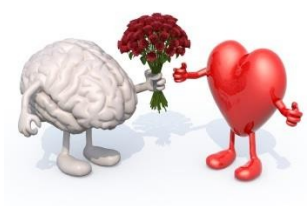


SALUTOGENESIS IN APPLICATION

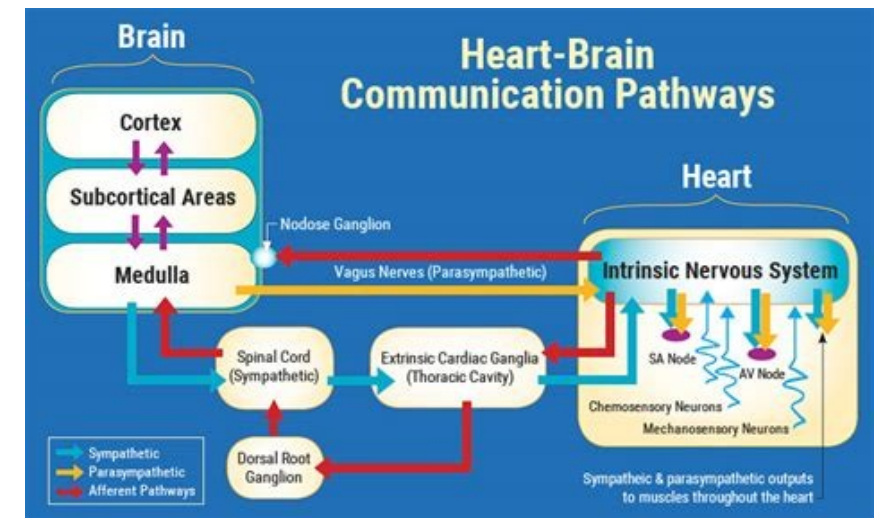
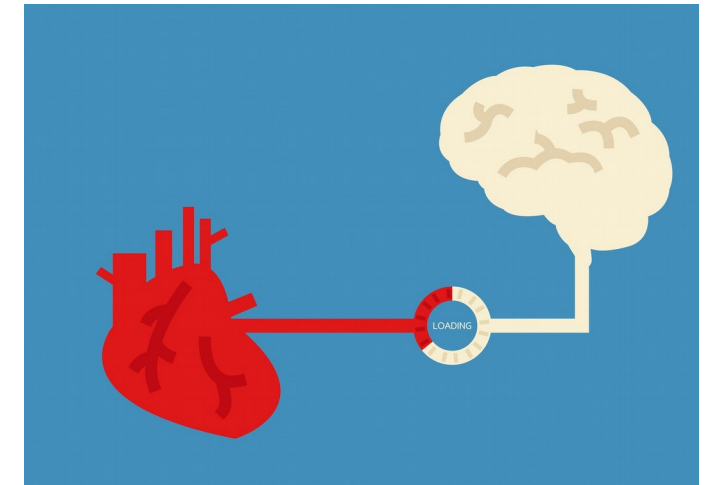
(Stephen I. Ternyik & Alfredo Fermelia)

