

THINGS THAT DEFY PHYSICS

THINGS THAT DEFY PHYSICS ARE OFTEN THE MOST CAPTIVATING AND MIND-BENDING PHENOMENA WE ENCOUNTER, SPARKING CURIOSITY AND CHALLENGING OUR UNDERSTANDING OF THE UNIVERSE. FROM SEEMINGLY IMPOSSIBLE ILLUSIONS TO REAL-WORLD OCCURRENCES THAT BEND THE RULES OF THE COSMOS, THESE INSTANCES PUSH THE BOUNDARIES OF WHAT WE BELIEVE IS POSSIBLE. THIS ARTICLE DELVES INTO A VARIETY OF SUCH ANOMALIES, EXPLORING CONCEPTS THAT RANGE FROM QUANTUM MECHANICS' BIZARRE RULES TO OPTICAL ILLUSIONS THAT TRICK OUR SENSES, AND EVEN EXPLORING THE REALM OF HUMAN PERCEPTION AND ITS ABILITY TO CREATE EXPERIENCES THAT APPEAR TO DEFY THE FUNDAMENTAL LAWS GOVERNING REALITY. JOIN US AS WE UNRAVEL SOME OF THE MOST INTRIGUING THINGS THAT APPEAR TO DEFY PHYSICS.

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PERCEPTUAL ILLUSIONS: TRICKS OF THE EYE AND MIND

OUR BRAINS ARE INCREDIBLE MACHINES, CONSTANTLY PROCESSING VAST AMOUNTS OF INFORMATION TO CONSTRUCT OUR REALITY. HOWEVER, THIS INTRICATE PROCESS ISN'T ALWAYS PERFECT, AND SOMETIMES, OUR PERCEPTION CAN BE CLEVERLY MANIPULATED, LEADING TO WHAT APPEARS TO BE A DEFIANCE OF PHYSICAL LAWS. THESE PERCEPTUAL ILLUSIONS ARE NOT ABOUT BREAKING PHYSICS BUT ABOUT EXPLOITING ITS PRINCIPLES IN WAYS THAT TRICK OUR SENSORY ORGANS AND COGNITIVE PROCESSING.

OPTICAL ILLUSIONS: SEEING IS BELIEVING (OR IS IT?)

OPTICAL ILLUSIONS ARE PERHAPS THE MOST COMMON AND ACCESSIBLE EXAMPLES OF THINGS THAT SEEM TO DEFY PHYSICS. THEY PLAY ON HOW OUR EYES AND BRAINS INTERPRET VISUAL INFORMATION, LEADING US TO SEE THINGS THAT AREN'T ACTUALLY THERE OR TO PERCEIVE PROPORTIONS AND MOVEMENTS INCORRECTLY. THINK ABOUT THE AMES ROOM, WHERE A DISTORTED ROOM MAKES PEOPLE APPEAR TO SHRINK OR GROW DRAMATICALLY AS THEY MOVE ACROSS IT, A FEAT THAT LOOKS LIKE GRAVITY IS PLAYING TRICKS BUT IS MERELY A CLEVER MANIPULATION OF PERSPECTIVE AND SCALE. OR CONSIDER THE CLASSIC MÜLLER-LYER ILLUSION, WHERE TWO LINES OF EQUAL LENGTH APPEAR TO BE DIFFERENT LENGTHS DUE TO THE DIRECTION OF THE ARROWHEADS AT THEIR ENDS. THESE AREN'T VIOLATIONS OF GEOMETRY; THEY ARE SOPHISTICATED DEMONSTRATIONS OF HOW OUR BRAIN PROCESSES VISUAL CUES.

AUDITORY ILLUSIONS: THE SOUND OF DECEPTION

JUST AS OUR VISION CAN BE FOOLED, SO TOO CAN OUR HEARING. AUDITORY ILLUSIONS CAN MAKE SOUNDS SEEM TO COME FROM UNEXPECTED DIRECTIONS, CHANGE IN PITCH OR DURATION, OR EVEN CREATE PHANTOM NOISES. THE "SHEPARD TONE" IS A FAMOUS EXAMPLE, AN AUDITORY ILLUSION WHERE A TONE CAN SOUND AS IF IT IS CONTINUALLY RISING OR FALLING IN PITCH, CREATING A SEEMINGLY ENDLESS SONIC STAIRCASE. THIS IS ACHIEVED THROUGH THE CLEVER LAYERING OF OCTAVES AND CAREFULLY CONTROLLED AMPLITUDE, FOOLING OUR AUDITORY SYSTEM INTO PERCEIVING A CONTINUOUS ASCENT OR DESCENT. THESE ILLUSIONS HIGHLIGHT THE COMPLEX PROCESSING THAT OCCURS WITHIN OUR EARS AND BRAIN TO INTERPRET SOUND WAVES, AND HOW THIS PROCESSING CAN BE MANIPULATED FOR FASCINATING EFFECTS.

