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## The importance of shifting to noospheric medicine in the epoch of cosmoplanetary changes

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The human being is a part of the cosmoplanetary macrosystem. At the same time he is gifted with a powerful talent: Consciousness and intellect that helps him to perform creative as well as destructive activities with his psycho-emotional energy towards objects of the environment and his own physical and mental health. Normally when coherent low-frequency impulses are generated (>50%) in brain hemispheres, resonant cavitation energies appear in the interfaced body segment that form blood soliton in the myocard, that nurtures all cells of this segment. Under excessive exposure of external environmental factors together with psycho-emotional experience, inadequately strong by amplitude (>50%), right and left brain hemispheres generate incoherent energies that induce excessive cavitation in the corresponding body segment, lowering content of hydrogen protons and superoxide ions. Misbalance in the work of brain hemispheres can be eliminated through the use of autotrophic helioprotecting water, created in ISRICA. This water is a supplier of hydrogen protons. However, the effect of this correction is not long-lasting, as the water eliminates only geoheliophysical imprints of the first year of life. In the epoch of cosmoplanetary changes the vicious circle of pathologic body processes can be broken only with proactive approach of the individual to the health recovery through correction of cavitation processes that are produced by inadequate state of the brain. In our experience this happens through active psychophysical work of the individual, particularly, with the help of heliodynamics and acupressure methods. Consequently, in the epoch of cosmoplanetary changes it is most important to perceive the shift from modern medicine of consumer society to noospheric medicine, when the individual activates independently and supports self-healing mechanisms following doctor's recommendation, performs a role of a coach on individual selection and launch of health-conserving and health-developing mechanisms.

### Biography

Zakharov Alexander has completed his MD in Saratov State Medical University, Medical Residency in Moscow State University of Medicine and Dentistry with a degree in Orthodontology in 2009 and PhD in 2012. He is currently the General Director of Noospheric Health Center, Moscow. He is an author and a mastermind  
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