

Women should be women

Things were quite different with the Greeks when concerning the women. No restrictions were prescribed to the women and it was considered that during the coitus a woman didn't spend any forces thanks to her warmer nature. "If they copulate with men, they are being more healthy, if they don't, they become subjects to diseases", - we find in the treatise "Of semen". So that easy. But in fact the women are organized more complicated – all the men constantly face their intricate sexuality. So on what does it depend that she sometimes is irritable and cold and sometimes is sweet, tender and full of love? On the changeability or the temper?

Yes, but only partly on it. In fact the women are more sensitive to the condition of their organism; their sexuality depends on the amount of the inner resources. At that the women themselves do not realize the dependence. The man is always ready to act, and the woman's sexuality is the higher, the more her organism's readiness to a child-bearing is. The readiness to become a mother is directly connected to the condition of the accumulated resources. The self-preservation mechanism works very simple: at shortage of the inner resources for the child-bearing the organism doesn't see any prospect for the conception. After all the fetus may die creating a threat to the mother herself, that's why in this period the woman is cold and shrewish, inclined to conflicts and rejects the male and, first of all, the one who may lay claim on her. And opposite to that, at a certain amount of the accumulated resources a woman strives after the male, she seduces the men but becomes more aggressive towards the women, especially at a man's presence. Surely the etiquette smoothes the acuity of these two extreme's demonstration, but the impact of the woman's resource ability to her loyalty to one sex or the other is still there. Under the action of different factors the resource ability of the woman varies not only during a month, but also during a year and a lifetime. When the resources become so short that she is unable to bear the baby, the climacterical period begins and after it the intense ageing starts. That's why in the course of years as the resource ability goes down the woman's sexuality lessens as well. But not the climacterium itself provokes the ageing; it only is an evidence of the fast resource decrease start. To slow down the process it is necessary to apply all the methods set out in this book. First of all, it is advisable to pass the general vibroacoustic support for the organism. To the women the local vibroacoustic resource support for the lower belly (pp.311, 312) may be recommended. The procedures for the lower belly are not performed during the menstruation.

Those methods' implementation and the use of the ancient Greeks' prescription give ground to hope to postpone the menopause. But to avoid an unwanted pregnancy the women should take into account that the use of the general and local vibroacoustic resource support soon after the climacterium may restore the menstrual cycle. The woman, though even after the climacterium, wants to be attractive. Just because of that the woman doesn't want to have an overweight, and she is afraid of the cellulitis and the varicose veins, doesn't like wrinkles. She wants to be hale and hearty, to have a fresh complexion and a good mood. All these wishes are the signs of the good health and the high resource ability of the organism.

How to fight the overweight? The answer to the question is not that easy when talking about a natural and steady normalization of the weight. If just to restrict oneself to a diet and start a concentrated physical training, the weight starts being reduced – the organism has to "eat up" the stores. This is an irreproachable but uncomfortable way, which demands the severe control of the nutrition and physical activity. Not all are able to stand it. To find another natural way to lose the weight one should try to understand the corpulence mechanism. Is it

all because of the derangement of the metabolism, as it usually thought to be, or are there some other reasons?

The organism doesn't usually do anything aimlessly. And what's more, any resource stores, among those the fat deposits may be placed, the organism accumulates in proportion to the expenditures and power outages. To create the fat deposits many organs should work hard, after all, the organism does even turn the carbohydrates into the fats! What if the organism creates them deliberately? What reasons could be for that? It is known that after a long partial or complete starvation with the object of losing the weight the organism gains the weight much faster after returning to the normal nutrition. That is the organism a kind of hurries to accumulate the reserves of the nutrients. It is possible that at the regular nutrition the organism lacks of the fats in the blood, for example at night. Quite often more than 11 hours pass after a supper before the morning. The fats come into the blood not directly from the bowels but through the system of lymphatic vessels. The lymphatic liquid together with the fats and the proteins moves thanks to the microvibration energy gained from different skeletal muscles and the tone of the vessels themselves. At night the person falls asleep, the background muscular activity decreases greatly and the lymphatic liquid moves mainly owing to the alternating tone of the own muscle fibers of the vessels. Thereupon an attention should be paid to the rigidity of the mattress (p.63). All the lymph from all lymphatic vessels comes into the buffer storage element, the so-called thoracic duct, and from it in doses comes into the blood. The thoracic duct is controlled through the thoracic spine. And if in the night the edema is being developed in it, so the edema may disturb the blood supply of the spinal cord and weaken or even disturb the motor activity of the thoracic duct, and so the coming of the fats into the blood will be noticeably restricted. The organism starts to protect itself from such a problem by the means of undeeep sleep with often waking ups and of the fat deposits in the tissues increase. The carbohydrates can be absorbed already in the mouth and stomach, that's why the **carbohydrates first of all** are used for the transformation into the fat deposits.

