

FUTURE TECHNOLOGY – TECHNOLOGICAL ICE

CASES OF HEALING - ALZHEIMER'S DISEASE

FOOD OF THE MONTH - QUINOA

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ING AND ANG - GRADUATE X HIGH SCHOOL

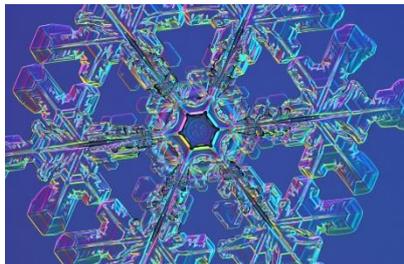


# 1 - FUTURE TECHNOLOGY - TECHNOLOGICAL ICE

## 1.1 ICE

Ice (from the Latin *gelus*) is the solid state of crystallized water in the hexagonal crystal system. Its appearance is glassy and semi-transparent. Its density is lower than that of water, at 0.9178 grams per cubic centimeter. Its melting point is 0 degree Celsius at one atmosphere of pressure. The same mass of water in a liquid state or in a solid state has different volumes, since, when passing from one state to the other, the volume increases by about 9 percent: unlike most

other solids, ice, at its of fusion, it



*Figura 1 Ice Ice seen under the microscope*

appears more dilated than its liquid form until it reaches 4 degrees Celsius. Its formation point is used as a reference value in thermodynamics. Ice has at least seventeen known crystalline

phases and three amorphous (non-crystalline) phases, which exist at different temperatures and pressures. The



*Figura 2 Ice cube*

extremely open structure of ice molecules makes it take up more volume — and therefore less dense — than water.

## 1.2 NANOTECHNOLOGY

Nanotechnology, also shortened to nanotech, is the use of matter on an atomic, molecular, and



*Figura 3 Nanotechnology*

supramolecular scale for industrial purposes. The earliest, widespread description of nanotechnology referred to the particular technological goal of

precisely manipulating atoms and molecules for fabrication of macroscale products, also now referred to as molecular nanotechnology. A more generalized description of nanotechnology was subsequently established by the National Nanotechnology Initiative, which defined nanotechnology as the manipulation of matter with at least one dimension sized from 1 to 100 nanometers. This definition reflects the fact that quantum mechanical effects are

important at this quantum-realm



*Figura 4 Nanotechnology in health*

scale, and so the definition shifted from a particular technological goal to a research category inclusive of all types of research and technologies that deal with the special properties of matter

which occur below the given size threshold. It is therefore common to see the plural form

"nanotechnologies" as well as "nanoscale technologies" to refer to the broad range of research

and applications whose common trait is size.



### 1.2.1 ICE WITH NANOTECHNOLOGY

Nanotechnology ice will keep water at the temperature people want. For example, people could buy ice to keep the drink at 2°C and never lower than that and as long as there is ice never higher



*Figura 5 Beer at the perfect temperature*

than that. All this is due to the programming of the nano cells

that can perceive the temperature of the drink. Due to being in nano scale, all this can be expelled by the body without difficulty. This technology could be used in hospitals to keep people at an ideal temperature in certain places. Also, this technology will be able to keep the water below zero without the need to freeze it, all due to the nanotechnology employed.

This technology can be used in times of blizzards, not letting ice form, keeping cities clean when

blizzards occur. Beverages (beers) will have this technology and when reaching the desired temperature, the nano equipment will not allow the temperature to change even with external force. In more advanced formats, the system will be double, where the external part maintains the ideal temperature and the internal part takes advantage of the excess energy and accumulates it for future use.

### 1.3 BIOTECHNOLOGY

The concept of biotechnology encompasses a wide range of procedures for modifying living organisms according to human purposes, going back to domestication of animals,

cultivation of the plants, and "improvements" to these through breeding programs that employ artificial selection and hybridization. Modern usage also includes genetic engineering as well as cell and tissue culture

technologies. The American Chemical Society defines biotechnology as the application of biological organisms, systems, or processes by various industries to learning about the science of life and the improvement of the

value of materials and organisms such as pharmaceuticals, crops, and livestock. Per the European Federation of Biotechnology, biotechnology is the integration of natural science and organisms,

cells, parts thereof, and molecular analogues for products and services. Biotechnology is based on the basic biological sciences (e.g., molecular biology, biochemistry, cell biology,

embryology, genetics, microbiology) and conversely provides methods to support and perform basic research in biology.

### 1.3.1 ICE WITH BIOTECHNOLOGY

Biotechnology ice will be used when people want to protect themselves from the harmful effects of drinks. Nanotechnology will be inserted into the ice in order to help people. People will

even be able to buy ice with their own DNA imprinted on them where the immune system will recognize that it is to help that foreign agent. People who want to help the organs affected by

alcohol present in drinks will be able to use ice technology to protect, restore, improve, clean and overclock the human system.

### 1.4 ICE WITH NANONUTRIENTS

Nanonutrient ice will be used when people don't want to eat and just want to drink liquid. The nutrients we know will be modified but with the same capacity, just on a smaller scale, ready for human consumption. On a smaller scale, they can join larger molecules and, taking care of the system, they will make the

system synthesize the nanonutrient due for the moment (this is a form of use). Another form of use is the technology is ready so that when in contact with the gastric juice, a chain reaction will generate the nutrients needed for the moment, the technology will be so advanced that ascorbic acid or

vitamin C ( $C_6H_8O_6$ , ascorbate, when in the ionized) will be synthesized with other products found in the human body, not needing to have its own chain described, being another chain that will be so advanced that the body will recognize it as ascorbic acid (same function or same function with extra abilities).

## 2 - FOOD OF THE MONTH – QUINOA

"Quinoa is a good source of protein, fiber, iron, copper, thiamin and vitamin B6," said Kelly Toups, a registered dietician with the [Whole Grains Council](#). It's also "an excellent source of

magnesium, phosphorus, manganese and folate." Toups emphasized that a "good source" means that one serving provides at least 10 percent of the daily value of that nutrient, while

'excellent source' means that one serving provides at least 20 percent of the daily value of that nutrient."

A 2009 article in the Journal of the Science of Food and Agriculture stated that quinoa's "unusual composition and exceptional balance" of protein, oil and fat, as well as its minerals, fatty acids, antioxidants and vitamins, make it a highly nutritious food. The article also noted that phytohormones are found in quinoa, unlike many other plant foods. Phytohormones help regulate plant growth. Some types, called phytoestrogens, are being studied as a treatment for menopause symptoms because they sometimes behave like estrogens in the body. A 2017 study in the Journal of Nutraceuticals and Food Science determined that compared to other cereals, which people around the world rely upon for macronutrients, quinoa has more protein and a greater balance of essential amino acids. Nutritionally, it resembles milk protein more than cereals like wheat, corn and barley. It also surpasses cereals in amounts of dietary fiber, lipids, calcium, iron, zinc, phosphorus and vitamins B1, B2, B6, C and E.

**Health Benefits:** Unlike most plant-based foods, quinoa is a complete protein, which means it contains all of the essential amino

acids. Amino acids are the building blocks of the proteins that make up your muscles, bones, skin, and blood. The nine classified as "essential" must be obtained from food daily — your body cannot produce or store them — and quinoa provides all nine.

**Disease Prevention:** The USDA recommends that at least half of the grains you eat be whole grains like quinoa. Refined grains have been stripped of most of the fiber, iron, and vitamins present in the whole grain. Including whole grains in your diet can help lower your risk of diabetes, heart disease, and cancer.

**Digestive Health:** Quinoa is a great source of fiber. Fiber can prevent or treat constipation and may lower your risk of intestinal cancers. It also helps you feel full longer, so it may help with weight loss

**Heart Health:** Maintaining a healthy weight is important for heart health. The fiber in quinoa can also help with cholesterol and blood sugar levels, lowering your risk of diabetes and heart disease. Quinoa is rich in antioxidants, which can prevent damage to your heart and other organs. A diet high in antioxidants has been

linked with a decreased risk of heart disease.

**High fiber content:** Quinoa has a high fiber content compared with other grains, providing 5.18 g Trusted Source in a single 185 g cup. This equates to at least 15.42% Trusted Source of a person's daily requirement, depending on their age and sex. According to the Academy of Nutrition and Dietetics, consuming enough fiber can help reduce the risk of several health conditions, including constipation, high cholesterol, high blood pressure, and diverticulosis. Diets rich in fiber may also promote a healthy weight. This is because foods high in fiber help people feel fuller for longer, potentially reducing their overall intake of food.

