



Natural Science Approach to Determination of Health and Formation of Healthy Lifestyle

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Abstract

Despite many attempts to measure health, it wasn't offered any scale which would have practical value in this plan. Absence of the uniform point of view on a problem of essence of health is obvious. A specification of essence of health – the main methodological problem of the doctrine about health. In article health is allocated in independent medico-social category which is characterized by direct indicators. In the middle of the last century professor of Technical University of Munich of Winfried Otto Schumann has established that Earth and its ionosphere form the huge resonator where waves of ultralow frequencies which without effort can repeatedly bend around Earth extend. Within 60 years after the numerous researches and rechecks the frequency of Earth of 8 Hz has been determined. Since then in science this frequency is called the frequency of a resonance of Schuman. Formation of standing waves in such resonator has been called Schuman's resonance subsequently. Doctor Robert Becker, measuring brain waves during the sessions of remote influence has established that these waves coincide with Schuman's waves. Besides, waves of the right and left cerebral hemispheres at such moments, are equal on frequency and are opposite on amplitude that leads to formation of standing waves. Standing waves of a brain are capable to enter interaction with Schuman's waves. Doctor Robert Becker is convinced that the uniform vibration frequency capable to influence live surrounding objects including on water is the cornerstone of the universe. He has measured waves of a brain of many spiritual healthy people. He has found out that all of them have identical frequencies - 8 Hz, isn't dependent on their religious and spiritual traditions, and are synchronized with Schuman's waves both on frequency, and on a phase. Healthy people have balanced mentality and a resonance of cages in a biofield at a vibration frequency of 8 hertz. In article health saving aspects which promote are considered to become to health care, really, public.

Keyword: Health Creative Outlook; Healthy Abilities; Skills Savings Health; Healthy Lifestyle

Introduction

Definition of health by World Health Organization: Health is a condition of full physical, mental and social well-being [1]. Definition of health in the law on health protection: Health is a condition of physical, mental and social wellbeing at which there are no diseases, and also disorders of functions of bodies and systems of an organism. The medical reference book describes symptoms more than one thousand diseases. To carry out periodically diagnostics on all possible diseases and frustration of bodies and systems of an organism for all population it is almost impossible, and, therefore, to hold preventive events.

The genetic passport of health indicates predisposition to various diseases, as hereditary conditionality under adverse environmental conditions. The word HEALTH in the name of the genetic passport has donozological character. The genetic passport indicates predisposition to various diseases. It is the donozological passport. Predisposition to diseases demands from the person of constant attention to environmental conditions and to control of the relevant vital systems which are inclined to these diseases under adverse environmental conditions. On the basis of the genetic passport the complex of preventive and diagnostic actions for prevention of developing of a disease is formed.

Health – category not only medicobiological, but also social. Performance by the individual of the biological and social functions can be treated as manifestation of health. Ability of the individual to realize the biological and social functions indicates his health. Not ability to show the health – in other words to realize the biological and social functions – indicates a disease or an illness of the person.

Vibration field nature of life

Everything that exists, vibrates. The matter is slowly vibrating energy. The spirit, thought, idea – is the energy vibrating with the highest speed. All types of life show fluctuations, frequencies and which amplitudes various. According to spiritual truth of creation of life, God in 6000 years created power information vibration fields and, on their basis, generated life. According to the physical theory of explosion, there were power information vibration fields from which by self-organization there was a life.

The latest discoveries of modern physics confirm this fact. Life is a perpetual motion. In the Universe nothing can stop. Distinctions in manifestation of a matter and energy are explained by that they variously vibrate.

According to definition of modern physics, vibration or fluctuation are processes of radiation of energy through identical periods. Fluctuation is a fundamental form of the movement.

The perception of a sound requires a certain frequency of fluctuation, for light higher speed of fluctuation of energy. Than energy is more perfect – that with greater speed it vibrates. Any vibration has property to extend and have impact on environment. It is possible to present, what changes in the space surrounding us and in us cause vibrations of anger, hatred, rage, and what vibration changes are caused by fine music, the feeling of love shown by us or to us.

From the highest spiritual spheres of vibration of spirit and thought consistently astral worlds, and then physical get, recovering them and extending in all the Divine Providence.

Any matter (dense low-frequency energy) interacts with high-frequency energy and generates information (shows consciousness). Beginning from the elementary cage and to space structure, for example stars, everything is absolute in the universe contains energy and generates information (shows consciousness). The energy which is in everything is radiated from everything in the form

of vibrations, radiations. Everything in the Universe radiates round itself power vibrations. Vibrations differ on frequency. The consciousness is more shown, the energy is stronger and the more so highly this energy vibrates. That is, then the consciousness in the person is shown above, especially, strong highly vibration energy is radiated by this person.

