

Unconditioned Reflexes Are the Basis of a Self-Regulating System, the Structure of the Musculoskeletal Frame of the Body

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Abstract

Unconditioned reflexes are the main form of activity of the nervous system, which, regardless of our consciousness, reacts to external stimuli, coordinating the stable position of the body, the movement of fluid media, and the vital processes of the body. Reflex activity is formed in the spinal cord and cerebellum, controlled by the cerebral cortex. Analyzing the scheme of such an impact, it is clear that the executive element in it is the muscles. Despite the fact that the musculoskeletal frame makes up more than 75% of the body weight, that it is the engine of lymph and blood in the body, medicine does not understand the importance of muscles in the life of the body.

Keywords: unconditioned reflexes; self-regulating system; musculoskeletal frame; spinal; muscle contraction; GCG; flat foot; blood circulation

Summary

Unconditioned reflexes are the main form of activity of the nervous system, which, regardless of our consciousness, reacts to external stimuli, coordinating the stable position of the body, the movement of fluid media, and the vital processes of the body. Reflex activity is formed in the spinal cord and cerebellum, controlled by the cerebral cortex. Analyzing the scheme of such an impact, it is clear that the executive element in it is the muscles. Despite the fact that the musculoskeletal frame makes up more than 75% of the body weight, that it is the engine of lymph and blood in the body, medicine does not understand the importance of muscles in the life of the body. There is no understanding that the function of the internal organs is to maintain the working capacity of the muscles, to provide them with nutrition. Muscle contraction should be put in the first place in terms of importance and functionality in the body. Without this, it is impossible to organize the process of forming a healthy person, the young rising generation.



Figure 1

The fact that the position of all organs is connected with the bones of the skeleton, from the displacement of which there are changes in the structures of the tissues of organs, violations of the functionality of their cells, then the issues of correcting the skeleton, eliminating deformities should not be in the first place in the list of priority tasks of medicine. Until now, there is no understanding that deformations in the overlying structures of the skeleton are a reaction of unconditioned reflexes to the existing disturbances in the kinematics of the feet, caused by the deviation GCG of the body's from the vertical. Therefore, it is impossible to bring the structures of the skeleton, the spine into a neutral position without taking into account the state of its support, the arches of the feet, and it is impossible to interfere with the work of unconditioned reflexes.



Figure 2

Compensating for the anatomical difference in the length of the legs while standing on the diaphragms of the hydraulic system, when the muscle tone is taken into account and the body takes a vertical position, you will see not only the alignment of the spine, but also how the energy state of the body normalizes. But today, the legs of many people can no longer be called legs and the merit of medicine in this. The merit is not that she was equipped with modern equipment, she still, like a monkey, continues to knock down apples with a stick. Raises and holds the inner arch with insoles, makes the foot flat, disrupts blood circulation in the body.



C - образный

S- образный

Figure 3

When the GCG body's is off-axis for a long time, its oscillations about the vertical axis are limited. Therefore, the pumping function of paired muscles deteriorates, and the cost of maintaining a stable body position increases. Muscles begin to regenerate; stable deformations are formed.



Figure 4

It takes 15 minutes of warming up the deep muscles of the spine at a temperature of 40 degrees, as the structure of the muscle cells is restored, and they unfold the trapezoidal discs to their original position. According to the theory of probability, each person has an anatomical difference in the lengths of the limbs, and therefore there is a displacement of the body's CG relative to the position of the CG of the reference triangle of the feet. So, when the load is shifted, deformations of the arches of the feet develop.



Figure 5

Ensuring stable oscillations of the GCG body's in mutually perpendicular planes within 2-4 cm is a condition for constant contraction of the muscles that support the metabolism of body cells. The body spends up to 94% of its energy on this work. Standing on the diaphragms of the communicating vessels of the hydraulic system, the difference in the lengths of the limbs is compensated, the body takes a vertical position and we immediately see the normalization of posture.

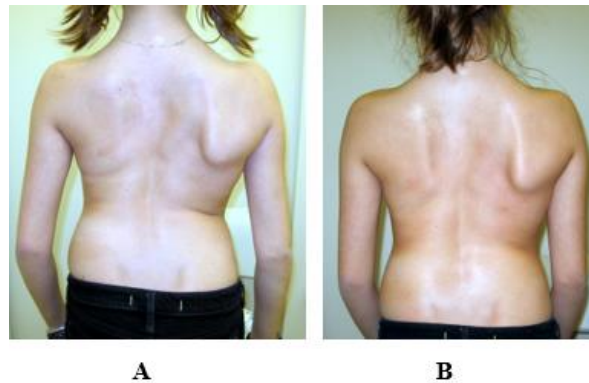


Figure 6

This is the method that fits into the understanding of what unconditioned reflexes are, that no other methods, techniques of osteopathy or kinesiology can correct the structures that lie above the level of the feet. Therefore, the functional correction of the feet underlies the elimination of deformities in the entire musculoskeletal frame of the body and, accordingly, the normalization of the work of a self-regulating organism.



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