**A source of antioxidants:** Quinoa is a good source of antioxidants compared with other common grains in a gluten-free diet. Most gluten-free products consist of corn, rice, or potato flour. These generally provide fewer nutrients Trusted Source than products using quinoa, such as quinoa flour. Quinoa provides vitamin E. This is an antioxidant compound that may help reduce the risk Trusted Source of coronary heart disease, certain

cancers, and several eye disorders. New studies regularly emerge that confirm the health benefits of adequate whole grain intake and their antioxidant capacity.

Helps meet manganese requirements: One cup of cooked quinoa contains 1.17 milligrams Trusted Source (mg) of manganese. This accounts for around 27.43% Trusted Source of the adequate intake of manganese for males and 35.05% for females. Manganese is essential for development and metabolism Trusted Source. This element also works alongside many enzymes in the body to support their function.

Good source of iron: One cup of quinoa supplies 2.76 mg of iron Trusted Source, providing 34.5% of the recommended intake for males and 15.33% Trusted Source for females. Maintaining adequate levels of iron is essential for good health. Iron is necessary for a range of processes Trusted Source in the human body. It is, for example, an essential part of hemoglobin. This compound carries oxygen in the blood, supporting energy and cell function throughout the body. Adequate iron intake also

supports healthy connective tissue and muscle metabolism.

A source of folate: Folate is an essential B vitamin that plays a key role in the formation of DNA Trusted Source. It is particularly important that women obtain enough folate during pregnancy to reduce the chance of neural tube defects in their babies, according to the Office of Dietary Supplements (ODS). Getting enough dietary folate might also reduce the risk of several cancers and depression. One cup of cooked quinoa contains 77.7 micrograms Trusted Source (mcg) of folate, or 19.43% Trusted Source of the daily requirement. Pregnant women may only be able to get enough folate by taking folic acid supplements. However, consuming more folate in the diet can reduce the risk of deficiency. Quinoa provides a good proportion of a person's daily folate value.

Provides magnesium: One cup of cooked quinoa contains 118 mg of magnesium. Although the daily recommended amount increases with age, quinoa is a good source of the mineral. Magnesium is essential for the function of more than 300 enzymatic reactions and

is present in every cell of the body.

Contains quercetin and kaempferol: Quinoa contains the plant compounds quercetin and kaempferol. These antioxidants may protect Trusted Source against a range of chronic conditions. For example, according to some research, kaempferol may help protect against infection, heart disease, diabetes, and several cancers, including those of the skin and liver. Quercetin may also help boost the body's defenses Trusted Source against infection and inflammation.

Nutrition: Plant experts classify quinoa as a pseudocereal, not a grain. This means that it is a non-grassy plant that food producers can use in much the same way as cereals and grains. It also has a similar nutritional profile. Manufacturers can mill or grind the seeds of pseudograins into flour, as with other grains and cereals. Nutritionally, quinoa is a whole grain. Whole grains include the entire grain seed without removing any of its parts. Whole grains provide essential vitamins, minerals, and fiber that might otherwise not be available after removing parts of the grain.

**Diet:** Quinoa contains bitter tasting compounds called saponins that keep insects away without the need of pesticides. They are especially concentrated in the outer coating of quinoa. Manufacturers can easily remove saponins by rinsing quinoa with water <sup>Trusted Source</sup> before consumption. Although producers of most packaged quinoa have already removed most of the saponins, people may wish to give it an extra rinse before consuming it. It is easy to incorporate quinoa into the diet. People can use it instead of rice in any recipe. Its small grains cook to tender in as little as 15 minutes. Quinoa has a subtle nutty taste that makes it a very versatile ingredient. It can play a role in baking or as a breakfast grain. Quinoa also works well in hot side dishes, cold salads, and burgers.

**May lower the risk of chronic disease:** Quinoa is high in anti-inflammatory phytonutrients, which make it potentially beneficial for human health in the prevention and treatment of disease. Quinoa contains small amounts of the heart healthy omega-3 fatty acids and, in comparison to common cereals, has a higher content of monounsaturated fat.

**May help you lose weight:** High in fibre and with more protein of rice or barley, quinoa may be beneficial for those looking to manage their weight. One explanation for this is the filling nature of protein and fibre which helps us manage our appetite. Quinoa also has a low glycaemic index (GI) so its slower energy release makes it less likely to trigger cravings and stimulate hunger.

**May help balance blood sugar:** Although more research is needed, a small number of studies suggest quinoa may improve triglyceride levels and improve blood sugar management. Suitable for those with coeliac disease and gluten intolerance. Naturally gluten free and nutritionally dense, quinoa makes an ideal option for those unable to eat gluten grains, such as those with coeliac disease. Being high in fibre, quinoa is a better choice for gut and digestive health than refined gluten alternatives like rice or potato flour.

**May improve gut health:** Studies suggest quinoa may improve gut health by enhancing the diversity of beneficial gut bacteria and reducing the inflammatory symptoms of conditions like

colitis. Acting as a prebiotic, quinoa supplies the fuel for beneficial gut bacteria, allowing them to thrive.

**Protein Rich with Amino Acids:** As we all know, the primary feature of a healthy diet is protein. The essential macronutrient is ideal for muscle growth, recovery, brain function and overall health. One of the major quinoa health benefits is its high proportion of protein, coupled with the dense fabric of amino acids. There are nine amino acids which are referred to as essential, as your body cannot produce them and needs to obtain them through your diet. Quinoa contains all nine and is referred to as a complete protein. Studies have also shown that quinoa nutrition information contains more and better protein than most grains. With 8 grams of quality protein per cup (185 grams), quinoa is an excellent plant-based protein source for vegetarians and vegans.

**Full of Lysine:** Another often overlooked amino acid is lysine. The essential amino acid is used to form carnitine, a substance found in most cells of your body. One major quinoa benefit is the high-quality lysine stores found in each cup. The acid helps to transport fat across your cells in

order to be burned for energy. Increasing your quinoa intake may help your body to better regulate energy stores and fat deposits, making you feel more alert and active during the day.

Low Glycemic Index: Often



*Figura 6 Black quinoa*

referred to as 'Low GI', this is an important trait of health in general. Your glycemic index is a measure of how quickly a food raises your blood sugar levels, so eating high glycemic index foods,

such as sugar can spike your energy levels before falling. In the case of the quinoa plant, the low glycemic index carbohydrate will provide you with longer-lasting energy over a sustained period, ideal for daily consumption.

High in Flavonoids: While it's no surprise foods that are rich in nutrients and vitamins are good for you, the health benefits of quinoa go beyond simple additions. As quinoa is a plant-seed, not a grain, the food has a high proportion of plant-specific antioxidants known as flavonoids. Among them, quercetin and kaempferol have been found to be extremely beneficial, due to their anti-inflammatory, anti-viral and anti-depressant properties.

Improves Tissue Growth & Repair: It is particularly rich in lysine, an amino acid that is considered essential for tissue growth and repair. You can eat it as porridge or add it to other cereals to get most of it.

Improves skin health: Quinoa contains lysine, which is a key ingredient that is a building block in synthesizing collagen and elastin. It helps repair damaged skin and counterbalances the oxidant effect of free radicals from sun and pollution exposure. It also helps reducing brown spots as the vitamin B found in quinoa reduces the dark melanin deposits that leads to age spots and other pigment related conditions.

