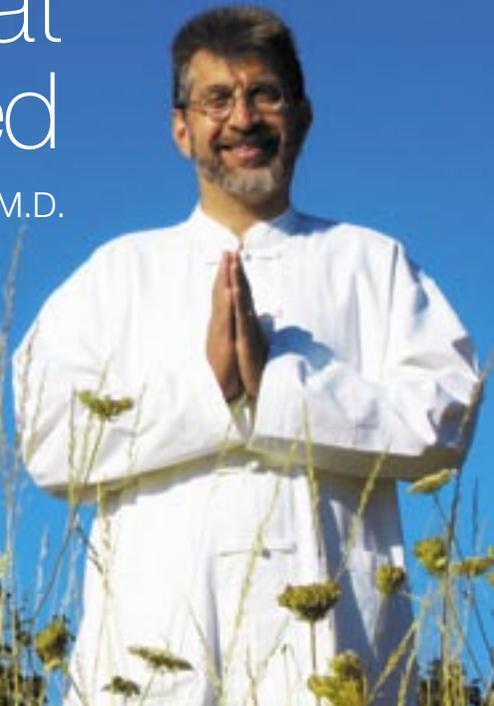


# wellness at warp speed

a book by Dr. Noah McKay, M.D.



**Dr. Noah McKay's** eureka moment came with a big splash on a white sandy beach in Mazatlán in the winter of 1989. Three months before, newly married and in the fifth year of his growing medical practice, he had suddenly contracted a rare cardiac infection and been hospitalized for heart failure. He left the hospital an invalid facing a life expectancy of just twenty-four months. His chances for a full recovery were less than one in four.

Now, exhausted and exhilarated after a lengthy swim in the Pacific, he fell onto his back in the warm sand and in a moment of unforgettable ecstasy, broke into tears of joy. There in a quaint fishing village in Mexico the healing magic he craved for – a magic that had eluded the best physicians and surgeons in his hometown of Seattle, Washington – became clear.

During his first liberating moments of miraculous recovery, Dr. Noah recognized in Einstein's famous  $E=mc^2$  formula something millions of doctors practising today still fail to grasp – that there is more to the human body than meets the eye, that we are more than a functioning assembly of physical organs, tissues, and cells.

Albert Einstein, Werner Heisenberg, David Bohm, and John Bell were first among a generation of quantum physicists who laid down the groundwork to our current understanding of the ever-changing dynamics of energy and matter. When viewed from this refreshing scientific perspective, the body exists as both energy and matter. More importantly, the mind – no longer confined to the physical space of the brain – co-exists in both realms and coordinates the light-speed interactions that continuously occur within every cell of the body. We each have

the potential to alter the physical substrate of our own body and heal it with great precision – an inherited ability that can surpass the finest technological advancements in modern surgery and medicine.

Dr. Noah first used his new-found understanding of the body's quantum state to restore his own health. Then he began sharing his practical, life-changing wellness strategies with his patients. The popularity of these techniques spurred the rapid growth of his business. His clinics were soon recognized as the largest private integral medical practice in the state of Washington, with a staff of 150 doctors, nurses and therapists at twelve locations handling 100,000 patient visits each year. His success was more than economics; Dr. Noah's emphasis on compassion, convenience and innovation created an ideal environment for the development of a new kind of healing.

Now, almost two decades later, Dr. Noah shares a tantalizing account of those early days in the opening chapter of his new book *Wellness at Warp Speed*. We were intrigued by the book's subtitle – *Your Health, Your Destiny, Your Choice* – which hints at a subtle interplay of consciousness, matter and energy in the healing process. We caught up with Dr. Noah McKay before he left on a 21-city book tour. You can meet him at SpaAsia Wellness Summit 2007 in Manila, the Philippines from 3rd to 5th October. To find out more about the Summit, go to [www.spaasia.com/events/saws/default.asp](http://www.spaasia.com/events/saws/default.asp).