THE MCGURK EFFECT: A SENSORY MASHUP

THE MCGURK EFFECT IS A TRULY ASTONISHING EXAMPLE OF HOW OUR SENSES CAN MERGE AND INFLUENCE EACH OTHER, CREATING AN EXPERIENCE THAT APPEARS TO DEFY THE DISTINCT NATURE OF SIGHT AND SOUND. WHEN YOU SEE A PERSON'S LIPS FORM ONE SOUND (LIKE "GA") WHILE HEARING A DIFFERENT SOUND (LIKE "BA"), YOUR BRAIN OFTEN PERCEIVES A THIRD, BLENDED SOUND (LIKE "DA"). THIS PHENOMENON DEMONSTRATES A STRONG TOP-DOWN INFLUENCE, WHERE VISUAL INFORMATION DIRECTLY ALTERS AUDITORY PERCEPTION. IT SUGGESTS THAT OUR BRAINS AREN'T JUST PASSIVELY RECEIVING SENSORY INPUT BUT ARE ACTIVELY CONSTRUCTING OUR REALITY BY INTEGRATING INFORMATION FROM DIFFERENT SENSES IN A WAY THAT CAN LEAD TO SURPRISING OUTCOMES, MAKING IT A PRIME CANDIDATE FOR "THINGS THAT DEFY PHYSICS" FROM A PERCEPTUAL STANDPOINT.

QUANTUM MECHANICS: THE REALM OF THE IMPOSSIBLE

MOVING FROM THE REALM OF PERCEPTION TO THE FUNDAMENTAL BUILDING BLOCKS OF THE UNIVERSE, QUANTUM MECHANICS PRESENTS A WORLD THAT OFTEN APPEARS TO OPERATE OUTSIDE THE INTUITIVE RULES OF CLASSICAL PHYSICS. AT THE SUBATOMIC LEVEL, PARTICLES BEHAVE IN WAYS THAT DEFY OUR EVERYDAY EXPERIENCES, LEADING TO PHENOMENA THAT ARE NOT JUST SURPRISING BUT SEEMINGLY IMPOSSIBLE.

QUANTUM SUPERPOSITION: BEING IN MULTIPLE PLACES AT ONCE

ONE OF THE MOST MIND-BENDING CONCEPTS IN QUANTUM MECHANICS IS SUPERPOSITION. THIS PRINCIPLE STATES THAT A QUANTUM PARTICLE, SUCH AS AN ELECTRON, CAN EXIST IN MULTIPLE STATES OR LOCATIONS SIMULTANEOUSLY UNTIL IT IS MEASURED OR OBSERVED. IMAGINE A COIN SPINNING IN THE AIR; BEFORE IT LANDS, IT IS NEITHER HEADS NOR TAILS, BUT A COMBINATION OF BOTH POSSIBILITIES. IN THE QUANTUM WORLD, THIS ISN'T JUST A METAPHOR; IT'S A LITERAL DESCRIPTION OF REALITY FOR SUBATOMIC PARTICLES. THIS CONCEPT FUNDAMENTALLY CHALLENGES OUR UNDERSTANDING OF EXISTENCE AND LOCALITY, MAKING IT A PRIME EXAMPLE OF THINGS THAT DEFY CONVENTIONAL PHYSICS.

