

## NATURAL-SCIENCE ASPECTS OF HEALTH

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Technological platform FUTURE MEDICINEAccepted 19<sup>th</sup> March, 2015**Abstract**

The World Health Organization considers that life expectancy of the person and a state of his health for 75% its way of life and a power supply system, for 10% - heredity defines, another 10% - environmental conditions, and only for 5% of service of health care. Health of the person most of all depends on a way of life.

**Keywords:** health creative outlook, alkaline lifestyle, health? abilities, skills daily savings health, healthy lifestyle.

**Introduction**

By definition of the World Health Organization (WHO), health is a condition of physical, spiritual and social wellbeing. Approach of WHO to concept health has humanitarian character. In article natural-science approach to concept health is considered.

The interdisciplinary science about human nature and environment considers human life from positions material, thin material and non-material. The person is the representative of the Universe. The Universe consists of a matter and physical vacuum. The matter has a hierarchical structure on the basis of initial particle. Between initial particle there is a physical vacuum which is a source of all types of energy. Initial particle move in physical vacuum. Changes the provision of initial particle in space and gives them acceleration physical vacuum. From initial particle elementary particles are generated.

Nucleons (neutrons and protons) is the first level of dense substance. Nucleons form atomic nuclei of chemical elements is the second level. Kernels and electrons form atoms - the third level. Atoms connect in inorganic and organic molecules - the fourth level. DNA molecule spiral - the fifth level of the organization of a biomatter. A cage - the sixth level. Bodies - the seventh level of the organization of a biomatter.

**1. Person as object of research**

The person is difficult essence which unites a body, reason, soul and spirit. The spirit is the highest beginning in the person. It is connected with conscience - an internal criterion of justice, honesty, kindness, a righteousness. Thin material soul is connected with feelings and desires. The reason is connected with knowledge and thinking.

The person is connected with the inner and physical world. It is connected by spirit and soul with an inner world, either light kind, or dark angry. Light cheerful he unites to Divine Spirit. Lives in a material world of people a body. The soul connects human lives in these worlds, connecting mind and body.

The reason, spirit, soul and body influence at each other. Thoughts, feelings, desires and emotions create our body. Just thoughts, good wishes support normal functioning of an organism at all levels. No just thoughts, evil desires break normal functioning of an organism at all levels. Cages of an organism, incapable of photosynthesis, are received energy from environment and food. Energy of environment accumulate an organism through the power centers which will transform them to a form for absorption by cages and bodies. For example, the power centers of light energy are connected with glands of endocrine system. The organism accumulates to 80% of energy from the environment necessary for functioning of a human body. Other energy is provided with food.

The human body represents an oscillatory contour. In a physical body there is a difficult, combined, hierarchical, volume system of the connected standing waves of various quality: electric, magnetic, thermal, light, gravitational, mental. Electromagnetic standing waves form the biofield providing an electromagnetic homeostasis. A source of electromagnetic oscillations are cages.

Development of an organism goes under the influence of mental energy. Mental energy gets into all cages. The biochemical carrier of mental energy are structural components of a cover of nervous fibers of the lipidic nature. Mental energy influences an electromagnetic homeostasis. Quality of mental energy depends on consciousness, feelings and desires. Arriving justly on conscience, the person produces mental energy of tranquility, which provides an electromagnetic homeostasis, differently mental energy of frustration which breaks an electromagnetic homeostasis is produced.

Positive mental energy establishes in all organism balance, a resonance of electromagnetic waves of cages, uniformity of a biofield and a resonance of a biofield with electromagnetic current of a kernel of Earth at a frequency of 8 hertz and with a wavelength of 8 meters in environmentally friendly internal and environment.

## 2. Natural-science approach to concept of health

The healthy condition of an organism is provided and supported by a resonance of standing electromagnetic waves of a biofield.

Health of the person is a psychophysiological state with balanced mentality and functioning of an organism at an electromagnetic frequency of cages of 8 hertz and with a wavelength of 8 meters in the resonance mode in environmentally friendly internal and environment.

The resonance of electromagnetic waves of a biofield supports a steady healthy state. The condition of a biofield of the person can be determined by devices of frequency and resonant diagnostics.