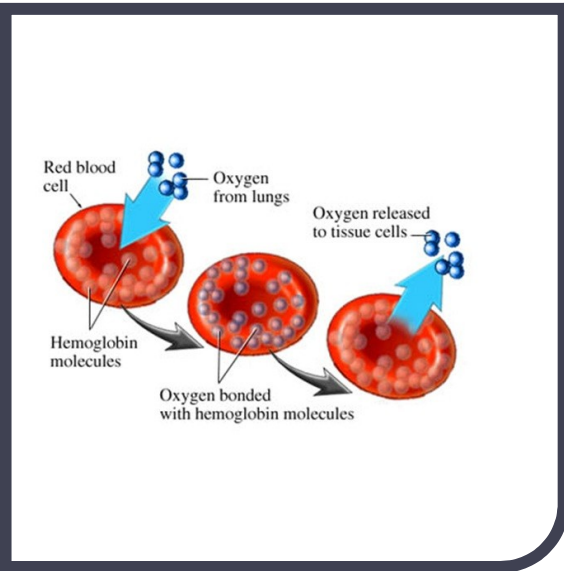
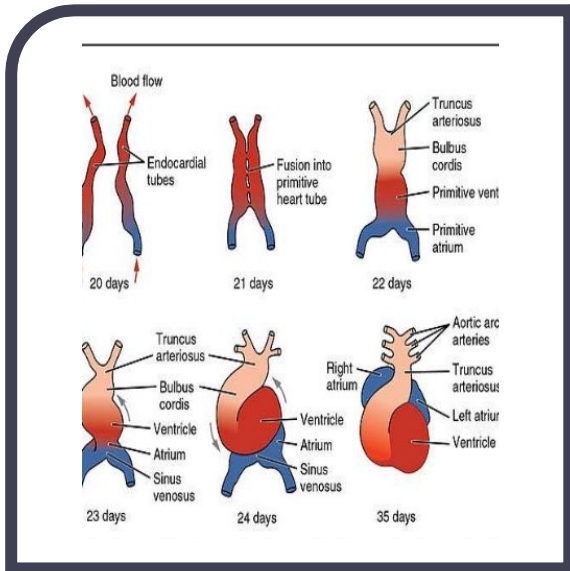
CARDIO-MENTAL HEALTH



The physiological link between somatic medicine and spiritual healing is **cardio-mental health**, i.e. the heart brain interplay.

We need to understand the medical working principles of the living human body and spirit as a whole life-span cycle.



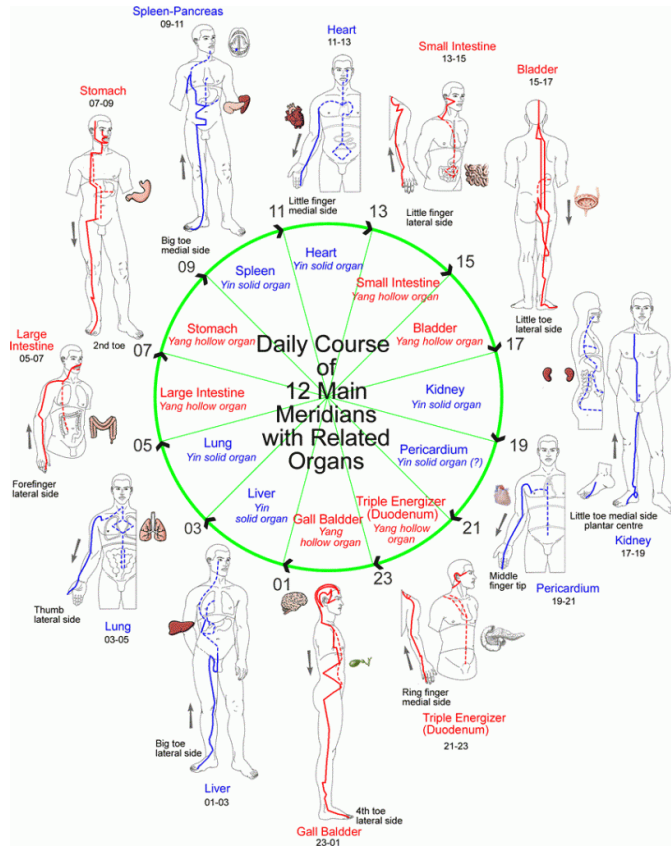


The fetal heart beat starts ~3 weeks after conception as separate blood system. All this starts on a neural platform as zygotic process.

