



**The Perfect  
Body of Man –  
Your Health &  
Imunity – What  
Has Not Been  
Explained to Us.**

Marián Varchol  
Natural therapies,  
Chiropraxia & Acupuncture

# **The Perfect Body of Man – Your Health & Imunity**

## **What Has Not Been Explained to Us**

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## Thanks

At the beginning of this book, I would like to thank all the people who are constantly involved in the creation and development of all knowledge and practical experience in the fields of Eastern and Western medicine. Through the study of proven methods and techniques, I am able to improve my skills in the fields of Chiropractic and Natural therapy, and offer my services to people who needs them. In my book, I have also tried to describe and explain the need to bridge both Eastern and Western types of medicine in the current 21st century, which is still missing in some countries. Health and Immunity are a natural parts of every human body, affected by both physical and etheric life forms. People are constantly creating, renewing and improving knowledge and techniques in the field of Human body care, and we need to know how to use it properly so that we can keep our body healthy. I think that knowledge for life is also essential for Health and Immunity. Each individual is "unique" in their body and personality, and this must be realized and valued for their entire existence. I want to Thanks to all my instructors, teachers and colleagues, I appreciate every opportunity to gain knowledge and practice in the areas of the Human body, Physiotherapy and Chiropractic, Reflexology, Acupuncture. Books, trainings and seminars from world teachers and instructors help me a lot to develop my skills and knowledge in the fields of Chiropractic and Physiotherapy. I thank my wife and children, parents and siblings, all my friends and clients who help me develop my personal hobby and ability to help another person. In conclusion, I would like to thank a married couple Beáta and Július Pataky, professional healers and experts in Reflexology, whose knowledge and teachings I am still using today, and it was their positive view of Ayurveda and TCM that helped me a lot to find a way to combine my knowledge, practice and hobby with my work, which gives me joy, happiness, health and harmony in my life.



## About the Author

One can face physical or health problems of limbs, joints, spine, muscles, etc. as a child. Living in the Western world can be a great advantage over other backward cultures. From birth, however, the child perceives the given problems differently, which can be eliminated thanks to various modern technologies, aids and techniques that we know today. The need to improve or cure any health problem of the child are very important, as everything is possible for the child from his point of view. He is looking for constant activity, movement and entertainment, from an early age, which is also a great advantage.

Sport and physical activity are therefore essential activities throughout my life, and I also make them an everyday part and joy of my life. I was particularly interested in the Human body, both in primary and secondary school, which I started studying in addition to active sports and improving my health. As I was more and more inclined to Nature, I was mainly looking for natural ways to take care of my health. Later, in addition to active participation in Slovak sport, I did a basic massage education and later participated in several special training courses Reflexology and Point Techniques, Myofascial and Soft Techniques, Chiropractic, Aromatherapy, Art of Thai massage therapy, Acupuncture and I continue to expand my knowledge not only in the field of Physiotherapy, but also in Eastern culture and natural medicine.

Living and working in the more developed countries of Western Europe have helped me steer the path I have been following for several years. I understood the importance of creating Health and strengthening Immunity in my body every day. While studying and understanding Bowen's technique in conjunction with traditional knowledge, I also understood more about the emergence of various human health problems in the present time, when man is often a slave to the system and the modern way of life. I wanted to start helping people in the field of physiotherapy and helping clients in kind. I was fascinated by the work of a Masseur, later a Physiotherapist and Chiropractor, and after many years of experience, I offer services called *Natural Therapies, Chiropractic and Acupuncture*. In addition to many years of experience and work with the clientele, I have also prepared my own and simple set of *Pilo-yoga exercises*, in which I focus on supporting the reduction of common physical problems and shortcomings that often arise at present. Strengthening important muscle lines, stretching the fascia, relieving tension and strengthening the overall anatomy of the body are the basis of the Pilo-yoga exercise. Here I came to the idea of writing a book and summarizing in it very important topics that can be of interest to many people, and I can also help a person understand how to perceive their body

differently, take care of their Health, Immunity, and create freedom and happiness throughout life.

Regular exercise, maintaining the flexibility and momentum of the body is essential during life and is associated with an overall strengthening of autoimmunity and the flow of body fluids and energy in the body.