The matter and energy produce information in a wave mode. It is fixed and stored in a type of structures which in turn, can let out waves.

Biological human life can be considered as unity of a stream of a matter (cell fission), an energy stream (a qualitative condition of cages and power interaction) and a flow of information (functioning and information exchange of cages).

Objects of one level communicate: initial particle with initial particle, photons with photons, leptons with leptons, atoms with atoms, molecules with molecules, DNA with DNA, cages with cages, bodies with bodies, the person with the person. Everything together the taken levels are information matrix of communications.

Motive and cerebration, emotional activity of feelings and desires intensifies power processes. The system of power supply of cages intensifies physiological processes of an organism.

Violation of communications of cages at the level of the power system operating nervous immune, endocrine and other physiological systems conducts to violation of communications between bodies and vital systems. It breaks functioning of an organism and produces a disease. All diseases are fixed at first at the power level of power field structure of the person, and already then move to a physical level through system of endocrine glands which operate all physiological processes in an organism, beginning from the processes proceeding at the cellular level and finishing with process of response to them by the central nervous system.

The disease is the prevention to the person that he leads not a healthy lifestyle.

Cages of our organism communicate thin material bodies energy and information in a uniform organism. All information program of development of an organism is concentrated in the chromosomal device at the field level. Thin material bodies inform mental energy of thoughts, feelings, desires, emotions to each cage. Mental energy influences an electromagnetic field of an organism - a biofield. The interference of magnetic waves created by the radiation of atoms of cages under the influence of mental energy forms a condition of a physical body: healthy, either donozologichesky (prediseases), or sick.

Weak positive mental energy reduces protective functions from external negative information and emotional impacts. It leads to stresses, neuroses and even to sincere diseases. Mental positive energy is formed at unity of the person with the Spiritual Nature of all light, just and kind. "My son! Listen to my words, and to my speeches bend your ear; yes they don't depart from your eyes; store them in your heart: because they life for this purpose who found them, and health for his all body (the Parable 4:20-22)." The spiritual Nature covers positive world outlook aspects and is connected with harmonious manifestations of activity of the person. Harmony of reason, spirit, soul and a body provides harmony of concentration of various energy in an organism and a biofield resonance. Therefore the person needs to form useful healthy habits at the spiritual, power, physiological and anatomic levels. Formation of Useful habits at all levels is promoted by transition to a healthy lifestyle. Transition to a healthy lifestyle is carried out in four stages.

## 3. Results of stages of transition to a healthy lifestyle

### Stage 1. Formation of the environmentally friendly internal environment of an organism.

Formation of the environmentally friendly internal environment of an organism includes the following useful effects:

1. Formation of the environmentally friendly internal environment of an organism at the spiritual level activity under the law of conscience with love to people.

Needs of nature and habit to carry out activity on conscience generate good spirit which generates love to people which in turn, gives rise to the waves of positive mental energy forming the environmentally friendly internal environment of an organism at the spiritual level.

2. Development of an ethical lexicon of communication for spiritual activity.

Needs of nature and habit of ethical communication form good spirit of kind just peace thoughts and desires to live with love to people of a wave of positive mental energy, forming the environmentally friendly internal environment of an organism through a wave genome.

3. Formation of the environmentally friendly internal environment of an organism at the power level communication with the environmentally friendly nature: absorption by enzymes-enzymes of light energy, vibrations of flora, a mentality equilibration tranquillity of the nature, an emotional positive spirit from beauty of the nature, air, solar and water physical exercises, breath by clean air, coordination of the internal environment of an organism with the natural.

Improvement of health in ecological pure environment develops needs of nature and a habit to communicate with the nature. Needs of nature and a habit to communicate with the nature normalize genetically internal environment of an organism through a wave genome.

- Maintenance of the environmentally friendly internal environment of an organism release from negative energy water procedures in soul or a bathroom before the use of food, and also once a week in a ban.

