

## The Escalating Incidence of Late Onset of Diabetes II – Strategies and Remedies for use on a Personal Basis

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### Abstract

An increasing number of people, young and old, are more than anything else, likely to be diagnosed suffering from Diabetes II. This paper however is not so much about setting out and explaining how that will effect individuals carrying this disease, but what strategies can be put in place to minimise the risk and restrict the impact it will have on personal health. These strategies are also able to increase life expectancy by many years, simply by adopting a new life style. Many diseases, including Diabetes II are preventable and even curable with proper mindful lifestyle changes and regular physical activities. Observation and rational analysis make it clear the culprits responsible for this affliction and these are listed as follows:

- A lack of negative (controlling) feedback and poorly understood rationalisation;
- A lack of self-wisdom and self-identity as well as an unbalanced mind and self-induced stress.
- An unbalanced mind and self-induced stress.
- Self-inflicted obesity.
- No desire to adopt a normal active lifestyle.
- A sub-conscious tendency for a premature death-wish by taking unnecessary risks.

There are some exceptions to these behavioural patterns. One of these is the failure of the pancreas in producing sufficient insulin or a form of insulin or insulin resistance when cells do not take up the insulin. From our early start in life, we are basically our own free agent. However without a handbook or instruction manual on how to survive and remain healthy for as long as we can, suitable information is not readily available. Accordingly we may not succeed in that aim, unless we give it our full and thorough consideration. When in our first year of life, we already make decisions that will have an impact on the remainder of our life. This is clearly demonstrated by the way we decide to move, i.e. either on our bottom, by lateral crawl or using cross crawl as a baby in order to initiate a balanced and enquiring mind. Another necessary and very important development in early life is to recognise who we are ourselves and simultaneously accept that whatever we do or not do, has unavoidable consequences. We must think about what we do or not do constantly and use the experience learned yesterday, to rationalise the events of today, so that we can make the experiences of tomorrow provide us with expected outcomes. By considering the content of this abstract, it will make the purpose of this document clear and identify the problems facing individuals in relation to the subject of obesity and diabetes.

**Keywords:** Left and Right Brain Dichotomy; Corpus Callosum; Self-Denial; Negative Biofeedback and Improved Self-Worth; Holistic Strategies; Vagus Nerve and Body Chemistry

### Introduction

Metabolic disturbances and malfunction may start at birth or not bother a person for their entire life. Others for one reason or another will suddenly be confronted with suffering from Diabetes Mellitus or late onset Diabetes II, sometime during their lifetime. This may be due to either having suffered some form of malnutrition, as an auto-immune disease or a gestational one. Often the actual cause cannot always be clearly established.

**Note!** This submission is intended to be a guide/directory for SELF-HELP. Irrespective of what is suggested, proper medical advice from your doctor or appointed medical specialist must always take precedent. You as the owner of your body and mind must make the decision over what and how to deal with each situation, as your conditions whatever these represent, are exclusively yours.

A clarification of some of the problems facing sufferers of dealing with poor health and seeking improvement as mentioned in the abstract are listed as follows:

#### **A lack of negative (controlling) feedback and poorly understood need to rationalise**

Negative feedback is a natural mechanism for maintaining personal control and preventing the repetition of injury or destruction. Application of negative feedback stops a person from burning their fingers for the second and further times, by recognising the fact that it hurts and the consequences it brings when not adhering to the feeling of pain and warning signs.

Poorly understood rationalisation is a lack of ability or willingness to solve problems and instead adopting an emotional and irrational attitude by doing nothing.

#### **A lack of self-wisdom and self-identity**

As a form of life, especially human life and endowed with intelligence, we must be aware of who we are and what we know and able to do. This means trial and error practices until satisfied [1-4].

#### **An unbalanced mind and self-induced stress**

We are supposed to be in harmony with nature and the Universe as a whole and that means both physiological and psychological homeostasis. Instead of thinking about a real or perceived problem, we must instead seek a solution to the problem and forget about the problem itself and remove anxiety at the same time [5-9].

#### **Self-inflicted obesity**

Consuming processed foods and often too much of it and more than what we need, automatically creates a stress on the body in trying to get rid of the excess food. There would not be as much of a problem if the excessive food intake was associated with equally excessive high physical activity, such as running marathons. Processed foods also contain preservatives and toxins and may do more harm than good. In addition it is most likely not realised that for every extra kilogram of additional body weight many kilometres additional lymphatic facilities have to grow in order to keep up the cleansing and immunity of the additional body tissue. This places stress on the body [10-13].

#### **No desire to adopt a normal active lifestyle**

A predictable long and healthy life is associated with “continuing to be active like a child, without being a child”, i.e. move and move about as much as you can in order to keep ‘the rivers of your body’ moving. Not doing so will be severely detrimental to ever obtaining and enjoying a long and healthy life [1,7].