## Introduction

The perfect human anatomy has long been used as a model in architecture, construction, or sculpture and painting, as evidenced by a number of valuable monuments. The study and knowledge of the human body is always in line with the development of the past, and the knowledge of human anatomy as well as the development of modern medicine depended on all the "ancient knowledge" of previous civilizations such as Sumeri, Indians, Mesopotamia, Babylonia, Assyria, Macedonia and others. Man in the present 21st century is making amazing progress in various fields. This progress certainly makes the way of life easier for most people, and at the same time the knowledge of human existence is expanding. A lot of help also comes from computers and technology, which makes many things around us possible and easier. *It would therefore be sensible to make good use of all these benefits of the present, such as internet, and expand their knowledge of human body use, care and support of the body's natural abilities.*

Subsequently, a healthy body begins to offer us many other options and abilities. In addition to my work, I decided to take a closer look at the human body and write this book. One of the reasons is the current way of functioning of healthcare in our country in Slovakia, but also in other modern countries. As a boy, I was very interested in nature and I admired mainly the natural abilities of the human body.

The e-book "*The Perfect Body of Man – Your Health & Imunity, What Has Not Been Explained to Us*" I decided to start writing after many years of studies and practices, mainly to give the reader a general view of simple functioning, regeneration, the necessary care for the body and spine throughout life.

At the beginning I want to introduce you to the human body and spine from two different perspectives, from the side of Alternative "eastern" medicine and from the side of Modern "western" medicine. Later I will explain what I do in my work with people, and I will also mention the very common causes of spinal problems in today's society, which are also creating blockages in the flow of life **energy Qi**. This e-book is dedicated to understanding the current state of human health and the need to take care of their body and health. In addition, I offer the reader an explanation of several Alternative treatment methods and teachings. At the same time, I would like to pay attention to what the human body is capable of, if kept in harmony and in accordance with the energies of the Earth and the Universe during the existence. At the end of the e-book I also offer useful advice and tips on how you can keep fit even in today's modern times during everyday life.

I wish you all a lot of love and positive energy not only while reading this e-book. I believe that many of you will understand and discover different natural abilities, knowledge, and will also better understand your body language.



# 1. Human body – different perceptions of health

For most of us, the human body is relatively unknown even in today's modern world. Everybody gets a lot of information, knowledge, has their preconditions and talents in their surroundings from birth, they get genetics and also energy from their parents. We can say that the place of birth is also very important and significant.



At present, we know theoretically not only about the physical body, I would say everything, but there are still a lot of different theories and teachings, and it is also important to understand the meaning of life itself in the human body. *Current science still thinks about the flow of life energy quite contradictory, also because man uses for perception and thinking only the left hemisphere of the brain and materialism, respectively 3D reality.* One is often diverted from personal interests, needs, responsibilities and often does not have

time for even the necessary necessities of life. Already after the end of World War II, most communities remained in a great mood, and Slovakia was part of this situation. Injuries, physical, mental, emotional and spiritual, have been known to everyone for a long time.

*It is in various problematic situations of life that there is a significant slowdown, and the most important needs of existence are shown to every person.*

Man lives on Earth and is also part of the infinite Universe and Energy. Many opinions and teachings have accompanied man throughout the course of evolution for millions of years. With the development of humanity, societies are emerging, civilization is improving, and science and technology are developing at the same time, and at the same time we can observe how this development affects man. For the most part, social development is still moving forward, but we can look at each situation from different angles. Of course, even health problems have led people and civilizations to constantly seek the most appropriate way to help, or the overall solution to current health problems.

**Already in ancient Greece around 400 BC. lived the Greek physician Hippocrates, who is considered one of the most important figures in the history of medicine. He is often referred to as the "Father of Medicine" and his contributions as the founder of the Hippocratic Faculty of Medicine are consistently recognized in this field. It was this school that reversed the medicine of that time in ancient Greece, separated it from other disciplines (such as theology, philosophy) and established it as a separate profession. All**



the knowledge, work and practice have been gradually completed over the years, and to this day Hippocrates' oath named after him is also used, which contains a set of ethical rules for the actions of the future doctor. There are several biographies that describe the development of all medicine rather into the past by the gradual inheritance of teaching and practice, while the necessary basis of medicine was still a complete knowledge of nature and the human body. Often, individual teachings, even in our era, differed in how to treat and diagnose a given disease or physical problem.