### 3 - HEALING TECHNIQUE – CHROMOTHERAPY

Chromotherapy provides colors to the electromagnetic body or the aura (energy field) around the body, which in turn transfers energy to the physical body. This makes chromotherapy the most effective among various therapies. Chromotherapy uses the seven colors that make up the solar spectrum in its electromagnetic vibrations: red, orange, yellow, green, blue, indigo

and violet. Each color has a specific wavelength and frequency, which characterizes a different action on the human body. Chromotherapy does not seek to cure the symptoms, but rather to interfere with the causes, promoting the physical-energetic balance of the organs and systems of the body, providing an improvement in the general condition of the patient. Chromotherapy was recognized as an

Alternative Therapy by the World Health Organization in 1976, according to the 1962 International Conference on Primary Health Care, held in Alma-Ata, capital of Soviet Kazakhstan, together with Phytotherapy, the Homeopathy, Naturopathy, Ayurvedic Therapy, Floral Therapy, Orthomolecular Therapy, Quantum Therapy, Yogatherapy, and others. Color therapy is effective, painless,

physiological, non-invasive and without side effects. It is based on the bioactive principle, restoring the



*Figura 7 Color swatch used in chromotherapy*

global energy balance, harmonizing the circulation of energies in the affected region, having repercussions on the whole. The first analyzes that demonstrated the therapeutic effect of these frequencies were made about thirty-five years ago. Around 1980, the clinical experiments according to the scientific model began by researchers such as Niels Bohr, E. Shredinger and I. Peigozhin, Nobel laureates. After the creation, in 1960, of the first optical quantum generator, numerous studies have been carried out. to verify the possibility of its medicinal use through low-power irradiation. Since then, a large number of elements have been recognized that have demonstrated their curative efficacy. The study on the mechanism of influence of electromagnetic radiation with higher frequencies in the human body was deepened. Optimal admissible potency and parameter limits were established, and application methods were developed for the various diseases. The ancient philosophies of the East already stated that everything that has manifested in the Cosmos is energy, vibration. According to this

ancient wisdom, there is a certain vibratory range that, when reaching the auditory system, is felt as SOUND; another band is noticed through approximation to the skin, as HEAT; and another that, when reaching the eyes, is perceived as colored LIGHT. This light originates in the Solar Spectrum, which manifests the seven colors: red, orange, yellow, green, blue, indigo and violet, which are part of the Electromagnetic Spectrum. Physicists who were researching the nature of light, at the beginning of the last century, were divided before the two theories presented: one affirmed that light propagated by waves, while the other said that light had its propagation through corpuscles, when it appeared the brilliant French physicist Louis de Broglie, who received the Nobel Prize in 1920, with the harmonization of existing theories, suggesting the corpuscle-wave hypothesis, accepted by science until the present day. Light is, therefore, a form of radiant energy which, transmitted from a luminous body, acts on the organs of vision. From the point of view of Physics, light is a band of electromagnetic vibration, with a certain wavelength and frequency, which moves in space with a speed of 300,000 km/s. In 1656, physicist Isaac Newton observed the refraction of sunlight through a crystal prism in seven colors: red, orange, yellow, green, blue, indigo and violet. The frequency of the color spectrum ranges from 400 to 800 trillion cycles per second, with red having the lowest vibration,

while violet has the highest. Each of the colors corresponds to a certain wavelength: violet is equivalent to 0.0004 microns or 4000 Angstroms, while red reaches 0.00075 microns or 7500 Angstroms. An object that appears white is one that reflects all wavelengths. When an object absorbs specific parts of the spectrum and reflects others, it has a certain color. For example, a red object is one that has absorbed the other colors in the spectrum, reflecting only red. The main source of light in our planetary system is the Sun, a fifth-magnitude star, located two-thirds from the center of the galaxy and surrounded by the various planets that make up this system. Life on Earth depends on the Sun, its light and heat. All life cycles are interrelated to their effects, both in photosynthesis and in other biochemical transformations. Since the beginning of the last century, Western man has been awakening his interest in the knowledge of the biological, psychological and energetic universe that surrounds him. The energy body, known as the aura, is a subtle, luminous envelope that is made up of cosmic energy (magnetic fluid). It received several denominations: Bioplasmic by the Russians; Bioenergetic by Americans; Double-etheric by the esoteric sciences. This energy body surrounds and interpenetrates the physical body. The existence of the energy body was evidenced through the research of scientists, such as: Semyon D. Kirlian, from Russia, who

manufactured a machine with the ability to photograph the halo of energy that surrounds the physical body; Dr. Hiroshi Motoyama, from Japan, who built a device to measure nerve plexus energy by activating the corresponding chakras in the energy body. The researchers, based on observations, created theoretical models that divide the aura into several layers. fluidity and function of each. These bodies interpenetrate each other in successive layers. The perfect harmony between them is reflected in a healthy physical body.

**BLUE** - Works as a regenerator, soothing, lubricating and analgesic. Blue contributes to the regeneration of bones, connective tissues, veins, arteries, arterioles and marrow, exerting a dual function, as it extends its action as an analgesic activity. In the digestive system, it plays an important role in eliminating gases. It calms the central and peripheral nervous system, helping in processes of anguish, depression and stress. Blue is also indicated in cases of insomnia.

**GREEN** – It works as an antiseptic, anti-inflammatory and anti-infective, soothing, insulating area, regenerating and dilating. Green isolates areas affected by an

infection, preventing contamination of other organs. In addition to these indications, it acts as dilating energy in veins, arteries and vessels, when there are obstructions that do not allow the normal flow of blood; and



*Figura 8 People receiving chromotherapy treatment*

also acts on the muscles of organs, as in cases of childbirth, facilitating the dilation of the cervix.

**YELLOW** – This color has its main role as a revitalizer, fortifier and stimulant of the cellular fields of nerves, muscles and bones. Yellow activates the functioning of the various glands, stimulates the peristaltic functions of the intestines, softens spots and scars on the skin, in association with pink and blue colors. It also works as a disintegrating energy for kidney and gallstones.

**ORANGE** – It has the function of energizing and regenerating the most different tissues and also acts as a fat eliminator. Muscular injuries, fissures, fractures and bone

weaknesses are recovered with the application of the orange color in view of its powerful regenerating effect.

**VIOLET** – The color violet has immense application in Chromotherapy for its action as a cauterizer and bactericide in the various inflammatory and infectious processes. However, this color only exerts its function when blue is applied for fixing. The set of colors: green, violet and blue exerts a property equivalent to antibiotics, with the advantage of not producing side effects.

**PINK (RED)** – The pink shade is a variant of the red color and is widely used in Chromotherapy, as it balances blood pressure. Pink has the main functions of accelerating, activating, nourishing and eliminating impurities from the blood, as well as unobstructing blood circulation. It works as a fat burner together with the yellow color, performing true “miracles” by lowering the blood cholesterol rate. The red color is only indicated for some cases of anemia and leukemia.

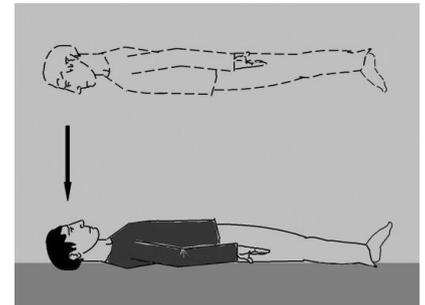
**ANIL** – The color indigo, also known as indigo, has its application in hemorrhage. It works as an efficient coagulant.

## 4 - PROJECIOLOGY – PROJECTIOLOGY AND SCIENCE

Field. The limits of projectiology's parapsychic research are not pronounced and its field necessarily presents a broad involvement of other disciplines through a practical interdisciplinarity. Crossing. In fact, all Sciences intersect with Projectiology at one or more particularly sensitive points. Decanting. Like the others, Projectiology is subsidized by other Sciences (decantation of knowledge). Multidisciplinary. On the other hand, scientists from any field can benefit from the insight offered by conscious projections because some of the most enriching areas of modern research are those that ignore the boundaries between the various disciplines and take on interdisciplinary, multidisciplinary or universalist aspects, through of scientific teams of diverse knowledge. Science. In the analysis of the phenomenology of projections, one must inevitably resort to other related Sciences such as, for example, these 6: 1. Biology. 2. Parabiology. 3. Psychobiology and other medical specialties. 4. Medicine. 5. Paramedicine. 6. Psychiatry. Parapsychobiophysics. When researching the projections of

human consciousness and extraphysical consciousness, Projectiology reaches the heart of Parapsychobiophysics. Zoology. When he studies animal projection and the existence of extraphysical animals – the parafauna – he fully enters the scope of Zoology (Parazology). Botany. When he includes the projections of plants in general, and the existence of extraphysical plants – the paraflora – and the conscious human projections through the use of plants, he definitely penetrates the areas of Botany (Parabotany). Implications. In addition to the aforementioned sciences, Projectiology is directly related to Anthropology, Astronomy, Physics, Psychology, Sociology and History, referred to in this Section in specific chapters. Technology. The implications of Projectiology for technology and human culture in general are vast and as yet unfathomable. Its possibilities for study and practical application are also immeasurable. Areas. The phenomena of Projectiology still have a close relationship with other lines of human knowledge, areas as diverse as: Geography, including Cartography;

