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Editorial

# The Main Function of the Muscles

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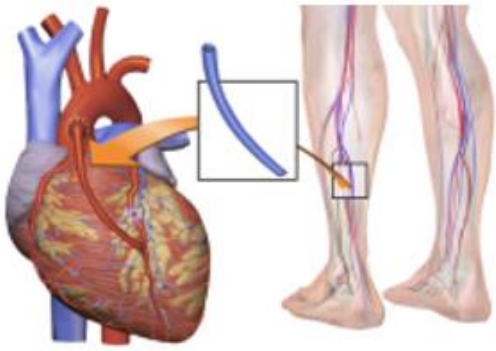
the main function of the muscles. Physiology explains that the main function of the skeletal muscles is the promotion of blood and lymph in the body, maintaining the processes of cell metabolism. If the muscles did not participate in this process, the heart would be so huge that it would hardly fit into the chest.

With the contraction and relaxation of the skeletal muscles, blood is squeezed out of the venous vessels passing through them and the blood moves towards the heart. Arterial blood flow is associated with the systolic ejection of the heart and gravitational forces, which is incomparable with the work of venous-muscular pumps that supply blood to the heart. Medicine does not understand that arterial blood flow disorders are the result of poor venous outflow of blood. This is due to deformities of the feet, a violation of the sequence of muscle contraction when walking. Without an understanding of this mechanism, neither surgery on the arteries of the legs, nor coronary bypass surgery on the heart will solve the problem of improving arterial blood flow.



Violation of muscle activity is the beginning of early old age, the development of diseases. An exceptional place in its importance is occupied by violations of the work of the short muscles of the spinal column. Their influence on the functionality of the autonomic nervous system, which provides the processes of self-regulation. Muscles take part in the innervation of all internal organs, blood and lymphatic vessels, endocrine glands, smooth and striated muscles. In this regard, it is impossible to deny the dependence of the functioning of all organs on the state of the short muscles surrounding the spine. But, despite all of the above, for some reason no one pays attention to correcting deformities of the spine, feet, and they only say that the causes of deformities, curvature in the joints are unknown, they are idiopathic in nature. At the same time, they forget the fact that the restoration of brain cells is associated with walking, that recharging of 22 battery cells occurs in the first 3 hours of sleep from overworked muscles during the day.

As you can see, those who understand how much you need to know in order to understand how little we know are right. There is a deformation in the joint, which means that blood circulation is disturbed, the cell does not receive enough oxygen and signals pain. They did a massage, artificially improved blood flow, the pain went away, but the deformation remained and the pain returned. So over the years, the brain receives less nutrition, diseases develop. Deformities and pains begin to appear in the feet, then in one knee and hip joint, lumbar and thoracic regions, and so they get to the cervical region, which is manifested by headaches, migraines, and stroke. This is the sequence of development of diseases, which is explained by the presence of anatomical differences in the lengths of the legs in all people. This is the reason for the development of functional shortening, curvature of the overlying structures of the spine. It's like in a high-rise tower, one cube deviated and it leaned over, tending to fall. It is possible to eliminate functional displacements on the joints by standing on a platform of communicating vessels. The body will take a stable vertical position, the spine will align, and the specialist will be able to measure the anatomical difference in leg lengths. So skeletal muscles can become active, effectively support the metabolism of body cells. The body will instantly respond to such actions, the work of all its systems will be restored. It is possible to control this with modern computer programs, our patients testify to this with surprise and joy. That is why we say today that the functional correction of the musculoskeletal frame of the body is the basis of the therapy of a self-regulating system, the elimination of diseases of the body.