The person who reached high spiritual development, radiates very thin vibrations. At its presence it is comfortable. Its vibrations very strongly energetically feed. For this reason, the highest energy of love is called as divine love.

Beginning from corpuscles, electrons, atoms, smaller particles of energy not known to science, to the worlds, solar systems, galaxies so far, everything is absolute in the Universe is in a condition of fluctuation, perpetual motion. All material forms of the nature differ from each other in a vibration condition of energy.

We will present the Universal scale of power vibrations, that is a life scale, on extent of manifestation of energy and frequency of vibrations. On one limit pole - inner worlds, energy forming them, show the highest vibrations and the highest consciousness, and come nearer to the Absolute. Here vibrations of energy happen to such intensity and to such speed limit that are represented being at rest. On other, opposite end of a scale there are dense forms of a material world (stone) which vibrations are so low, slowed so down that too seem motionless, though it not so. Between them the huge range of vibration life, huge range of the shown consciousness.

Everything in the universe moves, everything vibrates, nothing is based, the stop means disappearance in the universe.

Everything vibrates variously and in various directions. From extent of vibration, extent of manifestation of life depends. The vibration of energy which contains in a form is higher, this form will be more vital. Both the stone and fiery elements vibrate, both the live. The fiery elements are more vigorous. Different manifestation of vibrations - different manifestations of life. With change of speed of vibrations manifestation of life and manifestation of consciousness changes. The frequency of vibrations is higher, the life is shown more actively, and the consciousness is higher.

In the Universe there is an infinite set of forms of life, a set of the forms of existence differing on the level of consciousness and level of energy.

The person is identical to the Universe, we are triple, as well as the Universe. We have a physical body which vibrates. The radio body shows higher vibrations and it more power saturated, than a physical body. The radio double who supplies it with energy has each body. Higher body, a body thin or astral - vibrations thinner, energy mightier and strong. The consciousness of this body is shown as feeling. The thinnest on vibrations is the mental body. We are the feeling and conceiving beings therefore constantly we radiate these or those vibrations of feelings and thoughts in environment. The world around very much depends on our impact on it. Flowers if we often are at rest, pleasure or love can blossom. Relatives if we often are in a condition of anger, irritations, rage can be ill. The disease is the low-frequency destroying vibrations. To change the vibrations, change the state. To change the destroying vibrations, it is necessary to concentrate on positive thoughts, desires and feelings.

To contact with the astral world means that your astral body has to vibrate in the range of frequencies, as the astral world. It is reached by creative occupations at people of art, at poets, musicians, artists. Depending on that with what plan of the astral world his astral body enters a resonance, there are these or those works of art. If there is a resonant accord with high plans of the astral world, its art transfers vibrations of this plan. The person of art is only the conductor of influence of vibrations of the highest worlds on the terrestrial world. If more often it is adjusted on vibration of the lowest subplans of the astral world, there is Bosch's painting. Remember two different in influence on the viewer of pictures Chagall. One pictures when it was in love, and then his astral body vibrated in unison with the highest plans of the thin world since radiated very high vibrations of love. And others, gloomy, disturbing, sated in the brown flowers when he endured arrival of fascism. A condition of alarm, fear are conditions of low vibrations. His astral body could be adjusted only on vibration of low subplans of the astral world. From here such colors in pictures and such impact on the viewer. On influence on us of pictures, music, poetry, we can always define, in what emotional states there was their founder.

The most power, the most effective is the thought. The thinnest on vibrations is our mental body. Thought the strongest, most effective manifestation of consciousness which is available to the person. The person with a spiritual mental body is spiritually imperious, mighty being.

We exist at the ocean of vibrations. Everything vibrates around, any space vibrates. We catch any vibration background, having entered the apartment, establishment, communicating with any person, being outdoors. Everything is absolute in the world bears information on itself since all vibrates. Unfortunately, we, ordinary people, are capable to feel very small range of vibrations. Spiritual development is an ability to feel more highly frequency range of vibrations of the world in which we exist. For us the most important are states of mind and ability to control the emotions and the thoughts.

Any state of mind is the vibration radiation therefore it is necessary to trace the states of mind and if it is necessary to change the sincere manifestations consciously. To transfer itself or other person to a kind state of mind it is possible to use highly vibrating music, it is that tool which influences our state of mind. It is better to form spiritual consciousness which constantly holds a kind state of mind.

The government which is anxious with development of the people, has to pay more attention to development of art and spiritual culture, and not just to development of the industry. High art and culture spiritualize and improve and raise a power state. The correct prayer as expression of love for God, as gratitude for life, is a power method of management of a power state, method of an eminence of a state of mind.

