

Fundamentals of restoring the self-regulating function of the body

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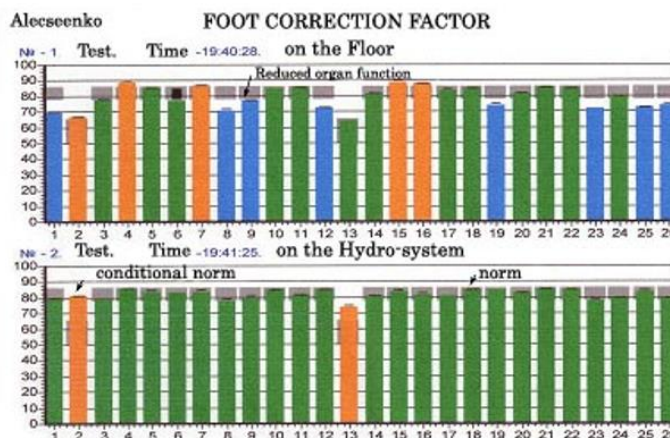
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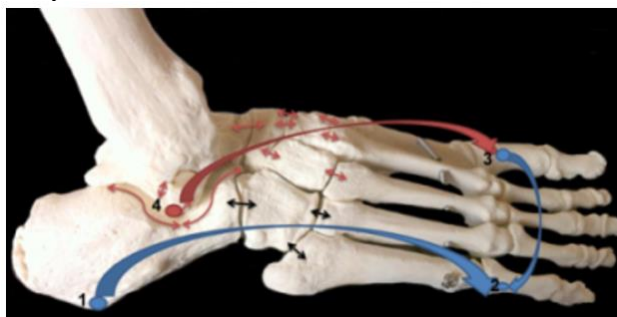
You should think about what a self-regulating system is, how the question arises, so what does medicine do? In the United States and Canada, medicine is officially recognized as a business.

Nobody says that the body, its organs and tissues consist of cells, and skeletal muscles are responsible for the metabolic processes in them.



But deformities of the feet and spine are tested today in more than 95% of schoolchildren. Even 50 years ago, they were diagnosed in 7-19% of people, mostly the elderly. The reason was seen in the age-related decrease in muscle tone, they could not cope with the loads. But today all diseases have become

younger. Their relationship with deformations in the structures of the musculoskeletal framework is seen. Eliminating deformations, the work of the body also normalizes.



Analyzing the actions of medicine in the field of correction of the feet, spine, cardiovascular diseases, you see how unprepared specialists are. They do not have knowledge in the field of mathematics, physics, mechanics, and even anatomy and physiology of the body. Until now, the specialist cannot understand the kinematics of the conjugation of the bones of the arches of

the feet. They do not understand that the main supporting arches are external (1-2) and transverse (2-3), from which all types of deformations begin. That the function of the internal arch (3-4), based on the spherical tubercle of the calcaneus, is to dampen the speed of the transfer of the leg. The damping of inertia forces of the order of (3-5)g to the level of 0.5g is necessary to prevent

concussion of the brain when placing the foot on the support. To raise and support the internal arch with a hard insole means to form flat feet, disrupt

the biomechanics of joint movement, the pumping function of the muscles. The reversal of the internal arch on the subtalar joint occurs for three reasons:



1. each individual has a difference in leg lengths. This shortens the long limb, which is the reason for the formation of scoliotic posture. Having compensated for the anatomical difference in the lengths of the limbs, the calcaneus, the spine take a vertical position, the internal arch goes into a neutral position;



2. when the cuboid bone touches the surface of the support, a moment of forces arises relative to the line of action of the General Center of Gravity of the body and the arch overturns. The reason is the discrepancy between the points of support of the shoes and the points of support of the arches of the feet. It is necessary to choose the right shoes;



3. 3-When walking with the toes turned outward, the projection of the body's BCT goes beyond the area of the reference triangle of the feet. The overturning moment increases significantly, and hyperpronation of the arch occurs. It is necessary to walk keeping the feet parallel, rolling from the heel to the heads of the 1-5th metatarsus and the push of the thumb;

Such is the biomechanics of walking, the sequence of contraction of the muscles of the pumps that raise the lymph, blood to the heart. There is no

outflow of venous blood, - there is no inflow of arterial blood, the metabolism of body cells is disturbed.



The main and common cause of the development of deformities in the structures of the skeleton is the anatomical difference in the lengths of the limbs. This determines where and how much the body's GCT will deviate relative to the vertical axis of the body, what will be the moments of forces

on the contact surfaces of the joints of the legs and spine. The complexity of determining the difference in leg lengths lies in the fact that it is the sum of the anatomical and functional components of the shortening $H = Fu + Ay$.



Only after eliminating the functional component, which the insoles should do, can the anatomical difference be compensated. And all this should be done in a standing position, with the joints of the feet and spine brought to a neutral position. This is achieved by using a hydrostatic system of

communicating vessels. Bringing the joints of the skeleton to a neutral position is the process of correction, which no one does either when making insoles or after replacing joints. These actions determine the success of the correction of the pelvis and spine.



Correction of the feet achieves correction of the iliac-sacral joints, bringing the spine and vestibular apparatus to the vertical. As a result of all such actions, headaches, migraines, symptoms of chronic diseases disappear. Now

we can already say that the main therapist of our body is a specialist in the functional correction of the musculoskeletal frame of the body, who is engaged in the normalization of the metabolic processes of body cells.



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