



T&L Health Management Center

Alternative Healing Center of Self-Restoration using a unique method, technologies, and equipment for coordinate work of all biochemical processes in human body to achievement a good health naturally

BENEFITS OF HEALING PROCESS

- Self-heal people (adult and children) from various illnesses: allergy, chronic disease, cardiovascular risk, diabetes, weight gain, cancer and other conditions;
- Reduction of stress;
- Immune system stimulation;
- Mental and nervous problems;
- Reduce chronic fatigue;
- Deeper sleep;
- Improved regulation and brain systems function;
- Improve energy balance;
- Specific to individual's body
- Healing without outside intervention.
- Better quality of life

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The most important factor in human life is our health and how we care for it! Every year our medical facilities treat more and more patients. People are constantly receiving medical treatment, taking handfuls of various medicines and prescribed drugs and are still not healthy. It seems that the more treatment we receive, the sicker we are! We constantly take prescribed medications and over-the-counter pills. This overuse of these medications leads to the inability of our bodies to synthesize them. Quite often, the excessive use of bio additives, enzymes, vitamins and minerals can result in the complex infringement on the integrity of an organism and to subsequent genetic infringements. This infringement on our bodies is called Di-bacterium, and it occurs as a result of the uncontrolled application of antibiotics.

People today have more knowledge and information at their fingertips than ever before in human history. Virtually every one of us uses computers and the Internet on a daily basis. We have the ability to fly humans into outer space, but, in general, we do not know much about our own bodies or the way to keep them performing at the highest levels. As a result of this lack of knowledge regarding our bodies, we completely trust our health to medical doctors. A shift has occurred in the medical community in recent years resulting in more doctors specializing in certain areas of medicine than ever before. General practitioners now seem to be a thing of the past. Secondly, the human body is so complicated that, even in this modern age, it is still not very clear how it works.

The human body is the most complex kind of matter created on the Earth. The visible physical body is only the tip of the iceberg when it comes to understanding the complex systems of the human body. The human body is made up of energy and cellular forms of matter plus the complex program of individual consciousness and a material operating system - the brain. Clearly, for the normal functioning of this system, and the creation of a homeostasis of cells, bodies and micro flora, a multilevel information program is required. This complex, multilevel program gives the human body the ability to sustain life when it is working properly.

The problem with the medical system in place today is that doctors treat the symptoms we suffer from rather than discovering the infringements at work in the bodily programs which supervise the biochemical processes occurring in an organism. The occurrence of these infringements can be the diversified and many. Here in this most complicated, interconnected system of symbiosis the medicine starts to treat any separate body (symptom) that it encounters, not understanding that the disease of the body is a consequence of the infringement in the integrity of the operating program's ability to sustain life. All that is required to heal a physical body is the normal self-restoration of all organisms in the body.

We wish to acquaint you with the unique techniques, technology and the devices developed by Russian scientists which allow us to realize the processes involved in starting the system of self-restoration. These scientists have created information banks of the standard programs on the basis of this technique. These programs of a special technique have been written down in a crystal lattice of crystals. Magnetic fields were used as a carrier of the information. To strengthen the transfer effect of correct geometrical figures, a pyramid is used. While inside of a pyramid the human body chooses the correcting program from an information databank for individual needs. Then the correcting program is recorded on the rigid carrier (RIC). The rigid carrier (RIC) is a thin plate of tin which fastens to the body. The correcting program from this carrier is read out and transferred into the organism with a current of a liquid (blood and lymph). The resulting correction makes the body healthier.

I would now like to particularly consider the influences of the correcting program. We know that the nervous system and endocrine glands play a special role in the regulation of the processes occurring in an organism. The law of constancy of the internal environment of an organism is a fundamental law of biology. The basic regulator which communicates with the external world and transfers the information for management inwardly is a gland inside of the brain called the hypothalamus. It shows the symbiosis between the nervous system and endocrine cells. The hypothalamus is located in the brain and acts as a regulator for the entire body. The hypothalamus serves to keep the body at an even levels in terms of temperature, oxygen, and blood sugar levels. This function is referred to as homeostasis. The hypothalamus is an important adjusting mechanism in the organisms of the human body. The correcting information received from the information bank is perceived in the hypothalamus, and through its adjusting mechanism it makes positive changes to the condition of an organism. This is a natural process of regulation and consequently this method has no side-effects no matter what illness the body is suffering from. This method of adjustment is universal and can be applied to people of any age including children.