It is possible to lower the vibration state, to enter the person into a condition of anger, art it too can do. The martial music adjusts the person on eagerness to fight and aggression. Metal music causes aggression in youth. At communication with the person angry, angry other person experiences vibration influence and too starts being irritated. It is possible to catch not only an infection, it is possible to catch low vibrations for this reason don't allow at the presence of low manifestations. The person radiating low energy is a destruction source, it is really dangerous. Everything that is near it, with is adjusted with its vibration. Notice that near the angry person involuntarily you become itself angry. Involuntarily each person enters a resonance with stronger vibration. Therefore, well influences the world around of people radiating high vibrations. It too adjusts people around, but does them more friendly, quiet, peaceful.

The intensive radiator of low-frequency energy is the dangerous destroyer of world around. The person with high-frequency vibration harmonizes environment. Near it sincerely quietly, comfortably, people unconsciously seek to be near it. Such person involuntarily inspires love as possesses huge attractive force. It spiritualizes and raises a vibration condition of the environment.

Low states of mind show low vibration. Such states of mind as rage, hatred, irritation is very low vibrations. The highest state of mind on vibrations, so on energy the strongest is a condition of love. The thinnest state - a condition of love. It is pleasant to us to communicate with the person who loves us. Vibrations which are radiated by this person very high, means the very strong. Contact with the person loving us is a most powerful power feed. The best power protection is a condition of love.

There is nothing in the Universe that wouldn't radiate energy of various frequencies. Each blade, each tree, each living being belonging to a kingdom of plants in our nature radiates energy. Similarly with fauna. All living beings of this world too radiate various on energy vibrations. The person constantly radiates energy in world around. His physical body, his astral body and a mental body radiates energy. The energy radiated by each person corresponds to the level of its development, corresponds to its emotional and mental condition. Each person possesses the vibration passport, much more essential, than the legal document. It precisely characterizes the level of its development. This quality of vibrations which it radiates. If near the person it is disturbing, there is a desire quicker to leave it, it occurs because the person radiates low vibrations. Its level of consciousness is still very low. It is necessary to learn to perceive the world appreciably, that is to perceive vibration radiations of all in world around. For this purpose it is necessary to restore and develop a feeling-knowledge.

When we think, we show these or those emotions, feelings, states, we radiate energy, various vibration states. Knowing it, and that our vibrations have impact on people around, it is necessary to learn to control the positive creating vibrations. The person influences the vibrations the nature, people, the dwelling, the city, Space. Everything in the world bears information on itself. These are vibrations. We now exist at that level of development when we think that verbal information is more important. Verbal information is only data. Very often false. The modern person is capable to feel very big range of vibrations of environment, people, animals, plants, stones, rooms, etc.

The person knows about it or not, he always reacts to vibrations which perceives. Any person should react to vibrations of world around. All of us inevitably perceive and we react to vibration influence of environment. We are shipped by living conditions in the ocean of the energy influencing our feelings, a state of health, a thinking orientation.

So, spiritual development is a development of ability to feel wider range of vibration influence of world around. Than more, the person is spiritually developed, especially he is capable to apprehend high vibrations. And the more so high vibrations are radiated by him.

The less, the person is spiritually developed, the less he is capable to perceive vibrations of world around, he is capable to perceive only low vibrations. Also radiates too only such.

So, nothing is based, everything moves, everything vibrates. The Universe moves on the basis of two vibration principles - the movements circular and oscillatory. In the universe everything moves around and fluctuates. Planets move around, all solar system moves around. The Universe makes two types of the movement: circular and oscillatory.

Activity of the person proceeds around and fluctuates. Sincere and mental manifestations of the person exist according to these principles, including. Each person radiates energy when thinks or feels. Sincere and thought processes at women and men happen differently. That is why two women well understand each other, but the woman and the man difficult understand each other. The principle of thinking at them various. The principle of thinking at women irrational associative, that is circular. Thinking of men - rational oscillatory. A feeling-knowledge at women too are longer, flowing, mutually influencing. Men feel much less, sincere processes proceed quicker.

So, all our thoughts, emotions, states are no other than manifestation of astral and mental bodies and manifestation of their energy of various vibrations. With spiritual development of the person not only the range of the energy radiated by it extends, not only manifestation of consciousness of his bodies changes, but also there is an ability to control and change the vibrations. But, it is always necessary to remember that we exist at the ocean of vibrations that radiates energy everything absolutely and everything in-

fluences us. Any person should react to vibrations of world around. All of us are simply doomed to perceive and react to vibration influence of environment, to control positive creative vibrations.

Person as object of research

The person is difficult essence which unites a body, reason, soul and spirit. The spirit is the highest beginning in the person. It is connected with conscience – an internal criterion of justice, honesty, kindness, a righteousness. Thin material soul is connected with feelings and desires. The reason is connected with knowledge and thinking.

