

## Correction of the psycho-emotional state

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Everything can be done better  
than has been done so far.

Henry Ford

At the end of the last century, there was a lot of controversy about whether the brain controls the genome through the body, or, conversely, genes determine the work of the brain. Proponents of genetic determinism argued that biochemical processes inside the body are programmed by genes that we inherited from our ancestors - this is the cause, and mood and behavior are the effect. Another group of scientists defended the opinion that the switching on and off of certain genes in the work depends not only on their own selfish aspirations, but also on the commands coming from the body and brain.

Every day of a modern person is filled with stress. Most psychologists point out that fear, resentment, discontent, disappointment, discouragement, or other negative emotions are behind many diseases of the body. Short-term stresses rapidly increase the levels of adrenaline and norepinephrine in the blood. As a result of this protective reaction of the body, blood pressure rises, the heart beats faster and the person is instantly ready to fight or flee. Prolonged stress triggers other genes and biochemical reactions that result in a slow but steady rise in blood cortisol levels. Cortisol is used in all tissues of the body and affects both the internal organs and the brain. It accelerates the conduction of nerve impulses, sharpens hearing, vision and ensures the unity of mind and body. The curious thing is that it also includes the expression of genes responsible for the synthesis of interleukin-2. The main function of this protein is that it activates leukocytes to search for microbes. Thus, chronic stress and a prolonged increase in cortisol levels leads to a persistent decrease in immunity and makes a person defenseless both against new infections and against those that are already in the body, but are under the control of the immune system.

But people react differently to the same stress. For example, depending on the type of higher nervous activity (VNI) before the upcoming exam, the melancholic falls into a depression, and the sanguine person treats him "philosophically" - little things in life, and this will pass. People who are less exposed to stress have a different synthesis, control and sensitivity to cortisol than those more prone to stress. Through the brain, the pituitary-hypothalamic system, the adrenal glands and the corresponding genes, only a response to the information that came from the outside world is realized, taking into account the genetically personal type of GNI. This means that it was not genes that created stress, but social relationships, external circumstances.

Thus, an interdependent system is obtained, which consists of

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the following elements: genes, body, brain, external circumstances, genetic selection (genes), i.e. it is a vicious circle, where there is no boss and subordinate, and each element of this chain influences each other.

Based on the provisions on mutual influence in a self-organizing and decentralized system of man-stress-society, we used the following approach for psycho-emotional correction.

Schematically, the main directions look like this:

1. Reducing the influence of psychological stress on the central nervous system;
2. Elimination of the vicious circle between individual chromosomes and the central nervous system.
3. Restoring the work of bodies interested in this pathological cycle.

Stages of correction of the current psychoemotional state

1. Recording a diagnostic pointer.

The basis for creating a diagnostic index is an individual frequency spectrum that is generated by the person himself, and our task is to correctly select and use it correctly. One of the statements of Yu.V. Gotovsky about the essence of BR-drugs sounds like this - these are informational drugs "... from this person and only for this person."

2. Determination of elements requiring correction:

- the level of mental stress;
- interested hormones, mediators;
- communication with individual pairs of chromosomes;
- communication with the meridians and internal organs.

3. Creation of a BR-drug based on:

- diagnostic index;
- indicator of the level of mental stress;
- pointers of interested hormones, mediators, chromosomes;
- one of the 12 classical meridians within the BRT.

4. Control of the influence of the created BR-preparation.

The resonant number of grains of the created BR-preparation is placed on a plate for testing and all pointers, indices that were previously determined are checked. The resulting drug should improve the studied parameters (reduce the level of mental stress, improve biological and photon indices, increase the reserves of adaptation, etc.).

Correction of psychological problems with the active participation of the patient

1. Assessment of the main type of GNI of the patient in order to take into account these data offer a suitable option for independent actions or psychocorrection classes. It should be noted that we are searching for our model for diagnosing the types of IRR using ART, and not by psychological tables, but this topic is still under development.

2. Flower infusions of Dr. Bach and corresponding affirmations.

Correction of disharmonious fluctuations of identified pairs of chromosomes  
Against the background of the created BR-drug, certain pairs of chromosomes can continue to be tested. This means that the process is well-established, with deep interconnections between the brain and genes, requiring additional correction. We carry out it with the help of homeopathic preparations of the mineral group in medium or high potencies. The search is carried out against the background of three indicators (diagnostic, mental stress level and identified pair of chromosomes), and the desired drug is connected last in the chain (must restore the original measurement level). To do this, you can use the folder of the periodic system of elements from the section homeopathy, but it is more convenient to create your own one, divided according to the principle of mineral homeopathic types.

Correction of the work of the organs involved in this psychoemotional state

1. Creation of an additional BR-preparation.
2. Selection of a mono-component or complex homeopathic preparation.

Technical nuances

1. When creating a diagnostic index, it is better to use the quantity grains with a margin. For during subsequent manipulations it often happens that while we filter out all the necessary pointers, the indexes are weakening its activity. That is, after determining the resonant number of grains of the pointer, it must be divided into two groups: one should be used for diagnostic purposes, and before the direct creation of a BR-preparation, take another, reserve one.

2. The backup group should be protected. This can be done in two ways:  
- the best option is to put it aside at some distance from the workplace;

- if the possibilities of protection by distance are limited, then at least wrap it in aluminum foil.

If one patient needs to make several BR-preparations, then each previously created one must be protected with a distance or foil.

More detailed questions of this topic will be covered at the seminar.

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