This procedure should be applied repeatedly on a monthly basis, or more often in more complex cases. The resulting self-restoration and positive changes can be verified by computer diagnostics and subjective sensations on positive changes in the body. The time of self-restoration depends upon the initial level of imbalance in the body. The miracle of restoration will not occur in one session; it will take longer for restoration to occur. In addition, we are in constant contact with a changeable and ever-changing external world, so constant stressful situations occur. This technique of self-restoration is just as important to the overall health of the body as food and drink. This method will help you to live a *healthy and productive life for years to come*. You will again have the opportunity to achieve a healthy adaptation to the constantly changing conditions of life, including family and social changes.

At this time, alternative methods and devices for curing the ills of the human body are increasing on market. I wish to emphasize that we work with a corrective management program which supervises the work of an organism as a whole. Others work only with single organs. The advantage of a method like we offer is that it works as well with a single organism as well as it works with a complete system. We believe that this is a viable method of curing the human body in the future in ways that have not been explored before. Any new method that is beyond habitual perception can cause mistrust and readers of this material can have many questions. Therefore, we will now explain the mechanism of the work of the adjusting system in more detail.

The mechanism of the adjusting system is the hypothalamus –hypophysis (pituitary gland) complex. The hypothalamus consists of nervous cells and endocrine cells. The role of the hypothalamus is to communicate with the external world and transfer information for the management of internal body processes. The hypothalamus contains all basic centers including dreams during sleep, emotions, appetite, thermoregulation, sexual activity, immunity, etc., as well as maintaining the direct attitude of the vegetative nervous system as a whole.

The law of maintenance of the constancy of the internal environment of an organism is a fundamental law of biology. And all would be simple if the growth and development of an organism could be carried out without infringement of this law of stability. How are these two mutually-exclusive functions combined in our organism? It is carried out due to a change in the threshold of sensitivity in the hypothalamus –hypophysis complex. The hypophysis is typically carried out in the endocrine gland, which is comprised of a ferriferous tissue which has the ability to increase in working volume as well as

the number of the cells within it. Therefore, the capacity of the hypothalamus –also a hypothesis complex can easily increase (due to the activity of a hypothesis). At the same time the hypothalamus has the ability to exact regulation according to the signals which are coming from its nervous cells. Below we consider the action of this mechanism on some examples.

Situation of stress reactions of an organism

Stress is one of the most common situations that humans experience in their daily lives. The changeable world around us is always a stress on the human body. One of the strongest stress factors are emotions. Under the influence of emotions the hypothalamus sends a signal to the vegetative nervous system and through it to the adrenal glands where the hormone adrenaline is developed. The emission of adrenaline in the bloodstream promotes expansion of the vessels of the heart, brain and lungs and, at the same time, narrowing of the blood vessels of the skin and internal organs, especially those in the digestive tract. The result is a redistribution of the volume of blood in certain areas of the body. The activity of the heart amplifies, and arterial pressure increases. Adrenaline will mobilize both components of an energy source: fat acids from fatty deposits – and glucose from the liver. The feeding of muscular tissue and the brain amplifies. The body temperature that creates optimum conditions for the course of these chemical reactions rises. Lastly, adrenaline sharply increases the ability of heart to acquire oxygen. We shall notice that this protective case can become extremely dangerous. An overly intensive absorption of oxygen from the blood as negative emotions occur can temporarily create oxygen starvation, which sometimes leads to insufficient oxygen levels to maintain the work of the heart and even leads to a heart attack of the myocardium.