#### **A sub-conscious tendency for a premature death-wish by taking unnecessary risks**

The world we live in is a dangerous place in more ways than we can ever imagine. To increase the risk by consuming excessive food and often the wrong type, bungee jumping, jumping out of planes and driving too fast in an automobile and playing dangerous games are all life threatening and should be avoided as much as possible. This behaviour is based on the fantasy that makes individual think they are immune and nothing unfortunate will happen. More often than not, it will. There are definitely healthier ways in obtaining an Adrenalin Rush! Life is too precious [2, 8, 9 and 11].

### Author's testimony

My onset of Diabetes II occurred late in life. I was 70 years of age. Although never having been properly diagnosed for Diabetes II, it appeared that sugar levels remained relatively high for much longer than beyond the conventional period of two hours. A reason for this condition has never been determined. Perhaps it was the malnutrition suffered as a toddler during WWII or the fact that I was doing exercises each day that were in excess of 1200 body movements including 300 body squats in one go. The theory was that doing this each morning and other times during the day including walking 9 kilometres in less than 55 minutes required my body to release copious quantities of sugar to enable my body to keep this up. Being prescribed Metformin soon after on a permanent basis may have actually created a Diabetes II condition. Metformin, according to the manufacturer, Metformin was designed having obese young people in mind, something I am not. It was the worst thing that I could have done. I am now in my eighties, still exercising and walking, keeping busy all day and evening, and appear to have none of the symptoms normally associated with the disease. I take a minute quantity of Insulin on a daily basis (limited to a daily total 16 IU) and often eat more so as not to lose any more weight. I can still read the paper without glasses and most likely never find out what is really ailing me. The reason I exercise a lot stems from an unexpected medical condition that started at midnight in January 1992. It took many visits to doctors and specialists to eventually find out I was suffering from a condition known as Menieres Disease, considered being caused by damage to my Eighth Cranial nerve. This was accompanied by constant subjective and objective violent bouts of vertigo and nystagmus (uncontrolled rapid eye movements). I was told it was incurable and to stop work. A year later I started on a regimen of very specific exercises that completely renewed my entire nervous system. It also improved my physiological and psychological health. It took a lot of discipline and at least 4 years of disciplined exercises to be fit again. Since then there have been some more medical hiccups, but these too I was able to deal with. I am at present 66.4 kg at a height of 1.76 metres at an age of 81.

**Note!** I share this information with the reader in order to show that there is much an individual can do to deal with medical mishaps.

As discussed in the abstract of this is not so much about Diabetes Mellitus and how is it caused but the strategies available to deal with the disease and its conditions most likely to affect our health, as well as for the duration of our life expectancy. The extent and diversity of the proposed strategies are numerous and some are listed in the latter section of this document. To make the task easier, the available strategies have been formulated in a number of individual subjects, that each will offer their own remedies, recommendations and suggestions. Some of these will be subtle indeed because of the holistic nature of their program. Within these various sections that make up what we are, there is no special sequence or priorities. They all need to be read and understood for the envisaged benefits toward an improved health for the remainder of our lives and our enjoyment.

**Note!** Most of these sections will be preceded by a brief preamble or abstract about the subject to be discussed.

Section 1. Our everyday existence and what we must do in order to maintain and improve our holistic existence.

No matter how much we may be orientated toward compartmentalisation, a holistic existence cannot be ignored. Literally everything is interconnected. We cannot even separate ourselves from the Universe as we are part of it. As an example, a nerve pain in the shoulder region may very well have its origin in the palm of the hand, such as in the case of carpal tunnel syndrome and known as referred pain.

We are also not aware of all the activity of the two brain halves, our corpus callosum, our vagus nerve network (almost like a second brain), our lymphatic system, endocrine system and our two autonomous sympathetic and para-sympathetic nervous systems, all working together. All of this, without any of our conscious thoughts and completely automatic. Aware of it or not, it needs to consider at all times, that these 'behind the scene activities' are regulating our heart rate, our blood pressure, temperature and many other of body functions in an effort to keep us safe and alive. In particular our sympathetic and para-sympathetic nervous systems that regulate and prepare us for high activity (fight and/or flight) during the day and allow us to rest and digest during the night respectively. Go against and disturb these programmed nervous system activities is a good start for bodily functions to go awry and diseases and malfunctions to flourish, both physically and psychologically.

One overriding element for controlled good health is the matter of keeping the rivers of our body flowing fast and furious. These rivers of our body are our arteries, blood vessels, capillaries that carry our body fluids such as blood, hormones, lymph and anything else to where it needs to go. Any obstruction or stagnation at all will immediately compromise our health. To lend credence to this statement, compare this with a real fast moving river with a lake or pond where flow is restricted resulting in stagnation.