Research between the various methods of history explains that the natural body of man points to similarities and repetitive cases in medicine, and this may be useful for future generations.

Hippocratic medicine was humble and passive. His entire therapeutic approach was based mainly on sincere love and the "healing power of nature."

Since human autopsies were still taboo or banned at the time, how do we know all the detailed knowledge of the human body, physiotherapeutic procedures, or other natural healing procedures that have been used throughout human history?

Chiropractic and Relaxation have often been used for various medical purposes, which have been referred to as restoring physical health. Hippocratic scholars believed that it was "rest and immobilization (chiropractic, osteopathy) that are very important for man and health." In general, the patient's hippocratic treatment was very kind, the treatment was gentle, and the patient's cleanliness and sterility during treatment were emphasized. For example, only pure water or wine was always used on wounds, but a "dry" treatment was preferred, and natural soothing balms were sometimes used. Hippocrates did not advocate the administration of drugs, but specialized in the general diagnosis of the patient, followed by therapy with basic treatments included fasting and consuming a mixture of vinegar and honey.

He was a supporter of that and said that, "eating when you are sick means feeding the disease." Of course, drugs were also used in urgent cases and in severe injuries, when the mobilization and traction of the skeletal system and muscles was used, when it was necessary to release pressure on the damaged area.



Hippocrates also often quoted his claim, "let food be medicine, and your food will cure you," although misinterpretations often arose. Back in 2017, a manuscript was found in the south of Mount Sinai, which contained the medical prescription of Hippocrates as well as 3 recipes with pictures of herbs created by an unknown manuscript. Today we can see how medicine, the Hippocratic corpus and the oath have been recognized for centuries, and the current debate has been that all documents could not be written by just one person, or became known mainly for the glory of his personality /perhaps all medical works were gradually arranged under Hippocrates/.



Medicine and body care and health have their origins where people and knowledge of the oldest civilizations were. According to current thinking, we know that there was not a single "cradle" of civilization, instead there were several civilizations that developed independently and at the same time began to migrate around the world. According to ancient discoveries, *Herbal medicine*, *Ayurveda*, *Chinese medicine*, and *Reflexology*, which date back thousands of years, have been well known and used. It is very difficult to unambiguously determine human development, and scientists in the 21st century have more generally acknowledged that civilizations originated independently in several places in both hemispheres of the world. I will simply summarize from the study that the development is based mainly on the discoveries and remains left by our ancestors. The oldest records date back more than 10 thousand years BC from the cultures of the Middle East from where they spread to the west - ancient Egypt and the east - ancient India, China. Discoveries slightly older than those of ancient China were found on the continent of America. Basically, these are well-known cultures devoted mainly to agriculture, pastoralism and cattle breeding, fishing, herbs and religion, such as the famous Sumeri, Badari, Mauri, Indians, Chinese cultures, Incas, Mayans, Aztecs.

Gradually, the philosophies and teachings of Traditional Chinese Medicine (TCM), which became international and world-famous even in Western countries at the beginning of the 20th century, became very well known and used. Of course, these techniques did not reach all countries in the same way, practically also due to the post-war period, still quite a long time late. The western developed states



of the USA or Europe form a gradual fusion of Eastern and Western medicine in the interwar and postwar period. Even due to these shortcomings of the past, Eastern methods came to several countries only at the turn of the 20th century and the beginning of the 21st century. Unfortunately, during my work in Slovakia, I must say that healthcare is also at a bad level in some regions. It bothers me when I see me as a person, with a relatively small health

problem or pain, he runs away to see a doctor right away. He forgets about his own responsibility for his Health and Immunity. The current state of human health is a reflection of a life that each of us creates freely and alone. The state of health often does not improve even after a visit to the doctor, and the essence is placed more on determining the current diagnosis. Both pain and symptoms are often suppressed by drugs, and the emphasis is on stabilizing the current state of human health.

