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## Holistic Approach to Pain

By Prof. Maria Kuman, PhD

*Abstract-* The article offers holistic approach to pain, definition of acute and chronic pain and how they need to be treated. Then the article explains why changes in the atmospheric pressure and microwave radiation increase the level of pain. The influence of our 4G and 5G technologies on our body, its health, and its levels of pain, is also discussed. Discussed is also the necessity to have safety regulations for the admissible safe electromagnetic radiation (including microwave radiation), in the way we have limits for safe ionization radiation. Since we all have electromagnetic field, which rules and regulates everything in the body, the influence of external electromagnetic fields (including microwaves) is substantial and should always be considered.

*Keywords:* pain; acute pain; chronic pain; pain and atmospheric pressure; pain and microwaves; pain and 4G/5G technologies; necessity of new regulations.

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# Holistic Approach to Pain

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## I. INTRODUCTION

Pain is the cry of the body for help. The body cries for help when the speed of metabolic processes at certain place is abnormal.

1. When the speed of processes is abnormally high, the pain is called acute pain. It usually serves the purpose to fight an invader-germ or restore damaged tissue. Since this needs to be done fast, the metabolic processes are sped up, which makes the temperature and electric characteristics at these places higher than in the surrounding media.
2. The body also cries for help when the speed of metabolic processes at certain place is much lower than in the surrounding media. These are the places of chronic pain, which have temperature and electric characteristics lower than the surrounding media because the metabolic processes are slower (usually caused by congested body)[1].

If chronic pain means metabolic processes slower than normal, putting ice on places of chronic pain is not right and this is what the doctors in the US recommend. Cooling indeed reduces temporarily the chronic pain because it slows down the propagation of pain impulses, but in a long run it slows down the process of healing. Thus, it is not right to put ice on top of places with chronic pain, which have slower metabolic processes, because the ice would slower the metabolic processes even farther and prolong the recovery. The right approach to chronic pain is to heat the painful place to speed the metabolic processes in it

or/and to cleanse the whole congested body, which will speed the metabolic processes in the whole body (see the last chapter Flushing the Body Clean of my book Delicious Herbal and Folk Remedies [2]).

## II. HOW CHANGES IN THE ATMOSPHERIC PRESSURE AND MICROWAVES INFLUENCE THE PAIN

All the doctors in the world know from observations that when the atmospheric pressure changes before the temperature would change, the pain of their patients goes up. They know this from observations, but they cannot explain why. I found explanation of why the pain increases when the atmospheric pressure changes in the ancient Chinese book on acupuncture [3]. According to the ancients, different size muscles contract differently when the atmospheric pressure changes(which makes sense). If so, when the atmospheric pressure changes, the different contraction of different size muscles will increase existing metabolic imbalance, which will increase the pain.

Other factor that increases the level of pain is microwave radiation. However, while the US scientists consider 10,000 to be safe, the Russian scientists claim that the safe level is 1 [4]. All the efforts of the Russian scientists to convince their American colleagues to lower their microwave safety standards were in vain-the safety level remained 10,000 [4]. Is this because in the US more pain means more gain? The information about what is considered safe in the US and Russia is in the book of Dr. Robert Becker "The Body Electric" [4]. Russian scientists also found that viruses manifest themselves in the aura in the mm diapason and our 4G internet is exactly in the mm diapason. This makes the 4G technologies and the ongoing pandemic related [5]. The oncoming 5G technologies with frequency 11 Hz according to study of Dr. Kanchgen (China) will change our DNA [6].

## III. MY FINDINGS THAT THE AURA (SPIRIT) IS EMOTIONAL

I spent more than 30 years of my life studding the aura. First, I was photographing the weak aura with Kirlian photography, which uses high frequency electric field to multiply the photons of the weak aura and make it photographable. (Kirlian photography of author's aura is shown on Fig. 1). Then I developed and patented very sensitive equipment capable to measure the weak field

of the aura (because it is 1,000 times weaker than the field created by the biocurrents of the body). My photos and my measurements showed that the aura is emotional—it shines brighter when we experience

positive emotions (or just think positively) and it is dimmer when we experience negative emotions (or just think negatively) [7].