QUANTUM ENTANGLEMENT: SPOOKY ACTION AT A DISTANCE

ANOTHER PERPLEXING QUANTUM PHENOMENON IS ENTANGLEMENT. WHEN TWO PARTICLES BECOME ENTANGLED, THEY SHARE A CONNECTION, NO MATTER HOW FAR APART THEY ARE. MEASURING A PROPERTY OF ONE ENTANGLED PARTICLE INSTANTANEOUSLY INFLUENCES THE CORRESPONDING PROPERTY OF THE OTHER. ALBERT EINSTEIN FAMOUSLY CALLED THIS "SPOOKY ACTION AT A DISTANCE" BECAUSE IT SEEMS TO VIOLATE THE SPEED OF LIGHT LIMIT. IF YOU MEASURE THE SPIN OF ONE ENTANGLED ELECTRON AND FIND IT TO BE "UP," YOU INSTANTLY KNOW THE SPIN OF ITS ENTANGLED PARTNER IS "DOWN," EVEN IF IT'S ON THE OTHER SIDE OF THE GALAXY. THIS INTERCONNECTEDNESS, DEFYING OUR CLASSICAL NOTIONS OF SPACE AND CAUSALITY, IS A CORNERSTONE OF WHAT MAKES QUANTUM MECHANICS SO EXTRAORDINARY.

QUANTUM TUNNELING: PASSING THROUGH WALLS

QUANTUM TUNNELING IS ANOTHER QUANTUM MARVEL THAT APPEARS TO ALLOW PARTICLES TO DO THE IMPOSSIBLE: PASS THROUGH ENERGY BARRIERS THAT THEY CLASSICALLY SHOULDN'T BE ABLE TO OVERCOME. IMAGINE THROWING A BALL AT A WALL; ACCORDING TO CLASSICAL PHYSICS, IF THE BALL DOESN'T HAVE ENOUGH ENERGY TO GO OVER OR THROUGH THE WALL, IT WILL SIMPLY BOUNCE BACK. HOWEVER, IN THE QUANTUM REALM, A PARTICLE HAS A NON-ZERO PROBABILITY OF "TUNNELING" THROUGH SUCH A BARRIER, EVEN IF IT LACKS THE ENERGY TO DO SO. THIS PHENOMENON IS CRUCIAL FOR MANY NATURAL PROCESSES, INCLUDING NUCLEAR FUSION IN STARS AND THE OPERATION OF CERTAIN ELECTRONIC DEVICES, DEMONSTRATING THAT EVEN SEEMINGLY IMPENETRABLE BARRIERS CAN BE TRAVERSED AT THE QUANTUM LEVEL.

UNEXPLAINED NATURAL PHENOMENA

WHILE SCIENCE HAS MADE INCREDIBLE STRIDES, THERE ARE STILL NATURAL PHENOMENA THAT, AT FIRST GLANCE, SEEM TO DEFY OUR CURRENT UNDERSTANDING OF PHYSICS, PROMPTING ONGOING SCIENTIFIC INVESTIGATION AND AWE.

BALL LIGHTNING: THE ENIGMATIC ORB

BALL LIGHTNING IS A RARE AND MYSTERIOUS ATMOSPHERIC ELECTRICAL PHENOMENON. REPORTS DESCRIBE LUMINOUS, FLOATING SPHERES OF LIGHT THAT CAN VARY IN SIZE AND DURATION, OFTEN APPEARING DURING THUNDERSTORMS. WHAT MAKES IT SO BAFFLING IS ITS SEEMINGLY INDEPENDENT MOVEMENT, ITS ABILITY TO PASS THROUGH SOLID OBJECTS, AND ITS OCCASIONAL EXPLOSIVE DISSIPATION. WHILE SEVERAL THEORIES EXIST, FROM PLASMA VORTEXES TO MICROWAVE RADIATION EFFECTS, A DEFINITIVE SCIENTIFIC EXPLANATION THAT PERFECTLY ACCOUNTS FOR ALL OBSERVED CHARACTERISTICS REMAINS ELUSIVE, LEADING MANY TO CONSIDER IT AMONG THE MOST INTRIGUING THINGS THAT DEFY PHYSICS.

THE BERMUDA TRIANGLE: MARITIME MYSTERIES

THE BERMUDA TRIANGLE, A REGION IN THE WESTERN PART OF THE NORTH ATLANTIC OCEAN, HAS LONG BEEN ASSOCIATED WITH THE MYSTERIOUS DISAPPEARANCE OF SHIPS AND AIRCRAFT. WHILE OFFICIAL INVESTIGATIONS OFTEN ATTRIBUTE THESE INCIDENTS TO ENVIRONMENTAL FACTORS LIKE SEVERE WEATHER, HUMAN ERROR, OR NAVIGATIONAL CHALLENGES, THE SHEER NUMBER OF UNEXPLAINED LOSSES AND THE ANECDOTAL ACCOUNTS OF UNUSUAL OCCURRENCES HAVE FUELED SPECULATION ABOUT MORE EXTRAORDINARY CAUSES, INCLUDING MAGNETIC ANOMALIES OR EVEN SUPERNATURAL FORCES. THOUGH MANY OF THESE DISAPPEARANCES CAN BE EXPLAINED BY KNOWN PHYSICS, THE LINGERING AURA OF MYSTERY SOLIDIFIES ITS PLACE IN POPULAR IMAGINATION AS A ZONE WHERE PHYSICS MIGHT NOT ALWAYS APPLY AS EXPECTED.

