching my obese and diabetic patients struggling with body weight and blood sugar control, I saw how important it is to encourage them to practice positive attitude in their daily lives. The biggest challenge for most obese and diabetic patients is not the body weight or blood sugar control, but the rebound afterwards. With comprehensive interventions, more and more obese patients are able to lose weight. Yet, it takes much more effort to maintain the desired body weight afterwards. This makes them more frustrated and stressed out. Their stress hormone cortisol goes up. Excessive cortisol increases fat production and thus further weight gain, which, in turn, becomes a vicious cycle. I keep encouraging my patients using positive attitude to adjust their mood, boost their immunity, regain their strength to fight back. Those well-compliant ones reached a better long-term effect. Simply, with positive attitude, we secrete more “happy hormones” and less stress hormone, thus lose more weight and be able to maintain the desired body weight afterwards.

My practice is not alone. Addiction becomes a huge burden of our society and it is extremely worrisome in the adolescents. Over 20 million Americans, almost 10 percent of the population are alcohol or illicit drugs abuse or dependent, which is responsible for over 100, 000 deaths every year, and an overall annual cost over 400 billion dollars in the United States. Physician and scientists at the Harvard Mahoney Neuroscience Institute did a study in adolescents with addiction. It suggested that positive attitude and laughter enhances immunity and increase resistance to addiction. Simply, addiction is a hunger for pleasure. It is a brain problem involving

changes of the mesolimbic dopamine system, which activated pleasure and reward circuits. These circuits are located at the nucleus accumbens and amygdala. Their changes cause psychological, behavioral and social problems. This can be viewed and tracked with PET scan. The PET scan studies conducted at Osaka University suggested that positive expression such as laughter and smile is associated with improved cognitive function. Laughter makes people feel good, brings pleasure and thus may diminish the need and crave for substance. Study from CDC suggested that optimism has positive impact on personal recovery and mental health after disaster. Furthermore, laughter enhances immunity, stimulates circulation, augments cardiovascular and pulmonary function, improves depression, moderates anxiety, alleviates pain and helps smoking cessation. This is now called positive psychotherapy (PTT).

Speaker Biography

Cheryl Wang earned her MD at Binzhou Medical College, MSc., Endocrinology and metabolism, internal medicine in Shanghai Second Medical University (now Shanghai Jiaotong University), PhD in Science, Endocrinology and metabolism, internal medicine at PLA medical college. She did internal medicine residency and trained as an Endocrinologist in Donying People's Hospital, China, did surgery residency at Mount Sinai and Rutgers in the United States. She was awarded numerous times for variety of accomplishment, three KL2s from NIH, the first place award at UTHSCSA research day, Federation Medical Golden Prize scholarship, scholarship for many times, excellent student almost every academic year, excellent student officer awards, excellent female student nominee, excellent graduation award, and many awards for mathematics, speech, and variety of contests.

Above all, she had accomplished her masterpiece, her hard-won wisdom, “happy booster-how positive attitude promotes health, reduces stress, enhances performance, accelerates success and boosts happiness”, the best of America and Chinese best, the most positive energy ever, and a Nobel Prize “Winner-to-be”.

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