What is the significance of the diagnosis and the name of the disease for humans? Suppress, stabilize, or cure and eliminate the current problem in the body? Today, there are a huge number and names of diseases for which drugs are also available, especially in modern societies. Apparently, drug production depends on the diseases and health problems that doctors currently prescribe with drugs. I will also give a common example of a change in blood pressure, with the constant need for regular drug stabilization, and monitoring by doctors. As I mentioned, modern medicine is able to treat a number of diagnoses by suppressing and stabilizing side effects. Many changes and pains are caused by poor

metabolism and lifestyle. Living in the society and modern civilization that nurtures us and in which we grow also brings many rules, prohibitions and orders.

Society is like a big family, and I can say that a family-related illness needs to be cured together by the whole family in order for health to return. The human body is not only perfect in my view, but also complicated, requiring its knowledge, regeneration and care, ensuring the flow of life Qi Energy to function healthily. It is possible and it is not very difficult if we know how to do it. Take a small baby after birth is without worries and problems, and enjoys only joy and wants to play, have fun. Later, after entering primary school, duties and tasks begin to increase, and pressure also comes from the teacher, who also has his duties and tasks. As a result, emotions of fear, worry and stress add to everyday life. It's all right, of course, but I don't think it's out of place for us to devote ourselves to school and personal life and learn more about how we can regulate these negative energies. It is only emotions, tension and stress that cause various changes and are the main causes of imbalances, which are manifested by pain and health problems in the body. Pain and illness are also the way the body tries to show and say that something is out of balance that needs to be corrected.

**Fear** - a necessary emotion that everyone knows and can save our lives in a bad situation, of course. But if there is too much of this emotion in our body and we fight it every day, it causes internal pressure. The emotion of fear is anchored in the bladder, whose energy path passes through the back of the body and the spine. Therefore, young children often have problems with nocturnal enuresis when experiencing fear deep inside, in middle age this emotion can disrupt especially the blocks in the lower spine and pelvis, in older age problems with the prostate or colon. Is it a negative emotion that society has learned to live with at the expense of its happiness and joy?

**Worries** - arise in childhood through responsibilities and evaluation, which on the one hand motivates us to achieve the best possible values, but on the other hand too many unresolved worries cause excessive pressure in the body. I would compare this to how a person who does not deal with these worries regularly increases the load on his back, which pushes him down, and also increases the pressure on the entire spine and joints.

**Stress** - is currently a word that is heard I guess everywhere and still. Every day we get into a situation that causes us stress, tension, pressure and from childhood a person begins to face the stress of life. So we all experience stress, but not all of us experience it the same way. Of course, if someone is exposed to permanent strong stressful situations, then there are difficulties and problems in the body. If we look at our life, which is without any stress, pressure, tension, we can say



straight away that life would probably be quite boring. Therefore, we can also look at the stress from the positive side and say that it is this that drives us forward. It is therefore more important to learn to live with stress and to be able to control it or start transforming it into positive energies. From experience, I can say that people very often live in a stressful lifestyle that changes only when a serious health problem manifests itself. Simply, regular stresses disrupt and compress the stream of life energy that nourishes the entire body as will be explained in the flow of Qi energy later. The media and the internet are very popular in several companies. The media is important for a person to be sufficiently informed and have a broader perspective. But even the media are often full of negative information, which evokes in us negative emotions causing tension and pressure in the body. We return to a situation where only our body suffers! Thus, we can conclude that modern society and modern civilization, as can be seen in our state, exposes people to regular stress and negative emotions. If society is not taught to cope with these pressures and stresses, then society also creates health problems on a regular basis, and at the same time we can say that a sick society is made up of bad thinking and bad energy. I will return again to the fact that a person needs to repair mainly his / her lifestyle, and therefore society also needs to be repaired in several ways.



### Spine – admirable features



In today's modern life, emotions of fear, stress and worry affect us almost every day. Now we imagine a very necessary part of the body and its basic functions, which is the most stressed during life, and we pay less and less attention to it. The Human spine is admirable not only in its unique structure but also in its functions. It allows a person to walk upright, maintain balance, bend, rotate, jump, run and lift. These are all functions that are dependent on the spine, and the proper functioning of the spine depends on the mutual cooperation of bones, joints, muscles and nerves. We will therefore approach all parts step by step.

