

Fulcrum

Written by врач невролог А.А.Пономаренко
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There is a funny story: On the river there are two boats. One boat is full loaded with various goods and belongings, Chukchi man is pulling oars while his wife is holding an infant and into oncoming boat which is also loaded with a mountain of things there's another Chukchi man lying at the stern, with his feet on a top of luggage, holding his hands behind his head and staring at the sky while his wife pulling oars with their baby on her back. When the boats have come up to each other, the first Chukchi with oars asks the second one; "Hi Vasiliy! What are you doing while your wife pulling oars upstream? ". Vasily without changing his position, spat a grass blade, which he kept in his mouth, turned his head slightly to him and said; " Nicholas, all the time thinking about how to move on? "It's funny, if Vasiliy takes his wife's oars and pulls oars upstream by himself, things would be better. But will it happen? People often give up seeing not great difficulties, but when loose the reason of their lives, and in this case even a small problem becomes insuperable. It's necessary to find your reason to live, your "fulcrum", than no stress will harm your health.

I would like to clarify my position. For example, small problems at work, in your family, small common problems can seriously damage your health, if the person has no clear idea of his ambitions. Once I examined a young girl, a 19 years old patient with insulin-dependent diabetes mellitus. I asked her when she had got ill, and she said to me that it had happened suddenly and dramatically. "I passed the unified state exam and instead of expected and deserved mark five, I got four. I felt very badly and I was brought to hospital directly from school, where I was diagnosed with diabetes." What a sad story.

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Again it is well known that during the war the number of diabetics was reduced noticeably, and not only this disease. In spite of all war horrors incomparable with small domestic problems, less people were getting sick. In my opinion, the reason was their common "fulcrum"-to win and survive, in spite of different ideologies and aims in their lives.

In my opinion in our relatively quiet life it is strangely complicate to find the "fulcrum". Even if financial prosperity achieved and all the problems with a comfortable existence solved, the question can remain unresolved if a person is feeling mental discomfort. It is most difficult to find the reason of this discomfort, because it can be caused by some actions committed years ago but completely forgotten and gone deeply into the subconscious.

Why did I take up this theme? It came into my head a long time ago, especially when I was asked how to live, without being under pressure and accordingly without feeling ill, because the RANC method just "delete" the signs of the survived stress, but the question is how to avoid this stress. I should say this question is not simple, and I suppose it has not just one answer. It is possible to solve it according to "simplified schedule" with help of alcohol or heaven forbid drugs, but the problem will only getting worse, as one problem will be replaced by a new one. In my opinion, you should look for answers for yourself in that way, where your life style becomes regular and ordered, but not boring, meets all the basic needs, but does not care for profusion, because it's well known that it's impossible to satisfy all desires. Well, I know that nothing new has been said. In my opinion, every way to harmony lies through art, which should accompany this quiet and ordered life. It can be any hobby from painting to fishing, if only this activity does not bring material benefit, otherwise it will turn to into work again and you will not be able to relax and will start getting overworked.

About 15 years ago in Australia appeared a tendency to "Slow done", i. e. people changed their job positions to less paid ones, which gave an opportunity to rest more and spend more time with their families and devote more time to themselves and their health. It took a mass character, because their social standard of living makes it possible. At the same time the USA, where being work addicted for opportunity of maximum consumption is in fashion, had the highest number of mental diseases, including schizophrenia.

Some more information about responsibility. In my experience people dependent on judgment of others and as a result perform their duties very responsibly, even fanatically are more tend to get Parkinson's disease. However, such fanaticism to anything is nothing more than an accumulation of different functional disorders in the brain, which in turn cause various diseases, including Parkinson's disease. About a year ago I had a patient from Ukraine, whose "fulcrum" was FAITH in my proposed treatment method, so after she had learned my website and

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watched lots of videos, including stories of patients cured from Parkinson's disease, which she had, she went to Krasnodar. As she said, when she'd crossed the Russian border she felt much better physically. I think that happened because she'd left all her troubles home and got this effect. It is well known that, when for example a sick person just comes to sanatorium, forgets his all sorts of daily troubles and without any treatment just walks around and drinks mineral water, admires landscapes, he begins to recover from a variety of diseases. Everyone knows this theory, but so strange that we forget it in our everyday lives and try to compensate the lack of love and peace with pills.

How to find this "fulcrum"? I think because of variety of our souls there isn't any direct advice and common symptoms. There are only indirect marks, that should guide you while searching "Fulcrum". Again, it is not necessary to look it for in work addiction and alcoholism, which only lead to the exhaustion of the nervous system and mental illness and in turn fatally accompany somatic disorders. The signs of your personal "fulcrum" will be a sense of peace and satisfaction that arises after performing any action or being in any situation. It's hardly possible to predict the kind of this action. The most important is to go in a direction opposite that one bringing the pain; and in the end you will find your "fulcrum". Just do not pay any attention to the advisers who are insistent and the sign their wrong is insistence. Those who reached their balance are not active in giving advices.

Well, nothing new, but maybe someone will get useful information from said above, in any case, it is not unnecessary.

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