Oceanography; the Meteorology; the Geology; Speleology; the Ecology; Science Fiction; the art; the music; and others. Math. Projectiology relates to the universal language of Mathematics by exposing the formulas of its statements, models and theories. Chemistry. It also relates to Chemistry when analyzing consensual projections and drugs, light and heavy, licit and illicit, medicines, incense, perfumes and fragrances. Archeology. The research field Archeology has already been



*Figura 9 Example of out body experience*

Explored with the resources of Projective Archeology, together with extraphysical psychometry and extraphysical retrocognition, since the 19th century, and today there are impressive evidences of its efficiency in this domain, human knowledge and specialized works on the subject (V Goodman, Jeffrey; Schwartz, Stephan A.; and Wilson, Colin). Laziness. Faith of any kind also

means laziness. Mysticism. Mysticism, established religions, multimodal religiosity, religious professionalism and temporal power proliferate intensely and still have lasting roots in human societies due to existential mental laziness (intrapysical), or rather, pluriexistential consciential indolence (intellectual fatigue, vacuum mental). Accommodation. This keeps the intrapysical consciousness, male and female, inert and accommodated, without its own initiative, unmotivated to think for itself and even more willing to believe than to experience. Absolutism. The conscience, then, accepts the imposition of a package of ideas that comes ready-made, of an absolute truth that is imposed on it by the saviors of souls, forming a closed and sectarian doctrinal body that does not admit refutation. Discovery. In this condition in which no one asks you to reason, and everyone spares you mental efforts, making a point of keeping the robexis component immersed in a chronic acedia, with a doctrine that is already complete, thought out for you, chewed and ruminated, ready to be swallowed (ingested) and followed blindly, the lazy conscience feels fulfilled, settles down and curls up in its

little world. Psychosoma. This is the evolutionary level of the dominance of the emotional body, the psychosoma, over the passive consciousness that has not yet discovered the existence of the parabody of discernment, the mentalsoma. Self-determination. The experience of conscious projection in other existential dimensions breaks the inertia of this state of fossilization, leading conscin to discover, by itself, and to the lucid and self-determining application of the mentalsoma. Crutches. In other words: the approach of Projectiology Science (which seeks refutations) builds, with expressive naturalness, the revolutionary philosophical proposal of the crisolation of consciousness that dispenses, forever, the crutches of all mystical connotations and religiosity of any nature. In the practical part, it still indicates penta for people motivated in interconsciential assistance. Self-discernment. It demonstrates that the evolutionary advance of consciousness is made, after a certain level (Homo sapiens serenissimus), all the time, with the application of the footage of pure self-discernment from the mentalsoma, rationally, with logic and reflection. Influences. All of

this develops beyond the animal-instinctive influences of the brain (or even the abdominal subbrain) of the human body and, even more, beyond the immature-emotional influences of the psychosoma parabrains. Key. There is the evolutionary key found by conscins today, when they wake up from stagnant, multi-existential and millennial somnambulism, through lucid consciential projections. Religion. Projectiology is ready and able to offer scientific equivalents for many traditional religious concepts, despite being still in its infancy and having endless research ahead of it, like all Science, especially with regard to modes of consciential communication, in 3 areas: 1. Confirmations. Prayer and evocation, which depend on telepathy, can have their results confirmed by the consciousness projected from the human body, at the time, directly in the extraphysical dimension. 2. Experiences. Clairvoyance, or the revelation of clairvoyance, can be felt or experienced in the extraphysical place, including extraphysical communities, by the projected conscin. 3. Therapies. The so-called physical miracles and prodigious cures generated by psychokinesis or

telekinesis (ectoplasmy) can be verified by the conscious projector through the direct action of the vehicles of manifestation and the action of consciencial energy; apart from many other concepts. Theologians. Modern theologians allow themselves to employ emotionally charged words in such a way as to produce in their hearers and readers a state of consciousness in which the logical persuasion of an argument is not scrutinized too deeply. This is a technical subtlety. Sentimentality. The intrusion of emotion and sentimentality, characteristic of the psychosoma, the parable of emotion and desires, is always the characteristic of a wrong argument that does not proceed properly through the parable of discernment. Trick. This philosophical or technical trick has been used deeply in catechesis and in Buddhist, Christian, Hindu, Jewish, Muslim and other lines of religious, theological and mystical knowledge. Replacement. Therefore, conscious projection comes to advantageously replace belief in general, blind faith and even the so-called reasoned faith, by personal knowledge, direct and incontrovertible to the

conscience itself, definitive, in short, where any intermediary or intruder element to impartial reasoning is eliminated, holomaturity and greater discernment. Penta. The practice of the personal energetic task (penta), daily, for the rest of the conscin's intraphysical life, used on the basis of lucid consciencial projection, fully replaces the need for a person, an adult man or woman, to need a religion, belief or faith of any nature or origin. Penta seals in practice what reason, self-discernment and logic already show to the person. Hagiography. Projectiology has a close relationship with Hagiography or Hagiology, as there is a whole Projective Hagiography when researching the lives of so-called holy men and women, with evidence of interurrences of all the main projectiological phenomena. Names. According to Roman Catholic hagiology, for example, the visions and extraphysical encounters of the projecting conscin, male or female, are given childish names in the manner of these 4: 1. "Experience of God". 2. "Extraordinary infused grace". 3. "Full presence". 4. "Visitation of God". Casuistry. The survey of the occurrences of projection, up to the present conscious, the history

of Projectiology. Its official casuistry reaches an impressive collection and involves the linking of dozens of diverse branches of human thoughts, as observed in the International Bibliography (V. 700 Experiments Conscientiology, International Bibliography, 5,116 works). Methods. Despite what has been written, the current sciences, modeled within the structure of the space-time continuum, in which we live in the state of ordinary physical wakefulness, do not have adequate resources to study, particularly, the experiences of consciousness outside the human body, when projected through the isolated mentalsoma, into the mentalsomatic dimension. Neoconceptions. If the space-time model is inadequate to explain such conscious projections, we need to develop new conceptions of reality in order to explain them, and for, the creation of new methods of scientific investigation will be inevitable. Facts At this point, we return to an imposition born of facts, if we want to map the universe of projectiological experiences: the ideal is that both, the researcher and the subject, produce, by the impulse of their own will, their lucid projective experiences -

preferably without each the use of drugs – one for himself, keeping the consciousness totally open to new emotional and psychological influences, in order to overcome the greatest possible number of discrepancies of the extraphysical perceptions of

consciousness temporarily free, when projected, and in the analysis of their experiences outside the human body. Idiosyncrasies. This participatory research, researcher-researched, will remove, as much as possible, the idiosyncratic, very individual

interpretations, arising from the performance of the individual value systems of each personality and the phenomena will be studied in a more objective, naked and crude way .

## 5 - CONSCIENIOLOGY - UNDERGROUND CONSCIENTIAL

The consciential basement is the phase of infantile and adolescent manifestation of human consciousness (conscin, Homo sapiens, sapiens), until reaching the period of adulthood, characterized by the predominance of the most primitive burden-traits (traits, personal flaws) of the multivehicular consciousness (holosoma), multidimensional (consciencial dimensions), multiexistential (if riéxis), multimillennial (historical time), paragenetics and holobiographical. Etymology. The term porão comes from the archaic Portuguese language, prão, and this one from the Latin language, planus, “boring; straight; plan; level; floor”. It appeared in the 16th century. The word consciencia also derives from the Latin language, conscientia, “knowledge of

something common to many people, knowledge, conscience, intimate sense”, and this from the verb conscire, “to have knowledge of”. It emerged in the 13th century. Factology: the consciencial basement ; the subhuman basement ; the basement of the ego; the retarded consciencial basement ; the short consciencial basement (adolescence); the long consciencial basement (adulthood); the consciencial basement after 35 years of age; the early basement; the heavy loads hidden in the hold; the return to the consciencial basement ; ancestry; atavism; the most potent chromosomal inheritances; the trafarine remnants ; sub-adulthood; the rubble of subhumanity of; early childhood; the apogee of the consciencial basement; the second childhood; pubescent

fermentation; pre-adolescence; the teenage years; post-adolescence; the end of the consciencial basement; the fixed post-adolescence; human life without a consciencial compass; the intensive period of self-disorganization; apriorismosis ; trafficking ; the fixed megatraffic lights ; the abdominal subbrain; the proto-reptilian subcerebrality; personal flaws; the charging of the umbilicochakra; the vegetable talism; the expendable self-mimeses; credulity; the anxiety; the consciencial crutches tar days; the unrecovery of the great cons; primary self-sediality; the displaced irrationalities (Proxemics); extemporaneous irrationalities (chronic); the mental peccadilloes; irresponsibility; riskomania; parapsychic travel accidents; affective dependencies; the toy