During periods of stress, a deficiency of glucose which feeds nervous cells and brain cells can occur. When this happens, the process of transformation of the protein in glucose becomes more active. Protein from lymph cells is dispersed in lymphatic glands and in others lymph organs such as the spleen, in bone marrow and, finally, in the thymus - a principal organ of cellular immunity. After a prolonged period of strong excitement and stress it is easy to come down with the flu - with viral disease. It would seem that there is a general connection between excitement and propensity of the human organism to suffer an infection. This interrelation gives rise to the use of lymphatic cells for maintenance of energy needs during stress. Negative emotions are especially dangerous for the hypertensive person, and they are far from safe for healthy people as they promote hypertonic illness, thrombosis of vessels and heart attacks. Extended periods of stress can also cause mental depression leading to development of neurosis and phobias (persuasive fears).

During a stressful situation the obvious deviation of an internal constancy of an organism is observed and the hypothalamus –hypothesis complex aspires to restore the balance of the organism, but the system already has greater sensitivity to stress. The result is that more stress forces the hypothalamus to work harder and harder to have the balancing effect it is called upon to restore to the organism.

The mechanism of puberty

Puberty, like the natural process inherent in all organisms, is also based on the phenomenon of an increase in the threshold of sensitivity of sexual hormones within the hypothalamus. This increase also includes the reproductive function of an organism. This increase in the threshold of sensitivity within the hypothalamus also results in re-energizing the reproductive functions. Thus a rather original situation occurs: it would seem that the long-held reproductive functions will be kept intact, making the impression of well-being and health, but there will be also side effects. At the increased threshold of sensitivity there is an increase in the development of sexual hormones for the regulation of processes,

and as a result, sexual organs will be exposed to strengthened stimulation. The longer the reproductive period at the woman longer lasts, the more likely she is to develop illnesses connected with the mechanism of indemnification. It is statistically significant that these women are falling victims to cancers of the mammary glands and ovaries later than usual, due to the reenergizing reproductive function that often takes place.

In looking at an example of these two situations, one can already see how many complex processes occur in our organisms. Therefore, any medication or operative intervention from the outside can be compared to repairing a watch mechanism using a sledge hammer. Changes in the threshold of sensitivity of the hypothalamus inevitably lead to infringements in the ability of the program to correct an organism. The correcting information received by an organism from the information bank (by our technique) is perceived in the hypothalamus and through its adjusting mechanism it makes positive changes to restore the optimal condition of an organism.

The mechanism of regulation energy balance

Eating food provides energy for an organism. During the ingestion of food, the levels of glucose and insulin increase in the bloodstream. A certain level of concentration of glucose in the blood stimulates the center of satiation that leads to the occurrence of feeling full. At the same time, there are the signals causing the braking of the activity of the food center. If the food does not come in, the blood lacks sufficient glucose and the food center signals hunger.

With the increase of the threshold of sensitivity in the hypothalamus, the center of satiation becomes less sensitive to an increase in glucose and this allows us to eat more than is necessary. As a result, a surplus of glucose accordingly collects in the blood stream. Extra levels of glucose turn to fat.

It is necessary to note that there are two energy sources in an organism - glucose and fatty acids. These fuel sources in a healthy organism are used serially, glucose in the daytime and fatty acids at night. Increased concentrations of fatty acids in the bloodstream prevent efficient glucose use by the muscles, and the concentration of glucose in the blood after a meal increases even more. This is a phenomenon which results in diabetes. An antagonism exists between two energy sources – carbohydrates and animal fats in supporting energy homeostatic. Glucose and fat acids in this system simultaneously act as fuel and as factors of regulation. Two other main elements in the energy homeostatic are hormones: insulin and the growth hormone. Insulin is necessary for mastering glucose. The energy system is arranged so that glucose stimulates receipt of insulin in the blood from the pancreas; this stimulation creates conditions for the combustion of energy in the tissues of the body.

The growth hormone operates in the energy homeostatic as fat mobilizes the hormone. Under the influence of the growth hormone, the second kind of fuel increases from the receipt of fatty acids in the fatty deposits of the body. When you are eating, there is no way to use the fat which has been stored up in the body. Use of fat reserves are limited or even stopped at this time. An increased concentration of glucose in the bloodstream is caused by the receipt of food, influencing the receptors of glucose in the hypothalamus. This leads to a decrease in the receipt of the growth hormone. Simultaneously, glucose stimulates the allocation of insulin from the pancreas. Insulin is necessary for the combustion of glucose in nervous and brain cells. It possesses the ability to break mobilized fat from within fatty deposits in the body. In these conditions glucose becomes the basic energy material used by an organism. Whenever there is a surplus of glucose in the blood supply that cannot be used by the muscles, this surplus or insulin turns to fat and is stored in the body. When the food supply in the body is not replenished, the concentration of glucose in the blood decreases. As a result, the level of insulin decreases dependence on the concentration of glucose. As a result of the decreasing concentrations of glucose in the