The person is connected with the inner and physical world. It is connected by spirit and soul with an inner world, either light kind, or dark angry. Light cheerful he unites to Divine Spirit. Lives in a material world of people a body. The soul connects human lives in these worlds, connecting mind and body.

The reason, spirit, soul and body influence at each other. Thoughts, feelings, desires and emotions create our body. Just thoughts, good wishes support normal functioning of an organism at all levels. No just thoughts, evil desires break normal functioning of an organism at all levels.

Cages of an organism, incapable of photosynthesis, are received energy from environment and food. Energy of environment accumulate an organism through the power centers which will transform them to a form for absorption by cages and bodies. For example, the power centers of light energy are connected with glands of endocrine system. The organism accumulates to 80% of energy from the environment necessary for functioning of a human body. Other energy is provided with food.

The human body represents an oscillatory contour. In a physical body there is a difficult, combined, hierarchical, volume system of the connected standing waves of various quality: electric, magnetic, thermal, light, gravitational, mental. Electromagnetic standing waves form the biofield providing an electromagnetic homeostasis. A source of electromagnetic oscillations is cages.

Development of an organism goes under the influence of mental energy. Mental energy gets into all cages. The biochemical carrier of mental energy are structural components of a cover of nervous fibers of the lipidic nature. Mental energy influences an electromagnetic homeostasis. Quality of mental energy depends on

consciousness, feelings and desires. Arriving justly on conscience, the person produces mental energy of tranquility, which provides an electromagnetic homeostasis, differently mental energy of frustration which breaks an electromagnetic homeostasis is produced.

Destructive vibrations appear at the person as a result of action of its negative spiritual qualities or emotions: * the grief gives vibrations - from 0,1 to 2 hertz; * fear from 0,2 to 2,2 hertz; * offense - from 0,6 to 3,3 hertz; * irritation - from 0,9 to 3,8 hertz; * indignation - from 0,6 to 1,9 hertz; * the egoism - gives vibrations of at most 2,8 hertz; * irascibility (irascibility) - 0,9 hertz; * rage flash - 0,5 hertz; anger - 1,4 hertz; * arrogance - 0,8 hertz; pride - 3,1 hertz; * neglect - 1,5 hertz; * superiority - 1,9 hertz; * pity - 3 hertz.

Throughout the millennia the frequency of vibrations (i.e. fluctuations in a second) our planet made 7,8-8,2 Hz. Physicists call it Schuman's frequency. It fluctuates within 8 hertz. Researchers on physical medicine noticed long ago that positive people who led a healthy lifestyle, weren't ill when the frequency of vibrations of their power field was included into a resonance with a frequency of vibrations of the planet.

Positive mental energy establishes in all organism balance, a resonance of electromagnetic waves of cages, uniformity of a biofield and a resonance of a biofield with electromagnetic current of a kernel of Earth at a frequency of 8 hertz and with a wavelength of 8 meters in environmentally friendly internal and environment.

Natural-science approach to concept of health

The healthy condition of an organism is provided and supported by a resonance of standing electromagnetic waves of a biofield.

Health of the person is a psycho-physiological state with balanced mentality and functioning of an organism at an electromagnetic frequency of cages of 8 hertz and with a wavelength of 8 meters in the resonance mode in environmentally friendly internal and environment.

The resonance of electromagnetic waves of a biofield supports a steady healthy state. The condition of a biofield of the person can be determined by devices of frequency and resonant diagnostics.

The matter and energy produce information in a wave mode. It is fixed and stored in a type of structures which in turn, can let out waves.

Biological human life can be considered as unity of a stream of a matter (cell fission), an energy stream (a qualitative condition of cages and power interaction) and a flow of information (functioning and information exchange of cages).

Objects of one level communicate: initial particle with initial particle, photons with photons, leptons with leptons, atoms with atoms, molecules with molecules, DNA with DNA, cages with cages, bodies with bodies, the person with the person. Everything together the taken levels are information matrix of communications.

Motive and cerebration, emotional activity of feelings and desires intensifies power processes. The system of power supply of cages intensifies physiological processes of an organism.

Violation of communications of cages at the level of the power system operating nervous immune, endocrine and other physiological systems conducts to violation of communications between bodies and vital systems. It breaks functioning of an organism and produces a disease. All diseases are fixed at first at the power level of power field structure of the person, and already then move to a physical level through system of endocrine glands which operate all physiological processes in an organism, beginning from the processes proceeding at the cellular level and finishing with process of response to them by the central nervous system.

The disease is the prevention to the person that he leads not a healthy lifestyle.

Cages of our organism communicate thin material bodies energy and information in a uniform organism. All information program of development of an organism is concentrated in the chromosomal device at the field level. Thin material bodies inform mental energy of thoughts, feelings, desires, emotions to each cage. Mental energy influences an electromagnetic field of an organism – a biofield. The interference of magnetic waves created by the radiation of atoms of cages under the influence of mental energy forms a condition of a physical body: healthy, either donozological (prediseases), or sick.

