

THE T H E R E A L U N D E R S T A N D I N G T H A T H U R T S & H E L P S

**“Head Shaking = Neurological Hygiene =
Neurological Functionality Facilitation”**

What would happen if we forgot *the truth that set us free*? Granted, we would most likely hang on to that one a bit harder than the rest, but each truth we learn enables us that much more. As we forget them then, we lose ability, thus forfeit options to help ourselves, which loses us that many of our so won freedoms. As our brains cease to function properly—as their physical workings become clogged with their processes’ waste products—we can lose access to our memories, our abilities, our *truths* and thus lose some number of our then previously possessed freedoms. This shouldn’t occur.

Now for some of the part of this truth that can **help** us. *As aging human heads are regularly vigorously shaken for periods of time extending from five to ten minutes per day, their contents can be kept working better than if they weren’t so acted upon, all other factors being equal.* This is because via shaking the contents of the head—the brain—the materials in it that should be in motion, will be so induced enough to obtain

the brain's maximum expulsion rate of *used* (expended) materials and will assist its acquisition and proper orientation of new, useful combinations of so configured material, so that it can go on working well while continuing to rejuvenate itself.

The above statement about the removal of waste products is true, because the human brain is serviced by a *lymphatic system*, where one of a *lymph system's* chores is to remove waste products from the spaces around organs; where organs have their own internal means of expelling their no longer wanted materials into the regions around them, where those materials can be reached by that region's lymph systems' waste product removal apparatus.

An important point about a lymph system's waste product removal operation is that it is *passive*. A lymph system's components are manipulated by external forces, ones that they do not initiate themselves, to accomplish this activity. It is the repetitive alteration of distances of space around them and thus the pressures on the materials contained in those spaces, via the motion of the organs around them, that causes material from the common spaces to be pumped into and through a lymph system (like removing debris from the common areas in an apartment building, where the apartments would be the organs of the body), and depositing that material into *the body's veins* (like the streets out in front of the apartment building), where the so transported waste matter can get moved further on out of the area by the body's circulatory system.

There are three ways of manually activating the lymph system that services the brain and they each involve shaking the head. The first is a *no*, or *twisting* movement. The second is a *yes*, or *bopping* motion. And the third is a *pendulum* (side to side), or *swinging* action. Very little space is required for these exercises. A bathroom has plenty of room. The best physical position for these exercises is with the head hanging down in front of the body, with the hands on a knee high stationary object for support, or the knees, themselves, if there is no *more* stationary object available.

For each of these three repetitive motions the goal is to obtain an optimal motion direction transition speed. If the head is shaken too slowly not much will happen. If it's shake it too fast, something might get injured, which should not occur. Shaking the head *vigorously*, but not *violently* seems to be the best policy. To get an idea of what is happening here you can place a raw egg on a table. Spin it a bit to get it going. Stop it abruptly without breaking its shell, then let go of it quickly. If you're fast enough, you can watch as the egg starts to spin again, because you only stopped the shell, not the yoke and the yoke's motion will move the shell. In this demonstration, the yoke and shell represent your brain and skull. You want to experience your brain alter its relationship with your skull a little, along with perceiving some distortion of its rest shape as you transit the direction of motion of your head as the distortions involved are what induce your brain's lymph system to pump its waste products out. Thus, among other actions, these three exercises' repetitive motions serve to pump the brain's waste products out of it and into the veins of the body's circulatory system.

Starting out, one should take it slow and short and work up to more vigorous and full length shakeouts as one's neck's components acclimate themselves to the stresses involved and to avoid straining, or injuring them. As the neck's components increase in strength, the workouts' vigor and duration can be increased. Straining or injuring the elements of the neck won't be of any help here.

Once one's neck is in shape, a tolerable shakeout seems to work best where counting is done by seconds for *twists* and singular counts for *bops* and *swings*, the twists being performed for half as high a count as bops and swings. Three sets each of a 20/40/40 count respectively for each workout, which is done possibly three or even more times a day, seems to be a comfortable resource allocation for *the benefits so derived*—a physical remedy for the physical cause of impaired brain function, which has been agreed by researchers to be *trapped debris around*

brain cells.

Head Shaking can be used to wake up more quickly and to decrease grogginess throughout the day. It can help relieve the pain of tension headaches and has been used to get rid of earaches, possibly because it helps pump *their* waste products out of them.