On the basis of the foregoing, we must give priority to the following elements of maintaining control over a continued good health:

1. Our psyche and mental attitude. Either we are survivalist orientated or decide on embracing a fatalistic tendency instead.
2. We either activate our lymphatic system regularly in order to clean ourselves out and remove any toxins in our body or let it all accumulate and end up sick.
3. There exists a symbiotic relationship between us and our gut bacteria. Give our gut bacteria and our own body cells the proper nourishment or they WILL rebel and do us harm. Catabolism is one of these.
4. To live in harmony with our hormones. Let our sympathetic and para-sympathetic nervous system do their tasks in keeping us healthy both during the day for one and at night for the other. Sleeping during the day and staying awake at night is not conducive for maintaining that needed balance with nature.
5. Deal with any problems that arise immediately and be done with it. Do not allow complacency, self-denial and stubbornness to creep in and ruin your life. That type of behaviour will be to your own detriment and will get you in the end.
6. Learn all about the benefits of practising and adopting (controlling) negative feedback rather than dwell on emotional attitudes. It simply never works out. Only honest rationalisation will.

### Our Psyche and Mental attitude

The main conscious motivator is our brain. It has an intimate relationship with the MIND. Whilst the brain is a physical entity, consisting of such things as tissues, blood, nerves and neurons, the mind is more akin to a pure intangible energy that we are unable to comprehend. However a personal psyche is created between the physical brain and the mind. How powerful and resourceful the combination is in the need for survival, is equally difficult to realise. Both do operate as analogue systems, albeit the mind most likely at a Quantum level and speculative in an entangled way. With this in mind, we are able to create a mental attitude that has to make choices between attitudes for survival or reject this and adopt a fatalistic direction. The choice is always our own and it all starts with FEEDBACK and considering consequences or not [1, 5 and 6].

There are many types of feedback, in particular negative (controlling) feedback and positive (destructive) feedback. Feedback can be mechanical such as the escarpment mechanism in a clock that makes sure the seconds last exactly one second, the governor of an engine to ensure it does not speed up beyond its control and the inverted signal used to safeguard electronic amplification devices. All of these mechanisms operate with negative feedback systems. Electronic negative and positive feedback very closely resembles feedback mechanisms experienced in bio-feedback abilities in humans, animals, bacteria and plants. With electronic audio equipment as an example, the positive and negative feedback system works this way:

A microphone is connected to the input of an amplifier, which itself is further connected to a speaker at its output terminals. Tiny sounds picked up by the microphone are amplified and can be heard coming out of the speaker. However, if the amplification applied to the sound is beyond an accepted limit from the speaker and picked up by the microphone in addition to the sound already picked up by the microphone, it will start to oscillate and a large howling will be heard. If that were to persist, either the amplifier or the speaker OR both may self-destruct due to excessive current and over-voltages. To overcome this problem, electronics can easily prevent positive feedback occurring by introducing negative feedback. This is accomplished by sampling a small part of the output signal and reintroduce this signal into an inverting input of the amplifier for control. Something similar can be done for humans by not thinking about the problem

but instead seeking a solution. This can be as simple as getting a pen and paper and write down all possible options to remove or deal with the problem.

In most other life, negative feedback is natural. Negative feedback can be compared to “consideration of the consequences of one’s action”, i.e. If I do this, I most likely will survive and if I do not or adopt a fatalistic attitude I may not last long enough. Most life, other than humans, practice negative feedback in an automatic and natural way, but for some unexplained reason, many humans ignore these natural remedies against attacks from outside or within. Simple observation of humans either by themselves or in a group will display deliberate positive (destructive) feedback, like taking unnecessary risks, almost impulsively. This is clearly demonstrated by ‘running a red light’ or speeding and constantly reinforcing ‘bad and destructive’ thinking that is never ending, becoming a ‘self-fulfilling prophecy’ with disastrous endings through self-harm. Negative feedback is a different thing with favourable outcomes most of the time. Compared to survivalist orientated negative feedback, positive emotional feedback has generally bad outcomes for the individual and often outsiders as well. The following will illustrate that one type of behaviour or another starts very early in life [1, 3, 5, 6, 14].

Year One: Behavioural choices babies make even before their first year is out.

During a trial some years ago involving 2,000 babies from a variety of socio-economic background, had their behaviour patterns were recorded during an intense study ending at their first birthday. The results of that study was presented as a short series of episodes and televised. It soon became clear, as young as the babies were, very specific patterns appeared as three quite distinct groups, i.e. those that adopted cross crawl, another group initiated lateral crawl and the third group who preferred to move about on their behind.