VORTICES AND UNUSUAL WATER BEHAVIOR

CERTAIN NATURAL VORTEX PHENOMENA, PARTICULARLY THOSE INVOLVING WATER, CAN EXHIBIT BEHAVIORS THAT SEEM TO BEND THE RULES. WHILE THE PHYSICS OF FLUID DYNAMICS IS WELL-UNDERSTOOD, INSTANCES LIKE WHIRLPOOLS THAT APPEAR TO DEFY DRAINAGE PATTERNS OR THE FORMATION OF UNUSUAL WAVES HAVE CAPTURED THE HUMAN IMAGINATION. FOR EXAMPLE, PHENOMENA LIKE ROGUE WAVES, WHICH ARE EXCEPTIONALLY LARGE AND UNEXPECTED SURFACE WAVES, CAN APPEAR TO EMERGE FROM SEEMINGLY CALM SEAS, CHALLENGING OUR PREDICTIVE MODELS OF OCEAN BEHAVIOR. THESE OCCURRENCES, THOUGH EXPLAINABLE BY COMPLEX FLUID DYNAMICS, OFTEN APPEAR ASTONISHINGLY ANOMALOUS.

THE HUMAN ELEMENT: BELIEF AND SUGGESTION

BEYOND OBJECTIVE PHYSICAL LAWS, THE HUMAN MIND ITSELF POSSESSES CAPABILITIES AND QUIRKS THAT CAN CREATE EXPERIENCES THAT FEEL LIKE THEY DEFY PHYSICS. OUR BELIEFS, PERCEPTIONS, AND THE POWER OF SUGGESTION CAN ALL PLAY A PROFOUND ROLE IN SHAPING OUR REALITY AND WHAT WE PERCEIVE AS POSSIBLE.

PLACEBO EFFECT: THE POWER OF BELIEF

THE PLACEBO EFFECT IS A STRIKING EXAMPLE OF HOW BELIEF CAN INFLUENCE OUR PHYSICAL WELL-BEING. WHEN A PERSON EXPERIENCES A POSITIVE HEALTH OUTCOME FOLLOWING A TREATMENT WITH NO INHERENT THERAPEUTIC VALUE, SUCH AS A SUGAR PILL, IT'S ATTRIBUTED TO THE PLACEBO EFFECT. THIS ISN'T MAGIC; IT'S A COMPLEX INTERPLAY OF PSYCHOLOGICAL AND BIOLOGICAL FACTORS, INCLUDING THE BODY'S OWN NATURAL HEALING MECHANISMS TRIGGERED BY EXPECTATION AND BELIEF. THE

FACT THAT OUR MINDS CAN INITIATE REAL PHYSIOLOGICAL CHANGES, ALLEVIATING PAIN OR IMPROVING SYMPTOMS, DEMONSTRATES A PROFOUND, ALBEIT INDIRECT, INTERACTION WITH OUR PHYSICAL SELVES THAT CAN FEEL LIKE A DEFIANCE OF PURELY CHEMICAL OR BIOLOGICAL PROCESSES.

