

Review Article

Cooling the Lower Abdomen for Pain Relief, Boosting the Immune System, Stopping the Hot Flashes During Menopause and Better Sleep

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Abstract

The article is about cooling (with cold water) of the lower abdomen (which is most sensitive to cold) for: relief of abdominal pain, boosting the immune system, handling hot flashes during menopause and better sleep. The article also explains how it works - it is done through the biofield seen as aura, which rules and regulates everything in the body. I found it to be Nonlinear Electromagnetic Field (NEMF), which being nonlinear is not dissipating and can imprint information. The waves of the biofield (aura) scan the new environment and bring the information to the material body telling it how to change to adapt to the new environment. If the environment is drastically new, it handles the evolution to new species. In the process of adaptation, first the biofield (aura) NEMF is changed and if the drastically new environment stays the same for a long time, it evolves into DNA changes and evolution to new species. A proof that the evolution to new species is done through the biofield is the fact that the evolution to new species is done through a quantum jump - there are no intermediate forms.

Keywords: Cooling the Abdomen for Pain Relief; Cooling for Boosting the Immune System; Cooling for Handling Hot Flashes; Cooling for Improving Sleep; Mechanism of Work Explained

Introduction

The ability of all living beings (plants, animals and humans) to adapt to new environment is limitless. If the adaptation to new environment requires very dramatic changes in the body, the living beings evolve to new species. It is done through the biofield seen as aura (light) - a weak Nonlinear Electromagnetic Field (NEMF), which being nonlinear can imprint information. This informational field with its waves running downward on the back of the

body (along the acupuncture meridians) scans the new environment. The waves with the imprinted information of the new environment run upward on the front of the body (along the acupuncture meridians) to tell the biofield (aura) NEMF, which rules and regulates everything, how the body should change to adapt to the new environment [1].

Hibernation Is a Way of Adaptation to Low Temperatures

As the organisms of the animals were becoming more and more complex, their ability to adapt to new environment and evolve were becoming better and better. One of the response reactions of animals to the cold winter temperatures is - hibernation. When the body temperature of Marmota (Sciurida) during the day (in active state) in all 3 seasons is 38°C, during the winter when the temperatures are low, Marmota's bodies are in a state of hibernation: their body temperature is 4.6°C, their breathing is decreased from 24 to 2-3 per minute and their heart beats are decreased from 140 to 3 - 15 per minute. The animals stop to grow and their hair and nails stop to grow [2]. The animals found that hibernation is the best way to adapt to the low winter temperatures.

During hibernation, when the life energy is drastically decreased, experiments showed that the immune system is boosted - it successfully fights harmful germs [2]. It was found that during hibernation the resistance of bats to spirochete infection tremendously increased. Infected bats, while at body temperature 38°C, had hundreds of thousands of trypanosomes in a drop of blood and the animals died after 9 - 13 days, in a state of hibernation when the body temperature was 30°C, the trypanosomes in the blood totally disappeared after 2 - 3 days and the animals were healthy [2]. Therefore, hibernating animals have much higher resistance to infections, which means that their immune system becomes stronger to protect them.

Induced Hibernation for Boosting the Immune System

Laborit and P Hugenard developed in 1956 a method of induced hibernation to be used on people in the medical practice [2]. Unfortunately, it didn't gain popularity. Parfenov in his book [2] (published in 1960) claims that the cooling, which boosts the immune system, works through the Central Nervous System (CNS) and through the Sympatico-Adrenaline System (SAS). However, in the new millennium, we should know better - we should know that all the processes of adaptation to new environment are done by the biofield (aura), which I found to be weak Nonlinear Electromagnetic Field (NEMF). Being nonlinear, the field does not dissipate and can imprint information about the new environment and guide the body how to change to adapt to the new environment [3,4].