## Skeleton and Spine

The human skeleton performs the following basic functions: protection, support, axis, movement.

**Protection** - closes and protects the spinal cord in the spinal canal, intestines,

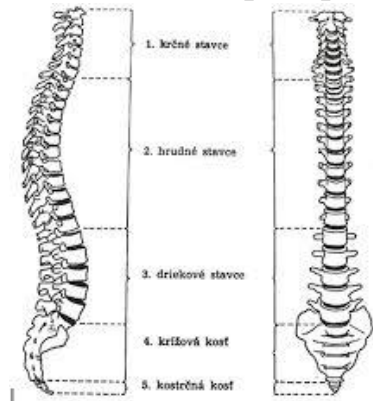
**Support** – carries body weight,

**Axis** - forms the central axis of the body, balance, stability, divides,

**Movement** - ensures the movement of the whole body.



The skull and spine protect the nervous system, the thorax protects the internal



organs, the pelvis closes all reproductive organs and intestines. The spine is a flexible column extending from the neck to the coccyx, consisting of 33 bones, called vertebrae, which are separated by intervertebral discs. The plates perform a very important protective and supporting function. This flexible axis of the body is divided into 7 cervical, 12 thoracic, 5 lumbar, 5 fused sacral and 3 to 5 dwarf vertebrae (called coccyx).

Depending on the shape and thickness, we can observe in the picture that the thickness of the vertebrae and plates decreases by climbing from the bottom up, mainly due to holding the body weight.

### Cervical vertebrae C

There are 7 cervical vertebrae on the human spine. This part holds and anchors the human skull on the spine C1 (atlas) and together with the other C2 are specialized mainly to allow the movement of the head. Another important vertebrae is C7, which is easily visible through the protrusion and together with



the previous two vertebrae C5,6 and the next T1 forms a section responsible for the entire area of the neck, upper girdle, hand and individual organs. The muscles and ligaments connect and hold the cervical spine and upper girdle together, forming part of the spine that protects an important part of the nervous system (CNS) in this part - the spinal cord and individual nerves that innervate parts of the body and organs. Another very important part are the plates between the vertebrae, which form a protective layer when moving.

### **Thoracic Vertebrae T**

The 12 thoracic vertebrae are of medium thickness and their size decreases from bottom to top, mainly due to impact and weight. Their specialized function is the articulation of the ribs and the creation of a chest. Each thoracic vertebra is articulated to the heads of two different ribs, while the thorax provides protection of internal organs and expansion, resp. chest movement. From the front, the individual ribs are connected to the sternum. The thorax, together with the 12 T vertebrae, forms a relatively formable area as it connects the upper and lower parts of the spine.

### **Lumbar vertebrae L**

The strongest part consists of 5 lumbar vertebrae, which are also the largest vertebrae of the human spine. They are structurally specialized in supporting and carrying torso weight. The lumbar vertebrae have the largest body and are separated by the coarsest plates. Their size and orientation also allow clinical access to the spinal cord between the lumbar vertebrae (which would not be possible between the thoracic vertebrae).

### **Sacrum LS**

This part consists of 5 interlocking vertebrae. It is described as an inverted triangle, being seated in the pelvis by sacro-iliac joints. This transitional part of the spine, lumbar and sacral, is often problematic due to the important role of the functional connection of the upper and lower halves of the body. As in the upper part, the connection is called the lower girdle, which includes the spine, lower back, pelvis and lower limbs. The whole spine is anchored by this part in the pelvis, which is composed of two identical bones that clamp the lower limbs. The muscles and ligaments in this part of the girdle need a lot of attention and care throughout life.

### **Coccyx**

The coccyx is formed by 3-5 dwarf vertebrae and is connected to the apex of the sacrum. This part has no extra task and there is no spinal canal.

The whole spine is mobile and the vertebrae are interconnected by small joints ensuring mobility, and between the vertebrae there are plates, the main task of which is to absorb shocks and protect individual vertebrae from damage. These joints between the vertebrae are cartilaginous and are designed specifically to carry physical activity. The vertebrae and joints throughout the spine are honestly strengthened by a strong and flexible ligament, on which the tendons of individual