

Heart Health Problems, Healing and Satisfaction

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Abstract

Positive awakening and satisfaction of what one has achieved and better preparation of life at present can be an everlasting healing mantra to the sufferers of long-standing heart problems including patients of chronic diseases and cancers of various origins.

Keywords: heart; chronic diseases and cancers

The relationship between human body and environment is astonishingly complex. The human body frequently face unwarned conditions or occurrence of disease or deformity in their lifespan. Our body is very closely integrated with our external or internal environment helping itself to heal the effects of such ailments. Also, humans have intelligence to find, innovate, discover the solutions or techniques to heal or to prepare for the best to tackle diseases including complex congenital and acquired heart problems and suffering.

Individuals may suffer with the persistent visual, felt or virtual effects of the heart health problems even after proper diagnosis and appropriate treatment. This is particularly so in chronic conditions such as complex congenital or acquired heart diseases, cancers originating from various tissues and psychosomatic illnesses. Current knowledge on psychophysiological processes showed the stress of the cancer experience with various clinical outcomes, and needed to be highlighted future path on bio behavioral research. [1] Awakening and satisfaction of the 'self' with what one's efforts have achieved to alleviate symptoms is fundamentally important not to suffer in the days to come. Physical activity and daily lifestyle activities provides multiple health benefits, promote societal growth, and provide long-term chronic disease prevention and treatment. [2] Equally important is to equip best at present of all scientifically proved remedial measures of cure for sufferers of various chronic ailments in general and chronic heart problems, cancers in particular.

The mental injury that a patient after open-heart surgery or a cancer patient may experience untoward symptoms even after several months or years of complete healing. The interaction of the human body to visible or invisible disease agent, energy, response etc. act differently in different diseases or malfunctions. Persistent, purposeful and strong positive thinking and awakening practically provides the positive vive to satisfy many felt mental and physical obstacles beyond possible. Positivity may covert sufferers' unwanted experiences into less symptoms and/or complete healing after a certain period of time. For example, meditation can help many post heart surgery patients, cancer sufferers to adapt the realities without harming the body and brain. Moreover, the partially cured or not well-controlled or life-threatening long-standing ailments may produce various degrees of

symptoms and dissatisfactions. Current evidence-based physical parameters cannot measure all the displeasure or dissatisfaction in numbers. However, creation of positive effort on micro milieu of sufferers is possible after series of sharing discussion on the causes, effects and management of suffering and dissatisfaction. Each positive vive or movement of living or non-living particles' affects to itself and its immediate and remote environment, and their relative harmony determines the fate of each particle. Harmony of rhythmic waves of bodily particles is necessary for adaptation of changing states of man and its environment. Unless human adapts arrhythmic nature of self and its environment either by medication or various psychopsychological measures one may suffer from the disease or progresses the disease. Positivity or negativity of any waves are relative in nature. Maintenance of equilibrium between positive and negative vive may be the foundation of satisfying oneself.

Sincere and dedicated sharing of words of satisfaction and experiences by the sufferers or the knowledge and experiences of healers can boost the motivation in positive way. Specific and authentic information about heart diseases, chronic ailments or cancers encourage the sufferers to know their problem better and build better foundation of satisfaction. Awakening, satisfaction and physical adaptation at the moment of suffering may help positively in the process of better healing and better healthful living.

Satisfaction of what one has achieved, and better preparation of life at present can be an everlasting healing mantra to the sufferers of long-standing heart diseases including patients of chronic diseases and cancers of various origins.

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