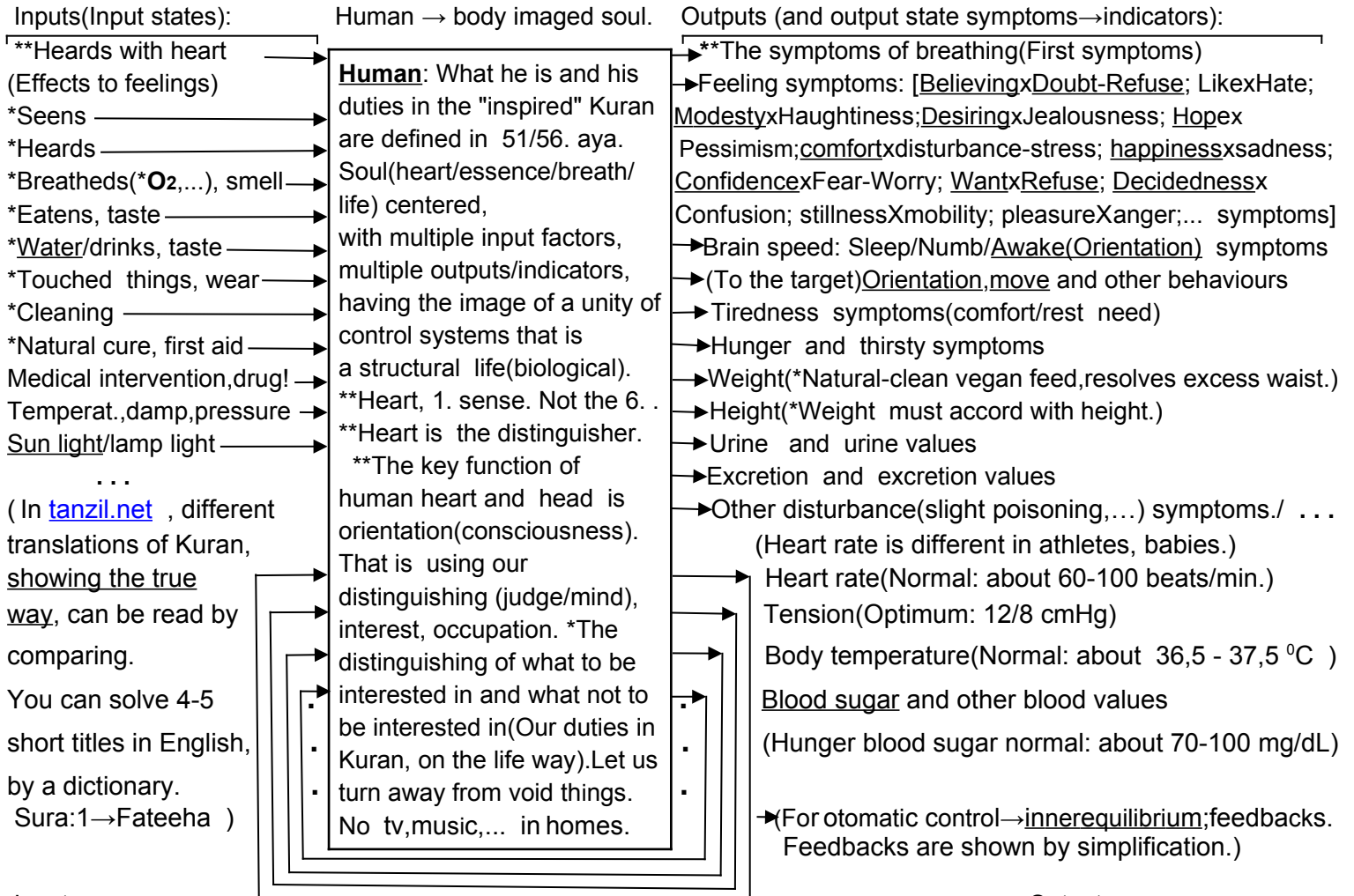


WHICH WAY WE CAN CURE OURSELVES? (You can enlarge-duplicate it; distribute it to young people,...).

WARNING(Disclaimer of responsibility): This article is aimed at transferring information,all to the good. I am not a doctor. No responsibility is accepted for results that may arise from thinking/false thinking about the information herein. Let us not be dependent to one human source.In human words/writings; falses-deficiencies are possible.While reading or listening to something people say; let us be distinguishing and questioning where necessary.Let us not be a direct memorizer.In the information presented,we can distinguish whether there is a false admittance or not, according to the "original" of the Kuran(the only source of distinguishing of belief). 8.sura/29. aya can be read by comparing its original and different translations: tanzil.net . True science and logic(the science of true, systematic thinking) are tools.→*Learn Kuran Arabic.