MASS HYSTERIA AND SUGGESTIBILITY

MASS HYSTERIA, ALSO KNOWN AS COLLECTIVE DELUSIONS OR MASS PSYCHOGENIC ILLNESS, OCCURS WHEN A GROUP OF PEOPLE EXPERIENCES SIMILAR PHYSICAL SYMPTOMS OR BELIEFS WITHOUT A CLEAR EXTERNAL CAUSE. THIS PHENOMENON, OFTEN DRIVEN BY FEAR, STRESS, AND THE POWER OF SUGGESTION, CAN LEAD TO WIDESPREAD, SEEMINGLY INEXPLICABLE OUTBREAKS OF ILLNESS OR IRRATIONAL BEHAVIOR. FOR INSTANCE, A SINGLE PERCEIVED THREAT CAN QUICKLY SPREAD THROUGH A COMMUNITY, CAUSING PEOPLE TO EXHIBIT SYMPTOMS THEY BELIEVE ARE REAL, EVEN IF THERE IS NO UNDERLYING PHYSICAL PATHOGEN. THIS HIGHLIGHTS HOW SHARED BELIEFS AND PSYCHOLOGICAL CONTAGION CAN CREATE COLLECTIVE EXPERIENCES THAT APPEAR TO BYPASS LOGICAL OR PHYSICAL EXPLANATIONS.

THE BOUNDARIES OF HUMAN PERCEPTION

OUR SENSES PROVIDE US WITH A WINDOW TO THE PHYSICAL WORLD, BUT THEY ARE LIMITED. THERE ARE COUNTLESS WAVELENGTHS OF LIGHT WE CANNOT SEE, SOUNDS WE CANNOT HEAR, AND FORCES WE CANNOT DIRECTLY PERCEIVE. WHEN WE ENCOUNTER PHENOMENA THAT PUSH THE LIMITS OF THESE SENSES, OR WHEN OUR INTERPRETATION OF SENSORY DATA IS INCOMPLETE, WE CAN BE LED TO BELIEVE THAT WE ARE WITNESSING SOMETHING THAT DEFIES PHYSICS. THE UNIVERSE IS VAST AND COMPLEX, AND OUR SENSORY APPARATUS, THOUGH REMARKABLE, ONLY OFFERS A PARTIAL GLIMPSE. AS WE DEVELOP NEW TOOLS AND UNDERSTANDING, WE OFTEN FIND THAT WHAT ONCE SEEMED IMPOSSIBLE WAS SIMPLY BEYOND OUR PRIOR GRASP OF PHYSICAL LAWS.

CONCLUSION

THE EXPLORATION OF THINGS THAT DEFY PHYSICS, WHETHER THROUGH THE DECEPTIVE NATURE OF OUR SENSES, THE STRANGE RULES OF QUANTUM MECHANICS, UNEXPLAINED NATURAL OCCURRENCES, OR THE POWERFUL INFLUENCE OF THE HUMAN MIND, REVEALS A UNIVERSE FAR MORE COMPLEX AND WONDROUS THAN WE OFTEN IMAGINE. WHILE MANY OF THESE PHENOMENA, UPON DEEPER SCIENTIFIC SCRUTINY, ARE FOUND TO OPERATE WITHIN, OR EXTEND, OUR CURRENT UNDERSTANDING OF PHYSICAL LAWS, THEIR INITIAL APPEARANCE CAN BE PROFOUNDLY COUNTERINTUITIVE. THESE INSTANCES SERVE AS POWERFUL REMINDERS OF THE ONGOING QUEST FOR KNOWLEDGE AND THE BOUNDLESS MYSTERIES THAT STILL AWAIT DISCOVERY. THE PURSUIT OF UNDERSTANDING THESE ANOMALIES CONTINUES TO DRIVE SCIENTIFIC INQUIRY, PUSHING THE BOUNDARIES OF HUMAN COMPREHENSION AND INSPIRING US TO LOOK AT THE WORLD WITH RENEWED CURIOSITY AND WONDER.

FREQUENTLY ASKED QUESTIONS ABOUT THINGS THAT DEFY PHYSICS

Q: ARE THERE ANY REAL-WORLD EXAMPLES OF OBJECTS THAT LEVITATE WITHOUT ANY APPARENT EXTERNAL FORCE?

A: WHILE TRUE LEVITATION WITHOUT ANY COUNTERACTING FORCE IS NOT OBSERVED IN EVERYDAY MACROSCOPIC OBJECTS, PHENOMENA LIKE MAGNETIC LEVITATION DEMONSTRATE THE CONTROLLED USE OF ELECTROMAGNETIC FORCES TO SUSPEND OBJECTS. IN THE QUANTUM REALM, PHENOMENA LIKE THE MEISSNER EFFECT ALLOW SUPERCONDUCTORS TO REPEL MAGNETIC FIELDS, CAUSING THEM TO LEVITATE, WHICH IS A REMARKABLE, THOUGH NOT TRULY FORCE-LESS, LEVITATION.

