**BIO-PHYTO-TERAPEUTIC MODULATORS’ INFLUENCE OF MENTAL AND EMOTIONAL HEALTH**

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**Abstract:** This paper has for an object study of bio-pho-to-dynamic modulators benefic effects to mental affections like depression and panic attacks. Using the bio-pho-to-dynamic modulators, I have noticed a balance of emotional and mental states.

**INTRODUCTION**

Motto: “There is no health without mental health!

Mental health can improve the whole general state of the body and prevent or even remove other affections.

A high number of persons suffer nowadays by mental affections because of many influences.

As international reports, the phenomenon is representative even for our country, 20% of Romanians suffering by these diseases.

The mental affections expend on a genetic support, responsible of a psychical vulnerability. Later, the influence of medium conditions is another responsible element if we refer to minor or medium mental affections (neurosis, depression). Most of mental affections are induced by word and thought, so that the medicines therapy is not the one which can cure these diseases. The medicines only block a mental patient. It improves the disease for a very short period and after that it starts again with more power.

It is logic to treat patient like whole. Some lawyers of mental health use the term “co-morbidity” to describe the co-existence of mental health problems and other nature.

**MATERIALS AND METHODS**

Using the modulators invented by physicist Ancu Dinca in this health domain is a part of future medicine; the friendly, non-invasive and no unlike secondary effects medicine. These devices have shown us till now that can produce a cure to different levels. All type of diseases appeared to the physical body level action, on the first stage, to the informational body. Nearby the physical body, that warns us in different ways about the next possible problems that could manifest, the information is ignored till the disease appears to the physical body and then it is too late and serious. The normal ways of treatment are oriented to the physical body. If these has succeeds, the problem is solved only to physical level, so the affection came back after a period or is moved to another body part or organ. So, it is treat the effect, not cause.
RESULTS AND DISCUSSIONS

It has been ascertained the modulators’ general effect:
- acceleration of cure process, decreasing in the same time the secondary effects of medicines;
- stimulation of necessary vitality for sustain the processes inside of body;
- intensification of power and speed reaction of body, demonstrating the acceleration of cure process and stop of pains;
- non-invasive;
- solving, in the same time, many informational disorders, even if these weren’t detectable yet;
- treatment both the cause and the effect;
- effect appears in 5 minutes after the direct contact between body and modulators;
- the effect persists to some persons when there is not physical contact between them;
- easy for use;
- function even if the patient believe or not in method;
- functionality period is about 10 years;
- no adverse effects;
- using in the same time with other type of treatments.

Patients with mental affections are usually treated using neuroleptic tranquilizers have many chances to cure completely the affection.

I’ve used the modulators to depressives and panic attack diseases following the evolution of patients.

A) Depression

Clinical manifestations:
Depression is characterized by a worst disposition, lose of interest and happy, a reduce level of energy that goes to a high fatigability and an increased activity.

Frequent symptoms:
- sadness, anxiety tension, interior agitation, impression that you can’t have feelings;
- slow and tired thinking, thinking of vicious circle, obsessions;
- will’s inhibition; incapacity to decide;
- bent position, slowly movements, whispered and monotone voice;
- pronounced tired after a minimum effort;
- reduction of concentration capacity and attention;
- reduction of self-respect and self-confidence;
- guilt and no values ideas;
- sad and pessimist vision of future;
- self-injury ideas or acts, even suicide;
- disturbed sleep;
- Appetite’s diminution.

Depression can be masked by additional features:
- anxiety;
- suffering and psycho-motor excitement;
- irritability;
- excessive alcohol consume;
- histrionic behavior;
- exacerbation of preceded phobia or obsessive symptoms;
- Exacerbation of hypochondria concerning.
To establish the diagnosis of depression it is necessary a period of minimum 2 weeks, but can be accepted shorter periods if the debut is rapid and with severe uncommon symptoms. The modulators action in different ways to each person and depends on many factors.

