

# Sanatorium Rehabilitation of the Population by the Healthy Lifestyle

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**Abstract:** The World Health Organization considers that a state of person health defines for 75% its way of life and a power supply system, for 10% - heredity, 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, Healthy Abilities, Skills Daily Savings Health, Healthy Lifestyle

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## 1. Introduction to a Health 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 predisposes, 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.

### 3. Method of Transition to a Healthy Lifestyle

Transition to a healthy lifestyle is carried out in four stages.

Stage 1. Formation of the clean internal environment. The pure internal environment is one of necessary conditions of a wave resonance of cages. The clean internal environment is formed by useful habits:

1. At the spiritual level: formation pure thoughts and desires.

2. Development of an ethical lexicon of communication.

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

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

4. Maintenance of the internal environment of an organism by release from negative energy: water procedures in soul or a bathroom before the use of food, and also once a week in a bath.

Desire of improvement of health after stay in the adverse power environment and to keep it develops nature need 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.

Nature need 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 pure the internal environment of an organism.

5. Preservation of the pure internal environment classical, sacred, harmonious music at the genetics-wave level.

The desire to have and keep good health develops nature need and a habit to listen to harmonious music. Nature need and a habit to listen to harmonious music support genetically

the pure internal environment of an organism through a wave genome at the power level.

6. Development of alkaline food (80% of pure alkaline food and 20% of clean acid food) for normalization of acid-base balance of biological environments of an organism.

The desire to keep good health after acceptance of food develops nature need and a habit of alkaline food. Nature need and a habit of alkaline food by the rule to choose useful among tasty and tasty among the useful support acid-base balance of biological environments of an organism through a metabolism at the physiological level.

7. Normalization of acid-base balance through a water exchange at the physiological level by use the pure water.

Nature need and habit to use clear water support acid-base balance of biological environments of an organism through a cellular and intercellular water exchange.

8. Observance of hygiene for maintenance of the environmentally friendly internal environment of an organism.

Nature need and habit to observe hygiene support acid-base balance of biological environments of an organism clarification it from parasites and pollution.

9. Diagnostics of acid-base balance of biological environments of an organism.

Nature need and habit to diagnose acid-base balance of biological environments of an organism help to control it.

Stage 2. Development of improving abilities for achievement of a healthy state. Spiritual, mental and power purity are necessary conditions of a wave resonance of cages. The stage includes the following useful habits:

1. Spiritual actions, such as, reading spiritual literature, visit of spiritual actions, development of spiritual consciousness and spiritual and moral qualities, formation of spiritual bonds for achievement of a spiritual healthy state.

Development of abilities to make spiritual actions develops nature need and a habit to get rid from harmful passions, to gain a sound spirit and spiritual health.

2. Formation of just peace kind thoughts and desires for spiritual activity.

Nature need and habit to form just peace kind thoughts and desires conduct to spiritual activity and spiritual health.

3. Development of spiritual abilities of humility, forgiveness, mercy, formation of the peace kind relations in various social conditions and a family for spiritual activity.

Abilities of manifestation of humility, forgiveness, mercy, formation of the peace kind relations for equilibration of soul in various social conditions and a family develop nature need and a habit to be soul balanced and to have a sound spirit and spiritual health.

4. Manifestation of spiritual and moral qualities - goodwills and blessings, mercy and justice for spiritual activity.

Manifestation of spiritual and moral qualities goodwills and blessings, mercy and justice develop nature need and a habit to build the peace kind relations and forms a sound spirit and spiritual health.

5. Development of abilities of control of vital systems of

an organism and its complete normal functioning by physical exercises: charging of a power system, physical culture of a tone of an organism and gymnastics of rhythms for achievement of a physical healthy state of an organism.

Ability of control of vital systems of an organism and its complete normal functioning develop needs of nature and a habit to support a healthy state of an organism.

6. The healthy food for maintenance of a physical healthy state of an organism.

Healthy food improves a healthy habit to support a physical healthy state of an organism.

7. Development of complex abilities of achievement of a healthy state on the basis of system of cellular self-restoration of an organism improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels.

Ability of improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels on the basis of system of cellular self-restoration of an organism improves a healthy habit to support a complete healthy state of an organism.

8. Frequency and resonant diagnostics of a healthy state.

Development of a habit periodically to diagnose an organism helps to support a healthy state.

Stage 3. Acquisition of skills health of saving for preservation of a healthy state. It includes the following useful habits:

1. Development of rules of daily preservation of a healthy state.

Development of rules develops skills and a daily habit to keep a healthy state.

2. Equilibration of soul in social conditions by peace kind relations, doing good, evading it is evil, looking for the peace and aspiring to it for spiritual health of saving.

Abilities and skills of manifestation of humility, forgiveness, mercy and the peace kind relations counterbalance soul in various social conditions and develop a daily habit to be soul balanced to have a sound spirit and to support a spiritual healthy state.