Q: CAN HUMANS TRULY PHASE THROUGH SOLID OBJECTS LIKE IN SCIENCE FICTION?

A: ACCORDING TO OUR CURRENT UNDERSTANDING OF CLASSICAL PHYSICS, HUMANS CANNOT PHASE THROUGH SOLID OBJECTS. THIS IS BECAUSE THE ATOMS IN OUR BODIES AND THE ATOMS IN SOLID OBJECTS WOULD STRONGLY REPEL EACH OTHER DUE TO ELECTROMAGNETIC FORCES. HOWEVER, AT THE QUANTUM LEVEL, PARTICLES CAN EXHIBIT QUANTUM TUNNELING, WHICH IS A PROBABILISTIC EVENT WHERE A PARTICLE CAN PASS THROUGH A BARRIER. THIS IS NOT APPLICABLE TO MACROSCOPIC OBJECTS LIKE HUMANS.

Q: WHAT IS THE DIFFERENCE BETWEEN AN ILLUSION THAT DEFIES PHYSICS AND SOMETHING THAT ACTUALLY BREAKS PHYSICAL LAWS?

A: AN ILLUSION THAT APPEARS TO DEFY PHYSICS IS USUALLY A TRICK OF PERCEPTION, WHERE OUR SENSES OR BRAIN INTERPRET A SITUATION IN A WAY THAT SEEMS IMPOSSIBLE, BUT THE UNDERLYING PHYSICAL LAWS ARE STILL INTACT. FOR EXAMPLE, OPTICAL ILLUSIONS FOOL OUR EYES AND BRAINS. SOMETHING THAT ACTUALLY BREAKS PHYSICAL LAWS WOULD MEAN A FUNDAMENTAL PRINCIPLE OF THE UNIVERSE, LIKE CONSERVATION OF ENERGY OR THE SPEED OF LIGHT LIMIT, IS VIOLATED.

Q: HOW DOES QUANTUM ENTANGLEMENT CHALLENGE OUR UNDERSTANDING OF REALITY?

A: QUANTUM ENTANGLEMENT CHALLENGES REALITY BY SUGGESTING THAT TWO OR MORE PARTICLES CAN BE INTRINSICALLY LINKED, SHARING PROPERTIES REGARDLESS OF THE DISTANCE SEPARATING THEM. MEASURING A PROPERTY OF ONE ENTANGLED PARTICLE INSTANTANEOUSLY INFLUENCES THE STATE OF THE OTHERS, A PHENOMENON THAT APPEARS TO VIOLATE LOCALITY AND CAUSALITY AS WE UNDERSTAND THEM IN CLASSICAL PHYSICS.

Q: WHAT ARE SOME SCIENTIFIC EXPLANATIONS FOR THE ALLEGED DISAPPEARANCES IN THE BERMUDA TRIANGLE?

A: WHILE THE BERMUDA TRIANGLE HAS A MYSTIQUE OF THE UNEXPLAINED, MOST SCIENTIFIC INVESTIGATIONS ATTRIBUTE DISAPPEARANCES TO A COMBINATION OF FACTORS. THESE INCLUDE EXTREME WEATHER CONDITIONS, TREACHEROUS CURRENTS, HUMAN ERROR, NAVIGATIONAL CHALLENGES, AND THE REGION'S GEOLOGICAL FEATURES. THE IDEA OF A SPECIFIC "PHYSICS-DEFYING" CAUSE IS LARGELY CONSIDERED FOLKLORE.

Q: IS THE PLACEBO EFFECT A TRUE DEFIANCE OF PHYSICS, OR IS IT A COMPLEX BIOLOGICAL RESPONSE?

A: THE PLACEBO EFFECT IS GENERALLY UNDERSTOOD AS A COMPLEX BIOLOGICAL AND PSYCHOLOGICAL RESPONSE RATHER THAN A DEFIANCE OF PHYSICS. IT DEMONSTRATES HOW THE BRAIN CAN INFLUENCE THE BODY'S PHYSIOLOGY THROUGH EXPECTATION AND BELIEF, TRIGGERING THE RELEASE OF ENDORPHINS AND OTHER NEUROCHEMICALS THAT CAN ALLEVIATE PAIN AND IMPROVE SYMPTOMS, OPERATING WITHIN THE KNOWN FRAMEWORKS OF NEUROBIOLOGY AND PSYCHOLOGY.

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