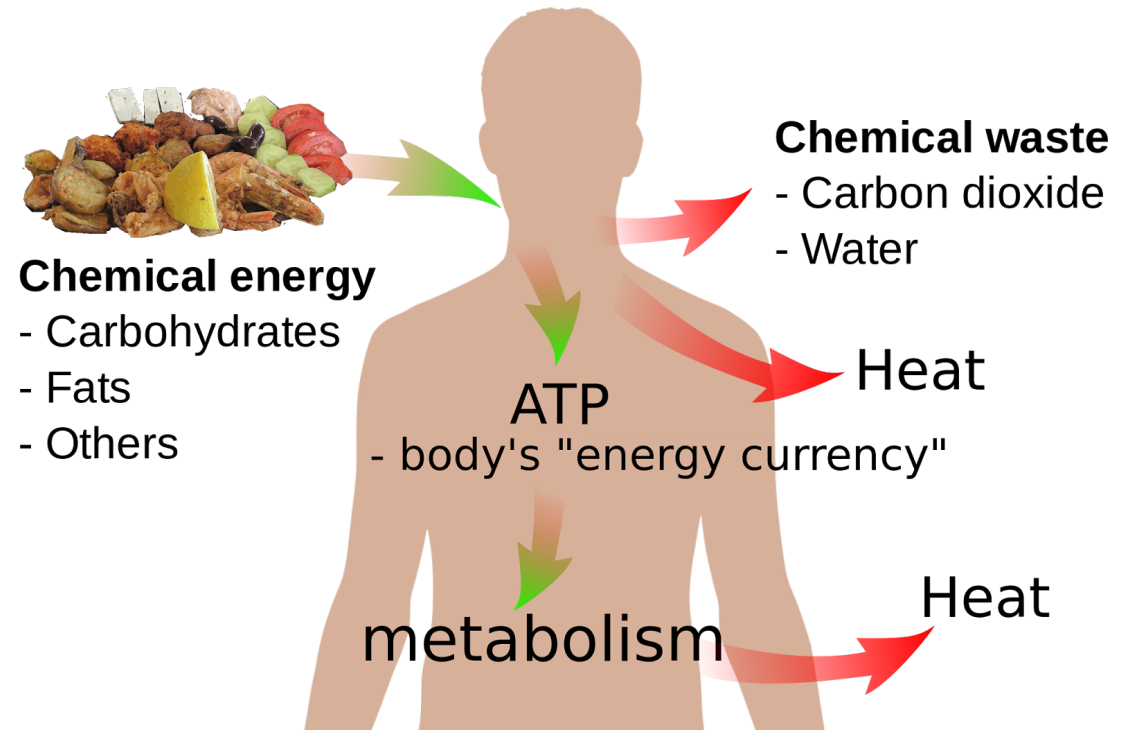
The brain begins to develop out of this neural plate in the 6-7 week.

Medical healing methods work on distinct intervention levels (physical=palliation; physiological=cure; psychological=early detection; spiritual=prevention)

This levels of treatment correspond to different physical theories (anatomy=mechanics; physiology=relativity; regulation=quantum; information=field).