It can appear somatic varied and unspecific symptoms:
- insomnia;
- articular, muscular and abdominal pains;
- neurangious (pain along the nerve trajectory), cephalrea;
- decrease of appetite, inelasticity;
- cardiac turbulence, decrease/increase of cardiac frequency, extrasystoles, anginal pseudo-pains;
- respiratory turbulence, decrease of respiratory frequency, superficial breathing;
- digestive turbulence, dry month, pharyngeal constriction, “lump in the throat” sensation, gastric tension, constipation, diarhoea;
- sexual turbulences: frigidity, impotence, menstrual turbulences;
- Renal turbulences: dysuria (defectuous, painful urination), polakiuria (frequent urination and small quantities), convulsion, pseudo-colitis.

All these unwished aspects are solved quicker or slower depending on the number of worn modulators and place were been positioned.

Symptomatically changes after using the modulators are:
- relaxation, serviceable;
- thinking become clear and focused;
- will’s stimulation, decided and courageous,
- positive body attitude, dynamism and force in voice;
- resistance to tired; stronger even to old persons;
- focusing, better memory;
- self-appreciation and affirmation wish;
- self-forget and respect;
- self-transformation and self-control wish;
- self-affection and life’s wish;
- long and refreshing sleep;
- good appetite and even the regulation of body weigh.

These turbulences have a strong impact to well state from physical and psychical points of view. For example, the depression reduces the ability to work and increase the cost for health cares. Typically, people with depression go to the doctor with symptoms without physical causes. But doctors treat these symptoms as a result of organic affection, going to unnecessary costs and antibiotics abuses, instead of attitude based on basic problem that hold on to mental health. This goes to a vicious circle of deprivation and mental affections, little different of vicious circle of deprivation and infection diseases.

B) Panic Attack

Clinical manifestations:

The panic attack is the paroxysmal exhibition of anxiety, self-limited in time. The period of manifestation is about 20 minutes, from the debut to the reduction of symptoms’ intensity.

During panic attack, fright and discomfort are sustaining by four of next symptoms, that appearance in a steep manner and reach the maximum intensity in less than 10 minutes:
- strong/irregular/quick pulse;
- difficulty/incapacity sensation of breath.
- thoracic pains or discomfort;
- perspiration;
- shivers/local contractions of muscles;
- nausea, abdominal discomfort;
- vertigo/instability/collapse/vacuum head;
- unreality/modify of self-perception;
- scared for losing control/running wild;
- scared to death;
- Tingles, shivers or warning waves.

Only the panic attack is not a sure diagnosis. Paroxysm’s anxiety can appear to any anxious turbulence, even is talking about phobias, obsessive-convulsive turbulences or generalized anxious turbulences, but there aren’t characteristically.

Only panic turbulence evolutes with multiple panic attacks, which al least one is followed, during minin of one month, by one or more symptoms as:

- Persistent scared of next attack will appearance;
- Worried about the implication and consequences of the attack (for ex. Losing control, an miocardic infarct, evolution to a serious physical diseases);
- A significant modification of the behavior about attacks (avoid the situation that produced the panic attacks), insurance measurements (ex. Patient doesn’t walk alone on the street, consult often the doctor.).

Symptoms changes after using the modulators are:
- heart starts to pulse regularly, the arterial tension is going to regular;
- it improves the breathing and even the pulmonary capacity is rising;
- disappeared of shivers/local contractions of muscles, in the mean time with arterial tension’s regulation;
- eliminate the intestinal gas, a better digestion;
- force in foot and general balance;
- state of here and now, I am living now (in this moment);
- detached and wish to give advices for others;
- the death is unavoidably;
- the normalization of sanguine circulation.

CONCLUSIONS

It has observed that, after psychological analyses, the bio-phyto-dinamic modulators can solve these problems or, if not, only worn by prevent, increase the organism immunity, by protecting the body of great number of daily emotional, mental and psychical unbalanced.