bloodstream, insulin receives a break from the center of the hypothalamus, which supervises the allocation of the growth hormone. Accordingly the level of the growth hormone in the blood rises, and the mobilization of fat within fatty deposits amplifies. The level of fatty acids in the blood increases in conditions of starvation.

The occurrence of adiposity is connected to an infringement in the regulation of appetite as well as the infringement of the system of regulation of day time and night time types of energy. The infringement of these mechanisms leads to the accumulation of a superfluous quantity of fat. In an adult, the number of fatty cells is constant. With an increase in weight the existing fatty cells become larger due to the increased fat. The accumulation of fat increases the volume of a fatty cell according to its surface, and it also reduces the sensitivity of insulin in the fatty muscle tissues. Insulin not only transforms glucose into fat, but also stops the use of fat as fuel in the body. In this case, as the hormone of the day time type of energy insulin interferes with the inclusion of the night time type. Therefore a corpulent person, despite stocks of fat, often has sharp feelings of hunger when tested on an empty stomach. However fatty cells cannot hold an infinite amount of fat. When fatty cells are overloaded with fat, they start to create an organism in the form of fuel - fat acids. As a result of the antagonism between the day time and the night time type of energy maintenance, the raised recycling of fat acids creates "a fatty barrier" that gets in the way of the recycling of glucose. When this happens, the day time type of energy in corpulent persons does not function properly. Glucose in the blood meets an obstacle in the form of "a fatty barrier" in a muscular tissue and directs to a fatty tissue where the glucose turns to fat under the influence of insulin. That is why adipose energy is scooped up by an organism from fat acids in the daytime. In an organism, the original "reloading point" at which glucose turns to fat is created, and then fat acids are spent as energy for the maintenance of an organism. As a result, the organism gradually transforms to a fatty type of energy. Fat is burned in an organism not only at night, but also in the daytime. Therefore when the carbohydrates (glucose) that we get in our diet turn into fat, this supports fatty energy and the central hypothalamic component of the energy system is switched off. The result is a breakage in normal regulation and the natural rhythm of the switching of energy types is broken. This surplus of insulin promotes cell fission, resulting in the development of atherosclerosis and cancer. Here the necessity of the restoration of the adjusting function of the hypothalamus is unequivocally overlooked.

Immune system and the mechanism of its regulation

The immune system protects an organism from the penetration of various microorganisms, including microbes and viruses. The immune system is capable of using two mechanisms of protection. One of these protective mechanisms is white blood cells; lymphocyte develops protective cells or antibodies which possess an affinity to the alien cells of a microbe and will step in to neutralize them. Antibodies in which lymphocyte are developed are designated as B-lymphocytes, the basic carriers of the so-called humeral immunity. The second mechanism of protection of cellular immunity is the protection which is carried out by directly T-immune cells, or T- lymphocytes. T- lymphocytes are subdivided into some subgroups: lymphocytes of memories, lymphocytes -assistants, lymphocytes, overwhelming- B-lymphocytes (T-suppressor), etc. Finally, in this brief citation of the basic operating factors of the immune system, we should mention A-cells, or microphage, that are cells devourers. All three basic systems of immunity (cellular, humeral and A-cell) are in the complicated interaction and allocated a special substances which coordinate their work.

The goals of immune system keep the constancy of structure of an organism. Thus protection against microbes and some viruses is mainly carried out by humeral immunity or B-lymphocytes, whereas

antibody cells leave by means of cellular or transplantation immunity (T- lymphocytes). In both cases of immune protection, microphages also work.

Fat oppresses immunity. Microphage, or so-called "cells-devourers" which destroy dead cells and various large particles (for example, microbes and "droplets" of fat) overloaded by fat do not bring the cargo to collectors - lymphatic channels earlier, and as though stiffen on a place, being "poisoned" by fat that is one of the components of metabolic (exchange) immune depression disease.

