

## Physiology stands firmly on its own two feet?

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Physiology stands firmly on its own two feet? Physiology became an independent discipline? We all are materials as we were before: if something is not available or not understandable than it does not exists.

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I have read next words in a "Brain magic and labyrinths of life" book written by Natalia Behterova and published in 2007: "by 1994 physiology will have been declared as an independent science not only in foreign countries, but also in Russia". That has happened. However, the question how to cure people from all diseases is still open.

When I decided to become a doctor I did understood that not all diseases are thoroughly studied, not all medicines are discovered, but I could never thought I would conduct researches by myself. When we become ill, of course we are trying to find a well-trained doctor, at least a professor who specializes in our disease. Thus we can be sure that in most cases we will get qualified help, based on latest medical achievements. However, whether these achievements are the best and whether they will help us is the moot point.

Every year thousands of medical students graduate from colleges, billions dollars are spend on researches, we learn about new discoveries and achievements. Nevertheless, when an ordinary citizen comes to an ordinary clinic, he does not get necessary and effective treatment for common illness.

A famous doctor Mysnikov once said about modern medicine:" We can treat a running nose or furuncle, the rest we can diagnose, tried to treat but never cure". I agree with him. Stereotypes formed in our heads after long-term training do not let doctors broaden horizons and look at problems from the other point of view. It concerns not only medicine, but also aviation, for example. In the early 20th century aircraft engineers claimed that the aircraft weighing more than 1,5 tons would never be able to fly. But Russian designer proved it wrong and demonstrated that it was possible even for aircraft weighing much more than 1,5 tons. The same can be said about medicine. "denial" habit does not give us an opportunity to see obvious facts - there is always another solution for the problem.

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Let's have a look at surgery, for instance. Lots of breakthroughs has been made in this field, but to perform a surgery the whole organism has to be working perfectly. There are two possible ways. One is when you must find a solution by yourself and in this case you pay attention at every tiny detail. Another is when you are convinced that there is no solution, follow the path you are used to and all of a sudden find the answer. Although nothing is so simple. You must be

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attentive, patient and the solution will be found. Deep brain stimulation, suggested by Behterova, has many disadvantages and dangerous complications. While stimulating brain according to my suggested approach is safer and risks are low. We can influence on our brain at any level, from the cerebral subcortex to stem sells.

This method can be also called as hyperstimulation because of a pain the patient feel during the procedure. I suppose, lots of energy is released from stimulated areas. In other words, we reach the maximum level of brain reticular formation stimulation through hyperstimulation. The method prospects are in finding the connection between brain regions and certain trapezius areas. Today to have the most successful result, large area of these muscles have to be stimulated. I am sure that in future many diseases will be possible to cure using this method. Surely, all these suggestions have to be properly checked, tested in a laboratory, observed, analyzed before they put into practice. Precise efficiency results can be reached by using laboratory methods. Negative results will also be obtained while testing a hypothesis in practice. However, negative results always lead to certain conclusions and show the right way to a desired goal.

Everything I am writing about existed before me but not used and not included in doctors educational programs. Is not yet included. I started this article quoting Behterova and want to finish it in the same way. "We can't give up on a patient only because tutorials doesn't contain everything that specialists can do now".

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