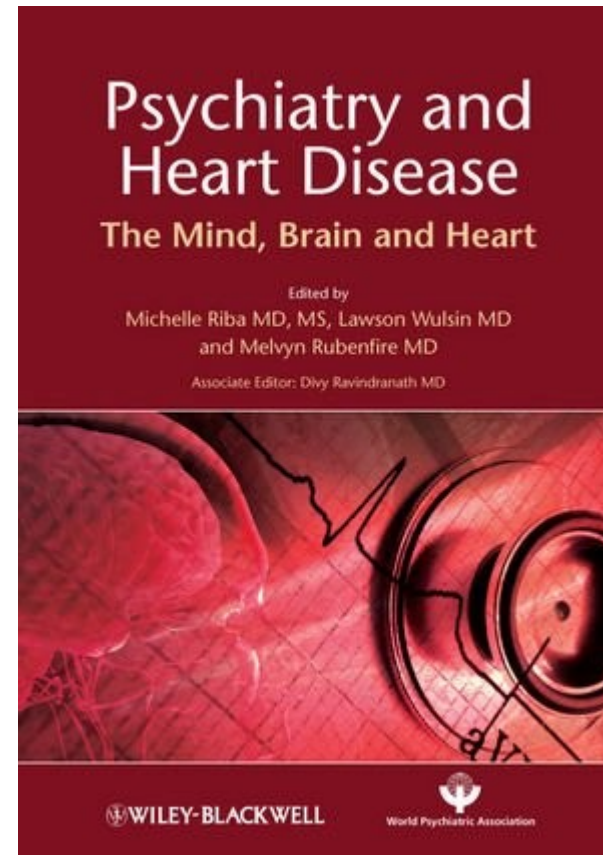


Energy and human life



The heart as primordial organ seems to possess the psycho-mental capacities to be a neural pathway for emotional intuition, conscious cognition and anticipatory pre-cognition (awake and in sleep).

The heart and the brain are in a non-stop (24/7) communication process. Cardio-mental health is the vital link between somatic and spiritual healing therapies (based on light, air, water, earth).

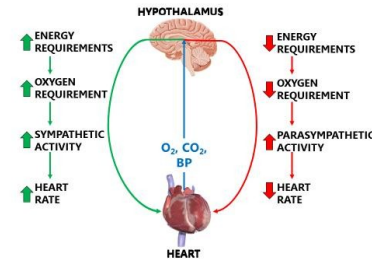
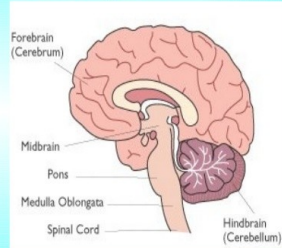


Heart-Brain Factoids

- The heart has a system of neurons that have both short- and long-term memory, and the signals they send to the brain can affect our emotional experiences.
- The heart sends more information to the brain than the brain sends to the heart.
- Coherent heart rhythms help the brain in creativity and innovative problem-solving.

Medulla Oblongata

The lowest part of the brainstem. The medulla oblongata looks like a swelling at the tip of the spinal cord; it is connected with the spinal cord. The medulla oblongata controls the reflex responses that control breathing, heart beat, blood pressure, and other essential involuntary functions. It also contains part of the reticular formation that plays a role in arousal states, such as wakefulness and attention.



Released stress hormones interact with our body. CORTISOL inhibits the immune system (e.g. the killing of cancer cells) and ADRENALINE results in increased heart-beat (faster lung ventilation, muscle tension, digestive system). Both systems (immune and endocrine) are sub-functions of the nervous system. Depression and infertility are related to this pathological complex.

New medical approaches like psycho-neuro-immunology (PNI) point to the role of pathological stress stimuli in physio-mental health.

Control of the Heart Rate

Two autonomic nerves link the cardiovascular centre in the brain with the SA node of the heart

A sympathetic nerve, when stimulated, releases noradrenaline at its terminus with the SA node and this chemical speeds the heart rate

This parasympathetic nerve is a branch of the vagus nerve

The heart rate is therefore determined by the balance between sympathetic and parasympathetic nerve activity

A parasympathetic nerve, when stimulated, releases acetylcholine at its terminus with the SA node and this chemical slows the heart rate