Weak positive mental energy reduces protective functions from external negative information and emotional impacts. It leads to stresses, neuroses and even to sincere diseases.

Mental positive energy is formed at unity of the person with the Spiritual Nature of all light, just and kind. The spiritual Nature covers positive world outlook aspects and is connected with harmonious manifestations of activity of the person. Harmony of reason, spirit, soul and a body provide harmony of concentration of various energy in an organism and a biofield resonance. Therefore, the person needs to form useful healthy habits at the spiritual, power, physiological and anatomic levels. Formation of useful habits at all levels is promoted by transition to a healthy lifestyle [2-12]. Transition to a healthy lifestyle is carried out in four stages.

Stages of transition to a healthy lifestyle

Stage 1. Formation of the clean internal environment

The pure internal environment is one of necessary conditions of a wave resonance of cages. The clean internal environment is formed by useful habits.

1. At the spiritual level: formation pure thoughts and desires.
2. Development of an ethical lexicon of communication.
3. At the power level communication with clean nature: absorption by enzymes of light energy, vibrations of flora, equilibration of mentality by tranquillity of the nature, an emotional positive spirit from beauty of the nature, air, solar and water physical exercises, inhalation of clean air, coordination of the internal environment of an organism with the natural.
 - Improvement of health in ecological pure environment develops nature needs and a habit to communicate with the nature. Nature need and habit to communicate with the nature normalize genetically internal environment of an organism through a wave genome.
4. Maintenance of the internal environment of an organism by release from negative energy: water procedures in soul or a bathroom before the use of food, and also once a week in a bath.
 - Desire of improvement of health after stay in the adverse power environment and to keep it develops nature need and a habit to take a shower or a bathtub before the use of food and once a week to clean an organism in a bath steam room. Nature need and a habit to take a shower or a bathtub before the use of food and once a week to clean an organism in a steam room of a bath relieve an organism of negative energy and supports pure the internal environment of an organism.
5. Preservation of the pure internal environment classical, sacred, harmonious music at the genetics-wave level.

The desire to have and keep good health develops nature need and a habit to listen to harmonious music. Nature need and a habit to listen to harmonious music support genetically the pure internal environment of an organism through a wave genome at the power level.

6. Development of alkaline food (80% of pure alkaline food and 20% of clean acid food) for normalization of acid-base balance of biological environments of an organism.

- The desire to keep good health after acceptance of food develops nature need and a habit of alkaline food. Nature need and a habit of alkaline food by the rule to choose useful among tasty and tasty among the useful support acid-base balance of biological environments of an organism through a metabolism at the physiological level.

7. Normalization of acid-base balance through a water exchange at the physiological level by use the pure water.

Nature need and habit to use clear water support acid-base balance of biological environments of an organism through a cellular and intercellular water exchange.

8. Observance of hygiene for maintenance of the environmentally friendly internal environment of an organism.

Nature need and habit to observe hygiene support acid-base balance of biological environments of an organism clarification it from parasites and pollution.

9. Diagnostics of acid-base balance of biological environments of an organism.

- Nature need and habit to diagnose acid-base balance of biological environments of an organism help to control it.

Stage 2. Development of improving abilities for achievement of a healthy state

Spiritual, mental and power purity are necessary conditions of a wave resonance of cages. The stage includes the following useful habits.

1. Spiritual actions, such as, reading spiritual literature, visit of spiritual actions, development of spiritual consciousness and spiritual and moral qualities, formation of spiritual bonds for achievement of a spiritual healthy state.

- Development of abilities to make spiritual actions develops nature need and a habit to get rid from harmful passions, to gain a sound spirit and spiritual health.

2. Formation of just peace kind thoughts and desires for spiritual activity.

Nature need and habit to form just peace kind thoughts and desires conduct to spiritual activity and spiritual health.

3. Development of spiritual abilities of humility, forgiveness, mercy, formation of the peace kind relations in various social conditions and a family for spiritual activity.

Abilities of manifestation of humility, forgiveness, mercy, formation of the peace kind relations for equilibration of soul in various social conditions and a family develop nature need and a habit to be soul balanced and to have a sound spirit and spiritual health.

4. Manifestation of spiritual and moral qualities - goodwills and blessings, mercy and justice for spiritual activity.

Manifestation of spiritual and moral qualities goodwills and blessings, mercy and justice develop nature need and a habit to build the peace kind relations and forms a sound spirit and spiritual health.

5. Development of abilities of control of vital systems of an organism and its complete normal functioning by physical exercises: charging of a power system, physical culture of a tone of organism and gymnastics of rhythms for achievement of a physical healthy state of an organism.