weapons collection (the children's hoplotheque); self-insecurity; affective retardation; the anticons; childish behavior; intellectual anorexia; the ego's collars; fetalization; the worship; selfish affectivity; simplism; bouts of immaturity; the flight from Fatuistics and verpons; conscin's restructureable values; the parachadow of the psychosoma. Masculinology: the adolescent; the adult-child; the sub-adult; the human animal; the subthosenizer; the irresolute butterfly-seeker; decidophobic; the tattooed; the ludopath; the captive of telegames; the slave of robexis; the ancestor of himself. Femininology: the explicit fan; the xylicent; the soap opera; those with tongue piercings; the teenager; the adult-child; the subadult; the underthosenizer; the butterfly-seeker goes resolutely; decidophobic; the tattooed ones; the ludopath; the captive of telegames; the slave of the robexis; the ancestor of

herself. Example: consciencial mini-basement = children's literature; consciencial maxiporão Syndromology: the infantilism syndrome; the crybaby syndrome; Cinderella syndrome; the Peter Pan syndrome; kangaroo syndrome (the mother-child-family triad); affective ectopia syndrome (ASS). V. Argumentology logic; Subparageneticology; the Proexology. Actuation. According to the principles of Holomaturology, the consciencial basement still operates in the lives of the absolute majority of the components of Humanity, for some period, in the middle of the Third Millennium, maintaining cultural idiocy and excesses of all kinds. Interdisciplinology: Intraphysics; Resomatology; Evolutionology; the Parapato = affective ectopias (wrong loves). Inventory. From the point of view of consciencimetrology, when the adult diagnoses that there are still recurring remnants of the

consciencial basement, it is best to inventory the recent evidence of trafarine self-thosenic manifestations, more frequent, in personal diuturnity, in order to combat them with the improvement of self-discipline, self-organization or to recexis. Groupality. Child grouping tends to be based on the consciencial basement in playful manifestations, and it is always opportune to ascertain the level of maturity to be introduced and applied in the group in order to better predispose the components, child-conscins, to a better level of intraconscienciality to begin the achievement of the proexis earlier. THE EXPERIENCE OF EXISTENTIAL INVERSION, BY PART OF THE GIRL OR THE BOY, IT ELIMINATES THE PHASE FOREVER FROM THE CONSCIENCIAL BASEMENT TO EARLIER. You can search for "Porão consciencial" to improve your knowledge.

## 6 - BOOK OF THE MONTH – NOUS SOMMES IMMORTELS (FRENCH EDITION)

This book changed my life. I remember being an engineering student doing 20 miles a day on a bike and being so happy when I got home and could read this book. This book is by a researcher named "Patrick Drouot". I didn't imagine that a book I read almost 20 years ago could change my life. This book talks about reincarnation, death,

evolution, consciousness and much more. It's worth reading. I have the Portuguese version of this book. Here in the magazine I put the name of the French version. Please search the internet, you will surely find the version in your language,

## 7 - ING AND ANG - GRADUATE X HIGH SCHOOL

We are going to put just about a graduate degree, because it is easy to see that having a degree is better than not.

Benefits of having a degree:

**Higher income:** Many people seek a post-secondary degree, such as an associate, bachelor's, master's or Ph.D. in pursuit of careers that offer better pay but demand a more intensive skill set. College graduates typically earn significantly more money throughout their lifetimes. It is essential to consider which field you will want to enter, as some careers will have a higher earning potential than others. For example, pursuing creative arts or counseling may not pay as much as a career in engineering. Someone with a master's degree in counseling still may not make as much as an engineer with only a bachelor's degree, though that is not always the case. However, you may be more likely to stay on your career path if you are studying something you are passionate about.

**Employer-offered benefits:** Most jobs that require you to have a bachelor's degree or higher will likely offer better job benefits. Some of these

include health care coverage, retirement plans, paid time off (PTO), flexible schedules and other perks.

**Advantages for your family:** Another thing to consider, especially if you have or are planning to have a family, is how your earning potential affects them. Families of college graduates are generally financially more stable and have more opportunities available to them. Additionally, the next generation of children may be more likely to attend college.

**More career options:** When first considering pursuing a college education, you may not have decided your career path. It is common for college students to begin without declaring a major, allowing them to



*Figura 10 Achieving an undergraduate degree*

study core courses while talking to professors, college counselors and other students to find out what field most appeals to them. The more you learn about wages and prospective careers for your major, the more

options you will likely have. In many cases, employers only require a college degree, regardless of the field. College prepares you to enter a professional working environment and provides you with the skills you will need to succeed, such as writing skills, analytical skills and the ability to think critically. For example, you could major in history but apply those skills to a career in financial planning. If you change careers, it is relatively common to build on your undergraduate degree and pursue a master's degree or additional certification, further expanding your career opportunities and increasing your earning potential.

**Job security:** Another thing to consider when deciding to go to college is job security. If you are more skilled and have a college degree, you may be more valuable to your employer. This is especially the case for jobs or careers wherein college education is expected or standard.

**Job satisfaction and happiness:** If you pursue a college education, you could be more likely to find a job you will enjoy. If you need a career that brings purpose and meaning to your life, such as working in the health care industry, you will likely need a college

education. For someone whose passion is improving the lives of others and caring for the sick, working as a cashier may not be as satisfying.

**Networking:** Being able to expand your professional network can be helpful when starting a career. By getting to know other students pursuing similar careers and other professionals in your field, you will be able to gain professional insights you may not have otherwise. Another great way to meet more people in your field is through student groups on campus. If you are pursuing a degree in communications or media studies, you can see if your college or university has a student media group you can join. Going to group meetings on campus will allow you to get to know others pursuing the same career as you. Your peers can help give career advice, tips for creating a resume or how to make sure you have a successful interview. Experts in your field may even provide you with invaluable resources to help you jumpstart your career. You will likely be able to learn insider information on potential careers while improving your research and writing abilities.

**Personal development:** Besides the practical reasons for getting a college degree, also consider the personal growth you will likely achieve with higher education. Getting a college education requires you to overcome many challenges and obstacles, preparing you not only for the

workplace but for the rest of your adult life. You will also learn other skills like time management, organization and multitasking. You will show your ability to organize and manage your time effectively and efficiently to accomplish all your work. Personal development is more than just learning practical skills. You will likely have to overcome adversity. College requires you to respond to challenges, which can range anywhere from maintaining financial responsibilities to managing multiple class projects at the same time. To do so effectively, you will have to be not only organized and good at time management but also intelligent and disciplined.

**Employer interest in furthering your education:** Sometimes, having educated employees is so crucial that companies will even pay for an employee to return to school by covering tuition costs or offering grants. A college degree can be invaluable not only to you but also to your employer. In the same way that pursuing higher education can be a way of investing in your future, covering partial or full tuition is also a way for employers to invest in their companies' futures. If your employer offers to help pay for your college tuition, you will not only save money on educational costs, but you will also be able to expand your value as an employee.

**Preparation for a specialized career:** As the world changes, the job market changes with it. Technology,

education, and health are three of the most rapidly growing fields for a good reason; they evolve so often that only the most accomplished individuals can do the work. Getting a bachelor's degree will help you learn the specific skills and habits needed to make a living in these areas. While not all degrees offer a direct route to a particular job (English, philosophy, or political science, for example), many are created with a specific career path in mind. An educational degree, for example, is designed as a funnel for teaching jobs; some health degrees also have very specialized jobs waiting at the end for those who complete them.

**Increased Marketability:** Having a bachelor's degree will keep you in demand as the need for skilled, college-educated workers continues to rise. Over 80 percent of jobs in four of the fastest-growing occupations—healthcare, STEM, education, and government services—demand postsecondary education. Thus, it's estimated that, by 2020, there will be 13 million available jobs requiring bachelor's degrees. Although 36 percent of adults ages 25 to 36 currently hold a college degree, the United States will still fall short of meeting employer demand by five million qualified workers by 2020. On your path to earning a bachelor's degree, you'll gain skills that will give you a competitive advantage in the job market. Today's employers are most interested in applicants with exceptional communication,

leadership, critical thinking, problem-solving, and analytical skills. In college, you'll have access to rigorous coursework and experiential learning opportunities that will arm you with these skills to make you more attractive to employers.