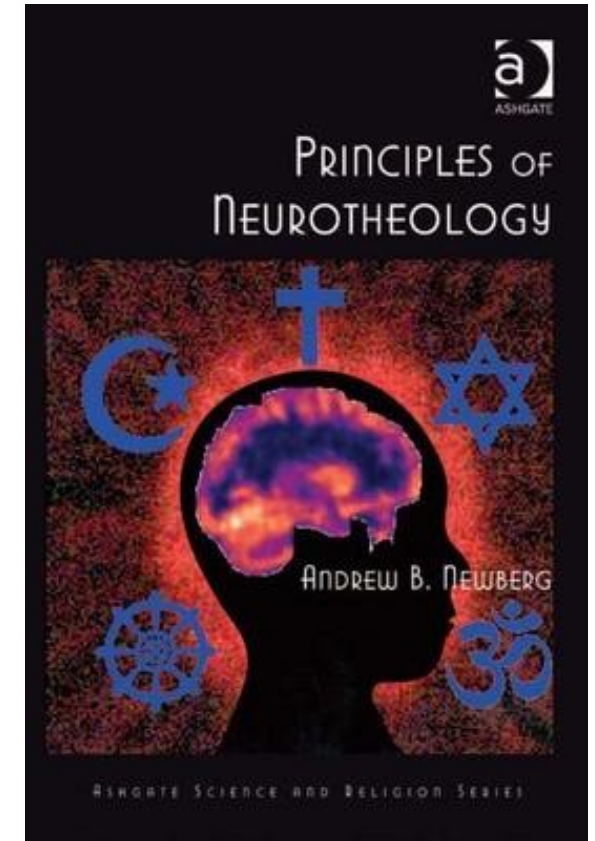
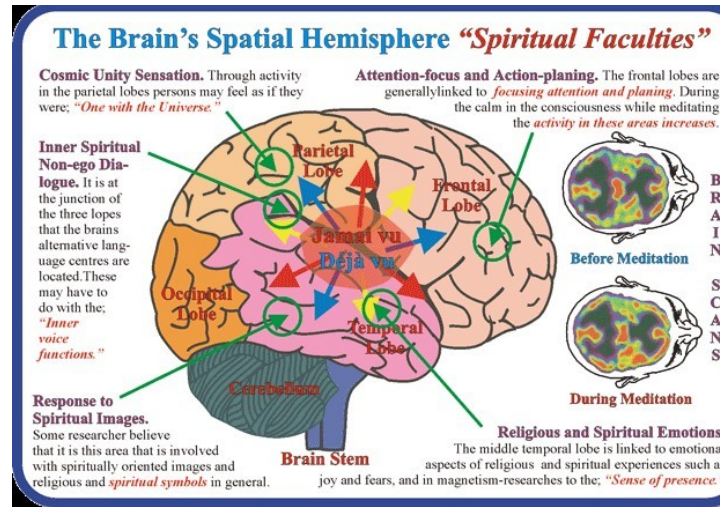
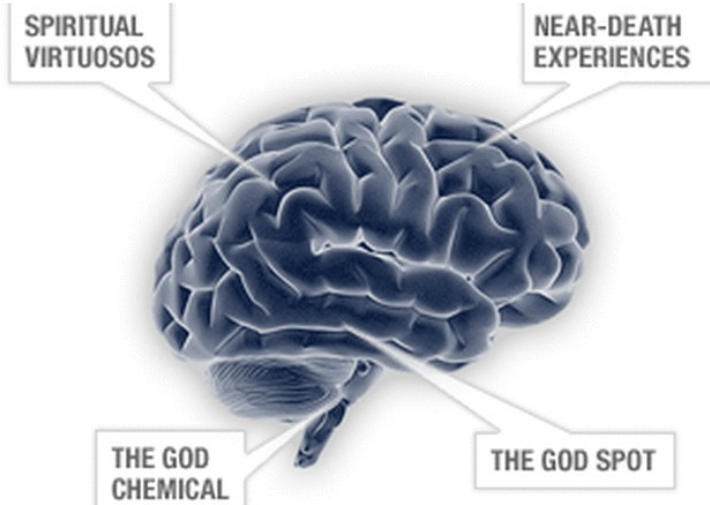
Sympathetic activity dominates during periods of exercise, stress and excitement

Parasympathetic activity dominates during periods of rest and sleep

Numerous sympathetic nerves also innervate (link to) the walls of the two ventricles where they increase the force of contraction of these chambers

Increased sympathetic activity also stimulates the release of the hormone adrenaline from the adrenal glands; adrenaline increases both the heart rate and its force of contraction

