

On the connection of evolution as the descent of consciousness into matter with the phenomenon of endotoxication and the frequency characteristics of the body. Redefining toxins

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## 1. Introduction

We are used to considering some substances useful for the body, and some - harmful. We are accustomed to studying subjects such as physiology, biochemistry and biophysics regardless of the level of consciousness. Indeed, the physiology of a dog and a person is much the same, but the levels of consciousness are different. Drugs are tested in mice, and it often works. This article is devoted to the consideration of the differences in biochemistry and physiology of organisms with differences in the level of consciousness.

Is physiology and biochemistry the same for all animals? Of course not. Mammals in this sense are closer to each other than representatives of different classes and, moreover, types (for example, worms, amphibians and mammals are already quite different from each other, moreover, more in physiology than in biochemistry). The reason is simply the difference in the level of consciousness. The Kabbalist will say that the difference is in the complexity and diversity of ... desires. A Hindu or Buddhist will call this the level of expansion of consciousness, as well as the loud and not always appropriate word "spiritual level."

The "level of consciousness" of a subtle prototype of a person, animal or plant leads to the enthronement of this prototype in this or that material body. More precisely, to the formation of a material body in which this piece of consciousness can be contained and through which it can act and develop. And consciousness is directly related to the perception of the world. These are well-known statements. It is clear that completely different perceptions of the world are placed in different bodies: a worm or frog, a blade of grass or a wolf, a fragile girl or a mighty loader with a square jaw. Any small detail in the body expresses the presence of specific features and nuances in the mind: whether the eyes are close, whether the nose is hooked, whether the legs are long ... Now let's take different peoples: can a calm Swede and a hot Spaniard have the same set of mediators and enzymes? And what about people of different temperaments within one nation? It turns out that even the laws of muscle physiology, usually studied on the neuromuscular preparation of a frog (!), Will look somewhat different in a Spaniard and a Swede.

But this article is not about the differences between species, not the differences between nations, or even the differences between individuals, each of which is unique. I'm going to look at the differences in physiology, biochemistry, biophysics, and even - to the extreme - anatomy between different stages in the life of the same adult "in full bloom."

## 2. The eternal question - what is healthy and what is harmful to eat?

Theoretical solution to the question of what substances to call endotoxins.

The body as a frequency reflection of consciousness

It is clear that the question of wholesome and unhealthy food has no clear answer. First, because sometimes eating a cake that is harmful to the liver is good for

psyche ("take away the soul") or to establish comfortable social relationships (yogis at a banquet eat with everyone). Harm to the physical body (structure) and to the etheric body (sensation) can be accompanied by benefits for the more subtle bodies: mental, emotional, causal (events) ... But the ambiguity of the answer to the age-old question about diet is not only in conflict mental, social and physiological.

Our body is a manifestation in physical matter. Each level of our consciousness, of course, corresponds to matter set electromagnetic oscillations of certain frequencies. And molecules in the body can be found without causing harm to the body only those that are capable of resonating with the available spectrum, or, more precisely, at least not interfering with the tissues and organs of the body to resonate. The body will try to get rid of such built-in substances, which allow "false notes" or "rattling timbres" to enter the symphony of the body - after all, then such a body will interfere with the functioning of consciousness.