3. Daily formation of physical healthy functioning of an organism at the beginning of day control of vital systems.

Skills of ensuring healthy functioning of an organism develop a daily habit of preservation of a healthy state.

4. Coordination with a daily natural cycle of activity in social, natural and house conditions for preservation of complete healthy functioning of an organism.

Skills of daily coordination of healthy activity with a daily natural cycle develop a daily habit of preservation of a healthy state in various social, natural and house conditions.

5. 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.

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

Skills of daily healthy food constantly support a healthy state.

7. Frequency and resonant diagnostics of a healthy state.

Weekly diagnoses an organism helps support a health.

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 habits:

1. Seasonal preservation of balanced soul 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 soul 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 nature need and a habit to support a healthy state of an organism within a year.

2. Healthy seasonal food.

Accumulation of experience of seasonal healthy food develops nature need and a habit to support a healthy state of an organism within a year.

3. Choice of seasonal natural clothes.

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

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

5. 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 nature need and a habit to support a healthy condition of an organism within a year family members.

6. 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 nature need 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.

7. 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.

## 4. Diagnostics of an Organism

The health system can define a healthy condition of an organism, a cause of illness and pathologies on the basis of the medical data obtained by full diagnostics and analyses. Frequency-resonant diagnostics, a magnetic-resonant tomography, acupuncture diagnostics, akupressure diagnostics, pulse diagnostics, ultrasonography and X-ray are made. Analyses of acid-base balance of an urine, analyses of intracellular liquid and blood, analyses of composition of blood, analyses of the content of carbonic acid in an organism are made. Analyses the spectral analysis of products of allocation on the content of silicon is made. And other types of modern diagnostics and analyses are made.

## 5. Methodical and Staffing

In sanatorium establishments it is possible to create conditions practically to master and pass to a healthy lifestyle. First, it is necessary to increase quality of diagnostics of a condition of an organism for identification of a cause of illness. Elimination of a cause of illness will relieve patients of an illness for 100%. Secondly, to train specialists in the transfer of the population to a healthy lifestyle, who will lead daily discussions, consultations and a practical training with patients on complete control of an organism for a healthy state, on health to saving and on a healthy lifestyle. A healthy lifestyle of people reaches and keeps a healthy state.

Within the technological platform "Future Medicine" it is possible to provide with techniques and specialists sanatorium and resorts on preservation of health of the population at the expense of insurance medicine. In sanatorium establishments it is possible to create conditions practically to master and pass to a healthy lifestyle. For this purpose it is necessary to train the medical personnel. Training of specialists on landmark transfer of the population to a healthy lifestyle can be carried out on the basis of Institute of professional development of health workers and at medical universities.

To sanatorium and resorts come citizens from all cities of Russia and other country almost for a month. For this term it is possible to provide resort and sanatorium improvement and training in a healthy lifestyle. It will exempt economy of Russia from injection of financial means in medicine and will increase system effectiveness of health care.

Improving abilities, skills of saving of health, healthy lifestyle will be approved by the population as family and cultural tradition of society. The healthy condition of the person is supported by positive mental energy which is generated by a spiritual thoughtway, an ethical image of the word, good wishes, a healthy image of activity in an ecological pure environment, the spiritual relations, love to surrounding visible and invisible. It will pass from generation to generation.

## 6. Practical Results

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 INFORMATIC" developed fundamental knowledge, offered scientific and practical and scientific and methodical grants, and also the guide of training of specialists to a healthy lifestyle [1-16].

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.

The project in 2012 was included into library of the best Russian experiment on a healthy lifestyle. What is confirmed with the certificate from the Ministry of Health of the Russian Federation.

## 7. Conclusion

Human life has the spiritual nature which cornerstone spiritual processes are. Spiritual processes of activity of the person and society need to be cultivated consciously in society. They will help to gain health to mankind on a global scale. Improving institutions have to conduct information activation of spiritual processes.

Spiritual infrastructure of society influences in global and defining way health of everyone. Quickly it is necessary to restore, keep and improve health, spiritual and physical shape of the person and society understanding of spiritual processes of health.

There is a global interrelation between spiritual processes of the person and his physical health. We destroy ourselves by harmful passions from within. All of us at each other

influence - one and all. The spiritual state, as well as physical, gives in to a training. From a spiritual state to a healthy state - much more quickly.

The interrelation between spiritual processes of the person and his physical health (and also a condition of all society) is more considerable, than it is considered to be now. Moreover she - fundamental. Improvement of the person happens a positive mental energy which is generated by a spiritual thoughtway, in an ethical way of the word, good wishes, a healthy image of activity in an ecological pure environment, spiritual bonds with society.

It is necessary to develop health preserving medicine, which through sanatorium and spa facilities will help the population to master a healthy lifestyle and to form spiritual structure of society.

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