



Case Study

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Consciousness Influences Epigenetics



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Abstract

This study shows how epigenetics works in practice, in our daily lives, and how health and disease depend on our consciousness and emotions, something that everyone must know. At a scientific conference, Ingrid Fredriksson's studies on how our consciousness affects our epigenetics—yes, our whole lives—received an excellent reception from everyone from the university world over to individual researchers. "This must be spread all over the world," it said.

Keywords: Consciousness; Disease meningioma; Epigenetics; Healthy people; Stress; Emotions; DNA methylation; Acetylation; Psychopath

Introduction

To examine how stress and negative emotions affect health and how consciousness affects epigenetics in the development of disease, questions have been asked, and interviews were conducted partly with people with the disease meningioma and partly with a healthy control group.

Methodology

In a group on the question of somebody got subjectively ill in a destructive relationship, all, just over 70 people (N = 70) answered "yes" to this question, and nobody said "no. To illustrate the difference between people who have subjectively become ill in a destructive relationship and healthy, not abused people, there was a control group of 20 healthy people. (N = 20). 11 people were interviewed with more detailed questions (N = 11) about how they experienced their life situation before and after the disease.

Results

A. Answer the question "If someone has been physically ill in a destructive relationship?"

All people who have been abused physically or mentally as children and/or as adults agree that it impacts health. All of the people in the group who got the question "if they have been physically ill in a destructive relationship", answered "YES" nobody answered "NO". They all are clear, it is the life situation and how we think and feel if we will be healthy or ill.

If you live under pressure, your body becomes stressed; the longer it lasts, the worse it gets. Complement to Heal Summit's lecturer Lissa Rankin. Excerpt from the article "The body's healing power" in the magazine "Free" no. 1 Jan- Feb 2015 [1].

Candace Pert also writes about how negative emotions can cause cancer [2].

B. The control group – healthy people who do not live in a destructive relationship

All the healthy people answered that they felt harmony and were happy with themselves. They also felt loved and seen. The majority lived in a happy relationship, others lived alone or divorced, but they almost all had someone to talk to.

Summary of the Healthy People

It was a different variety of people - all the healthy people answered that they felt harmony and were happy with themselves. They were seen, they were happy, and they had time.

Summary of answers from 11 deeply interviewed people,

In 10 of the 11 cases, the illness can be explained by stress and emotions. These are women who have been stressed when they were diagnosed, had lived with a psychopath, and have been physically and mentally abused and forced to defend themselves. Someone has had a demanding job. In their cells, genes have been

turned on and off by DNA methylation and by modifications to the tails of histones, such as acetylation. The health endpoints are diseases.

Through epigenetic mechanisms, different DNA sequences are started or stopped, which is also the reason for their special functions. Negative epigenetic changes can increase the risk of illness, while positive epigenetic changes minimize the risk for illness.

None of the doctors had asked their patients about psychological conditions or mental stress.

Discussion

All people who have been abused physically or mentally as children and/or as adults all agree, it impacts health. All of the people in the group are A. (N=70) those who got the question “if they had been physically ill in a destructive relationship”, answered “yes” nobody answered “no”.

In 10 of the people who were interviewed with more detailed questions, group C. (N=11) the illness can be explained by stress and emotions. These are women who have been stressed when they were diagnosed, had lived with a psychopath, and been physically and mentally abused and forced to defend themselves. Someone has had a demanding job. In their cells, genes have been turned on and off by DNA methylation and by modifications to the tails of histones, such as acetylation. The health endpoints are diseases.

People in the healthy control group B. (N=20) are totally different. They are all healthy and happy with themselves. They felt loved and seen and had time for themselves. No one felt inadequate and less worthy while all those who had been mentally or physically abused felt less worthy, and everybody except two constantly had to defend themselves. All of “the healthy and lucky” people also had someone to talk to. It seems to be very important for health.

Conclusion

The study shows 70 people who answered “yes” to the question of whether they became ill in a destructive relationship, group A, and it compares 11 people who have or have had a brain tumor, group B, with 20 healthy people, group B.

In summary, the results of the study show:

People in groups A and C have been abused, physically or mentally, many also as children or in their jobs. They often felt sad and less worthy and felt stressed, without enough time for themselves.

In the deep interviewed cases, group C

Everybody except two of the respondents has been abused. Nine of the respondents have been subject to constant demands,

two have not. Everybody except one of the respondents is stressed when they get ill. Everybody except two of the respondents has suppressed their feelings. Everybody except three of the respondents has been told they are unsuccessful and worthless. Everybody except one of the respondents has lived in constant tension and fear. All of the respondents have had difficulty concentrating. Seven of the respondents had experienced dramatic and shocking conflict six to eighteen months before the onset of the brain tumor (or illness).

People in the healthy control group B are different. They are all healthy and happy with themselves. They felt loved and seen and had time for themselves. The majority lived in a happy relationship, while others lived alone or divorced. No one felt inadequate and less worthy, while all those who had been mentally or physically abused felt less worthy, and everybody except two constantly had to defend themselves. All of “the healthy and lucky” people also had someone to talk to.

Consciousness is stronger than medication; the solution to a health problem is often not in the body but in the consciousness, says Lissa Rankin. There are lots of studies that explain the relationship between our thoughts and feelings and our state of health, groundbreaking scientific findings that show how negative emotions harm the body [3-6].

Epigenetics is the continuation of consciousness that affects reality. Consciousness is translated into chemistry that will determine what you become. Epigenetic mechanisms are not only environmental chemicals, drugs/pharmaceuticals, aging, and what we eat; it's also how we feel, our stress and emotions, and if we live in tension and fear.

The results of the survey are an indication that consciousness influences epigenetics in the development of disease.

Recommendations: Fredriksson, I. Consciousness Influences Epigenetics in the Development of Disease. Hardback: 978-1-966088-19-6, Paperback: 978-1-965463-42-0, eBook: 978-1-965463-43-7.

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