In the lymph, in the intercellular substance, in the loose connective tissue, there is a colossal variety of substances. There are a lot of some (water, salts, amino acids), others are smaller, and some (trace elements, toxins) are even less. In modern humans, due to the abundance of artificial products, as well as radio emissions that break harmless molecules into unpredictable toxic fragments, there is a huge variety of toxins in the mesenchyme. Additionally, various allopathic drugs (A.S. Zalmanov, 1991), physiologically stressed states (A.B. Kogan, 1990; N.R. Deryapa, I.F. Ryabinin, 1977; I.A. S. Novikov, 1984). To this are added toxins, which are formed in the course of normal metabolism, but abnormally stuck inside the body instead of being excreted in the urine. This is because that most people are now on unfavorable "floors" (L.H. Garkavi et al., 1998) or even under stress. Under such conditions, the processes of elimination of toxins do not even come close to keeping pace with the processes of formation of more and more metabolic products. Indeed, with a low efficiency characteristic of "high-rise" states, the work of biochemical reactions is uneconomical, and the throughput of lymph, kidneys, intestines and "poison processing stations" is much lower than the rate of formation of all new metabolic products. If we recall, in addition, that a modern person drinks very little, and even then not spring water, but more often surrogate drinks, then it becomes clear how much unnecessary things remain inside the body. Under such conditions, the processes of elimination of toxins do not even come close to keeping pace with the processes of formation of more and more metabolic products. Indeed, with a low efficiency characteristic of "high-rise" states, the work of biochemical reactions is uneconomical, and the throughput of lymph, kidneys, intestines and "poison processing stations" is much lower than the rate of formation of all new metabolic products. If we recall, in addition, that a modern person drinks very little, and even then not spring water, but more often surrogate drinks, then it becomes clear how much unnecessary things remain inside the body. Under such conditions, the processes of elimination of toxins do not even come close to keeping pace with the processes of formation of more and more metabolic products. Indeed, with a low efficiency characteristic of "high-rise" states, the work of biochemical reactions is uneconomical, and the throughput of lymph, kidneys, intestines and "poison processing stations" is much lower than the rate of formation of all new metabolic products. If we recall, in addition, that a modern person drinks very little, and even then not spring water, but more often surrogate drinks, then it becomes clear how much unnecessary things remain inside the body. intestines and "stations for the processing of poisons" is much lower than the rate of formation of all new metabolic products. If we recall, in addition, that a modern person drinks very little, and even then not spring water, but more often surrogate drinks, then it becomes clear how much unnecessary things remain inside the body. intestines and "stations for the processing of poisons" is much lower than the rate of formation of all new metabolic products. If we recall, in addition, that a modern person drinks very little, and even then not spring water, but more often surrogate drinks, then it becomes clear how much unnecessary things remain inside the body.

Yu.M. Levin showed that the lymph and intercellular substance of modern humans are severely poisoned. But not because there is too much of one poison in the body. Each poison, as a rule, is no more than its maximum permissible concentration. So why is the person as a whole poisoned, and the lymph is curdled in jelly? because diversity poisons are amazingly large. There are not so many of each of them, but there are too many different ones. This is enough for the lymph to stop, and a breakdown and premature aging begin. Naturally, with the reaction of activation of low floors, the purification systems of the body work quickly, and biochemical reactions give an order of magnitude (!) Fewer by-products ... But nevertheless, by converting unfavorable ("high-rise") states into anti-stress ones, the problem is only postponed in time.

The key point: it turns out that we cannot always divide the huge list of substances circulating in the body into two groups - "toxins" and

"useful material". It turns out that for one organism - toxins, for another - normal nutrients. Moreover: what is for a given organism yesterday was nutrient or indifferent substances, today is a toxin. And this is all due to the evolution of his consciousness.

Let us explain it by analogy. If a beginner musician wants to play a primitive melody, then an amateur violin of dubious quality is enough for him. If this is a Master, then the requirements for the quality and material of the violin are the highest. After all, otherwise it is simply impossible to convey the subtleties. If the musician is consciousness, and the violin's material is the body, then in a similar way, in the process of evolution of the animal world, and then the evolution of human consciousness, the requirements for the body increase. Then the body organizes the removal of impurities outside, which at this stage begin to interfere with the production of vibrations corresponding to the increased level of consciousness.