Desire of improvement of health after stay in the adverse power environment and to keep it develops needs of nature and a habit to take a shower or a bathtub before the use of food and once a week to clean an organism in a bath steam room. Needs of nature and a habit to take a shower or a bathtub before the use of food and once a week to clean an organism in a steam room of a bath relieve an organism of negative energy and supports genetically environmentally friendly the internal environment of an organism.

- Complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions on the basis of system of cellular self-restoration.

Skills of complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions on the basis of system of cellular self-restoration develop a habit of preservation of a complete healthy state during every day.

- Preservation of physical healthy functioning of an organism healthy food.

Skills of daily healthy food constantly support a healthy state.

- Frequency and resonant diagnostics of a healthy state.

Skills weekly to diagnose an organism helps to support a healthy state.

#### **Stage 4. Accumulation of experience of a healthy lifestyle for preservation of a healthy state within a year.**

Accumulation of experience is carried out by skills health of saving in various house, social and natural seasonal conditions (in the spring, in the summer, in the fall and in the winter). Experience includes the following useful effects:

- Seasonal preservation of balanced mentality and ensuring complete healthy functioning of an organism in the summer, in the fall, in the winter, in the spring on the basis of system of cellular self-restoration.

Experience of seasonal preservation of balanced mentality and ensuring complete healthy functioning of an organism in the summer, in the fall, in the winter, in the spring on the basis of skills of daily preservation of a healthy state develops needs of nature and a habit to support a healthy condition of an organism within a year.

- Healthy seasonal food. Accumulation of experience of posezonny healthy food develops needs of nature and a habit to support a healthy condition of an organism within a year.

- Choice of seasonal natural clothes.

Accumulation of experience of a choice of seasonal natural clothes develops needs of nature and a habit to support a healthy condition of an organism within a year.

- Accumulation of experience of complex coordination of social healthy activity with an annual natural cycle at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions.

Accumulation of posezonny experience of complex coordination of social healthy activity with an annual natural cycle develops needs of nature and a habit to support a healthy condition of an organism within a year.

- Accumulation of experience of formation of family tradition of a healthy lifestyle.

Accumulation of experience of formation of family tradition of a healthy lifestyle develops needs of nature and a habit to support a healthy condition of an organism within a year family members.

- Accumulation of experience of formation of cultural public tradition of a healthy lifestyle.

Accumulation of experience of formation of cultural public tradition of a healthy lifestyle develops needs of nature and a habit to motivate citizens, to reach and support a healthy condition of an organism and to lead a healthy lifestyle within a year.

- Accumulation of experience of periodic frequency and resonant diagnostics of a healthy state.

Experience accumulation periodically to diagnose an organism helps to support a healthy state within a year.

#### **Summary**

On May 7, 2012 there was a Decree No. 598 "About actions for realization of the state social policy for formation of a healthy lifestyle of citizens of the Russian Federation".

It is more expedient to form a healthy lifestyle of the population on the basis of social and medical infrastructure. It can unite interaction of the centers of health, sanatorium institutions, the society KNOWLEDGE, chairs of the health saving technologies, divisions of educational institutions on formation of health the preserving outlook and control of vital systems and normal functioning of an organism, institution of healthy food, scientific institutions of interdisciplinary basic and applied researches of human nature and the environment concerning health.

Formation of social and medical infrastructure of healthy lifestyle demands training of specialists, training of the population and formation of family and cultural public tradition of a healthy lifestyle which will approve it.

For this purpose Research Center "NATURE INFORMATICS" developed fundamental knowledge, offered scientific and

practical and scientific and methodical grants, and also the guide of training of specialists to a healthy lifestyle:

1. Health workers for the centers of health and sanatorium establishments for carrying out consultations, a practical training on transition to a healthy lifestyle and diagnostics of a state.
2. Lecturers for society KNOWLEDGE of formation health of creative outlook and motivation to healthy lifestyle the population.
3. Pedagogical workers for chairs of Health of universities and for schools on formation health of creative outlook and motivation to healthy lifestyle at the younger generation.
4. Social workers for carrying out a practical training with the population on transition to healthy lifestyle and formation of family and cultural public tradition of a healthy lifestyle.
5. Games-masters for training of the younger generation in control of vital systems and complete normal functioning of an organism.

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