



GLOBAL JOURNAL OF MEDICAL RESEARCH: H
ORTHOPEDIC AND MUSCULOSKELETAL SYSTEM
Volume 23 Issue 1 Version 1.0 Year 2023
Type: Double Blind Peer Reviewed International Research Journal
Publisher: Global Journals Inc. (USA)
Online ISSN: 2249-4618 & Print ISSN: 0975-5888

Backbone's and Joints' Problems – Nature and Solutions

By Prof. Maria Kuman, PhD

Holistic Research Institute

Abstract- Based on my research, I explain in this article that the psychological stress is not the primary factor that causes the backbone's and joints' pain in elderly. The primary cause is their congested body, which had never been flushed. When the congested body is influenced by negative emotions (stress) or just negative thinking, which decrease the body energy and farther slowdown the processes in it, the level of pain goes up. To decrease the backbone's and joints' pain in the elderly, periodic cleansing of the body is recommended and exercises with extension of the backbone: 1/ by hanging on the arms and letting the body be pulled down by the gravitational forces, and 2/exercises of crawling on the arms and toes called "crocodile crawling", which extend the backbone and free it from the vertical pressure of walking on two legs.

Keywords: backbone pain; joints' pain; periodic cleansing recommended; hanging on arms for pain relief; "crocodile crawling" for pain relief.

GJMR-H Classification: NLM: WE 725



Strictly as per the compliance and regulations of:



© 2023. Prof. Maria Kuman, PhD. This research/review article is distributed under the terms of the Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0). You must give appropriate credit to authors and reference this article if parts of the article are reproduced in any manner. Applicable licensing terms are at <https://creativecommons.org/licenses/by-nc-nd/4.0/>.

Backbone's and Joints' Problems – Nature and Solutions

Prof. Maria Kuman, PhD

Abstract- Based on my research, I explain in this article that the psychological stress is not the primary factor that causes the backbone's and joints' pain in elderly. The primary cause is their congested body, which had never been flushed. When the congested body is influenced by negative emotions (stress) or just negative thinking, which decrease the body energy and farther slowdown the processes in it, the level of pain goes up. To decrease the backbone's and joints' pain in the elderly, periodic cleansing of the body is recommended and exercises with extension of the backbone: 1/ by hanging on the arms and letting the body be pulled down by the gravitational forces, and 2/exercises of crawling on the arms and toes called "crocodile crawling", which extend the backbone and free it from the vertical pressure of walking on two legs.

Keywords: *backbone pain; joints' pain; periodic cleansing recommended; hanging on arms for pain relief; "crocodile crawling" for pain relief.*

I. INTRODUCTION – MY STUDIES

Years ago, I studied in collaboration with Prof. Pilosoph what causes backpain. We found that psychological stress (negative emotions) was a factor, but what was not so obvious was: we found that in all patients with backpain the catabolic processes dominated over the metabolic, which meant that their bodies were congested. So, if most of the elderly complain about backpain (and joints' pain), it is obviously due to the fact that with the aging the body becomes more and more congested. The moving parts feel the congestion first – they refuse to operate properly. We change the filters of our cars and the filters of the air-conditioning in the house knowing that if we don't do this, they will stop working. However, somehow, we never think that we should flush our body periodically, if we want it to function properly, in the way we periodically change the filters of our cars and houses (see [1]).

Later in my life, I studied how negative emotions (psychological stress) or just negative thinking influences our body. My measurements showed that stress (negative emotions) or just negative thinking decrease the body energy [2]. When the body was already barely functioning because of severe congestion, and stress (negative emotions) or just negative thinking slowed the functioning further, the moving parts (the joints) feel it first because the

*Author: Holistic Research Institute, Knoxville, TN 37923, USA.
e-mail: holisticare1@gmail.com*

accumulated toxins become pulled to the joints and deposited in the joints. Obviously, it is not only the stress to blame for our pain in the joints, but we should blame ourselves for never cleansing the body. The oldest living man on Earth lived in China and died at age 256. The Chinese government gave him three certificates that he was the most long-living man on Earth- one at age 150, second at age 200, and third at age 250. When asked what is the secret of his longevity, he said: "Inner peace and periodic cleansing", i. e. flushing the toxins periodically and no stress [3].

II. PERIODIC CLEANSING OF THE BODY

In my book "Delicious Herbal and Folk Remedies [1], in the last chapter "Flushing Your Body Clean" I describe: 1/ how to flush your Gall Gladder and get rid of all the stones in it without any pain, 2/ how to cleanse your Liver, 3/ how to flush your kidneys, and 4/ how to cleanse your intestines and get rid of all parasites in them. When the body is old and congested, the parasites take over and parasites cleansing is most needed. My mother used to say that to be healthy at all ages, we need to do thorough cleansing of the body every year or every other year. I didn't do the cleansing for 10 years because I was too busy writing the books of my life and I paid a heavy price for this negligence. At age 60, I couldn't make a step without pain and my energy was very low – I was barely moving after the lawnmower. I would cut the grass only of ½ of the yard and leave the second half for another time. After I did the cleansing, I was running after the lawnmower, and when I finish cutting the grass of the whole yard, I felt I have energy to do another yard. My energy level was as high as it was 20 years earlier – as if the cleansing took 20 years off my age.

III. EXERCISES FOR PAIN RELIEF AND PERIODIC EXERCISES

When somebody was coming to my mother with complains about backpain, my mother would say: "Backpain? Nothing new – the man starting having backpain from the time he started walking on two legs." And she was right. When walking on two legs: man's organs are piled one on top of the other (and so are the vertebrae of the backbone), and the knees are loaded with the weight of the whole body. If so, it seems natural that if we crawl on our hands and toes, which is the

natural way animals move, we will release the pressure from our vertical walking; on our organs and on our backbones and knees. Walking on hands and toes is practiced in China and it is called “crocodile crawling”. The knee and backpain sufferers are dressed in uniforms, they crawl in single line (one after another), and chant something rhythmic as they crawl. They claim that when they are having the fun of doing it, they are getting rid of their backpain and the pain in their joints.

IV. HANGING EXERCISES

My mother would also recommend in addition to the periodic cleansing of the body, periodically from time to time to hang on branches of trees (or horizontal rails in the house) to release the pressure from our vertical walking on our backbones and on our knees.

V. CONCLUSION

Thus, if the elderly suffers more backpain and pain in the joints, it is because at this age the body is congested. If stress (negative emotions) or just negative thinking aggravates the pain, it is because negative emotions or just negative thinking slows down the processes even further and aggravates the pain. Periodic cleansing is recommended [1] and periodic exercises like hanging on the arms and letting the gravitation pull the body down (section 4) or walking on our hands and toes called “crocodile walking” (section 3).

REFERENCES RÉFÉRENCES REFERENCIAS

1. M. Kuman, Delicious Herbal and Folk Remedies, Health and Happiness Books, 1993.
2. M. Kuman, The Key to Health and Happiness – Not Only Is It important What We Eat and Drink, It Is Equally Important What We Think, Current Trends in Biomedical Engineering and Biosciences, 18 (1) 2019.
3. M. Kuman, Ancient Wisdom and Modern Science about Health and Happiness, Health and Happiness Books, 1997.