Two-thirds of the people are made drug buyers. All of them must not be tried to make buyers. Opposites of what are commanded by the "original" Kuran(oppressions): pseudo-happiness(deceit) networks, the moral-substantial deceits (exploitations),disruptiveness,contradiction,culture-language-concept degenerations, pointing the labyrinthical ramp,un-knowingness,race,poorness,numbness and all diseases; must not be tried to spread by some foundations,by press and broadcast(television,films,music,internet,books,...).Who have become addicted to some kinds of drugs,may not get into trouble,if they don't stop taking their right drugs.And they may straighten up,when they start to take the right drugs in order again. But not all of them may be dependent./ Kuran ayas explain the real enemy of humanity and his 3 communities.

I) THE CONTROL SYSTEMS STRUCTURE OF HUMAN (Control systems model/example/format of the individual):



Input: If you eat veggy,natural grape/black grape or drink a few glasses of sugar water or water,...→Tension may be balanced. If you eat too salty/badly salted, eat "animal" and fabricated products, have difficulty, ... →Tension increases.

There are many such connections between inputs and outputs.Some people with kidney disease can't drink much water. Drinking insufficient water darkens color of urine.Increasing amount of water drunk lightens color of urine./ If too much sugar is eaten,blood sugar rises.When eating a natural-clean vegan diet,eating the right blood sugar regulating herbs,drinking plenty of natural-clean water,moving,...; blood sugar can be corrected./ Genuine(not fabrication) rock salt in moderation doesn't cause excessively high blood pressure and is a general cure.Bloodletting reduces blood pressure. Some blood values must be normal for safe bloodletting.When blood is renewed, a general cure occurs.They don't let blood except for donation./ Eating natural vegetables,natural fruits,with plenty of vitamin C,in season,especially orange; is a general cure/antidote/antivirus and kills cancer cells.Not hormonal(over large) vegetables,fruits.Over large ones can be filtered in the beginning with eyes.Small ones may not be separated on the counter! Let's look for the natural-clean ones; not the fabricated looking-bright-overly pesticide residue ones!Natural-crispy ones needed,not the elastic.It should be likely to burst. Let us wash it exactly, peel it./ Eating natural olives and shelled-natural walnuts, peanuts, almonds, hazelnuts(containing omega 3 oil) from time to time; are some keys for a general cure.5 minutes before breakfast, drinking 2 glasses of clean water and eating natural-clean vegetables and fruits; are good against stool solidity.Drinking water during and after eating is also good against stool solidity.In addition, eating 6 pieces of natural olives in breakfast from

period to period,relieves hemorrhoids.Animal and fabricated products,onion,garlic,pickle,... not be produced.*Intestines and its flora are center of health.Intestines and its flora can be restored by eating a natural-clean vegan diet.Genuine natural cure can be more useful than trying to suppress symptoms of disturbance,artificially.Not deceitful natural cure.

The key systems to the formation and cure of disturbances in humans are the digestion(doing nutrition),immune and circulatory systems. For example, opening of blood vessel constrictions naturally(by going out in the open air,walking,vegan feed,...) is a general cure./ *Also, since our body is a unity of systems with multiple input factors and multiple outputs/indicators; the disturbances are usually multi-caused and with multi-indicators.One indicator can be common to more than one disturbance.How many kinds of inflammations/disturbances are there?: 6./ *Some of our moral/bodily disturbances can go away by ourselves, over time, if we find and eliminate the causes.Causes not to be continuous: clean outdoor air, "healthy building: clean indoor air,balanced wetness", going outdoor to oxygen and to sun, moving, natural-clean drinking water,comfort, "cottoned,not (nylon-leather-non breathable-narrow) clothes",**natural-clean vegan feed, *varied/balanced/sufficient/not on full/3 meals feed, preventing poisons, eating natural fresh/dried fruits instead of artificial sweeteneds, preventing harmful medical examinations-interventions-medications, preventing bacteria/virus/fungus/other parasitic infections, sleep order, sleeping sufficiently/nighttime, sleeping after at least 2 hours from a meal,soft stools, balance of: temperature,damp/wetness,pressure, preventing hereditary disorder/injury,... . Alcohol, cigarette,acidic beverages,...etc. poisons should be eliminated in the heart and head. Let us not be under the effect of a harmful factor again. Human cells renew themselves in every 6 months. There are also many other repair mechanisms.

What is knowledge, how many kinds is it? What is truth x invalidness? What is true(right) x false?