From this study we can determine that these first year babies moving about by cross crawling, lateral crawling or moving on the behind, which part of their brain, left or right, has been engaged at that moment. We can now understand that the babies performing cross crawl have to constantly use both halves of their brain, i.e. right arm forward and left knee and leg forward and then alternate moving the left arm and right knee and leg. Those babies that have opted for lateral crawl, use first on side of one arms and leg and then those on the right, would develop intellectually differently. This indicates slow switching of the brain between movements. Not surprisingly, it is claimed that babies in the group that remained sitting and moving on their bottoms developed the lowest intellect. From that we can come to the conclusion that the cross crawlers rationalise, the lateral crawlers rationalising to a lesser extent and the last group adopts an attitude of complacency and indifference.

Communication between the two brain halves is aided by a large bundle of nerves called the Corpus Callosum. Things go wrong when there is damage as information transfer between the left and right hemispheres falters.

There are many remedies to strengthen left brain/right brain coordination and improve the workings of the Physiological and Psychological operation of an individual. The best of these remedies is the practice of the ancient Chinese “Internal Chi Gong”, literally meaning: Making energy work!” [15-17].

The promise of Qi Gong is that it is able to repair, teach and maintain the Central Nervous System as well as its periphery network, often damaged due to diabetes II. Its exercises are slow and repetitive and are to be practiced mindful with accompanied conscious thought for feedback. Qi Gong is best practised alone and in isolation. Exercises or body movements are generally practiced in lots of 100 repetitions or more. It is particularly enhancing to the mind and body to ALWAYS count each repetition either out loud or internally, which I prefer. It actually provides a feedback path to the body and the left brain for activation.

Regular and increased breathing must accompany any exercise. The quickest way to adapt to regular deep breathing is to take a large dial clock and observe the movement of the second hand. Start to breathe in for 5 seconds and breathe out for 5 seconds and by the time the second hand has done one revolution (one minute), you have been breathing in and out six times.

It is all about training the brain and nervous systems with an added bonus of a longer life expectancy and especially getting smarter. Its form is that of rounded movements that seem to start from nothing and not end until eternity. There is no jerkiness and unlike Yoga, exists of constant movement. Our mind and brain combined can be very powerful and quite capable of dealing with many things outside of its automatic control of most of our body functions. Using your left body and right body at the same time, promotes brain switching. One very important exercise to promote inner balance is by moving your right hand in front of your body clockwise and simultaneously move the left hand, also in front of your body, but counter-clockwise. Do this in such a way that when one hand is up the other is down. In Tai Chi, this movement is referred to as "waving the hands in the clouds". It is interesting that this and other movements also serve a purpose in 'warding-off' sudden personal attacks [16, 17].

### The left and right brain dichotomy

Left brain orientation can be considered as viewing the world in detail, into separate components, and creating a vertical focus. Let us take for example looking at a rose. Left brain orientation would see the rose bud, the stalk, the leaves and the thorns as individual items as compared to the right brain orientation that would view the rose in its entirety but without the detail, i.e. an approximation as in a 'big picture' approach. Incidentally this tendency of seeing all, but without detail can be recognised in many of the forms of expression such as giving both verbal as well as a visual description. The left brainer would most likely tell and show too much. In comparison the right brainer would simply not tell and show much at all and herein lies a big problem as illustrated as follows:

A person using both left and right brain would normally consider its actions for any consequences, such as a decision to have a glass of wine. Being precise, that is exactly what will happen: one glass of wine. Not using the controlling action of negative feedback, the more right brain orientated person could make a similar statement of only taking one glass of wine, but not being precise, it may argue instead that a second one would be not much more and can be allowed. Before an hour has gone past the second one was followed by a third and a fourth and so on. It would be the same with anything else as well.

Some individuals are more subject to depression with feelings of inadequacy than others. Some years ago I analysed this left brain/right brain dichotomy and created this table below: It all has to do with our mind, brain and central nervous system whose combined task it is to regulate the many aspects of our life, such as temperature, heart rate and controlling the right chemistry. It is generally referred to as HOMEOSTASIS. A type of balancing or equilibrium for optimum performance as a living entity. Part of homeostasis is also to keep all muscles on both side of our body at an identical tension in order to avoid crooked poses or positions that would be detrimental. It is part of the brain and nervous system to ensure this. Because our nervous system, when leaving our brain crosses over from left to right and from right to left, it is beneficial to also maintain switching our brain between activating the left side and the right side as frequently as possible. When this is not happening, part of the nervous system is not activated. A small test will confirm this status of homeostasis [3, 5, 7, 16-19].

Ask a person to stand erect with both arms horizontal and just below shoulder height. Ask that person to slowly turn on the spot, either clockwise or counter-clockwise and notice what is happening to the elevation of the arms. In most cases, the right arm will start to droop due to a lack of muscle tension in the right arm, caused by the poor activation of the left brain. However If it is the left arm is drooping, the right brain is not active.

This is what life is all about, either being objective, in focus, precise and a survivalist OR, subjective, big picture approach, imprecise and fatalistically orientated.