- Ability of control of vital systems of an organism and its complete normal functioning develop needs of nature and a habit to support a healthy state of an organism.

6. Development of healthy food for maintenance of a physical healthy state of an organism.

Healthy food improves a healthy habit to support a physical healthy state of an organism.

7. Development of complex abilities of achievement of a healthy state on the basis of system of cellular self-restoration of an organism improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels.

- Ability of improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels on the basis of system of cellular self-restoration of an organism improves a healthy habit to support a complete healthy state of an organism.

8. Frequency and resonant diagnostics of a healthy state.

- Development of a habit periodically to diagnose an organism helps to support a healthy state.

Stage 3. Acquisition of skills health of saving for preservation of a healthy state

It includes the following useful habits.

1. Development of rules of daily preservation of a healthy state.
Development of rules develops skills and a daily habit to keep a healthy state.
2. Equilibration of soul in social conditions by peace kind relations, doing good, evading it is evil, looking for the peace and aspiring to it for spiritual health of saving.
Abilities and skills of manifestation of humility, forgiveness, mercy and the peace kind relations counterbalance soul in various social conditions and develop a daily habit to be soul balanced to have a sound pirit and to support a spiritual healthy state.
3. Daily formation of physical healthy functioning of an organism at the beginning of day control of vital systems.
Skills of ensuring healthy functioning of an organism develop a daily habit of preservation of a healthy state.
4. Coordination with a daily natural cycle of activity in social, natural and house conditions for preservation of complete healthy functioning of an organism.
Skills of daily coordination of healthy activity with a daily natural cycle develop a daily habit of preservation of a healthy state in various social, natural and house conditions.
5. Complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions on the basis of system of cellular self-restoration.
Skills of complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions on the basis of system of cellular self-restoration develop a habit of preservation of a complete healthy state during every day.
6. Preservation of physical healthy functioning of an organism healthy food.
Skills of daily healthy food constantly support a healthy state.
7. Frequency and resonant diagnostics of a healthy state.
Skills weekly to diagnose an organism helps to support a healthy state.

Stage 4. Accumulation of experience of a healthy lifestyle for preservation of a healthy state within a year

Accumulation of experience is carried out by skills health of saving in various house, social and natural seasonal conditions (in the spring, in the summer, in the fall and in the winter). Experience includes the following useful habits.

1. Seasonal preservation of balanced soul and ensuring complete healthy functioning of an organism in the summer, in the fall, in the winter, in the spring on the basis of system of cellular self-restoration.
 - o Experience of seasonal preservation of balanced soul and ensuring complete healthy functioning of an organism in the summer, in the fall, in the winter, in the spring on the basis of skills of daily preservation of a healthy state develops nature need and a habit to support a healthy state of an organism within a year.
2. Healthy seasonal food.
 - o Accumulation of experience of seasonal healthy food develops nature need and a habit to support a healthy state of an organism within a year.
3. Choice of seasonal natural clothes.
 - o Accumulation of experience of a choice of seasonal natural clothes develops nature need and a habit to support a healthy condition of an organism within a year.
4. Accumulation of experience of complex coordination of social healthy activity with an annual natural cycle at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions.
 - o Accumulation of seasonal experience of complex coordination of social healthy activity with an annual natural cycle develops nature need and a habit to support a healthy condition of an organism within a year.
5. Accumulation of experience of formation of family tradition of a healthy lifestyle.
 - o Accumulation of experience of formation of family tradition of a healthy lifestyle develops nature need and a habit to support a healthy condition of an organism within a year family members.
6. Accumulation of experience of formation of cultural public tradition of a healthy lifestyle.

- o Accumulation of experience of formation of cultural public tradition of a healthy lifestyle develops nature need and a habit to motivate citizens, to reach and support a healthy condition of an organism and to lead a healthy lifestyle within a year.

7. Accumulation of experience of periodic frequency and resonant diagnostics of a healthy state.

- o Experience accumulation periodically to diagnose an organism helps to support a healthy state within a year.

Social infrastructure of public health care

Social infrastructure of public health care includes educational, professional, supporting health, service, popularization and legislative substructures [5-12]. Social infrastructure is directed to increase in knowledge on health issues and his protection, to formation of skills of strengthening of health, creation of conditions for maintaining a healthy lifestyle, both certain people, and society in general (Figure 1). The kindergarten, school, higher education institutions, the centers of health, physical culture objects, health saving medicine teach skills of a healthy lifestyle. The propagan-da structure performs function of information dissemination of knowledge for all categories of the population about a health and healthy lifestyle. The service structure carries out healthy food, the organization of active recreation, mass morning exercises, creation bicycle and racetracks, dance floors, green zones used for outdoor games, etc.