Are sausages with Pepsi-Cola harmful? The answer is ambiguous. At a certain stage in the evolution of consciousness, when there are still few interests, when there is and cannot be either a beloved woman, or a variety of entertainment, consciousness works at rather low frequencies, and sausages hardly harm health. But here the person is seriously interested in something. Even if it's football, not books. I began to do something at home with pleasure. Well, so far not to paint pictures, but to craft a wardrobe with taste. This increased the frequency of vibrations in consciousness. Man began to express himself not as before, not incoherently, but in articulate speech. And these same sausages became less edible for him: they cause him to have gastritis, then increased blood pressure ... Although before that he did not often complain about his health. What's happening? It was substances that began to be removed from the intercellular space, which were not toxins for this body before. And if a person does not drink enough herbal teas for this transitional period, and indeed water in general, and the intestines are not emptied often enough, then toxins from the tissues are excreted not so much in the urine as on the skin and in the respiratory tract. Polyps, tumors, cysts may also occur. By organizing the places of accumulation of waste in this way, the body manages to clear the bulk of the organs from poisons - and it gets the opportunity to respond to the increased level of consciousness at the appropriate level of electromagnetic frequencies. Thus, seemingly becoming "sick", the body has integrated consciousness with the body. In any case, with its main parts. then toxins from the tissues are excreted not so much in the urine as on the skin and in the respiratory tract. Polyps, tumors, cysts may also occur. By organizing the places of accumulation of waste in this way, the body manages to clear the bulk of the organs from poisons - and it gets the opportunity to respond to the increased level of consciousness at the appropriate level of electromagnetic frequencies. Thus, seemingly becoming "sick", the body has integrated consciousness with the body. In any case, with its main parts. then toxins from the tissues are excreted not so much in the urine as on the skin and in the respiratory tract. Polyps, tumors, cysts may also occur. By organizing the places of accumulation of waste in this way, the body manages to clear the bulk of the organs from poisons - and it gets the opportunity to respond to the increased level of consciousness at the appropriate level of electromagnetic frequencies. Thus, seemingly becoming "sick", the body has integrated consciousness with the body. In any case, with its main parts. the organism has integrated the consciousness with the body. In any case, with its main parts.

And this happens many times in life. The more often the stages of "opening horizons" and improving relations with neighbors begin in life, the more often the body is freed from impurities that have become superfluous.

And food changes from stage to stage: what was your favorite food yesterday, you don't want to take in your mouth today. In the course of his development, a person switches to more and more natural products, ceases to love flavoring chemical additives and to recognize dishes consisting of many too different components ... At some stage, he stops wanting meat. This sometimes happens when the upper parts of consciousness are already trying to feel that the world does not contain aggression and is arranged by Someone perfect. Then the person discovers in itself latent aggressiveness and tries to reduce it. If this succeeds, some other products disappear from the diet, and the next substances are removed from the body, which were quite acceptable for the body yesterday.

Such stages of increasing frequencies in the body occur more and more often, and life for some time now is impossible without a culture of caring for the body. If you don't want to constantly

get sick, then you have to pay more and more attention to natural products, physical culture, drinking plenty of fluids, etc.

I suggest a definition: toxins in the body are those substances that do not resonate today with the current level of consciousness.

Or, more precisely, they prevent the tissues from resonating - just as the scratches on the glass of its transparency interfere, or how impurities prevent the solution from freezing - the correct crystal lattice does not form.

I have examined the consciousness of the individual in the process of its expansion. But it is still possible to consider in a similar way two different people who are at the same stage of the evolution of consciousness, but differ simply in their characters. Physicists and lyricists, phlegmatic and choleric, "fiery" and "watery" ... - they may have different frequency palettes. And, accordingly, one of them will go more carbohydrate food, the other - protein; for one, alcohol is poison even in small quantities, while another can consume it in glasses ... So it is up to the person to decide for himself what food is healthy to eat today. If he feels comfortable after this meal, if the body does not feel "offended" the next day (in such terms, some describe it), and there are no Hering symptoms, then the food is suitable.

In light of the above, there is no need to switch to a vegetarian or gourmet natural diet, artificially adopting the manner of people who do not coincide with you in the way of thinking. Everyone needs their own food. Unjustifiably ascetic food will leave the meat-eater without proteins necessary for his body, and the gourmet without the culinary delights and varieties necessary for his consciousness.

### 3. What are drainage preparations for?

So, with the next expansion of consciousness, the sooner the body gets rid of substances that inhibit the adjustment of tissues to a new level of vibrations, the more harmoniously the transitional period will pass. This means that you should drink not just water, but herbal teas that help dissolve and remove toxins. And what exactly are toxins is up to the body. After all, herbal teas are not aimed at removing any specific chemicals. In everyone, they will help cleanse those impurities that are trying the organism itself move towards the excretory organs.

If you just drink pure water, then the excretory organs will not cope - our lymph is too thick in the modern ecological situation. We have to take certain lymph-diluting herbs (YM Levin, 1996).

A special role in this process is played by drainage preparations - from homeopathic to sorption, from vasodilators to intestinal mucosa protectors. Drainage preparations should be selected by the doctor strictly individually. The doctor must identify the weak and strong points of the body and not confuse one with the other. And besides, you should not give an unbalanced group of drainage preparations, which will clean one of the organs faster than the rest: you will get a congestion ...