One of the first people to see a practical use in left brain/right brain strategies for students with learning difficulties in mathematics and expression was Paul E Dennison, an American Educator, who designed PLAYGYM, where the students were taught the use both sides of the body simultaneously and thus switch between left and right brain more frequently. It was introduced in many countries in the world.

This left brain/right brain differentiation has been researched by myself since 1992, in particular actual observation in the behaviour of individuals, whom I came into contact with. Eventually I came to the conclusion that I was able to quantify their physiological and psychological balance (or homeostasis) by how precise their actions and expressions were. Twenty years earlier I was already researching brain wave patterns and brain wave activity relating to Alpha, Gamma and Delta waves from 8 Hz to ever longer waves and Beta brain wave activity from 8 Hz upwards. No doubt the differentiation of the left and right brain can only be detected by frequency interference patterns, a totally new area of research. A further conclusion can be drawn, that an attitude of imprecision is not conducive to obtaining proper physical and mental health. This then equates to an imprecision in the quality and quantity of food consumed and an equally lax attitude toward obesity and diabetes itself. Change in this attitude by becoming more precise and creating regularity in one's daily activities would see a fast improvement.

### The promise of Internal Qi Gong

The origin of Internal Qi Gong is very ancient and shrouded in mystery until many of the secret doctrines were described in publications such as the TAO Te Ching by Lao Tsu and others. For many years it remained in Chinese control until exposure by Bruce Lee in the mid1900s. The text of the 'Tao te Ching' is very modern in its concepts and is more like a reality check, giving credence to the claim 'That nothing is new under the sun'. Statements like:

- A. A journey of a thousand miles, starts with the first step" or
- B. "It is the space in the cup that makes it useful, not the shape that it has" or
- C. "It is better to lift 1 kg a hundred times than a 100 kg once".

That attitudes are changing in China is evidenced by the release of a book titled 'KNOCKING AT THE GATE OF LIFE' in 2000. The subtitle is more interesting: Healing Exercises from the Official Manual of the People's Republic of China. There are references on diabetes in the book [14, 16, 17, 19].

Destructive behaviour comes down to attitude, mindset, complacency and disregard of one's SELF and others. In order to illustrate this in some way the following extract from a study book on the Law of Torts (English Common Law), is shown here:

The omission to do something which a reasonable man, guided upon those considerations which ordinarily regulate the conduct of human affairs would do, or doing something a prudent and reasonable man would not do (Alderson B. Blyth v, Birmingham Waterworks).

Author's note. It would be less biased if this would read as follows:

"The omission to do something which a reasonable person, guided upon those considerations which ordinarily regulate the conduct of human affairs would do, or doing something a prudent and reasonable person would not do".

Left Hemisphere (Attributes)	Right Hemisphere (Attributes)
Intellect	Intuition
Convergent	Divergent
Deductive	Sensual
Rational Vertical Discrete	Imaginative
Abstract	Metaphoric
Realistic	Horizontal
Directed	Continuous
Differential	Concrete
Sequential Historical	Impulsive
Analytic	Free
Explicit	Existential
Objective	Multiple
Successive	Timeless
Speech	Holistic
Languages	Tacit
Verbal skills	Subjective, pictorial and creative
Science	Simultaneous
Will driven	Certain spatial skills
Control of purposeful movements	Musical abilities
Letter writing	Art and artistic
Western thought	Mystery
Digital processing	Automatic
Serial	Visual/spatial
Focus	Non-verbal communication
Rhythm	Integration of component formations
Numerical	Eastern thoughts, self-awareness
Mathematics	Analogue processing
Logical	Parallel
Block letters	Totality (Gestalt)
Survival	

**Table 1:** An unofficial division of tasks and/or behaviour. It would be an ultimate gift if we could embrace both systems. Often we do when we are writing block letter (left brain) and change over to longhand writing and need the right brain to help out with this. Likewise when hunting for food, a survival mechanism of the left brain and needing the spatial ability of the right brain to throw the spear. A third example is listening to music. With our left brain and right ear we listen to the low frequencies of the rhythm and with the right brain and left ear to the melody and high pitched sounds from violins.

Observation of people will quickly show some very salient points. These are listed as follows:

1. Many people are their own worst enemies.
2. Many also do not know who they actually are (Lack of self-identity).
3. Attempts at trying to control others as a form of compensation for having no self-control.

There are many reasons for suffering from self-inflicted ill-health, the most common being overly emotionally. Without even listing the different conditions that can bring this about, complacency is one of the most common culprits.

All of us suffer some form of psychological trauma some time in our lives, or being confronted with seemingly impossible situations without any obvious solutions. Just giving in is never the right way to go about it. Instead of wasting time thinking about what has happened, we should just switch our mind and brain into thinking what options we have available. It is quite incredible what we can come up with. Often the content of books on specific conditions can help, such as the book written by Norman Doidge MD, Psychiatrist, titled *The Brain's Way of Healing*.