*Fig. 1:* Kirlian Photography of Author's Aura in 1991

Since when we experience positive emotions (or just think positively), we feel in high Spirit, and when we experience negative emotions (or just think negatively) we feel in low Spirit, I concluded that the aura must be our emotional Spirit. Then I found that the Advanced Jewish Cabala was teaching to high priest that the aura is our Spirit [8]. I found that our aura (Spirit) is weak but very important informational field- it rules and regulates everything in the body not with its strength, but with the information it carries. Since only nonlinear electromagnetic fields (NEMF) do not dissipate and imprint information, I concluded that the aura (Spirit) must be NEMF. With my very sensitive equipment, I was able to measure the vortices (spinning clockwise) and anti-vortices (spinning counterclockwise) of this nonlinear field (NEMF) called "chakras", which means "spinning wheels" in Sanskrit.

#### IV. THE AURA (SPIRIT) NEMF AND THE MICROWAVES

I also found that the weak informational field of the Spirit NEMF rules the functioning of the whole system. The Russians found that our aura (Spirit) is sensitive to microwaves. If our aura (Spirit) integrate the system, the microwaves by influencing the nonlinear electromagnetic field (NEMF) of the aura (Spirit)[9] would seriously disturb the system. This means that if there was pain somewhere related to imbalance, microwaves would increase the imbalance, which would increase the level of pain. This is especially true for back pain and joints' pain.

#### V. THE LEFT-RIGHT IMBALANCE OF BACK PAIN

During the years, when measuring with my super-sensitive patented equipment the weak informational NEMF of the aura (Spirit)(which rules and regulates everything in the material body), I found in full agreement with ancient acupuncture books [3] that for man the right side of the body is stronger than the left, while for women the left side of the body is stronger than the right.

I found with my supersensitive measurements that when the body was in perfect balance and there were no pain complains, for males the right side of the backbone was with 0.25 microamperes stronger, while for females the left side of the backbone was with 0.25 microamperes stronger. When the difference left-right was reaching the value 1 microampere, the imbalance was felt as pain. 1/ I found that microwave radiation increases the imbalance, which leads to increased level of pain [7]. 2/ I found that the imbalance increases and the pain increases when the atmospheric pressure changes before the weather would change because as I explained different size muscles contract differently.

#### VI. WISELY PROGRAMMED PAIN LIMITS TO MAKE THE PAIN TOLERABLE

Recently, I fell and broke the bone of my right leg under the finus. For the bone to brake there, many muscles were extended beyond their level of tolerance. I was amazed how the process of muscle healing was wisely programed in time. The first week, I had strong pain on the inner side of the leg. After a week, the pain inside the leg subsided and I rejoiced that the next day I would be able to walk without pain. However, the next day I started feeling severe pain on the outer side of the leg.

After a week, when the pain outside the leg subsided and I rejoiced that the next day I would be able to walk without pain, I started feeling severe pain in the middle of the front side of the leg. The pain was wisely programed in the weak informational NEMF of the Spirit (seen as aura) - only one muscle to be painful at a time because if all 3 muscles were painful at once, it would be intolerable pain, i.e. too much to handle. It seems everything is wisely programmed in the weak informational NEMF of the Spirit.

#### VII. CONCLUSION

In this article, which is holistic approach to pain, I defined what is acute and chronic pain and how they need to be treated. Based on measurements with my supersensitive equipment, I explained the influence of changes in the atmospheric pressure and the influence of microwaves on back pain. Considering the fact that microwaves increase the level of pain, I underlined the necessity to have safety regulations about the amount of admissible electromagnetic radiation (including microwaves) in the way we have safety regulations for ionizing radiation.

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