Blood circulation is made up of almost exclusively mature lymphocytes. T- lymphocytes possess really surprising properties. While there is no threat, they behave as usual cells, they live, grow old and then perish. But as soon as the membrane T- lymphocytes receive a signal of the occurrence of any "other enemy" cells, there is a series of surprising transformations in which mature lymphocytes again find the ability to divide. Accumulation of toxic products in the blood and lymph of toxic products can cause poisoning of lymphocytes which causes them to lose the ability to divide. When the concentration of fat acids and insulin in the blood rises over a certain amount, they become toxic substances which limit cell division and, hence, the life of T- lymphocytes. Metabolic immune depression extends to cellular immunity, but does not include humeral immunity. When starvation occurs, the use of the fat deposits of an organism increases, but the level of insulin in the blood decreases. This is the influence of two important components of the mechanism. Metabolic immune depression is eliminated therefore the condition of cellular immunity improves under continuous nondurable starvation.

Allergy

On a separate topic, it would be advantageous to discuss allergies. Allergies are almost exclusively a disease of the modern world. We must note, however, that allergies are not diseases, but are protective immune reactions. The cells of the immune system (mainly lymphocytes) inside the womb "get acquainted" with the antigenic structure of its own cells and tissues, and during the course of human life anything differing in this respect (that is viruses, bacteria, chemical and biological substances) in an organism will not admit these differing cells to enter. The immune protection of the human organism against infections, cancer cells and transplanted organs and tissues is based on this inability of differing cells to enter. The inadequate immune system response may be an allergic reaction, which is clinically indicated by an itch, breaking out on the skin, changes in the blood, a cold, asthma and perhaps even shock. An allergy is a condition which is theoretically incurable, even with the modern level of development in medicine today. One of the reasons we will consider for this incurability is the wide application of antibiotics and other medical products today. The immune system, having lost its ability for self-management, exceeds its powers and starts to react to absolutely harmless substance as dangerous. Such loss of self-management also leads to the onset of destructive hyper reactions, also known as allergies.

The use of symptomatic medicines such as antihistamines and steroid hormones can reduce the symptoms of an allergy, but these chemicals do not do anything to cure the allergy. The medicinal treatment of allergies and asthma means the continuous use of medicines, but the illnesses remains, and as soon as you stop treatment the symptoms will reappear! This is due primarily to the failure of the hypothalamus and secondarily, to the disease of the liver and the gastric intestinal alimentary canal, the infringement of the metabolic processes, a decrease in system immunity, thyroid gland disease and many other diseases including cholecystitis and the banal dysbacteriosis of the intestines! As time goes by, the failure of the basic filters such as the liver and the kidneys occur, meaning that all slags reach the intestines, changing the micro-flora and resulting is a skin disease, such as dermatitis, eczema and others. The allergy is a complex combination of physical indisposition and weakness of the nervous

system!!! The allergy is also caused by the substances which are a part of the allergy vaccines. Unfortunately, the traditional medicine considers allergic diseases to be an incurable pathology, forcing people to avoid contact with allergens for the rest of their lives to avoid the allergic conditions. Nevertheless, if someone has been exposed to these allergens, they are compelled to take antihistamine chemicals, and, in extreme cases, hormonal medications become necessary. Frequently, contact to allergens cannot be avoided. Often allergens result from using diversified foodstuffs such as honey, strawberries and citrus. Often anti-allergic medications cause allergies in people who use these medications for a long time! This results in a dilemma; it means that a person must continually take medicines which are not harmless to the human organism!

