



INCREASE MENTAL CAPACITY AND CORRECT SOME HEALTH PROBLEMS BY CHANGING MENTAL HABITS

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ABSTRACT

Sammuel Hahnemann created homeopathy in the late XVIIIth Century as an alternative to the conventional medical practice of those days, such as bloodletting. Today, traditional allopathic medicine faces high tech, mainly high and ultra-high frequency applications, associated with cell phones; stress and depressive health problems have become very common. Rheumatic fever, mainly in children, is another of these health problems. Traditional allopathic medicine recurs to drugs to try to solve these problems, but patients rapidly increase their dependency on these very dangerous substances and health problems increase, instead of diminishing.

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INTRODUCTION

Sammuel Hahnemann created homeopathy in the late XVIIIth Century as an alternative to the conventional medical practice of those days, such as bloodletting. Today, traditional allopathic medicine faces high tech, mainly high and ultra-high frequency applications, associated with cell phones; stress and depressive health problems have become very common. Rheumatic fever, mainly in children, is another of these health problems. Traditional allopathic medicine recurs to drugs to try to solve these problems, but patients rapidly increase their dependency on these very dangerous substances and health problems increase, instead of diminishing.

A possible solution would be changing mental habits, such as brushing your teeth with your left hand. This can increase mental capacity and correct some health problems, such as those described above without recurring to highly dangerous allopathic drugs.

Initially, changing habits is difficult, but with a little patience, you can become an expert in mental practice.

In addition, climatic change has forced the humans to change their paradigms, since many people have to satisfy their nutritional needs with a minimum portion of food. Thus, humans have been compelled to change their customs in order to preserve the planet.

Many people only think about how to increase their wealth, but without plans for the future, nobody will be rich.

Nowadays, humans can see how some persons still consume a lot of food without necessarily getting to be obese. In conclusion, humans have to change in order to preserve the planet.

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