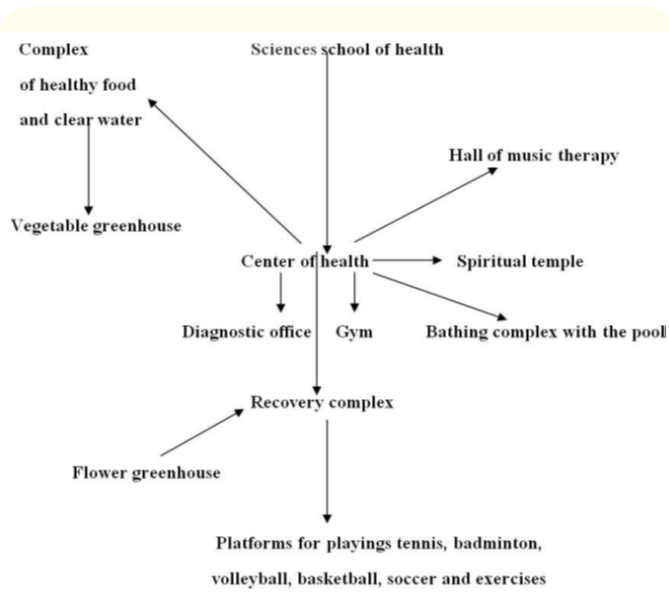


Figure 1

The supporting health structure includes nurseries improving the camp for formation of skills of a healthy lifestyle at younger generation, the centers of health for development of a healthy lifestyle, hygienic and endoecological complexes. The educational structure trains specialists in training of the population in transition to a healthy lifestyle:

1. Experts for the centers of health and sanatorium institutions for carrying out consultations, a practical training for transition to a healthy lifestyle.
2. Lecturers on formation health of creative outlook, to education and motivation of the population to a healthy lifestyle.
3. Pedagogical workers for universities and schools on formation health of creative outlook, to education to a healthy lifestyle of the younger generation.
4. Social workers for carrying out a practical training with the population on transition to a healthy lifestyle and formation of family and public cultural tradition of a healthy lifestyle.
5. Games-masters for training of the younger generation in control of vital systems for healthy functioning of an organism.

The professional structure realizes organizational measures of preservation of health of the working population. Health influences quality of a manpower, productivity of social activities and by that dynamics of economic development of society. During life 1/3 general times the professional person participates in work. Therefore, it is important that under the influence of work there hasn't occurred deterioration in health. For this purpose, it is necessary to reduce adverse production factors to a minimum. Health of a working resource is area of mutual interests of the state, society, business and person. Responsibility for health of the nation lies on each of the called subjects. The health saving environment has basic value for preservation of health of a labor resource. Have to be tasks of the rational organization of activity concerning the professional status of the person, first, ensuring high level of professional working capacity, and secondly – minimization of the adverse factors of professional activity influencing health of the person. It is legislatively necessary to provide the organization of physical activity:

- o Available visit of the pool, gym, various sections, monthly holding actions for a healthy lifestyle indoors and outdoors;

- Creation of material and technical resources: stock and equipment for physical culture and active recreation;
- Creation of service for restoration of healthy functioning of an organism;
- It is necessary to provide spiritual education [3].

Spiritual processes of society and global healthy wellbeing

Human life has the spiritual nature which cornerstone spiritual processes are. Spiritual processes of activity of the person and society need to be cultivated consciously in society [2]. They will help to gain health to mankind on a global scale. Institutions of education, improving institutions, art, spiritual faiths, mass media have to conduct information activation of spiritual processes.

Spiritual infrastructure of society influences in global and defining way health of everyone. Quickly it is necessary to restore, keep and improve health, spiritual and physical shape of the person and society understanding of spiritual processes of health.

There is a global interrelation between spiritual processes of the person and his physical health. We destroy ourselves by harmful passions from within. All of us at each other influence - one and all. The spiritual state, as well as physical, gives in to a training. From a spiritual state to a healthy state - much more quickly.

The interrelation between spiritual processes of the person and his physical health (and also a condition of all society) is more considerable, than it is considered to be now. Moreover she - fundamental. Improvement of the person happens a positive mental energy which is generated by a spiritual thoughtway, in an ethical way of the word, good wishes, a healthy image of activity in an ecological pure environment, spiritual bonds with society and God, love to surrounding visible and invisible.

Structure of spiritual processes of the person - a major factor of influence on health. Our culture (theater, cinema, television, radio, a platform, other media) strongly influence our physical and spiritual health - either harmonize us or destroy. "Now the television, cinema so spiritually us destroys that children from it are sick.

The accented understanding of spiritual processes is also important for the person, as well as mastering the speech and writing.

