

# The complete theory of Health

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How to stop, reverse and prevent aging, cancer, obesity and much more

Parapublikim për gjithë kureshtarët shqiptarë. Më poshtë mund të lexohen titujt dhe nëntitujt e librit që publikohet vitin tjetër dhe të “shuhet” deri diku kureshtja. Libri publikohet në Amerikë por meqëse është shkruajtur në anglisht, ai do të jetë pjesë e gjithë popujve. Titulli i thotë të gjitha por jo nëntitulli: sepse libri nuk përqendrohet vetëm në mjekësi por dhe në politikë, ekonomi dhe ekosistem. Ai sjell dije së pari për mjekësinë dhe së dyti për shoqëritë politike dhe ekosistemin. Shkurt, për natyrën e planetit tone. Qasja e tij revolucionarizon të gjitha shkencat: nga biologjia dhe fizika deri tek energjitika dhe ekologjia.

## Introduction

### Chapter I

Critical overview and premises of health care systems within different social paradigms

1. How modern elites undermined public hospitals for private...and perpetuated the crisis in healthcare system?
2. Technological innovations as contributor to healthcare systems and the centralization of data: towards a global surveillance system?
3. Beyond scarcity and the unequal distribution of workers in the healthcare system

## Conclusions

### Chapter II

The truth about cancer and 'motion' as the final cause of change in the cell

1. Physicians and corporations in the frenzy of profiting from "gene therapies": complications and crimes
2. World Health Organization and medical institutions in complete blindness
3. From the nature cells to the nature of food: 'motion' causes coming to be and passing way

## Conclusions

### Chapter III

The complete theory of mind, consciousness, soul, nutritionism and Health

1. From antiquity to modern science of biology: how balanced cells create balanced minds, souls and bodies and eradicate cancer, depression...and 'rationalize' human behavior?
2. Revealing the ignorance of psychologists, neuroscientists and surgeons of organ transplants on human health
3. The difference between awareness and consciousness
4. Is 'nutritionism' the new hope of health?
5. Do 'optimism' and 'emotions' offer any hope to human health?
6. Towards a new conception of 'nutritionism'
7. The nature of mind and brain: how are they related to our health?
8. What is pain and healing?

9. Fighting infections and inflammations: from the greatest “hoax” of modern medicine –vaccines- to an ‘active immune system’

- The nature of the immune system
- The basis of vaccines
- Employing genealogy for the immune system, infections and inflammations
- The immune system during day and night
- The contradictions of using blood plasma against infections
- Does sex improve the immune system?
- How fibers generate the best stem cells: fibroblasts?
- Cytokine storms as a symptom of imbalanced cells and the contradictions of steroids

Conclusions

## Chapter IV

### Beyond modern biology and epigenetics

1. Why we age and how we could preserve our youthfulness?
2. The nature of the DNA: why is it antiparallel and how Aristotle discovered the “secret” of life?
3. Reversing and preventing obesity with an active metabolism and social paradigm

Conclusions

## Chapter V

Pandemics (Corona-19) a consequence of neoliberal globalization: preventing them with systemic measures, the immune system and virtuous men

1. The link of pandemics with neoliberal globalization: world's governments "hiding" the truth?
2. Awareness and fear pushed African governments to act on time except one
3. The systemic causes of the epidemic in USA
4. The ineffectiveness of western healthcare systems: from Europe to Australia
5. The pandemic in an internationalized market economy exacerbates social inequalities and puts into "death sentence" the working class
6. Mainstream researchers misled on the causes of pandemics
7. Social biases as symptoms of non-virtuous people
8. Blame game and the unscientific "truths" of medical institutions with vaccines and antivirals
9. The unscientific "truths" of vaccines: the case of mRNA approach

Conclusions

## Chapter VI

The greatest extinction of life on Earth and the way out of it: towards a plant-based food regime and a green revolution

1. The four fundamentals of the origin of life on Earth
2. The philosophy of plants, a 'new' conception of agriculture and the reality of Earth's ecosystem
  - The philosophy of plants and a new conception of agriculture
  - How governments are killing off the life of the Earth?

- The growth ideology of capitalist societies and the destruction of the Earth's ecosystem

Conclusions

## Chapter VII

The causes of the multi-dimensional crisis in America and the future of the new world order of neoliberal globalization

1. From the impasse of central banks to the new role of the Fed
2. How the political establishment of America creates inequalities?
3. USA's government deficit
4. China and Russia abandon buying the American debt
5. USA's public debt and its consequences
6. USA's corporate debt the same as public debt
7. From US's presidents to the misery of the working class
8. Trump and the challenge of reviving manufacturing and energy resources for the working class
9. Trump versus Clinton: pre-election proposals and the revision of the world order of neoliberal globalization
10. Trump's presidency in agreement with his promises
11. Trump's tactics, the failure of "leftists" in understanding them and the assault of globalists
12. The working class: the decisive power of American presidents
13. The three forms of electoral manipulations and the character of Trump and Biden
14. Biden's "revival" of the neoliberal globalisation and the great decoupling of US and China
15. Implications of Biden's promises and aims on foreign policies and climate change

16. The unprecedented cyber hack against US and the aim of Russia

Conclusions

Addendum/

The devaluation of the Chinese currency and the options of the American dollar

## Chapter VIII

1. Revolutionising energy resources: from fossil fuels to renewables, fusion and zero-point energy

2. The destruction of Earth's life and the link of climate change with the shift of North Pole's magnetic field

The darkness of the scientific community on the nature of the magnetic field and its shift

The theory of gravity and magnetic field