*SpaAsia: The back cover of your book claims, "Miracles happen – and yours could be closer than you think!" Do you believe that genuine miracles occur and can happen to anyone?*

**Dr. Noah:** Absolutely! I have experienced miraculous healing in my own life, and I have witnessed "impossible" healings in the lives of others. A miracle is neither black magic

nor a supernatural event. It is a *biological* event. What I call a “medical miracle” is a biological healing event that occurs at warp speed inside the human body. Miracles can be learned, practised and directed by anyone who believes in them and is ready for big change.

*SpaAsia: Your book includes a chapter on quantum physics. Will readers need a scientific background to benefit from your healing techniques?*

**Dr. Noah:** Not at all. My primary goal in writing this book is to help people understand that these amazing quantum formulas are applicable to anyone, anywhere. You don't have to be a science buff to get it. Anyone who eats, talks, walks and breathes knows that we are energy-converting machines. Every time we eat, we convert matter to energy. Einstein's  $E=mc^2$  works both ways. We can also change the substructure of matter – as in our body's tissues and cells – by imparting energy to it. That's called healing. Given the right conditions, anyone can learn to increase the energetic value of their body and change the course of illness or disability, and do it at the speed of light!

*SpaAsia: You imply that anyone can accelerate the healing process with simple techniques like the Breath of Fire, but your book also mentions the existence of quantum-based technologies that can help activate the body's healing pathways. Which approach do you recommend?*

**Dr. Noah:** Both. In recent decades we have seen the introduction of powerful quantum-based technologies that accelerate the healing process, but remember, our body is also a quantum system. In fact, our body is the most advanced operating system in the known universe. It's faster and more accurate than any computer, and it's definitely more reliable and longer-lasting. And unlike technological systems, our bodies repair themselves and constantly adapt to new conditions.

*SpaAsia: What do you mean by your statement, “The cure you seek is within”?*

**Dr. Noah:** We have become too accustomed to outsourcing for our body's health needs. We now have over 1,000 licensed healthcare specialties on the books and an endless list of wellness gadgets and products at our disposal. Overreliance on the opinions of medical specialists has distanced us from the wisdom of our own instincts.

The more time we spend listening to the opinions of others about what we should eat or do to keep healthy, the less time we have to tune in and listen to the voice of our own inner guidance. One healthcare strategy I have recommended to my patients for 20 years and recommend to my readers today is to get back in touch with your self – your thoughts, feelings and dreams. This can be achieved through silent meditation, spending quiet time in natural settings, reading inspirational books, listening to music or engaging in creative pursuits. The frequent practice of mindful Yoga, Tai Chi or Qigong can also help re-establish harmony with our basic instincts.

*SpaAsia: How will those in the spa industry and its clientele respond to your book and its underlying message of self-directed healing?*

**Dr. Noah:** I have big dreams for the spa enthusiasts. The time I've spent working with the spa industry in the last four years has been inspirational and enlightening. The typical spa patron is better attuned to his or her body's changing needs and environment than the average individual. They are willing to spend time exploring new concepts and ideas. The growth of the spa industry is a testament to the growing number of people worldwide who are learning to perceive and care for their bodies in new healthy ways.

The other reason spa consumers will be drawn to this book is their keen appetite for

the subtle power of the invisible. They have a great interest in matters relating to the nourishment of soul and spirit because they instinctively understand the importance of the emotional aspects of the human equation.

*SpaAsia: Where do you go from here?*

**Dr. Noah:** Well, we don't want to excite our readers and leave them dangling out there to their own device, so we've developed a series of one-day experiential wellness seminars that will allow readers to take their exploration of concepts introduced in the book to a whole new level. Each book in our first printing will include two free tickets to one of these transformational healing events. We look forward to establishing a global network of individuals who share our passion for healing. We have much to learn from each other.

For those who have more serious healing work ahead of them, we have designed intensive 7-day medical retreats at exclusive resort destinations around the world. Visit us online at [www.wellnessatwarpspeed.com](http://www.wellnessatwarpspeed.com) if you want to learn more about our wellness programmes. **sa**