A pathway to advancement: Have you considered a career as a physical therapist, head librarian, or nurse anesthetist? These popular jobs usually require a bachelor's degree as the first step before going on to get another, more-advanced degree. You'll also need a bachelor's before any Master's or PhD, as well as the ever-popular MBA. Even if you're not sure you're up for the entire career path, earning a bachelor's degree now puts you in the driver's seat should you decide to pursue it later.

Positive Return on Investment: The cost of a degree may be daunting, especially with many students on the news sharing student loan woes and not feeling like the job market is friendly to their specific degree. While no one can argue that some degrees aren't that easy to employ, many college grads are finding the ROI of a bachelor's degree to be positive. Young adults express that their degrees are a good value, with 72 percent believing that their degree has paid off, and an additional 17 percent believing that it will very soon. This trend stays steady among those who borrowed for school, as well. Plus, there are many programs available to help pay for higher education; scholarships, grants and

tuition reimbursement programs are all designed to help students avoid debt.

Opportunity to change industries: If you're looking to change industries, college may be the perfect way to get started in a new field. While your experience may somewhat help you be qualified, a bachelor's or master's degree in your chosen field will help show an employer that you have skills and knowledge in that field, and that you are a great fit. Especially if you're hoping to dive into a brand-new field, you will need knowledge and experience in that new field in order to get a job. And a recession is often an ideal time to consider a new position, so a degree is a must-have. A degree will help give you the resume boost, as well as the specific skills you are likely to need in order to succeed in a new field. For most people hoping to move into a new industry, a degree is the first step.

Graduates are more creative: A University of Oxford study showed that those holding degrees were four times more likely to take part in painting and photography, five times more likely to be involved in dance and in crafts, and four times more likely to play a musical instrument than those without degrees. Around 78,000 people were surveyed and they found social status didn't matter, nor did wealth; it was having a degree which made the difference.

Graduates are good for the community: More research by

Professor John Bynner suggests that graduates are more likely to be an asset to the community. They are more likely to vote, take part in community activities and be a member of a political party. It was also shown that they are more likely to hold positive attitudes towards race and gender. Bynner said "The analysis provides convincing evidence that higher education does produce social as well as private economic benefits to individuals".

Graduates have better performing children: Research conducted by John Jerrim of London University's Institute of Education has discovered the inter-generational benefits of holding a degree. That is, the benefits that your children can gain from you having a degree. The research shows that children of graduates are five times more likely to reach higher education and are also more likely to go to an elite institution.

You install a down-payment on your future: By attending college, graduates are locking down their own success. The cost of not going to college is rising, so much so that nine out of ten graduates are raving about the benefits they are reaping from the investment. Their own children are more likely to attend college with the future that their parents have secured, and they are less likely to live below the poverty line.

You become empowered and create a stronger sense of self: Besides a depth of knowledge in a field of

study, graduates have a better understanding of responsibilities which impact their day-to-day existence: comprehending important contracts, understanding how the markets influence retirement, and managing personal and familial finances. Those with a college education find themselves empowered to be more in control of their life. The amount of pride and self-worth found in obtaining a degree is enough for many to find agency to change their circumstances, ultimately transforming their society. Learn how to manage your time: Those first finals can feel like a blow, but they'll help you learn a vital life skill no matter what career path you choose: time management. When you have three papers due and a test on the same day, you need to plan ahead in order to succeed. There's significantly less risk learning time-management skills in college than on the job. If you fail in college, you might have to retake a course. If you fail on the job, you could lose your source of income.

Get support for a new business: More and more schools have started offering student entrepreneurs support to start a new business while earning a degree. UC Berkeley's SkyDeck Fund provides up to \$100,000 to new companies and a six-month incubation program — as well as a 10% investment in the first funding round. The University of Pennsylvania's VIP-C incubator offers a three-month program to Wharton School of Business students, which includes seed money, mentoring, workshops and a space to work. Going to a school with an incubator program can up your chances of getting accepted while offering resources you might not have as a solo entrepreneur.

Explore the world: College study abroad programs are one of the few times that you can immerse yourself in another country, culture and language without making a risky career move, like quitting your job to move to Thailand for six months. With opportunities to live with host families and experience another education system, these programs can teach you things you wouldn't

learn in the states. Learning these skills not only shape who you are as an adult, but they also give you a competitive edge in the job market. Around 40% of US companies have missed out on business opportunities because their staff didn't have the language skills and cultural understanding necessary to make deals with international companies, according to a 2014 survey by the Center for International Business Education and Research at the University of Hawaii at Manoa.

Take time to transition into adulthood: While college can be an investment, 55% of college students and parents see more value in the college experience than the economic benefit, according to a 2018 survey by student loan provider Ascent. College gives you the opportunity to transition into adulthood and explore new ideas about the world and yourself before starting a job. It can be a great opportunity to find yourself when you aren't sure what you want to do. These experiences are difficult to put in numbers.

## 8 - CASES OF HEALING - FREEDOM FROM ALZHEIMER'S DISEASE

Patient: K.O.L. (the names is changed to respect the patient and the problem is a little changed to be hard to Discovery who is on all plant Earth). About this disease the subject was already covered.

**This technique costs \$40,000. If you would like to receive more information, send a message to [engbrandl@yahoo.com.br](mailto:engbrandl@yahoo.com.br) and ask about interdimensional treatment. Only 5% of a session is being shown here, it was done that way so as not to tire the reader.**

The subtle bodies and parabrains were unfolded and then analyzed not recognizing family members, then the necessary cures for Alzheimer's were made. Genetics has been unfolded and problems in the SLC6A4 gene have been resolved with a focus on curing Alzheimer's. Genetics has been unfolded and problems in the SLC6A3 gene have been resolved with a focus on curing Alzheimer's. The subtle bodies and parabrains were unfolded and then memory analyzed, then the necessary cures for Alzheimer's were made. Cleared planetary vibrations in the subtle bodies with a focus on Alzheimer's treatment was done. The subtle bodies and parabrains were unfolded and then biochemical measurements were analyzed, then the necessary cures for Alzheimer's were made. The subtle bodies and parabrains were unfolded and then neuropsychiatric symptoms analyzed, then the necessary cures for Alzheimer's were made. The subtle bodies and parabrains were unfolded and then

depended on for daily activities was analyzed, then the necessary cures for Alzheimer's were made. Genetics was unfolded and problems in the PCLO gene were solved with a focus on Alzheimer's cure. The subtle bodies and parabrains were unfolded and then language was analyzed, then the necessary cures for Alzheimer's were made. Hybrids living among bodies sent for treatment with focus on Alzheimer's treatment was done. Genetics was unfolded and problems in the MAOA gene were solved with a focus on Alzheimer's cure. The subtle bodies and parabrains were unfolded and then urinary incontinence was analyzed, then the necessary cures for Alzheimer's were made. Suppressed mediumship that generates Alzheimer's problem was removed/cured. Searched for in Akhasic Records: Negative knowledge was revoked in order to cure Alzheimer's. Disassociated lives in the form of negative hybrids by will that generates Alzheimer's problems.

Body probes that generate Alzheimer's problem was removed/cured. Searched in the Akhasic records: Negative loans was revoked in order to cure Alzheimer's. Accessed the two most needy season lives of exorbitant sexuality, then checked out what can be done to help with Alzheimer's. Searched in the Akhasic records: Process of energetic detachment, then strengthened to aid in the cure of Alzheimer's. Accessing Backups after moving to more subtle planet, then seeking help for Alzheimer's. Jellyfish-like biological forms that generate Alzheimer's problem has been removed/cured. Accessed angelic karmic group, then checked issues and resolved to cure Alzheimer's. Lives like Australopithecus africanus that are generating Alzheimer's problem were treated. Searched in the Akhasic Records: More advanced cosmoethics, then empowered to help cure Alzheimer's.