Personally I have embraced the concept of whatever problem shows itself, I immediately try and solve it, often with great success. The most interesting aspect of immediate reaction to a problem event is that the more problems are solved, the easier it gets. Nowadays I actually create difficulties to be solved, like leaving my keys in a different place from the previous one, and try and remember where I left them. Sometimes an easy task can be deliberately made more complicated. It has become a worthwhile exercise for my short term memory retention [3, 4, 14, 18, 20 and 21].

An even better strategy for dealing with problem happenings is considering the PAST, the NOW and the FUTURE and above all the consequence of what we do or not do. It is always worth thinking about the PAST, right NOW, and using what has been learned for better outcomes in the FUTURE.

### **Summary on this section**

With our mind and a healthy attitude we can survive and enjoy a healthy and pleasant Life or destroy ourselves. It is all up to us individually. In order to survive we cannot expect to be complacent and let things happen.

When we are born, we know very little but learn every moment new things by what we hear, see, smell and sense. We get to know our parents, that darkness follows light and many other things that make noises. We make noises ourselves. No doubt the scene has been set to find out who we are. That can happen only one way and that way is by learning what we know and still need to know and what it is we can do as well as those things we cannot. That knowledge alone can start us on an exciting road of self-discovery. However nothing is ever that simple. There are skills to be learned both socially and technically and more in particular: WHO WE ARE OURSELVES! And that is the interesting part. The more we learn what we are able to do and what we know, the closer we get to those areas we are not yet familiar with. Even our brain and central nervous system becomes more skilled and efficient so that we may learn to swim, drive a car, do gymnastics and even learn how to play a musical instrument. It is absolutely true, that the more you know and CAN do, the more you feel satisfied, secure, confident and above all willing to do more difficult things. Unfortunately, learning all these different experiences requires diligence, discipline, patience and time. Not doing all of these things leads to a path of despair. With learning however, negative feedback is full on and 'Once bitten, you should be twice shy'. Suitable exercises or body movements, would be any exercises that simultaneously uses the left and right legs and arms. An illustration of this would be bringing up the left knee (in a standing position) to about waist high and try and bring the right elbow to touch the top and the same with the right knee and left elbow [10,14].

### **Triggering the Lymphatic System for a general clean-out of your body**

It is of extreme importance for your long term survival and life expectancy and also minimise the risk of cancer by learning more what your lymphatic system is and what it can do for you. From all perspectives, a well-functioning lymphatic system cannot be compared to

anything else. It is basically a series of tubes, interrupted by nodules, that travel throughout your body and mopping up anything that should not be there for maintaining optimum health. There are local concentration of these lymph glands such as around the neck, the arm pits, the upper torso, lower abdomen and both knees.

There are many thousands of kilometres of these lymphatic channels and their countless nodes throughout your body. With increasing body size through obesity, the lymphatic system needs to grow also, making the operation of the system more complex and cumbersome. Unlike the blood circulatory system that has the heart to deliver the energy to make it flow throughout the body, the lymphatic system has to rely on regular body movements. Jumping up, for instance closes the nodes and landing on your feet again causes opening up, sucking debris and other waste products like dead body cells and pathogens and eventually deliver this in one of the veins located in the neck area for discharge into the bloodstream for further processing.

The entire lymphatic system is a multi-functional gland organ that has many tasks, such as taking fatty acids away from your intestines and colon for building new cells. Other functions are:

1. Growing new capillaries on demand in order to supply nutrients to the body cells and carry away waste products. It is claimed that for every kilogram of weight gained, several kilometres of capillaries are needed.
2. Make the lymph fluid flow throughout your body, provided you exercise and there is no stagnant situations anywhere. Especially in and around a Woman's breasts, as this can stimulate cancerous growth,
3. All blood plasma proteins enter your lymphatic system as well as dead body cells, viruses, and bacteria all form putrid debris for exiting from your body. It is often claimed that the lymphatic system is the waste bin of your body [12, 21 and 22].
4. Your lymph nodes are your best defence against infections of any sort. They carry antibodies and lymphocytes (white blood cells) and phagocytes that clean out debris located within your body tissues.

**Note!** It is prudent to keep your lymphatic system (another very important river of your body) clean and flowing. Not doing so, will cause stagnation and a big chance of cancerous growths according to medical books. In particular cancerous cells getting into the Lymphatic System can literally transport the cancer to other parts of your body very fast indeed.

