

“Quantum healing involves healing one mode of consciousness, mind, to bring about changes in another mode of consciousness, body”

- D. Chopra

Quantum healing, if this means anything at all, would mean that *healing occurs in discrete packets or quanta*. On the scale of the very small, of atoms and molecules, energy does occur in such packets. **BUT** what does this mean for health and well-being?

Quantum Mechanics is a theory governing the motions of atoms and molecules, but healing is in the realm of biology. Where is the experimental evidence linking quantum mechanics to healing?

Deepak Chopra claims to be an expert, who according to his website is a “prolific author of more than fifty-five books, including fourteen bestsellers on mind-body health, quantum mechanics, spirituality, and peace”. So *why* has he not been published in a scientific journal?

*We rightfully demand rigorous verification of all healing medicines.*

The question for Chopra is “*Where is the data demonstrating the safety and effectiveness of Quantum Healing?*”

"You can free yourself from aging by reinterpreting your body and by grasping the link between belief and biology."

- D. Chopra

Aging is a complex process, but while meditation can have a positive health benefit by reducing stress, it will not stop the inevitable aging process. If Chopra can free himself from aging, *why hasn't he?*

Gerontology is the medical science studying process of aging. If Chopra really could free people from the aging process, then why don't gerontologists study 'quantum healing'?

Chopra dismisses conventional gerontology by calling it “Western” medicine. The word “Western” contrasts with some other supposedly legitimate form of medicine that Chopra claims to practice. But what Chopra dismisses is actually *medicine that has been scientifically tested and verified to be effective*, not just “Western”.

Chopra has not had his ideas verified by his medical peers. Why not? Why is he so *hostile* to testing his ideas like any other medical ideas?

## Definitions

**Quantum Mechanics:** An extremely successive theory of physics, which governs the behavior of the very small. Atoms and molecules behave much like waves, and are capable of interfering with one another and even with themselves. This strange behavior has *no noticeable effect* on human beings because it averages out in complex, large objects.

**Observer Effect:** The observer effect is the well-demonstrated idea that making an observation can disrupt the system being observed. The key word is *disrupt*. Unlike what Chopra claims, the observer does not and cannot control the final state of the system.

**Allopathic:** Treatments that use medicine that causes the opposite symptom to the disease being treated. Opposite: Homeopathy -- treatment that causes the same symptom as the disease being treated. Both terms were *invented* by Samuel Hahnemann, in the 19th century. Unlike what Chopra claims, these have nothing to do with modern medicine.

**Placebo:** A placebo is non-active substance which has *no effect on the body*, but is used to the test effectiveness of drugs. Patients receiving a placebo can have a positive response to it, but the reasons for this are complex: human psychology may play a part, but also illnesses may simply disappear on their own.

## Why do we care about Deepak Chopra?

*Does Deepak Chopra have real answers?  
Think about it; your health is important.*

Are you thinking about relying on Dr. Chopra's teachings -- teachings that are *simply empty theories* with no evidence to back them up? If you do, what effective and proven medical interventions are you *giving up*? Don't you *owe* it to yourself and your family to ask for evidence?

Do you want your politicians making health policy based on *nonsense*? Don't you think that public health policy should be informed by the practices with the *best evidence* for them?

Dr. Chopra makes health-related and medical claims about the power of belief and "quantum consciousness" and makes *millions* of dollars selling his ideas. Dr. Chopra would like to present himself as merely an "alternative thinker." There is nothing wrong with "thinking outside the box": however, we should expect and demand evidence.

We at the Centre for Inquiry believe that when it comes to mental and physical health, it is imperative that people are *well informed*, and that their problems are *treated effectively*.

The body is a complicated system, and important questions about human health *deserve* real answers. Think about it: *does Deepak Chopra have real answers?*

"The moon exists in consciousness – no consciousness, no moon."  
- D. Chopra

Deepak Chopra is *not* a physicist.

Don't pay money to someone who just makes stuff up.

Good health is *not merely* a matter of belief.

### Links:

<http://saskatoonfreethinkers.com/>

[www.sciencebasedmedicine.org](http://www.sciencebasedmedicine.org)

[www.quackwatch.com](http://www.quackwatch.com)

[www.whatstheharm.net](http://www.whatstheharm.net)

*YouTube of the Shermer/Chopra debate on ABC's*

*Nightline:* [tinyurl.com/shermer-chopra](http://tinyurl.com/shermer-chopra)

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Gee Deepak,  
you sure must know  
a lot about physics,  
right?

No?

**NO!**