## 9 - HEALTH LAW - KIDNEY TRANSPLANT

In the US: When it comes to disability benefits after receiving a lifesaving organ transplant, many have questions. We're breaking down all you need to know to qualify and apply for disability benefits post-transplant. Organ transplants are life changing, but it's imperative that transplant recipients pace their

return to normal activities. A slow return to normal activities can make an immediate return to work challenging, which means making ends meet financially can be a concern for transplant recipients and their families. Fortunately, there is help available. The Social Security Administration (SSA) offers financial resources for families who have been

impacted by an organ transplant and are unable to continue to work. Those who received an organ transplant will qualify for disability benefits for 12 months following their transplant. After 12 months, the SSA will reevaluate the claim. If a recipient is still too ill to be able to work, they may be able to continue to receive disability benefits. There are two

forms of disability benefits offered by the SSA, Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). Medical qualification is the same for both, but each program has specific technical qualifications. SSDI is for people who have worked throughout their lives. If the recipient did not work and pay Social Security (FICA) taxes, they will not qualify. Typically, according to Disability Benefits Help, anyone who has worked at least five out of the past ten years will have earned enough to qualify for SSDI benefits. SSI benefits are available only for the neediest families. There is no work requirement for SSI benefits, but if the recipient has a spouse who is earning a living wage, they will not qualify. Recipients will also not qualify if they have a significant amount of saved cash, stocks, bonds, or a second home or car. As the beneficiary of lifesaving gift, remember that anyone—regardless of age and health—can sign up to be a donor. People with chronic conditions such as diabetes and hepatitis can save and heal lives. Donors well into their 80s have saved lives through organ donation and individuals over the age of 100 have donated tissue. This includes transplant recipients themselves who may donate other organs or tissues and re-give that gift of life.

In Brazil: According to article 6 of Law No. 11,952, people with different serious diseases, such as renal failure, may be entitled to exemption

from income tax on retirement, pension and retirement. The benefit occurs after the patient proves his condition by the medical report and expertise. To request the exemption, the patient must look for the body responsible for paying these benefits: INSS, City Hall and State. For income tax exemption, the patient must be retired and cannot be working or providing self-employed services. Survey of the FGTS (Guarantee Fund for Length of Service) and PIS (Social Integration Program) In order to help with treatment costs, which can be expensive, the law allows chronic renal patients to carry out movements and withdrawals from the resources of the guarantee fund, although this practice is not strictly foreseen in the FGTS legislation. It was even proposed to specify the chronic kidney patient in the law, but the process was shelved to be later processed in the chamber. Even so, the withdrawal of the FGTS is a benefit granted by the Superior Court of Justice, which must be requested by the renal patient with the Caixa Econômica Federal. If the request for the release of the FGTS or PIS withdrawal is denied, judicial authorization can be obtained - through free advice from the Public Defender's Office - to collect the benefit. This collection can be carried out for the patient's or dependent's own treatment. The renal patient can have his property paid off. The chronic renal patient can have the financing of his property paid off if he proves disability due to renal failure.

The benefit occurs as long as the financing has been carried out by Caixa Econômica Federal before the diagnosis of the disease. The person with kidney disease must also be unable to work. To settle the property, Caixa Econômica Federal will require a medical report and expertise that proves the date of diagnosis, disability that prevents the patient from working, as well as other documents necessary for the continuation of the benefit. Renal patients can retire due to disability and receive sick pay. When the renal patient is insured by the Social Security (INSS) he can receive sickness benefit and disability retirement. To receive the sick pay, the patient must present a medical report proving renal failure that prevents him from working for a period longer than 15 days. The aid can be extended or suspended according to the clinical follow-up of the patient. In the event of a diagnosis of disability, which prevents the patient from working permanently, he or she may receive a retirement benefit. The benefit request can be made at any INSS unit. If the patient registers for the INSS after a diagnosis of renal failure, the benefit will not be granted. The patient must prove that he was disabled after being linked to Social Security. Chronic renal patients have priority in judicial proceedings. If chronic renal failure is proven, the patient will have priority in the processing of judicial and administrative proceedings and

procedures. This benefit allows for more agility in legal decisions. The evidence must be sent to the judicial authority, which will analyze the patient's request. After proof of their health condition, judicial priority is assigned to the chronic renal patient. Free Medicines Medicines such as Erythropoietin, Calcitriol and Iron Hydroxide are considered exceptional drugs, standardized by Ordinance 1318/GM. These medicines are granted by the Unified Health System (SUS) free of charge to chronic renal patients who prove their health status. After a report proving renal failure, the patient must make the National Health Card (CNS) and prove a medical prescription to carry out the treatment. Renal patients can have free transportation The Federal

Government guarantees chronic renal patients the benefit of free transportation. According to the law, patients who prove chronic kidney disease have the right to travel free of charge on interstate public transport. Travel can be by bus, boat or train. To receive the benefit, the renal patient must have a family income of up to one minimum wage per person. The free pass is not valid for intercity urban transport, but some municipalities may grant the benefit, so the ideal is to check state and municipal laws and determinations, which may vary. Tax exemption for car purchases Chronic renal patients can be exempt from IPI, IPVA, ICMS and IOF on vehicle purchases. This benefit is granted to people who prove a real need to drive an automatic car, so as not to

harm their health condition. There are some criteria, such as vehicle limit price, that determine the discount applied to each of these taxes. The vehicle acquired with IPI exemption can only be sold after two years of its purchase, for ICMS exemption the period increases to four years. Chronic renal patient, know your rights! These are the rights and benefits that the State guarantees to chronic renal patients. Many people who suffer from kidney disease are unaware of the benefits offered by the government and fail to receive something that is rightfully theirs. We can see that there are specific laws for people with severe renal failure that aim to contribute to their well-being and quality of life. Be aware of your rights.

## 10 - MEDICATION OF THE MONTH – ATORVASTATIN

Atorvastatin belongs to a group of medicines called statins. It's used to lower cholesterol if you've been diagnosed with high blood cholesterol. It's also taken to prevent heart disease, including heart attacks and strokes. Your doctor may prescribe atorvastatin if you have a family history of heart disease, or a long-term health condition such as type 1 or type 2 diabetes or rheumatoid arthritis. This medicine is available on prescription only. It comes as tablets, including chewable tablets for people who have difficulty

swallowing. Key facts: It's usual to take atorvastatin once a day. The most common side effects are headaches, feeling sick (nausea), diarrhoea and cold-like symptoms. Do not take atorvastatin if you're pregnant, trying to get pregnant or breastfeeding. Keep taking atorvastatin even if you feel well, as you will still be getting the benefits. Most people with high cholesterol don't have any symptoms. Atorvastatin is also called by the brand name Lipitor. Who can and cannot take atorvastatin:

Atorvastatin can be taken by adults and children over the age of 10 years. Atorvastatin isn't suitable for some people. Tell your doctor if you: have had an allergic reaction to atorvastatin or any other medicines in the past; have liver or kidney problems; are trying to get pregnant, think you might be pregnant, you're already pregnant, or you're breastfeeding; have severe lung disease; have previously had a stroke caused by bleeding into the brain; drink large amounts of alcohol; have an underactive thyroid; have had

muscular side effects when taking a statin in the past; have had, or have, a muscle disorder (including fibromyalgia); Lipitor chewable tablets contain a substance called aspartame - check with your doctor before taking these if you have phenylketonuria (a rare inherited disorder of protein metabolism). How and when to take it: Take atorvastatin once a day. You can choose to take it at any time, as long as you stick to the same time every day. Sometimes doctors may recommend taking it in the evening. This is because your body makes most cholesterol at night. If you're not sure when to take your medicine, ask a pharmacist or your doctor for advice. Atorvastatin doesn't upset the stomach, so you can take it with or without food. Swallow atorvastatin tablets whole with a glass of water. If you've been given chewable tablets, you can chew them or swallow them whole with a glass of water. Dosage: The usual dose for adults is between 10mg and 80mg a day. In children, the usual dose is 10mg to 20mg once a day. Your doctor will use your child's age to work out the amount of atorvastatin that's right for them. Your dose depends on the reason for taking it, your cholesterol levels, and what other medicines you're taking. Ask your doctor or pharmacist for advice if you're unsure how much to take. Don't reduce your dose without talking to your doctor first. What if I forget to take it? If you occasionally forget to take a dose, take your next