### **The symbiotic relationship with our gut bacteria**

Up to now we have mostly ignored the importance of our gut bacteria, although they assist us directly with our metabolic processes and evacuation waste products. It is also claimed that they communicate with our brain via the Vagus nerve. The symbiotic relationship between our cells and the bacteria is stable when we consume sufficient quantities of the right nutrients for these bacteria to process. In each person, the type of bacteria may be different and in varying densities. This is caused by different lifestyles and the food we consume. Eating fish instead of red meat would each attract a slightly different species of bacteria and if we ate food of a poor quality it would attract a different bacteria again. It is even possible if the conditions were right for hostile bacteria to invade our gut and make attempts to make us sick and destroy us. For that reason we need to do the right thing for our friendly bacteria in order to avoid having to deal with the nasty ones.

### **The Sympathetic, Para-Sympathetic and Enteric Nervous Systems (including the vagus nerve) and their role in our health**

You may never have been introduced to these three nervous systems, yet without realising it, each one of the three is regulating your life automatically, during the day and at night respectively. They form part of our Autonomous Nervous System. How they operate and look after our health is explained hereunder:

Simplistically speaking, the sympathetic nervous system starts early in the morning by the action of serotonin, a neurotransmitter that readies us for activity such the 'fight or flight response' as well as a feeling of contentment and happiness. It is the stimulant for daytime

activities and is triggered by light of the sun in particular. In direct contrast to the foregoing is the activation of the Parasympathetic nervous system by the hormone Melatonin by darkness. This hormone is created by the Pineal gland located in the brain. Its function is to induce rest and digest.

The sympathetic nervous system is thus for daytime activities by increasing blood flow and tension and increasing blood pressure, heart rate, breathing and preparation for all of the things planned or not for the day. It is initiated by 'first light' from the sun.

The parasympathetic nervous system and the vagus nerve control homeostasis and stimulation by the hormone melatonin as a type of brake on the day's events, to slow the body down from activities and the preparation to go to sleep. The vagus nerve regulates and reduces the heartrate and the stimulation of the digestion of food. Relaxing of muscles [8, 9, 12 and 22].

Lymphatic System	Vagus or 10 <sup>th</sup> Cranial Nerve
<p>* The purpose of the lymphatic system is to</p> <p>1. Collect waste products in the tissues that are too large to be returned to the blood circulatory system and are accordingly reduced in size.</p> <p>2. Use its lymph fluid, which contains white blood cells and macrophages, to recognise and kill bacteria, viruses and cancerous cells as well as pick up anything at all that does not belong in among the body tissues. It simultaneously also carries in nutrients and other body chemistry for cell nourishment.</p> <p>3. It is a very important part of our immune strategy.</p> <p>* For an uninterrupted flow throughout the lymphatic system and for the nodes to open and close, physical activation by the individual is an absolute requirement.</p>	<p>The Vagus (or wandering) nerve is for the total two-way communication between it and the organs it touches and the brain. It is even thought that much of this communication also originated from our gut bacteria with whom we share a symbiotic relationship.</p> <p>It is a very large nervous system that is only exceeded in size by the nervous system inside our spinal column. Its operation is very complex including regulating our heart rhythm and responsible for many involuntary movements such as hiccups by sudden activation of the diaphragm and feelings of nausea.</p> <p>It is often dubbed "the second brain" of which the concept of 'gut feelings' originated.</p> <p>This Vagus nerve is mostly associated with our parasympathetic nervous system by organising and directing our metabolism and digestion system at night.</p>

**Note!** It is quite obvious that reversing the natural order by sleeping during the day and working at night, such as by shift workers, is not conducive for continued good health. In fact when the serotonin production cannot stop, the melatonin hormone cannot function properly, resulting in possible sleep deprivation and insomnia.

### Summary on this section

It is not that difficult to maintain the lymphatic system. All that it requires is sufficient body movements and other specific exercises, such as the following:

- Gently jump up and down on a trampoline. When the movement is up, the nodes close-up but on the downward way, the nodes open up and the system is activated.
- The same can be accomplished by sitting on the bed and moving up and down with the aid of the springiness of the mattress. This is especially useful for the elderly, or bedridden.
- Another variation is standing erect with arms held horizontally, just below shoulder height and lifting the heels high off the ground and standing on the toes. Then go down on the heels again and do a number of repetitions, at least 100 times.

- More complex exercises would be (a) half squats and (b) upper body twists, such as the Tibetan Twist whilst also slapping the left kidney area with the right hand gently and doing the same with the right kidney and the left hand.

The vagus nerve is a very complex neural system and the longest nerve set in the body, extending all the way from the brain as the 10<sup>th</sup> Cranial nerve, also called Nerve X, the wanderer, to the abdomen. It is so complex that it is also called the second brain and claimed by some to harbour our ‘Gut Instinct’ feelings. For a balanced and satisfying life free of disturbances, these nerve system functions should not be interfered with, nor ignored. Attitude and mood go hand in hand as either one influences the other. The five most natural chemicals of the body are Serotonin, Melatonin, Adrenalin, Cortisol and Insulin. The following table identifies their role in your health or sickness [3,22].