NEXT

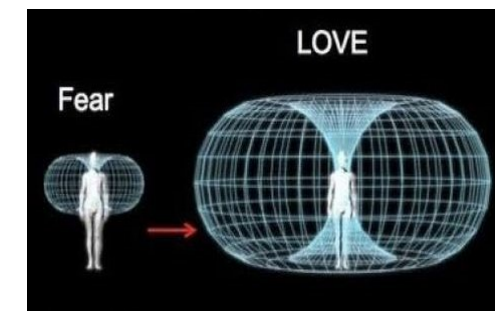
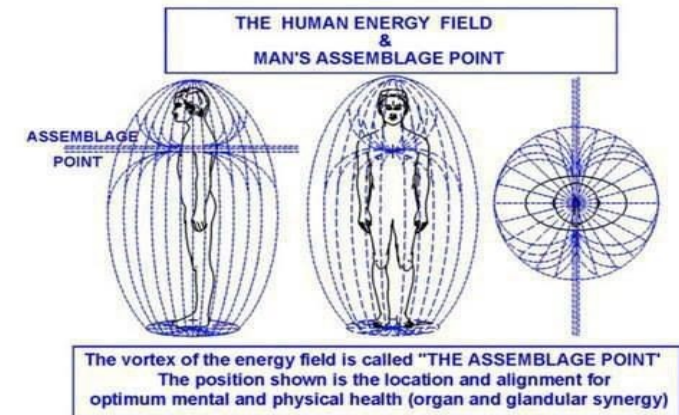
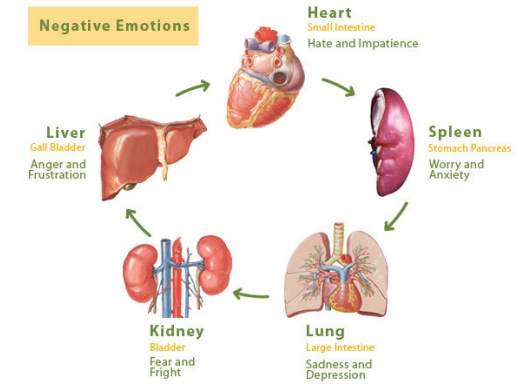


Treating the patient's underlying spiritual problem and enhance spiritual well-being, which is the source of the physical malady, can factually affect the physical symptoms.

The medical power of healing words, in search for spiritual health and truth in this life, is the classical ancient pathway to target the root problem (besides drugs and surgery as emergency techniques).

Mastering (controlling/steering) our heart beat frequency by conscious cognition is the medical key (vortex of neural energy) to develop our holistic health behavior.

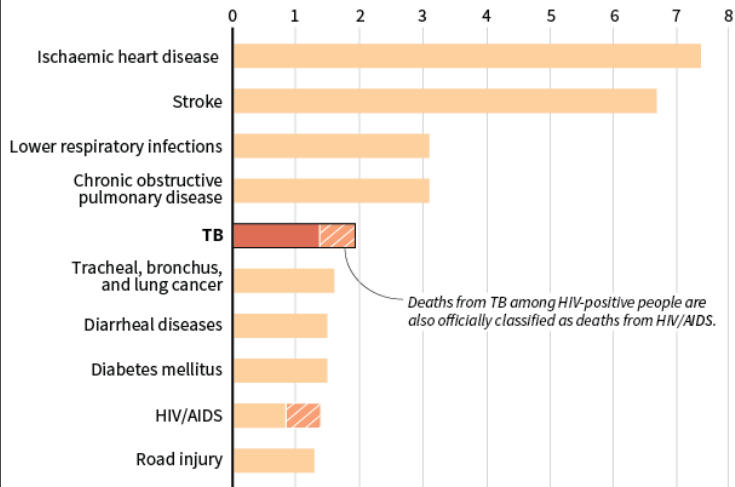
Communicating with the complexity of our living human body is a medical matter of feedback and response, to mentally (spiritually) master the necessary physical slave functions of the working body. The physical heart-beat and breathing of the destructive materialist ego can be properly spiritualized and purified by attaining a higher state of perpetual awareness and consciousness. Behavioral transgressions of spiritual principles affect corresponding physical organs.



TB Is In The Top Ten Leading Causes Of Death Worldwide

One person dies from tuberculosis about every twenty seconds.

