

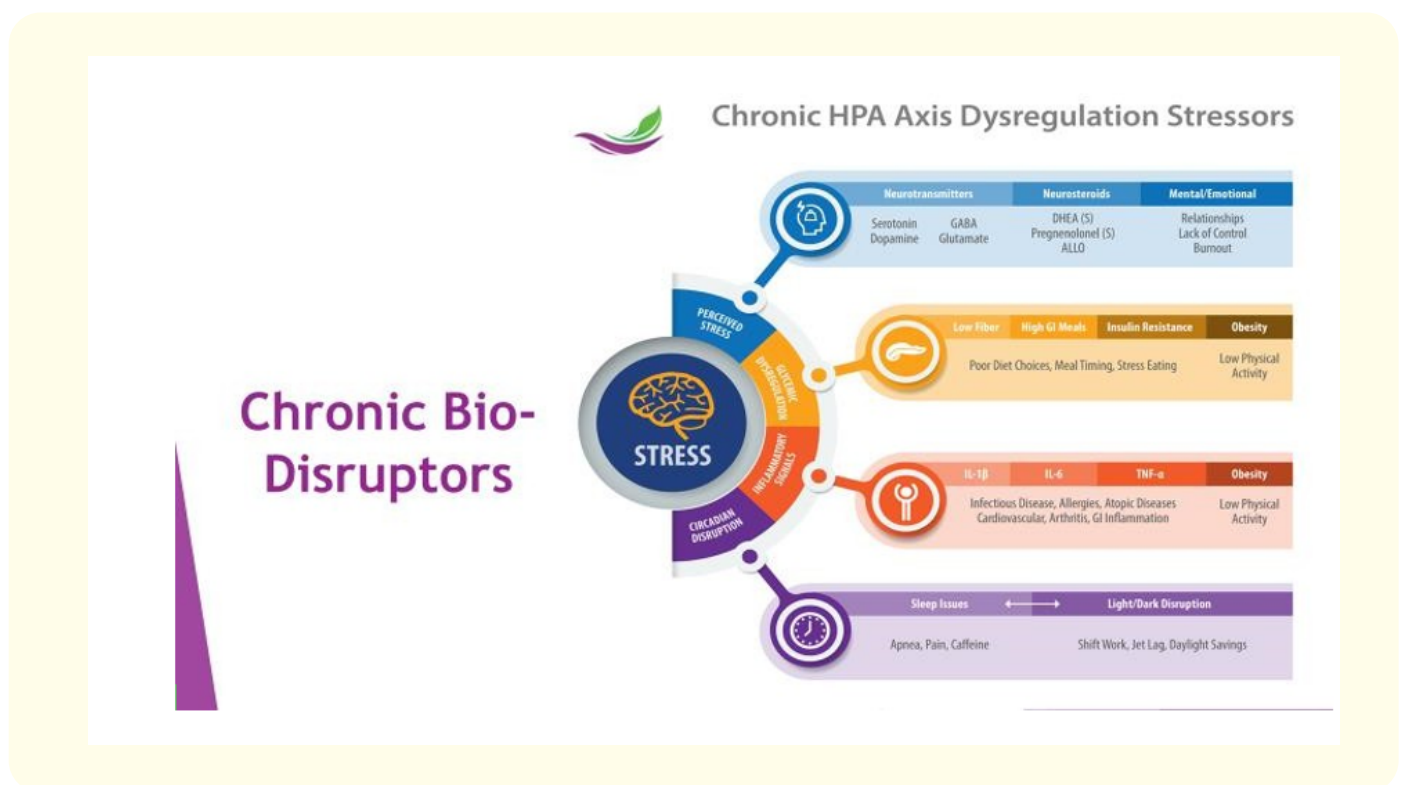
Chronic Bio-Disruption - A Holistic Perspective on how the Body Processes Stress to Breakdown Health

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Received: December 24, 2019; **Published:** January 23, 2020



