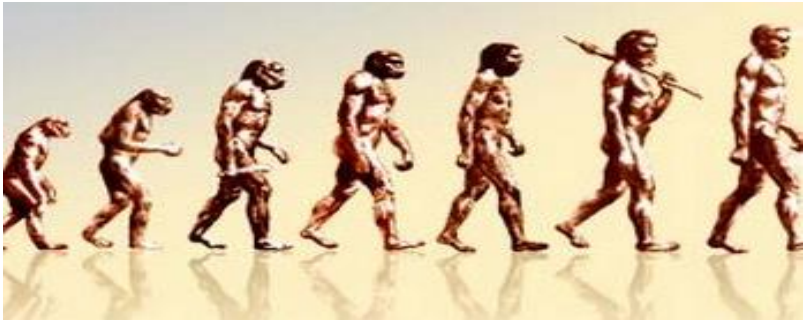
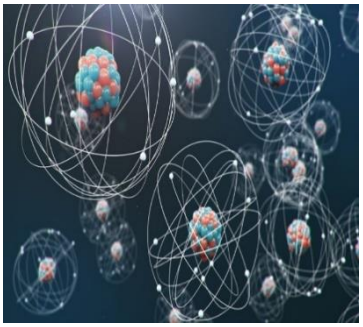
What is health?



We humans are made by nature.



Nature can be defined as the manifestation of the activities of actions and reactions of quantum particles (physics), atoms (chemistry) and cells (biology).



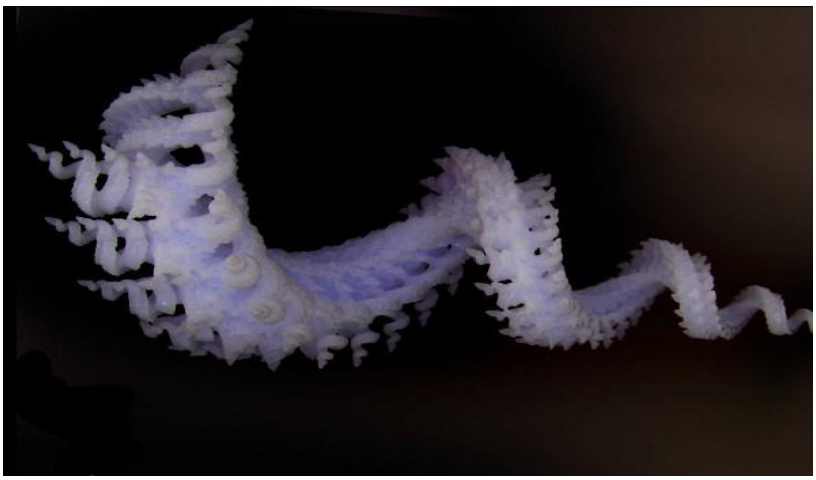




Everything that nature has created exists through the maintenance of life cycles.

For this reason, the conditions for recurring life cycles must be continuously created.

The life cycle is an open and natural chain of actions and reactions at every level of existence.



We can list general and specific actions and responses.

Input and output, inhalation and exhalation, oxidation and reduction, but also supply and demand, the accounting terms Má dáti and Dal as the input and output of energy in the system.

It is always about maintaining a dynamic energy balance within the system and with the external environment of the system.



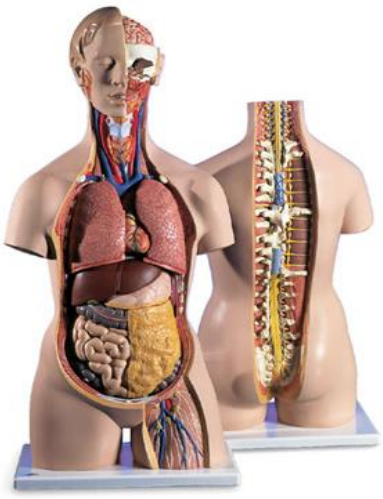


This exchange (communication) maintains the quality or orderliness of each form (system) in nature.

This leads to the logical conclusion.

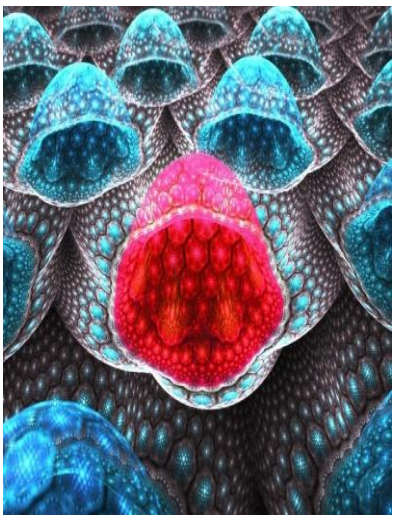
If exchange (communication, energy flows) takes place openly and naturally as action and reaction, the orderliness means the health of the person, organ, cell, ...





If exchange (communication, energy flows) is restricted (blocked), the orderliness is destroyed and the person, organ, cell starts to lose its qualities (its properties).





In this case, stress grows, deepening into an acute and then chronic disease problem, unless dynamic balance is restored to the system.

