

Editorial

Nontrivial Approach to Insomnia, Cancer and Alzheimer Disease

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Editorial

I was doing research on acupuncture in Europe with a famous acupuncturist, who specialized in China. One of the medical doctors working in the same clinic came to the acupuncturist complaining that he couldn't sleep the last night and asked if she could help. She told him to lay on the table and put some needles on him. Less than 5 minutes later he was snoring loudly. One of the acupuncture points treated for insomnia is Small Intestines (SI), which is at the junction of the bones of the thumb and the pointing fingers [1]. What insomnia has to do with small intestines?

A very ancient way to easy fall asleep is to eat a few chopped scallions of garlic (with yogurt, for example) before to go to bed. It really works – it helps to fall asleep [2]. At the same time, garlic is an ancient remedy for parasites in the intestines [2]. Are we not able to sleep because the parasites in our small intestines are too active during the night? Is the garlic making the parasites drowsy and not so active and with this helping us to sleep? Our science links the insomnia only to the brain, but the facts that: 1/ acupuncture stimulate the small intestines to restore the sleep and 2/ the garlic help asleep by decreasing the parasites' activity in the small intestines means that insomnia could be related to parasites.

Also, one of the ways to check if you have parasites is to spit in water - if the spit does not dissociate, you have parasites and the spit does not dissipate because a slimy substance keeps the spit together [2]. This slimy substance is the parasites' exhaust, which is dumped into the lymphatic system, which fills the space between the cells, called extracellular space. Russian

studies found that when the field between the cells drop 10 times, the thick slimy liquid can crystalize in crystal formations like stacked coins. These crystals disconnect the cells and they start to multiply senselessly.

In a cut wound, when the cells are disconnected, they start to multiply fast to heal the wound fast and the new cells are ruled where to go by the current of regrowth, which starts at the cut. In the case of cancer, the cells are disconnected, but there is no current of regrowth to rule the growth and the cells multiply senselessly, which is called malignancy. There are two reasons for formation of crystals between the cells, which disconnect the cells and lead to cancer: 1/ decreased by stress field between the cells [3] and 2/ parasites' exhaust, which makes the lymphatic liquid between the cells so thick that after certain critical thickness, it crystalizes, which disconnect the cells and starts the malignancy [4].

In the case of Alzheimer disease, the situation is similar [5]. There are two reasons for formation of amyloid plaques (crystal-like formations in the space between the cells, which by making the communication of the neurons impossible cause the dementia): 1/ decreased by stress field between the cells and 2/ parasites, whose toxic exhaust make the lymphatic liquid between the cells too thick and after certain critical value of thickness, this thick liquid crystalizes as amyloid plaques. In many cases, at autopsy of Alzheimer patients, parasites were found even in the brain. But the role of the parasites in Alzheimer disease and the formation of the amyloid plaques continues to be denied.

When we are young, our immune system is strong and the young body has the parasites under control. However, with the aging

the body and its immune system become weaker and the parasites take over. For that reason, insomnia, cancer and Alzheimer disease are more frequent among elderly.

Keywords: Immune System; Insomnia; Cancer; Alzheimer Disease

Conflict of Interests

The author declares no conflicts of interest.

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