Chronic Bio-Disruption is an amalgamation of factors (Chronic Bio-Disruptors) that combine to collapse the body's immune and reparations systems that keep us healthy. Chronic Bio-Disruptors are distinguished from other stress triggers by their own specific way of compounding upon one another by the environment that we surround ourselves with physically and psychologically. These environmental challenges called chronic bio-disruptors include but not limited to emotional drivers, interference, environmental challenges, metabolism, Autonomic nervous system functions, microbial balance, protein synthesis, gut support indicators, circulatory support indicators, electromagnetic sensitivity indicators, vitamins and minerals indicators, antioxidant and food sensitivity indicators, muscle support indicators, sleep deficiency, oxidative stress and hydration, chemical, mould and spores and toxins exposure. The unprecedented moderniza-

tion that has taken place over the last three decades has brought with it a massive increase in environmental pollutants. These pollutants have impeded our daily lives in many ways. One of the biggest impacts has been the stress caused to the Intestinal tract and Gut System.

These two areas provide most of our cellular energies and play a major role in our immune systems. The function of the Intestinal tract and gut systems is said to account for 80% of our functionality.

Result

The Healology Mind-Brain-Organ Communication (HMBOC) - a tool to prevent and improve epidemic chronic conditions and promote better well-being for modern professionals to create a competitive advantage for themselves and their career/business without compromising their health, relationships or other areas in their wheel of wellness. This Research Paper discusses the foundations of this tool and how it addresses the chronic bio-disruptors of our environment that predisposes us to these epidemic chronic conditions like obesity, diabetes and even cancer.

Identification of an individual's chronic bio-disruptors communicates to the brain for the body to release hormones, such as cortisol and adrenaline. These harmful hormones have a significant effect on various organs and their function due to the inflammatory properties. How the body interprets and reacts to cortisol, starts primarily in the old brain or reptilian part of the "fight or flight" reaction. The world around us or the environment is a primary factor in the communication and reaction between the mind, brain and organ communication. Where "the mix", affects organ, mind and brain functions and effective functions.

Understanding the chronic bio-disruptors effect on "the mix" and its effect of the body's processing functions and its interpretations of chronic bio-disruption provide insights into the solutions to maximize our capacity to prevent disease and focus on the root cause of the various chronic bio-disruptors and project solutions rather than getting compounded chronic bio-disruptors over the body's processes that appear to be incongruent with our DNA Excellence of what is the right and aligned "mix" to process optimal functions. The tool used to identify and categorize these different chronic bio-disruptors and respective Processes is the Healology mind-brain-organ Communication (HMBOC). It is a profiling tool unlike any other. It is different because the focus of this tool addresses both Environmental challenges and opportunity in the formation of Processing DNA Excellence. The foundation is in discovering the Genetic blueprint that supports healing and recovery processing. It also establishes the "Epigenetic Flexibility" (we define our destiny by the environment we surround ourselves with physically and psychologically) that crosses into the realm of environmental emotional factors and physical factors.

The distinctions determined through the HMBOC in body functioning are more fundamental than age, emotional values, race, culture and gender. They seem to exist globally, characterize males and females equally, and be observable at every age level. They can be identified even in infancy. The 4 measured sciences of the HMBOC are:

1. Epigenetic: Epigenetics is the science that shows that we do not need to be victims of our genetic inheritance. The Human Genome project was expected to confirm the existence of over 100,000 individual genes.

However, it was discovered that only 23,000 genes make up the human genome, barely more than the common fruit fly and far less than those found in a grain of rice.

This raised the question of what else could be controlling gene expression?

The answer is Epigenetics, which is the interaction between environmental signals and the process of adaptation that living systems use to thrive. Back in 1700's Jean-Baptiste Lamarck proposed that life forms could acquire 'information' from their environment and incorporate it into their epigenome.

Quantum Physics was incorporated into the field of molecular biology by Erwin Schrödinger to set the basis for what we now know as epigenetics.

Today, we know that gene expression that is not mediated by coding DNA, representing only 2% of the genomic expression. It is rather influenced by informational signals received from the environment by non-coding DNA, which represent the remaining 98% of what is referred to as junk DNA.

Harmful signals emanating from the environment cause disharmony, so the human body responds accordingly changing the phenotype without altering the genotype. This change is reflected in our physiology.