Serotonin	Melatonin	Adrenalin	Cortisol	Insulin
A monoamine neurotransmitter biochemically derived from tryptophan, considered to contribute to feelings of well-being and happiness and regulate intestinal movements. It is activated early in the morning in order to prepare us for the day and is associated with the sympathetic nervous system.	A hormone that is produced by the pineal gland for regulating and inducing sleep as well as wakefulness. It is associated with the parasympathetic nervous system for rest and digest after the sun has set. It also regulates blood pressure and can also serve as an antioxidant. Its function is directly associated with the 10 <sup>th</sup> Cranial nerve, the Vagus nerve.	Or more correctly identified as Epinephrine, as the name adrenaline has been patented. The hormone is produced in the adrenal glands located on the top of our kidneys. It is the hormone for dealing with sudden trauma and stress of short duration, making the heart beat faster, increasing blood pressure, narrowing the blood vessels for the preservation of the vital organs and increasing oxygen exchange.	This is a stress (steroid) hormone, also produced by the adrenal glands. Its function is to metabolise glucose and regulate blood pressure heart rate and its ability to suppress immunity. It also warns of inflammation setting in. It should also be noted that alcohol and Cortisol do not mix well as it causes unwanted side-effects. Cortisol is also active as an awakening response agent.	Insulin is a peptide hormone produced by the beta cells of pancreatic islets of Langerhans. They are the main anabolic hormones of the body. They regulate the metabolism of all carbohydrates, fatty acids and proteins. These substances, in particular glucose from the blood are then absorbed by fat cells, the liver tissues and skeletal muscle cells. Low insulin levels cause catabolism.

### Dealing with problems

The best way of dealing with problems, is to seek solutions. From personal experience seeking solutions is easier than one would think. Most people underestimate the ability of the mind, brain and body to seek solutions that make sense, provided the actual problem is simply forgotten about. Let us understand pain. Pain hurts, but instead of turning it into a disaster we seem destined to suffer for, ask ourselves “where is the pain, what sort of pain is it, need I be concerned and what is causing the pain. By simply learning how the pain or discomfort is created we may be close to being able to deal with the pain. By not thinking about pain, the feeling of pain disappears and the truth of the matter is that pain is a mechanism of the body and the brain to tell the owner that something is wrong and requires attention, i.e. a strategy for minimising or removing the pain. For many years I learned to deal with most physical pains by either standing erect or walking with my arms elevated and stretched to the side and just below shoulder height for extended periods. Walking through the streets where I live, people asked if I was imagining being a plane. However by maintaining this pose for extended periods and feeling my shoulders ache more and more, the pain eventually diminished altogether. If ever a pain strikes and unless I do something about it, my brain has learned to ignore it and stop the pain [6].

### Embracing and practising Negative Feedback

Nothing is easier than embracing and practising negative feedback. It is almost like a game, but requires the person to be honest with one self and a willingness to try it out. It is just a way of determining what the consequences are of doing a particular thing to one self or others. If the consequence is unacceptable for everyone, the activity must be refrained from [23-29].

## Conclusion

There is overwhelming evidence of a general consensus in literature and article on the Internet that healthy eating of not overly processed foods and regular exercises and body movements coupled with a very regular lifestyle almost guarantees continued or improvement in health. However, irrespective of the medical conditions causing diabetes, obesity or any other health afflictions, the state of mind is still a major influence. Any change in a specific mindset can either minimise or increase the severity of these conditions. For instance, depression is caused by a lack of self-esteem and feelings of inadequacy. Such a condition may itself arise by not producing the right hormones such as Serotonin. This situation may arise and be fuelled by a lack of negative feedback and an unwillingness to rationalise. However with so many strategies produced by our own body most of which we are totally unaware to deal with such as invaders and malfunction of some of our organs, like the pancreas in particular. Our consciousness about the reality of life is really up to us to make continued health a reality. This means embracing every opportunity by way of exercising and keeping fit and eating and drinking healthy as the only option for a long life. Just letting your disease happen and hoping for the best, simply will not work. Think of it like building a dam at the lowest part of a valley so that water collected will stay there for later use. Likewise it is up to each individual reading this paper to make the decision to build protection around one's own body, especially for the future. For myself, I do want to live as long as I can and start each morning with 40 push-ups and 40 half squats to get my blood and lymph flowing. After that I go for a brisk walk of 4 kilometres within the space of 30 minutes. The benefits are great and the ability to write this paper in record time. I am just an ordinary person and if I can do it, so can the reader. Unfortunately some people are stubborn, obstinate, their own worst enemy and above all belligerent and thus not open for rationalisation. I now have lost two younger brothers, one as recent as only days ago. Both had a miserable and poor quality life in their later years. There is no need for that! [6,9,18].

Recognise the intelligence of your mind and body and learn about YOURSELF!

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