



The Quantum Doctor: A Physicist's Guide to Health and Healing

Amit Goswami

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For Amit Goswami, PhD, a leading quantum physicist, medicine is a timely area of application for the new science based on the primacy of consciousness. This new science has a spectacular ability to integrate conventional science, spirituality, and healing. If any field needs integration, says Goswami, it is medicine and healing.

The Quantum Doctor boldly reinterprets the leading methods of alternative medicine--homeopathy, Chinese medicine and acupuncture, and Ayurveda--and of conventional medicine from the viewpoint of quantum physics. He shows that these seemingly different models can be integrated into a new multi-tiered system based on the new "science within consciousness."

At the heart of all illness and healing is consciousness, Goswami says. And *The Quantum Doctor* gives physicians, practitioners, and patients a whole new way of applying medicine, with a greater likelihood of healing. Goswami calls it integral medicine, and it's based on an integration of the underlying metaphysics of all medicine models. "This is a very new approach. This can be the legitimate basis for a paradigm shift in medicine."

The Quantum Doctor: A Physicist's Guide to Health and Healing Details

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From Reader Review The Quantum Doctor: A Physicist's Guide to Health and Healing for online ebook

Karthik Pasupathy says

Blows your mind!

Cristina Smith says

Dr. Goswami is a quantum evangelist. He does a great job of introducing and explaining these fairly complex concepts to a right brained person like me in a way that I grok. I enjoyed this book and really got a lot out of his explanation of Ayurveda and healing vital energy imbalances.

Recommended for healers, alternative medicine advocates and those wanting a scientific perspective on healing.

Vishwanath says

I have been practising yoga for two years now. However, this book has helped me understand more on the role of gunas and the chakras role in health.

The bottom line for me is, it has made me understand the importance of being more conscious of the role of chakras and my energy levels towards life.

Isaac Bishara says

A thoroughly good read

Tehmer says

quite visionary, confirms what I am thinking

Carol Ann says

Amit Goswami shares his knowledge of Quantum Physics and applies it to our current western medicine beliefs. He is excellent at conveying knowledge at the lay person and at the same time he can capture the interest of medical professionals. Good book if you are interested in alternative medicine.

Rogier says

Crystal clear. The mind of the patient is the healer. As much as that was metaphysically clear to me before from Advaita and Buddhism and later from A Course in Miracles, having Goswami's explanation based purely in quantum physics really helps flesh it out more.

Ever since I've started to live the Whole Foods, Plant-based lifestyle, it is clear to me that while this model 'empowers' the patient, that this is in and of itself futile, and leaves you stuck with no way out, unless you knew you had a mind which is capable of making a different decision.

You get no further than the mechanistic reasoning of The Pleasure Trap, which explains nothing, although it makes you more aware of the mechanics of food addiction. Shifting the focus to the mind (and not the brain) really facilitates the realization that the mind can make a different decision, that I don't want to live like that any more. The healing modalities are then a matter of choice. The Whole Foods Plant-Based diet then is just one healing modality, albeit a big one.

Had Goswami really known about it, he would not have had his bypass operation, nor would he have made an exception for allopathy in respect of cholesterol lowering drugs or viagra, since high cholesterol and ED are purely symptoms of the bad diets that lead to cardiovascular disease, and there is no reason not to change your diet once you understand that. He would also have understood the real reason that the genetic angle is largely pointless because of T. Colin Campbell's clear demonstration that cancer is 90% nurture and not nature. In other words, cell damage is unavoidable if you do any living and while it is always good to reduce your exposure to known carcinogens, there is no way to do so 100%. Campbell's research proved clearly that cell damage must be supported by bad nutrition in order to lead to cancer. In a high nutritional state cell damage is less likely to occur, for your body will have plenty of anti-oxidants, but beyond that animal proteins are the fuel that eventually produces cancer, and you now have the ability to avoid them.

The upshot is, for me, that the Whole Foods, Plant-Based lifestyle shifts the action to the mind of the patient. Things like The Pleasure Trap help explain and understand the addiction to bad food, but it is the realization, with Goswami, that the mind is in charge of the body, introduces the meaningful possibility of a different decision. We choose healing, and the particular modalities are then mostly a matter of personal preference, what works for you. The Quantum Doctor is the new paradigm where the mind of the patient is in charge of the healing, and this wipes away the mechanistic, body-centered, and ultimately Newtonian paradigm of allopathy, but it equally wipes away the silly paradigm of naturopathy of mind-body-spirit, which explains nothing. Once we start understanding the primacy of the mind in healing, new things become possible.

Preston says

readable and relevant, useful information - kind of a "funny book" for those of you who haven't experienced Goswami's alternative viewpoint on the world - worth reading, especially for those in or entering the health care field

Wendy Dolby says

Intriguing!!!

I only DIDN'T choose 5 stars because of my own limitations of grasping part of this! Fantastic eye opening book that is required reading for one of my classes toward my PhD in Integrative medicine & it was absolutely fascinating! Parts were over my head, but I have no doubt as I further my education in this field, that will change.

Cheryl says

Having read it once I will want to read it again and again. So much to think about and absorb. Nice companion to the PBS special.

Kimberly Laura Malone says

It was like being on a really great drug for a few years cause that's how long it took me to read it. Supported my life in lots of ways along the journey. If you want to imagine breaking down everything you ever thought was "true" go ahead and let go and read it. In small chunks its easier to digest. Don't forget to pay attention to your life as you read through it cause the clues to getting it will be there. blah blah blah I love this life, its amazing

Tine! says

Maybe my emotions regarding this book are a bit naive, but perhaps it struck me as the-best-thing-ever because I have been slowly building up to it; that is to say that I have been unintentionally preparing my mind for the complete dissolution of the tangible world by reading books steeped in mysticism and an inward-focused philosophy. Then along comes this book, making - if you'll excuse the expression - a quantum leap from a manner of thinking to a more promising worldview backed by ongoing "discoveries" of science that are leading us through a funnel of tightening certainty before spitting us right back out into the big ol' void. Goswami did a fine job pulling all of his collected knowledge in and deftly interlacing it to form a fairly confident net - enough to catch the reader as he falls through that void. Ok! That does it! Clearly I can't talk about this book except in metaphor - I give up!

Catherine Invancouver says

Excellent book for one seeking a profound read.

John says

Fundamentally this book is about causality. But that topic is presented in a rich context of health and disease. Goswami gets specific when he dives into the different modalities of allopathy, Chinese medicine, Ayurveda, chakras, and homeopathy.

My brains pretty much splattered all over the walls when I realized that the excerpt below was backing up Unity and taking down the illusion of separateness:

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"For large masses, the quantum dynamics of matter is such that the objects expand as waves of possibility very slowly, so slowly that the effect of the uncertainty principle is hardly visible. So when your friend observes a chair in a certain position, and then you observe the same chair, your friend's observation affects the object's position so negligibly that you virtually observe the same chair in the same place.

So the two of you can compare your data and decide that since both of you are seeing the same thing, the thing must be independent of your observation, must be outside your awareness. That is, consensus data mesmerize us to conclude that this macro-world of matter is external to us. (But laser experiments show that objects like chairs do move by some imperceptible 10^{-16} centimeter between two observations).

Now consider the subtle body. Here there are no extended bodies, and no micro-macro division. We have indivisibly an extension of worlds, infinite oceans of which the waves are experienced as individual events. But now the quantum uncertainty principle extends to all such waves; therefore one's observation always affects the object in the subtle body, so another cannot experience the identical object. Because of the lack of consensus, in this case we do not make the mistake that the objects are outside us. We experience them as private, and therefore we easily conclude that they must be internal."