These signals include information from the air we breathe, the food we eat, the impact of the electromagnetic environment and even the 50,000+ thoughts we have per day, that I call the chronic bio-disruptors.

2. Chronic Bio-disruption which is the study of the everyday influences in diet, environment and lifestyle affect how genes express. In some cases, up to 98% of gene expression (the way the body is physically, mentally and emotionally) is controlled by the environment.
3. Environment Flexibility-By changing the environment, you can find the best gene expression to support health and wellness.
4. Longevity and wellness areas- Most of us are living well below our optimum gene expression meaning that we are not achieving our true potential.

The science of Healology has discovered that up to 98% of our genetic expression is influenced by our environment; through factors almost completely under our control.

This information liberates each and every one of us from the old genetic dogma and belief that we have to live with our genes, state of wellness, performance or daily lives.

The truth is that we have much more control than we were ever led to believe and by taking back control we can change our lives for the better.

Optimized wellness through chronic bio-disruption reduction are designed with you in mind and created using information from your own quantum energy field that is of high relevance to you.

The Healology diagnostic reports focus on your mind, brain and body alignment by understanding the number of compounded chronic bio-disruptors you have or prone to due to environmental challenges that you are physically and psychologically surrounded by on a continuum. HMBOC then provides clear information to help you implement a prescription regime that will optimize gene expression for wellness, sports performance, beauty and aging, weight and shape with clinically proven and effective food supplements, emotional and brain training formulas.

The Healology Mind-Brain-Organ Communication™ organization of the different chronic bio-disruptors of the environment in classification of genetic expression and processing defines the way each person experiences their environment and takes in and interprets information, which results in specific ways of preventing and improving chronic conditions and diseases. This identifies 4 key components of Effective DNA Excellence Environments: i. The Mind-Brain communication and perception gaps that can create body's reactionary inflammation that will affect organ functions and parasympathetic nervous system effectiveness. ii. Contribution of compounded variety chronic bio-disruptors - how and if a particular chronic bio-disruptor elimination will be able to make a different influence to the group of environmental challenges for enhanced wellness results and disease recovery iii. Wellness processes that that can complement or deter the havoc of a chronic bio-disruption group or chronic condition and how to overcome them iv. The body's capacity to adapt to and understand other chronic bio-disruptors and communication processes Foundations of the HMBOC By identifying the fundamental patterns in the way our body genetically functions, we overcome environmental challenges, inner emotional conflict, and decline of individual potential. Awareness of the chronic bio-disruptors gives us the means to maximize our disease prevention and have control over our

health, to Turbo Charge our natural energy and focus and use them to maximize our vitality to fully enhance personal and organizational competitive advantage through greater understanding and awareness of the root cause of chronic bio-disruptors in our environment.

When we are able to understand our environment at a deeper level, we set the basis to unleash greater potential and DNA excellence competencies, and we gain greater harmony with our mind-brain-organ communication. Our chronic bio-disruptors makes up about 98% of the way our body functions in our world. One chronic bio-disruptor differs from the others in the way they effect our body's way to process information, function, relevance of an environmental influence based on an influential value generated for stress releasing hormones and inflammation. This value has no scale or baseline but reflects the individual's response to the influence which can be different for every person to have chronic stresses that puts pressure on the body for an extended period. This can cause a range of symptoms and increase the risk of developing certain illnesses. Each chronic bio-disruptor has its own severity of symptoms for the body's functioning. The type and severity of symptoms vary considerably from person to person. A "Chronic Bio-disruption environment" may promote or inhibit development of our natural abilities to heal and create new "genetic flexibility" that allows DNA excellence to use its natural processor to healing the body and other organ malfunctions. Problems in health and well-being occur when people try to ignore their symptoms and "do" a different approach instead of using their natural healing processes, or use medicines to either numb the pain that's only addressing the symptoms and not the root cause of what the chronic bio-disruptors are in their environment.