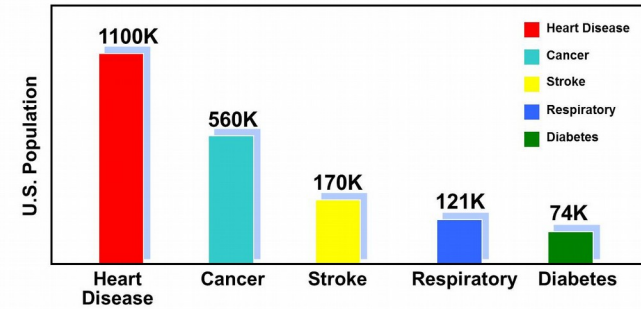
Top causes of death worldwide in 2012, in millions



Source: WHO

The Huffington Post

The Top Killer Diseases in U.S.

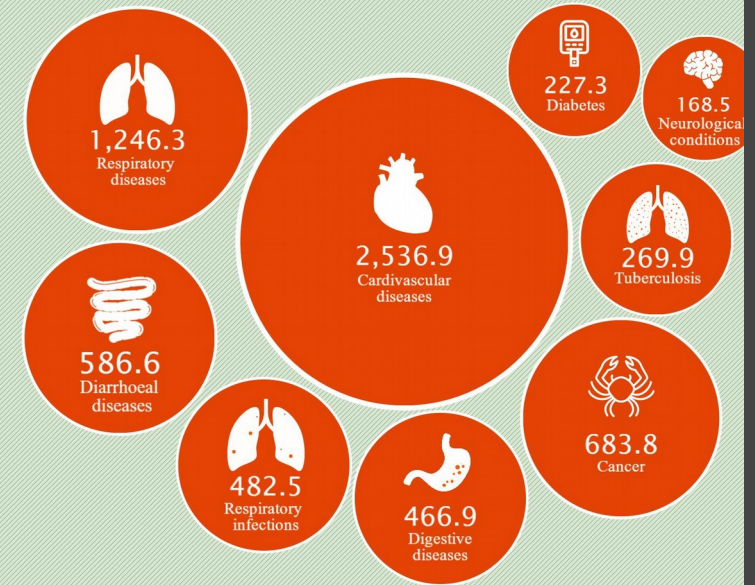


Is there a connection? a common denominator among top killers?

- Similar root causes?
- Nutrient deficiencies, inflammation, oxidation, cell starvation
- Slow, wasting diseases
- Increase in Deaths when processed foods increased
- Pre-cursors: obesity, high blood pressure, high cholesterol, fatigue

TOP KILLER DISEASES

Estimated deaths per 100,000 people



The heart of our medical problems

can be targeted by the concept of cardio-mental health. Salutogenesis is about activating our resistance resources against pathological stressors by conscious cognition.

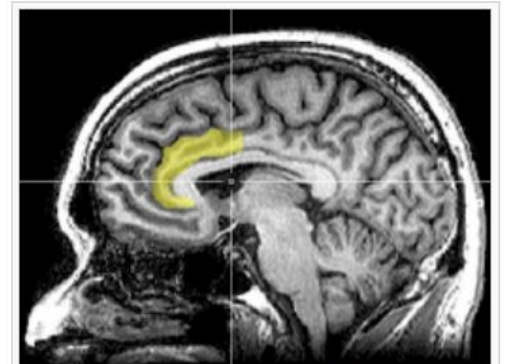
Psycho-mental disharmonies create physical stress, which result medically in pathological heart-beat frequencies and blood pressure.

The only real budget that we are given is our life-time.

"Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief."



Frantz Fanon



There is evidence suggesting that the more the [anterior cingulate cortex](#) signals conflict, the more dissonance a person experiences and the more their attitudes may change.



Create in me a pure
heart, O God,
and renew a steadfast
spirit within me.
Do not cast me from
your presence
or take your Holy Spirit
from me.
Restore to me the joy
of your salvation
and grant me a willing
spirit, to sustain me.
Psalm 51:10-12