dose the next day at the usual time. Never take 2 doses at the same time. Never take extra dose. If you often forget doses, it may help to set an alarm to remind you. You could also ask your pharmacist for advice on other ways to help you remember to take your medicine. What if I take too much? Taking an extra dose of atorvastatin by accident is unlikely to harm you. Talk to your pharmacist or doctor if you're worried or take more than 1 extra dose. Side effects: Like all medicines, atorvastatin can cause side effects in some people - and different statins affect people in different ways. One rare but serious side effect is unexplained muscle aches and pains, tenderness or weakness. This can happen a few weeks or months after you first start taking this medicine. Talk to your doctor or a pharmacist if side effects are bothering you. They may recommend trying an alternative statin. Common side effects: These common side effects of atorvastatin happen in more than 1 in 100 people. Some side effects may improve after the first few days, as your body gets used to the medicine. Keep taking the medicine, but talk to your doctor or pharmacist if these side effects bother you or don't go away: feeling sick (nausea) or indigestion; headaches; aches and pains in your back and joints; nosebleeds; sore throat; cold-like symptoms, such as a runny nose, blocked nose or sneezing; constipation or wind; diarrhoea. Report any unexplained muscle aches and pains, tenderness

or weakness to a doctor straight away. Less than 1 in 100 people may have some memory loss. Talk to your doctor or pharmacist if this side effect bothers you. It usually goes away after you stop taking the medicine. Serious side effects: Serious side effects when taking atorvastatin are rare and happen in less than 1 in 1,000 people. Stop taking atorvastatin and call a doctor if you get: muscle pain, tenderness, weakness or cramps - these can be signs of muscle breakdown and kidney damage; yellow skin or the whites of your eyes turn yellow, or if you have pale poo and dark pee - this can be a sign of liver problems; a skin rash with pink-red blotches, especially on the palms of the hands or soles of the feet; severe stomach pain - this can be a sign of pancreas problems; a cough, feeling short of breath, and weight loss - this can be a sign of lung disease. Serious allergic reaction: In rare cases, it's possible to have a serious allergic reaction (anaphylaxis) to atorvastatin. How to cope with side effects: What to do about: feeling sick (nausea) or indigestion - stick to simple meals and do not eat rich or spicy food. It might help to take your atorvastatin after a meal or snack. If you continue to get symptoms of indigestion ask your pharmacist to recommend an antacid. Contact your doctor if your symptoms continue for more than a few days or if they get worse. Headaches - make sure you rest and drink plenty of fluids. Do not drink too much alcohol. Ask your

pharmacist to recommend a painkiller. Headaches should usually go away after the first week of taking atorvastatin. Talk to your doctor if they last longer than a week or are severe. Aches and pains in your back and joints - if you get unusual muscle pain, weakness or tiredness which isn't from exercise or hard work, talk to your doctor. You may need a blood test to check what might be causing it. You can also ask your pharmacist to recommend a painkiller. Nosebleeds - try applying a thin layer of vaseline to the inside edges of your nose. Sore throat - try gargling with warm salty water (children shouldn't try this), or use paracetamol or ibuprofen to ease any pain or discomfort. If the symptoms last longer than a week ask your pharmacist or doctor for advice. Cold-like symptoms - try taking paracetamol or ibuprofen regularly for a few days. If the symptoms return when you stop taking the painkillers ask your doctor for advice. Constipation or wind - eat more high-fibre foods such as fresh fruit, vegetables and cereals, and drink plenty of water. Try to exercise more regularly, for example, by going for a

daily walk or run. If this doesn't help, talk to your pharmacist or doctor. Watch this short video about how to treat constipation. Diarrhoea - drink plenty of water to avoid dehydration. Signs of dehydration include peeing less than usual or having dark, strong-smelling pee. Pregnancy and breastfeeding: Atorvastatin isn't recommended during pregnancy or breastfeeding, as there's no firm evidence it's safe. Talk to your doctor if you want to get pregnant. It's best to stop taking atorvastatin at least 3 months before you start trying for a baby. If you become pregnant while taking atorvastatin, stop taking the medicine and tell your doctor. Atorvastatin and breastfeeding: It's not known if atorvastatin gets into breast milk, but it may cause problems for your baby. Speak to your doctor about what's best for you and your baby while you're breastfeeding. It may be possible to delay starting or restarting atorvastatin until you've stopped breastfeeding completely. Cautions with other medicines: Some medicines affect the way atorvastatin works and can increase the risk of serious side effects. Medicines that

may not mix well with atorvastatin include: some antibiotics and antifungals; some HIV medicines; some hepatitis C medicines; warfarin (stops blood clotting); ciclosporin (treats psoriasis and rheumatoid arthritis); colchicine (a medicine for gout); contraceptive pills; verapamil, diltiazem, amlodipine (for high blood pressure and heart problems); amiodarone (makes your heart stable); If you're taking atorvastatin and need to take one of these medicines, your doctor may: prescribe a lower dose of atorvastatin; prescribe a different statin medicine; recommend that you stop taking atorvastatin for a while; These are not all the medicines that can interfere with atorvastatin. For a full list see the leaflet inside your medicine packet or check with your pharmacist. Mixing atorvastatin with herbal remedies and supplements: St John's wort, a herbal medicine taken for depression, reduces the amount of atorvastatin in your blood, so it doesn't work as well. Talk to your doctor if you're thinking about starting St John's wort, as it will change how well atorvastatin works.

## 11 - KIND OF THOUGHT (PENSENE) – ENGINEER

The core of the engineering mind-set is what I call modular systems thinking. It's not a singular talent, but a melange of techniques and principles. Systems-level thinking is

more than just being systematic; rather, it's about the understanding that in the ebb and flow of life, nothing is stationary and everything is linked. The relationships among

the modules of a system give rise to a whole that cannot be understood by analyzing its constituent parts. The focus is on identifying the strong and weak links—how the modules work,

don't work, or could potentially work—and applying this knowledge to engineer useful outcomes. An engineer's brain is an information sponge. Engineers definitely think differently. Without this unique way of thinking, engineering projects

would suffer. I wouldn't want to fly in an airplane designed by engineers who didn't think differently. Thinking like engineering: in your daily basis, never forget your goal, always adapt and do not let people think for yourself. For sure better

opportunities will appear but an engineer will keep doing that job for that moment because it is not just a unique thing, it is connected to more and you will lose more than that you are gaining.

## 12 - INCURABLE DISEASE: EBOLAVIRUS

EVD is a viral hemorrhagic fever (VHF). Its name is derived from the Ebola River in the Democratic Republic of the Congo. Ebolavirus first emerged in 1976 in outbreaks of Ebola hemorrhagic fever in Zaire and Sudan. The strain of Ebola that broke out in Zaire has one of the highest case fatality rates of any human pathogenic virus, roughly 90%, with case-fatality rates at 88% in 1976, 59% in 1994, 81% in 1995, 73% in 1996, 80% in 2001–2002, and 90% in 2003. The strain that broke out later in Sudan has a case fatality rate of around 50%. Illness is characterized by the rapid onset of fever, malaise, muscle pain, headache and inflammation of the pharynx. Six days following vomiting and bloody diarrhea, individuals may develop maculopapular rash with bleeding at needle sites and bodily orifices. Other symptoms include: abdominal pain, fever, bloody vomit, maculopapular, malaise, joint and muscle pain, coagulopathy, chest pain, dry and sore throat, hemorrhagic diathesis,

hiccups, nonbloody diarrhea, vomiting, chills, and fatigue, while later symptoms can include bleeding from the eyes, ears and mouth, depression, sensitivity to pain or seizures. Purpura, petechiae, sclerotic arterioles, and low blood pressure are characteristic as the disease progresses. Transmission: It is thought that fruit bats of the Pteropodidae family are natural Ebola virus hosts. Ebola is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals such as fruit bats, chimpanzees, gorillas, monkeys, forest antelope or porcupines found ill or dead or in the rainforest. Ebola then spreads through human-to-human transmission via direct contact (through broken skin or mucous membranes) with: Blood or body fluids of a person who is sick with or has died from Ebola Objects that have been contaminated with body fluids (like blood, feces, vomit) from a person sick with Ebola or the

body of a person who died from Ebola Health-care workers have frequently been infected while treating patients with suspected or confirmed EVD. This occurs through close contact with patients when infection control precautions are not strictly practiced. Burial ceremonies that involve direct contact with the body of the deceased can also contribute in the transmission of Ebola. People remain infectious as long as their blood contains the virus. Pregnant women who get acute Ebola and recover from the disease may still carry the virus in breastmilk, or in pregnancy related fluids and tissues. This poses a risk of transmission to the baby they carry, and to others. Women who become pregnant after surviving Ebola disease are not at risk of carrying the virus. If a breastfeeding woman who is recovering from Ebola wishes to continue breastfeeding, she should be supported to do so. Her breast milk needs to be tested for Ebola before she can start.