

Information Medicine: Emergence of a New Medical Paradigm

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Purpose: Information theory shows an increase in information leads to a decrease in disorder (entropy). This is also true of living systems which continually exchange thermodynamic free energy via information at multiple levels of organization in order to maintain themselves. Disease can be considered to emerge from perturbations of the information flow within the body. Our aim is to review clinical studies demonstrating efficacy of human intention and information in improving human health. This innovative whole system healing is termed “information medicine (INFOMED)”

Method: The second law of thermodynamics (TD) is examined to understand Gibbs free energy, ΔG , which drives all processes in nature including chemical potentials. Human intention as a source of information is also shown to be a source of ΔG via a reduction in disorder. Experimental data from pilot studies of INFOMED in depression, autism as well as individual case reports are reviewed. The set of quantifiable conditions wherein the intention effects materialize are described.

Result: Diverse concepts of energy and human intention are shown to have inter-relationship and are readily understood under the unifying umbrella of TD. There is increasing ΔG as one ascends from chemical medicine to energy medicine from veritable and putative sources. Compared with chemical and energy medicine, INFOMED has higher ΔG and nourishes all levels of a living system.

Conclusion: Information (intention) is a source of free energy and can change whole living systems in a *specific* and *beneficial* direction and robustly expands the normal molecular theories of bio-information. Crucially, human consciousness as the source of free energy is capable of driving chemical processes and opens the door to INFOMED. Modern physics concepts of information theory suggest a higher level of therapeutic intervention that go beyond the traditional mental, emotional and physical approaches to treating diseases.