

## Do good things

Written by врач невролог А.А.Пономаренко  
Monday, 16 March 2015 23:00

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At first sight, the name of this article doesn't suit the subject of this site, but we will see. Trying to find the answers concerning human physical and psychological health you certainly get answers which seem ridiculous. Indeed, which good things should I do apart from I have been doing? For whom, what and why should I do? Perhaps, I will have only harm. I don't think so, but working in this sphere, I came across some facts needed to think, they occur so regular that they seem to be natural. This regulation is similar to one which has brain function after RANC treatment; it starts the process such as computer function "system restoration". Brain starts to "scan" and delete "damaged files". It is very difficult to say why it happens, but the fact remains, it happens regular not only in my work, but also with people who practice this method not only in Russia and CIS countries, but also abroad.

Brain «rebooting" lasts about six weeks, and after this period we can observe the results of this work. Very often they amaze imagination, and those who use the method RANC know it well. However, I won't recommend to flatter concerning the speed of the effect. Certainly, very often some symptoms disappear just after the procedure, but it is better not to incline, because after that you have one and a half of a month of brain "working". The majority of small disorders such as ruptures of intervertebral disks, headaches, dizziness, joints pain, trigeminal nerve affection, epilepsy and other so called functional disorders, they are usually cured after 2-4 procedures with an interval of six weeks. Others more serious diseases such as Parkinson's disease, Tinnitus, multiple sclerosis need a longer course of treatment. In the case of multiple sclerosis we have rather good results if it hasn't reached a "point of no return". I am sorry, that I have deviated from the subject, but I believe that it is essential, because patients ask these questions during consultations, and I have to respond to them, which is not only tiresome, but also unproductive.

What does mean to do good things? What is a degree of this desire? I think that we should do it not for the pleasure in the "world of goodness", but for our own welfare. In view of it, I remember the story told by the man who brought his mother for treatment. While she was resting in a massage armchair, he told me a short story from his life, it was episode which determined his life.

He told: «When I had graduated college and started to work, I was given a tutor". I thought, how would he teach me? I didn't think that all his recommendations would be given in one phrase: «Well, boy, if you do something, do it good, because do it bad will happen itself." Since that time I have been followed his recommendation and don't regret.

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