Condition of society catastrophic: every year functional diseases, congenital pathologies at children, drug addiction increase. The medicine develops, and health of society worsens. It is more and more fine medicines - you watch how many them; it is more and more clever surgical interventions; it is more and more clever devices - and diseases advance mankind. The medicine isn't guided by the principles and criteria of health of the Creator therefore she doesn't fight for health and is at war with diseases. We began to live longer, but quality of our life is worse, we feel worse.

It is necessary to connect together global problems of health, mass media, pedagogics, art; to see essentially new way of development of human community, to find conscious balance of spiritual infrastructure of society. To recover health, and to children first of all, it is possible only this way. The mankind has no other way.

All of us intuitively feel that something occurs now not as has to be - and we don't understand that. We intensified spiritless processes in us. We, first of all, destroy ourselves from within. All recommendations of science, psychology, medicine don't help already. Global amount of information useful, necessary we hear. But nothing helps us anymore!

Spiritual processes, generally for 95%, lie out of the sphere of consciousness of the person. The person realizes only a final stage of work of the functional program - incentive which, just and has to induce him to do something. We don't feel as we approach a disease - we only feel a disease. We don't know what state at us: healthy or prediseases - it also lies out of consciousness. It is necessary to study spiritual that you don't see, you don't feel, you don't realize.

Spiritual processes of health are constructed on harmony of natural processes of difficult essence of the person. We know that there is a physical culture. If the person regularly does physical exercises on a muscle, then the muscle begins to grow, become stronger. And we know that there are people who do physical exercises especially for a training of muscles - some every day. Also, we know that there are people who do physical exercises every day not specially, and in the course of work: lift weights, do extensions. And these so effective exercises and also lead to a physical fitness. But we don't notice that we do spiritual exercises every day - where we

worked and even staying at home! We don't notice what spiritual, as well as physical gives in to a training. And we do spiritual exercises every day: first, scrolling the habitual thoughts and feelings; secondly, unconsciously empathizing everything surrounding us. What you think of - that and you train!

Unconsciously empathizing everything surrounding us, we do spiritual exercises. Oh, and bad it exercises. Generally, it exercises of a disease and pathology. Around us there are a lot of sick interrelations. And we come home tired and devastated. And training every day, gradually we accumulate sick interrelations and also, we beat them to all who surround us, especially to children as they are open and trust us and study at us. Also, it turns out that we now the most part of time, without realizing it, intensify spiritual processes of a disease and pathology. We, communicating, quite often we give sores each other. Because human community sick. We everything at each other influence - all without any exception!

We don't empathize health! Daily joining in spiritual processes of health, everyone can significantly improve the health and others and keep it. Diseases leave, the person and people around begin to feel better physically and spiritually, it becomes easier to live. People at the spiritual level begin to understand how health depends on the environment, societies and begins to work selectively, according to the understanding: to take that it is necessary and to tell children what is necessary for them. In the society of other way to recover health, at mankind isn't present!

It is necessary to do so that, empathizing, people received a healthy charge, intensified healthy processes, and they will begin to bear healthy interrelations. And we will begin to understand who us what bears, in the course of the activities and to welcome healthy processes. If it occurs, then the mankind would recover health in months! Relations in society would change, and personally it would become much easier for everyone to live and feel psychologically. It appears, it is possible to receive reorganization from the person having a high health creative fitness very quickly. The mankind used it the millennia. Spiritual processes of health quickly result in healthy wellbeing.

Conclusion

Main objective of development of the modern health care has to become transfer of the population to a healthy lifestyle. For this purpose, it is necessary to form health the preserving infrastruc-

ture and to create conditions for healthy activity and natural measures of a normalization of biotic systems of the composite substance of the person. The modern health care has to motivate the population to a healthy lifestyle. Increase in motivation at the population to natural measures of a normalization of an organism and to a healthy lifestyle has to be the purpose of the modern health care. Problems of the modern health care becomes have to: formation health of creative outlook of the population, lecturing and distribution of literature on naturally scientific aspects of health and a healthy lifestyle, participation of citizens in improving spiritual and sports collective actions, acquisition by citizens of all categories of the useful habits. To provide mass availability of the population to objects of physical culture: to stadiums, gymnasiums and platforms, pools. To provide a healthy delivery and access to water alone and also diagnostics of a physiological condition of citizens. To organize for the population of an action for formation of family and public culture of a healthy lifestyle and to physiological, power and spiritual clarification. To provide to the population ecology of a surrounding medium, clean air, conditions of labor healthy activity.

Relevant is a process of a becoming of the international scientific communities aimed at development of applied scientific research with application of digital platforms and network forms of cooperation on identification of natural measures of a normalization of biotic systems of the person, formation health of the supporting medicine and infrastructure of health care for realization of natural technology of high-quality transition of the population to healthy activity. The technology of high-quality transition of the population to healthy activity is relevant for all mankind. It is on a global scale expedient to enable its realization within International MEGA project [13-15].

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