There are some other points about head shaking that should be brought up here. One is about *head drop*. Head drop is a symptom of Parkinson's disease. From having had head drop for a while, until I metered (carbureted) enough minerals into my body to where that issue resolved on me back in the late 1990s (www.thebestcurewebsite.com/whao.htm), I had it too, so I know what it is, personally. I couldn't do anything about it. Try as I would to hold my head up, my neck's muscles just let go of their hold on a regular basis, so my head dropped forward about a half of an inch every second or so, until I caught it at the bottom of its drop and picked it back up to where I wanted to hold it, only to have it drop on me again, regularly, unremittingly, as long as I held my head in a vertical and otherwise unsupported position. Having now benefiting from head shaking, I've begun wondering whether or not it could be the brain cells', their selves', intention to allow *their* system to break down the way that it does, in order to shake the brain by that means *on purpose*, in order to try to either pump something out of it, or to try to help move something into place that will get the action that's supposed to be going on working the way that it's supposed to again. Metering minerals solved my head drop.

The next point concerns the issue of how some professional football players lose their memories as they age. What if after they stopped getting their heads traumatized, they stopped moving their heads much at all, because they figured that that way, their heads would heal better from the injuries they suffered? If they stopped moving them enough, according to this theory, their brains might naturally become clogged with waste products, because they stopped doing what they needed to, to get their brains' lymph systems pumping. A complementary observation to this is that music people stay pretty mentally sharp well into their advancing years. Why? Maybe that is because they regularly, steadily *twist, bop* and *swing* their heads to the beats in their songs, so their brains get their waste materials pumped out *more* than people normally do.

The next point is about *brain shrinkage*. They say Einstein's brain was smaller than normal when his body's life ended, but if you look at color photos of him in his more mature years, you might notice eye white discoloring that could suggest the presence of some form of sickness, which *in my opinion* (IMO) could have been responsible. Not that my opinion means much to anyone but me, but it has also been officially observed that ADHD children's brains are smaller than average children's. And the following I can only verify for myself, but since having personally acquired a physically sick brain several years ago, suffering the effects of that and having done these exercises for over nine months now, I've noticed that my brain feels like it fits more tightly in my skull again, meaning that I believe that it could have grown back some of the physical mass that it lost from the illnesses, since starting this activity. When I began shaking my brain, it would actually make sloshing sounds like a washing machine from swishing around in my skull during any of the three exercises, but *now* (after 9 months of shaking) I no-longer get any sounds coming from it on twists and bops and only get a slight smacking sound while doing swings. However, I also do other activities to nutrify my brain, so I can't say for sure that this one set of activities alone will help other people in regard to the regrowth phenomenon, which I am claiming has happened to *my* brain via *Head Shaking*.

Another item of note is that someone originated to me that, because they had *vertigo*, they would fall over if they shook their head. They said that they would get too dizzy to stand up. The vertigo issue remedy would be to hold

onto the edge of a table, counter or sink while shaking one's head, in order to brace the body, to keep it from falling over, or the exercises can simply be performed down on the hands and knees on any flat surface. One can't fall over that way.

Back when I starting to do these exercises in 2012's December, it was declared to me that doing them would induce the need for my neck's chiropractic adjustment. However, the exact opposite has occurred. Due to the increased action between my neck's individual bones and the muscle strength gain involved, which was due to the exercises presented here, IMO, I've found that my neck has been rendered *more*, rather than *less* functional over the past nine months.

Can people get their necks working better and keep them working well on their own? IMO *yes*, under normal conditions we can, provided we know how to and toward that end let me tell you about some actions that have helped me that you probably wouldn't normally hear about, because they involve the movement of only meager amounts of funding, where the lack of their use involves the motion of significantly larger sums of capital.

There are four little known skeleton health augmentation, thus neck health augmentation activities that shall be presented here. They are 1) Chicken Bone Ingestion 2) Repetitive Stressing, 3) Magnetic Flux Therapy and 4) *Metered Nutritional Mineral Supplementation* (MNMS; pronounced like M&Ms).

I imagine you could ingest any animal bones, you liked, to nutrify your skeleton. However, chicken bones are both usually readily available and soft enough to more easily grind, or chew up. Gristle and joint material is similar to that which human vertebrae disks are made of and it has been said that bone marrow is similar in composition to *stem cells*—cells that can be used to grow any type of cell in the body. *A word of warning:* If you decide to try chewing bones A) Make sure your teeth are strong enough first and B) Make sure your chewing sessions are distraction free, so you get to chew the bones involved down to the size of bbs before you swallow them, so they don't get stuck in your throat. Your digestive juices will dissolve them if they make it down to your stomach, but if you are worried, because you accidentally swallowed a large chip that did make it to your stomach, you can drink some vinegar to increase your stomach's acidity to make sure that that large chip will be dissolved prior to proceeding further through your system. More about ingesting chicken bones is posted at www.thebestcurewebsite.com/tips.htm.