If the continuing weight increase is accompanied by a bad sleep and constipations, so the general and local vibroacoustic resource support may come much in handy. How will it affect all these processes?

The regular vibroacoustic therapy for the kidneys will increase the background muscular activity, which as mentioned above is comparable by the energy expenditures to the maximal physical activity. This is probably a very important result increasing the microvibrational background and burning the carbohydrates, the excess of which the organism turns into the fat deposits. The effect will be higher if the recommended 60 minutes a day are divided into 3-4 procedures during the day in arbitrary time with the interval of not an hour less, for example 20 minutes in the morning and two times 20 minutes in the evening - after a work and before going to bed.

The vibroacoustic therapy for the liver will make the metabolism better and will lessen the possibility of the night collapses in the concentration of the nutrients in the blood due to the use of the liver's own reserves. The vibroacoustic therapy of the lumbar spine will make the blood supply of the spine cord better, will lessen the possible edemas and restore the control of the internals, including the lymphatic vessels and the thoracic duct. Enough attention should be paid to the spine and the time of the vibroacoustic therapy should be increased to 40 minutes a day divided in 2-3 procedures. The second stage of the general vibroacoustic resource support is carried out following the scheme (p. 312), with the special emphasis on the spine and the bowels.

The recommendations how not to put on weight are known: they are to eat more often, but less of the food and regularly. Although the night obviously destructs the regularity. That's why it's advisable to distribute the nutrition evenly to all the 24 hours. In the other words, 6 hours for a sleep and the nutrition 4 times a day every 6 hours. The total amount of food is not to be increased but decreased to a rational limit. Directly before the sleep the amount of the food is to be decreased, the carbohydrates are to be reduced to the minimum but easy digestible fats are necessary to be present. Boiled vegetables with a vegetable oil or a butter and, if one wants, a piece of a gently fat meat won't be out of place. It's better not to break the schedule for the organism to adapt to it. The duration of the sleep restriction is important also because the time of the wakeful state prolongation increases the nutrients expenditures and is equivalent to doing physical exercises. The restriction of the sleep is compensated with interest by the vibroacoustic therapy for the kidneys. Moreover, one can 1-2 times a week sleep as long as s/he wants, but in two doses, no longer than 6 hours each. The diet recommendations are: the nutrition to be similar to the general nutrition in the childhood, but with a reasonable restriction of the carbohydrates. A small amount of the fats should be in an every food intake.

All these recommendations will first of all allow, as we hope, to stop the process of the weight gaining and to make the state of health better. Yet the organism won't hurry to part with the stores. For it to happen naturally one has to continue the resource support, which will allow to perform more physical work thus speeding up the process of the weight normalization.

The fight with the cellulitis. By the cellulitis sometimes implied not what it is. The cellulitis is an inflammatory disease of the hard tissues, mostly of the skin and the subcutaneous tissue. It's characterized by the edema, the leucocytic infiltration, outwardly apparent as the "orange skin" effect and by the hyperemia (the reddening). The fact of the edema gives the evidence of the accumulation of damaged cells, to which an infection may penetrate. The treatment of cellulitis lies in the increase of the lymph outflow from the zone of inflammation, in the decrease of the infection concentration on the surface of skin, in the restriction of the action of the disturbing factors – of a long-term exposure to the bright sun rays, of dirty water, of friction etc. To the surface of the affected by the cellulitis part of skin the iodine solution is daily applied and the vibroacoustic therapy is applied for the part 2-3 times a day during 10 minutes.

The fight with the wrinkles is the fight with the ageing. The deterioration of the tissues content starts as a result of the chronic resource shortage. Not all the tissues at once come within the restriction of the nutrition. That's why besides the general resource support the resources can be added to the important to the woman parts of the body with the help of creams and the local vibroacoustic therapy. The nasolabial triangle fold enlargement makes the woman look older most of all. That's why the vibrophoresis of the smoothing ointments and creams (or without them) for these zones will let one keep the face young longer. The method is rather simple: after putting the creams, the vibroacoustic therapy for 4 zones during 5-10 minutes for each couple is being carried out, the regime is minimal, the vibraphones are set over a napkin (p.397). The local vibroacoustic therapy will make the lymph out-flow, the slags removal and the penetration of the feeding cream into the tissues better. If a cosmetic surgery was used to removal of the wrinkles, than the use of the vibroacoustic therapy for sutures' zone will reduce the scars, will lessen the risk of complications and will greatly increase the effect of the surgery and, what is the most important, will prolong the effect. The

effect from the local vibroacoustic therapy will be higher if one carries out the course of the general vibroacoustic resource support.

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