When the adaptation to new environment requires too drastic changes, the living beings evolve to new species. In the evolution to new species, the leading role of the biofield (aura) NEMF can also be seen. In my article, based on the experiments of Dr. Levin with Planaria worms, I explained that obviously the biofield (aura) NEMF plays essential role not only in the process of adaptation to new environment, but also in the process of evolution of all living beings into new species because the biofield (aura) NEMF changes first and only when the new environment stays the same for a long time, the changed NEMF leads to changed DNA and the living beings evolve to new species [5,6].

Cold-Water Treatment of the Abdomen for Boosting the Immune System and Abdominal Pain Relief

But let's go back to the hibernation - adaptation to the cold winter temperatures, which was found to boost the immune system [2]. Since in our body, the abdomen is most sensitive to cold, the abdomen will be the perfect place to treat with cold water to boost the immune system. Take a facial towel, fold it into two, stitch two sides and you will have a bag you can put your hand into. Dip the bag into cold water and then squeeze it, but not fully. Put your hand in the wet cold bag and start rubbing the low abdomen horizontally with it. When the bag becomes warm, dip it in the cold water again. Do this every morning starting with 3 - 5 min the first time. Since the body adapts to the cold, to keep the simulation effect of the cold water going on, the duration of the cold-water treatment needs to increase with 1 min every day until it reaches half an hour treatment [7].

When I became pregnant, I had a "myoma on a leg" - a myoma, which was connected to the uterus with a string of tissue [8]. Each time when I was supposed to have menses, the uterus was contracting, the myoma leg (string) was pulled and I had excruciating pain. With the advance of the pregnancy, the blood supply of the uterus to feed the baby to grow, was feeding also the myoma to grow and the bigger was the myoma, the bigger was the pain. To avoid taking drugs for pain-relieve (because I didn't know how this will influence the baby), I started cold water treatment of the lower abdomen. But before to start the cooling treatments, I checked the literature about how the cooling would influence the fetus. Russian studies on pregnant mice living at low temperatures (cooling) was found to enlarge the adrenal glands of the fetuses, which made the baby-mice healthier and sped their development [2]. So, the effect of cooling on the fetus was strongly positive and I decided to go on with the cooling of the abdomen [8].

Each time the uterus was contracting and the pain was going up, I was doing the cooling of the low abdomen with cold water and increasing the time of treatment with 1 min (until the duration of treatment reached ½ hour). After the cooling, I would lie in bed and cover myself with a thick blanket to warm up - the baby would start kicking to warm up. After a while the baby would stop kicking and the pain would stop - it was a blissful peaceful state. The baby was born earlier then the doctor expected and his development was indeed sped up - he was 20 days old when he was standing firmly on his legs, he started walking when 7 months old and he started running when 11 months old. And he was a healthy baby and child [8].

Cold-Water Treatment of the Abdomen for Handling the Hot Flashes during Menopause

Cold-water treatment of the abdomen is also the best way to handle the hot flashes during menopause [7]. I started the cold-water treatments of the abdomen the day the hot flashes started. After 3 days of cold-water treatments, my hot flashes stopped. I continued the cold-water treatments for 3 months. I never had hot flashes but the first 3 days. My explanation of the effectiveness of the cold-water treatment of the lower abdomen for handling the hot flashes during menopause is - in the lower abdomen are the acupuncture points treated to regulate the monthly menstrual periods of females [9]. The 3 months of cold-water treatments for my hot flashes were also the healthiest period of my life - I was healthy regardless how many people around me were sneezing and coughing [10].

Conclusion

Thus, cold-water treatments of the lower abdomen every morning:

1. Eliminates any kind of abdominal pain
2. Boosts the immune system (the person doing cold-water treatments is healthy regardless how many people around him are coughing and sneezing)
3. Eliminates the hot flashes during menopause and 4/ as an extra bonus, improves the quality of sleep

Research done in Russia showed that cold-water treatment of the neck and shoulders is also beneficial:

1. It speeds up the healing of wounds on the scalp
2. It changes the blood supply to the retina
3. It changes the blood supply to the brain
4. It changes the sympathetic ganglia in the upper neck. As a whole, cold-water treatments are beneficial

Conflict of Interests

The authors have no conflict of interest to declare.

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