II) SCIENTIFIC SOLUTION WAY OF THE PRIOR INHIBITION IN GENERAL SUBJECTS: (Example, health)

1)*What are the symptoms→the indicators of the input and the output states? Let us distinguish them true.**What is wanted to be done?=Consciousness(Symptoms are subjective/dependent on the subject, indicators are objective.*In the world,most of the information being offered is deceptive,empty,hidden intended.*They mustn't try to deceive by the name of Allah, by the name of his messenger, by the name of Kuran, by title, by pseudo-science, by technology, by showing helpfulness, by wanting help, by contradiction,... .)

2)*What is the inhibition? Let us distinguish it true. (Should it be prioritized/postponed/passed? Don't exaggerate. *It is not necessary to know everything. *Put ourselves in the object's place which is in front of us.)

3)*What are the real causes(sources) of the inhibition?What is the root cause?**Think broadly, independent of prejudices.

4)*What is the real(distinguishing) diagnosis? [Solution/cure is according to the diagnosis.**General cure without diagnosis shall be made.*We can research the possibilities of the diagnosis of our disturbances, by ourselves.Sometimes the doctor wants analyses to make a diagnosis.There are very harmful analyses such as Computer Tomography scans,EMG,many X-rays,endoscopy,... .There is also a good doctor, and there are also people who stay away from being tampered.**Let us correct all the input factors one by one: Ayas; 7/157; 94/1-8; 26/80; 2/285-286; 2/255; 112/1-4; 68/8.]

*[Let us not label ourselves morally ill. In psychology-psychiatry, labeling diagnoses must not be also given. "False-opposite-meaningless-void" percept→concentration→memory→emotion→connection/thought→distinguishing→desire→orientation→behaviours; let us leave,finish these and pass to the true ones.Personality pseudo-tests mustn't try to bring illness to the mind.The key to solving MORAL/physical inhibitions: To learn to cure ourselves MORALLY/physically.The original Kuran is the solution key for moral/physical inhibitions.Let us be distinguishing,strong.Against disorder in consciousness (temporary psychosis); 8/29. aya can be read. On the way of life, let us not load ourselves with heavy and unnecessary MORAL/material loads, let us learn to defend ourselves in a civilized way, reduce stress. Let us not despair of Allah's forgiveness(mercy): Kuran ayas; 39/53; 4/29-31 .]

5)What is the structure?What are the functions/behaviours?(Let us learn the structure of the tissue or organ from the true-pure sources/high school biology books)./ deepl.com →efficient web translator in 32 languages. %90 correct. %10 false!

6)What is the disorder(inhibition/deviation/imbalance/confusion/disturbance/distortion) in the structure/the functions ? What are the input factors that are the real causes of the disorder in the structure/in the functions?What is the root cause? *What are all the possibilities?

7)*What is happening where there is a disturbance? (What is the mechanism of the disturbance?)

8)Gather true-scientific information from pure sources.What is the true point of view?True observation,true distinguishing (judgement,reasoning),controlled-true experiments and true experience are sources of true knowledge as tools. With "original" of Kuran,showing the true way,as essence.Some incompetent people mustn't do some experiments,let it not be destructive.Observation happens in nature,as qualitative or quantitative.Experiment happens in the laboratory,as qualitative or quantitative.*Measure-evaluate→compare→Access to true-pure knowledge.**Not important to know lots of things. Important to know; accessing to true-pure information, true processing-transfer of info→**Necessary to stay alive.

9)Conclusion/induction: Order true connections between the data obtained.Process info,truly.Distinguish.Search for a true structure-way for the solution,which exists as a tool/mechanism and material.*There are many examples of design in nature or in human products.Plane is designed by looking at a bird.*Or,research-design-advance(order true connections between things that seem to have no connection between each other) a structure-way outside the existing conceptual frameworks(new/beyond the existing;eliminating deficiencies).Draw.What kind of structure(form of order) with what kind of features(qualities) and measurements(quantities); and what functions of that structure are needed?FEATURE(quality): Truth, safety, independence, comfort, simplicity, foundation, cleanness, health, firmness, usefulness, measured expense,efficiency,beauty,order,balance(organization,order-balance of space-matter-time).*Can solutions that are thought, work?*What do you propose as natural preventions and solutions?:True target→True solution possibilities→True decision.

10)Can this proposed solution work?*Simulate by your head/on paper/by computer/in books/with true friends-experts,... .

11)Is this proposal true(valid/real)?Are there falses-incompletenesses?Make predictions to test the proposal: If ... proposal is false/true→...should be/shouldn't be. True observations, controlled-true experiments are ways of testing.*For example, if we suspect a recent frequent intake of a food,... , as the cause of a disturbance; we try changing/intermitting it.Observe whether there is a reduction in the inhibition.(Procedure)./ (Natural-pure plants; can be used as measured, in periods.)

Summarize this scientific way in 3 steps. Source of this article and others: kavramsalmakaleler.net.tr (Translate it).