Cancer diseases

Before I end this article, I would like to discuss cancer diseases. These diseases have recently become the scourge of mankind. What is hidden behind it that transforms a normal cell into a cancer? Various factors in nature - chemical, radiation, viral and hormonal - finally lead to the same elements in a normal cell, transforming this cell into a cancer cell. A necessary condition of the development of a cancer is the division of a cell. This condition is so essential, that cells which lose their ability to divide in an adult organism do not turn to cancer cells at all. The second important condition promoting development of a cancer is the decrease in the activity of antitumor immunity. There are plenty of reasons in favor of the constant rise of malignant cells in each organism. But development of tumors from these cells occurs many times less often than it would be possible to expect. For a malignant transformation to occur, one should see changes in the heredity of a cell resulting in changes in its genes. In fact, the property of a cancer cell is fixed in the cancer cell itself, rather than in the properties of an organism. Some hormones, such as the stress hormones cortisol and adrenaline, reduce antitumor immunity, and they can increase the probability that tumor cells will have an opportunity to "accidentally" develop in a tumor. Negative mental emotions and mental depression can promote the occurrence of new tumors or increase the growth of current tumors. On the contrary, normalized activity in the hypothalamus reduces the body's use of fat as fuel, and serves as a preventive factor in the development of cancer. All occurrences of cancer "start" with the same mechanism of the malignant transformation of a cell that has increased sensitivity to the action of insulin and insulin-like factors. This transformation creates a continuity of the stream of glucose in a cell, and defines its behavior as cancer. Therefore an important part of the preventive maintenance of a cancer is the normalization of metabolic processes, an increase of hypothalamic sensitivity to adjusting influences, the decreased production of insulin and the main stress hormone cortisol and the suppression of appetite due to the restoration of a normal level of neurotransmitters in the hypothalamus.

The infringement of bio- processes in our body occurs on an emotional level as well. Under the influence of a word or a phrase there is stress or emotional reaction involving all of the system of an organism - from the brain up to the genes of each cell in the body. For example, the negative emotion from a word is perceived by the brain through the ear, and then information in the form of signals acts in its underlying parts - the limbic system and the hypothalamus. As the activity in the hypothalamus increases, the metabolism in an organism changes. Thus, systems of a human body are consistently involved in the process that is begun by the mere mention of a word. Here, the true unity of "mind and body" is an example that validates the integral (unities) of an organism, its physiology and pathology, its normal state and state of illness, which inevitably collapses in a surprisingly narrow specialization of modern medicine.

The activity of neuroendocrine systems is strictly defined by the idea that each hormone possesses concrete properties, and that regulation is based on a feedback mechanism in which each effect generates a following effect. The emotional overstrain often leaves a long trace in the form of deterioration of mood, or mental depression. Its accordingly longer system of regulation and a metabolism does not come into balance.

Nicotine increases the use of fat as fuel, but does not interfere with accumulation of fat. The influence of caffeine on an organism in surplus amounts of coffee and tea in these cases is similar. Alcohol damages the cells of the gullet, stomach and liver, and it induces an increasing cell division that can lead to the occurrence of cancer in some of these organs.

The constant application of chemical preparations leads to the loss of ability by the body to synthesize these chemicals. This loss of chemical synthesis grows out of a shortage of micro and macro elements in an organism

We now understand that a necessary condition for the life of the human organism is stability, but a condition of development (growth) is the programmed infringement of stability. Both of these laws reflect the unity of contrasts which provide both development and existence of a developing living organism. The best way to increase the threshold of the sensitivity of the adjusting system is to allow it to perform within these laws. *With the increase of the threshold of sensitivity in the hypothalamus the human organism lives in a condition of chronic stress and consequently becomes more and more defenseless when stress makes demands to an organism. Time is a universal stressor.* With an increase of the threshold of sensitivity in the *hypothalamus*, the organism pays for this protection more in later stages of life than in younger years.

From all we have learned from our studies, it appears that the hypothalamus is the basic adjusting mechanism in an organism which provides both stability and development of body systems due to a change in the threshold of sensitivity. Therefore, age causes inevitable changes which break the program's ability to live in an organism.

In summary I wish to repeat once again that the method brought to your attention influences the correcting function of the hypothalamus and through its adjusting mechanism makes positive changes both to the adjusting system, and in the general condition of an organism, aiding its restoration. There are no side-effects in this method. It does not matter what kind of disease you are suffering from because any illness is only an infringement on the adjusting program. Therefore this method is universal and can be applied to people of any age including children.

Visit us at T&L Health Management Center, located in the center of Houston (2620 Fountain View, suite 103), preliminary set up appointment on phone 281-550-8213 or 832-860-8681. We glad to solve your problems.

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