Repetitive Stressing (RS) is what you are doing to your neck vertebrae via the exercises presented here. Why RS works is because, according to Dr. Robert O. Becker, in his book, "THE BODY ELECTRIC—Electromagnetism and the Foundation of Life," bones use their electric properties to move calcium to their more highly stressed areas. Knowing this phenomenon, one can use it to build up the vertebrae of their neck via increasing the load of natural RS through their day. One of the reasons that some people lose the strength of their neck vertebrae is because their heads are *lighter* [less bone; they say that Einstein's brain's sulci (valleys) were deeper than normal, BTW, which to me might indicate more electromagnetic pull] than others whose necks' vertebrae seem to remain strong. One part of the remedy for fragile bones, thus vertebrae, thus neck vertebrae is to *wear a heavy hat*, provided one does what they need to, to accomplish adequate mineral nutrition, which is discussed further along this page. Just a pound or so extra weight should help. More weight means more stress, means more calcium pulled to the area so influenced. The disks should also be built up via cartilage ingestion prior to adding much weight, so the disks are rendered substantial enough to endure the added weight without harm

coming to them.

Magnetic Flux Therapy (MFT) is full of pretty interesting biologically assistive phenomena. Permanent magnets do not heal injuries as dramatically as the healing force field producing gizmo that *Dr. McCoy* (DeForest Kelley) uses on his fellow crew members in *Star Trek* episodes, but using powerful permanent magnets to help specific physical body regions function better is *actually* biologically effective. A rule about them is to use powerful enough magnets. If the field doesn't reach the area that you want to assist, it won't do anything for the cells you are trying to influence. Another rule about magnets is that when more than one is being used, point the same pole in the same direction, e.g. all North Poles into the body, or all South Poles into the body. If you don't, you'll decrease, rather than increase the functionality involved by overpowering the cells' efforts to manipulate the flux you are so offering them.

Lastly, *MNMS* is about *metering* (slowly steadily feeding) nutritional mineral supplements, in the form of pills, powders, or *colloids* (liquids with microscopic solid particles in them), into the physical body. *MNMS* can improve the quality of a person's life if their body is mineral deficient, by giving that individual's cells what they are normally missing these days to work well, namely minerals, which among other actions, deliver electrical power to the systems involved; where electricity is the physical force that holds *that which expands* (energy) to *that which contracts* (matter), relatively speaking. Metering minerals into the body is a procedure that helps get *man made* (synthetic) nutritional mineral supplements to where they work, because if they are merely dumped into the body all at once, like pouring a quart of gas directly into an automobile carburetor all at once, they *flood out* the intestines' uptake ports and consequently get passed on out of the body without getting to do their jobs.

One way to meter minerals into the body is to manually mix mineral powders into the foods one consumes just prior to their ingestion to upgrade *normal* foods to *wonder* foods, to obtain what *Wonder Bread* commercials claimed back in the 1970s... that it, "...builds strong bodies 12 ways!" Also, Vitamin D pulls calcium towards it, so when Vitamin D is also supplied to the body, calcium is more thoroughly absorbed from any foods that contain it.

Another way to meter minerals into the body is to use *MHO* (Minerals Held Orally). *MHO* is minerals held up in front of the teeth to *carburetor* (steadily mix and supply) them into the body with the body's saliva. With Vitamin D added to the formula, *MHO* can be made to keep the teeth more durable too, as long as good oral hygiene is also practiced. Plus, one can use *MHO* in their sleep, so they can sleep, eat and make their teeth more durable, all at the same time.

Now remember, you're not supposed to do the exercises violently. It's the higher number of repetitive pumping actions that moves the most debris involved the furthest through the lymph system involved, either the brain's or the body's. BTW, *trunk twists* are a good way to work the mid body's lymph system, in case you would like to clean up those organs too. This assists one's physical health also.

That's the truth about how shaking your brain can help you clean it up to help keep it running smooth for you. There's a lot more information available now on the subjects involved here, on the Web, which I highly recommend that people use. You can find out more about *Head Shaking* by visiting www.thebestcurewebsite.com/tips.htm. Thank you for reading this publication. Thank you again.

Best of luck to you in all of your endeavors. Philip—20013 SEPT 13