The study by the institute of Noetic sciences has documented a large number of participants who were able to heal from serious life threatening conditions by using "intangible placebo effects modalities like prayer, meditation, yoga, mindfulness, energy healing and hypnotherapy to name a few. others who have complementary natural abilities, to achieve the same outcome. The environment acts on the chronic bio-disruption foundation to create a ranking of external motivators "Environmental Drivers" and the directions these motivators move us towards chronic conditions. While the inclination towards risk is a factor that is defined through environmental influences filtered through our HMBOC, the more a person develops a propensity for risk through compounded chronic bio-disruptors, the greater the potential to develop their chronic condition. Understanding the genetic communication processes of an individual and the genetic flexibility they have developed through their environment and experience, will set the foundation for Healthcare professionals and Government Departments of health to maximize health and well-being of individuals, citizens, and the overall community. Using the HMBOC will enable individuals themselves to have a greater understanding of what is required to better their health, well-being and performance, and how to enhance the natural "DNA Excellence" resources in themselves and reality. The HMBOC Epigenetic and Psychometric Profiling Tools give insights into a person's chronic bio-disruption and gives individuals and healthcare providers the ability to make better decisions about their environment and how they interact with it, a map of how to prescribe a holistic approach with greater impact, and how to unleash greater potential to live well and healthy.

Awareness of the top 3 personal chronic bio-disruptors also gives greater insights for super cooperation and alignment of the HMBOC in a stressful environment with family or organization and how to maximize wellbeing and productivity within each. The Mind-Brain-Organ communication Analogy Imagine Habit Loop, Habits aren't destiny, even once they are rooted in our minds. We can choose our habits, once we know how. Everything we know about habits, from neurologists studying amnesiacs and organizational experts remaking companies, is that any of them can be changed, if you understand how they function. Once you understand that habits can change, you have the freedom - and the responsibility - to remake them. Once you understand that habits can be rebuilt, the power of habit becomes easier to grasp, and the only option left is to get to work. A three-step loop:

1. First, there is a cue, a trigger that tells your brain to go into automatic mode and which habit to use.
2. Then there is the routine, which can be physical or mental or emotional.
3. Finally, there is a reward, which helps your brain figure out if this particular loop is worth remembering for the future.

Every McDonald's looks the same - the company deliberately tries to standardize stores' architecture and what employees say to customers, so everything is a consistent cue to trigger eating routines. The HMBOC helps do just that. The second part of the profile also

determines the areas necessary to gain more “Genetic Flexibility” in order to work well with towards DNA Excellence and its processors. Healthcare providers and Government Health Department heads can utilize personal and community HMBOC Epigenetics and Psychometric Profiling Results to:

- Know if an individual will be pre-disposed to a particular disease.
- Compatibility with certain food sensitivity even if they may seem healthy, immediate chronic bio- disruptors or chronic stress.
- Quantify the compounded chronic bio-disruption that is potential of certain illnesses.
- Prevent chronic conditions between the awareness of and the compounded chronic bio-disruptors.
- Determine an individual’s natural DNA excellence and processes to direct their health and wellness.
- Determine Mind-Brain-Organ communication processes to improve methods of healing the root cause.
- Suitability of new clinically proven food supplementation.
- Determine an individual’s brain and genetic flexibility for disease reverse progression.
- Ability to maintain interpersonal relation. Applications of the HMBOC Epigenetic and Psychometric Profiling.
- Identifies our external mechanisms that communicates with our internal environment.
- Self scoring to ensure prompt application.
- Easy to complete.
- Designed to be applied in many chronic conditions.
- Provides consolidated understanding of how to Effectively prevent and recover from chronic conditions.
- Appropriate for almost all levels or stages of chronic conditions and management Key Features of HMBOC Epigenetic and Psychometric Profiling of a stressful Environment.
- A practical tool to improve self-awareness and lower inner emotional conflict.
- An essential component to become aware of effective natural prescriptions and increase overall well-being.
- Provides a platform to Empower individuals to bring out the best in themselves and their relationships.
- Offers the opportunity to find out the Mind-Brain-Organ processing and the root causes behind limitations and chronic symptoms, and how to turn them around.
- Ensures you will have a better awareness of your stressful environment.
- Is not a Behaviour test but a Mind-Brain-Organ communication and processing indicator that can immediately optimize your health and well-being using your innate resources.
- Maximize speedy recovery or even prevent certain diseases.

Volume 15 Issue 2 February 2020

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