All this should be included in the professional skills of the doctor. And the patient should understand in general terms what is happening and not slow down his evolution in such a wonderful time as the 21st century, when the world is changing more and more rapidly and requires from us constant leaps in the evolution of consciousness, and more and more often.

In the 21st century, my favorite activation therapy, which enables

the higher departments of human consciousness to develop their own ways, activation therapy, which helps the brain quickly (and without exhausting prodding) eliminate stress and chaos in itself and begin to restore order in the body, activation therapy, which alone was previously enough for the patient to recover from the whole a bouquet of chronic diseases - it turns out to be insufficient in the conditions of the accelerated evolution of consciousness and the deterioration of the environment. Without drainage drugs and thorough (step-by-step) revision of your diet, without physical education and care about such "shameful" little things as timely and sufficient formation of sweat, stool and urine - activation therapy, together with the higher departments of consciousness, which it adjusts, stall and wait a long time until the body is free of impurities and can handle the next leap in the organization.

#### 4. The law of descent of consciousness into matter and its connection with frequency body characteristics

Already A. Podvodny (1991) noticed that the anatomy of organs and the morphology of tissues are different in people who differ in their character. For example, a young man with a refined artistic taste has very different fabrics than a man with rude manners and primitive interests. The tissues of the spleen and kidney, for example, in the former are more delicate and, say, pleasant to the touch, and the ligaments and "visceral joints" are not just thinner, but completely different. People with different characters differ in the organization of internal organs and the structure of tissues. The musician would use the more appropriate term "timbre" instead of the term "structure" here. A timbre is a set of frequencies. The note is the same, but the timbre is different. Lard - it is lard, even a person, even a pig, even a sparrow. However, not really. From the same chlOpka can be done and the thinnest airy cambric (and even put it in romantic frills), and a dense burlap with rough seams. Timbre (spectrum of secondary frequencies) is not something ephemeral and astral. Our ear perfectly distinguishes which instrument is taken same note: violin, flute, voice of a man or woman, creaking stool ... The same is true with the tissues of internal organs: skin and intestines, liver and tendon - everything belongs to a certain person with certain personality traits. There is no abstract tissue of the spleen in nature that does not bear the character of a mistress or master.

It is possible to formulate a law common to all living nature: anatomy, physiology and biochemistry-biophysics of an organism (simply put, its physical structure) reflect the current level of consciousness. More permanent features are associated with the level of consciousness characteristic of the entire class, smaller features of physiology and morphology are specific for individual species, even smaller ones are for temperaments and levels of human consciousness.

In a person, in contrast to all living things, during one life, a multiple increase in the level of consciousness usually occurs. This process accompanied by a restructuring of the physical body, changes in diets and the release into the environment of substances that in the recent past were not toxins for a given person and calmly resided in the body. As personality develops

the body either successfully removes them outside, or collects them in limited places (abscesses, tumors, cysts, ulcers, or simply in the skin, which because of this loses its elasticity).

It is widely believed that a person gets sick many times more often and more severely than animals, only because a person a) sins and b) leads a lifestyle that is far from a healthy natural one. As proof, they cite the example of a prehistoric man who was sick less often and not so diverse. He, they say, lived in harmony with nature. This is all true. But there is another equally important factor that leads to diseases: this is the ability of a person to evolve in his consciousness. This is how man differs from plants and animals. And modern man differs from ancient man in the speed of this process. The rate of evolution of consciousness is not a constant thing for representatives of the species Homo sapiens. It depends on the current level of consciousness: the higher it is, the faster a person changes evolutionary steps. That is why, among other things, ancient people were sick less often. And for the same reason, even more so,

The descent of consciousness into matter occurs not only in humans, but also at the level of plants and animals. Only with the difference that the next rise of consciousness in the animal world leads to the emergence of new species, classes and types. They evolve in whole groups, not as individuals. A man (and especially often a modern man) evolves within himself alone, without changing his body. Nations as a whole evolve as well, but this article discusses the unique human ability to evolve alone.

If we learn to get sick less (read: to get rid of the processes inhibiting us in the substance of our body faster), then we will evolve towards universal mutual love easier and faster. So the role of the doctor-educator in this regard acquires great importance not in terms of just reducing the suffering of the body, but in terms of the progress of mankind. And the requirements for the personality of a doctor must therefore be the most stringent.

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