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Halalopathy: Anxiety and Depression from Logic and Energetic Perspectives

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ABSTRACT

The thoughts/concepts that people acquire dictate our behavior and influence our thinking. The human mind is the core where all thinking processes take place. The information the brain receives, whether it is supportive or distractive, can affect our attitude. Anxiety and depression are essentially the most common mental health disorders, often manifesting as complex psychological and behavioral challenges that can lead to serious disease. In halalopathy, potential energy and entropy are presented as the most important elements of prevention and healing. Understanding these elements would allow us to control and manage anxiety and depression more effectively. The dispersion of potential energy may cause anxiety, and the suppression of potential energy may provoke depression. The enrichment of potential energy and the reduction of entropy would activate the fight mode of the immune system, which in turn would create favorable circumstances for the activation of the calm mode, and thereby reduce anxiety and depression.

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Research Article

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Halalopathy: Anxiety and Depression from Logic and Energetic Perspectives

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Abstract

The thoughts/concepts that people acquire dictate our behavior and influence our thinking. The human mind is the core where all thinking processes take place. The information the brain receives, whether it is supportive or distractive, can affect our attitude. Anxiety and depression are essentially the most common mental health disorders, often manifesting as complex psychological and behavioral challenges that can lead to serious disease. In halalopathy, potential energy and entropy are presented as the most important elements of prevention and healing. Understanding these elements would allow us to control and manage anxiety and depression more effectively. The dispersion of potential energy may cause anxiety, and the suppression of potential energy may provoke depression. The enrichment of potential energy and the reduction of entropy would activate the fight mode of the immune system, which in turn would create favorable circumstances for the activation of the calm mode, and thereby reduce anxiety and depression.

Keywords: Potential energy, Entropy, Immune System, Neurotransmitters

Introduction

Halalopathy was introduced as a new concept to manage disease development and prevention. The core concept of halalopathy is potential energy and entropy, where potential energy is considered healthy and needs to be enriched in the body, while entropy is harmful and needs to be reduced in the body. The concept of prevention is based on a potential energy activation through the establishment of the tranquility mode, no fear no grief, while the concept of curing is based on the development of a compatible system, which can be implemented by establishing a link between the drug and the patient. Maximising cause-effect information and harmonizing the concept-behaviour relationship can enhance potential energy, thereby stimulate the fight mode and keep the immune system alert for error detection and correction [1-2]. The biology of the brain and its higher cognitive functions are at the core of health and therapy [3]. Anxiety and depression are well-

known mental disorders that can affect anyone and are associated with the experience of negative emotions accompanied by expected physiological, biochemical, cognitive and behavioural changes [4].

Anxiety and depression are a response to general stress that puts pressure on the body's systems to cope with environmental demands that cause psychological and biological changes and impair the ability to work, learn, eat or sleep and may cause disease [5,6]. When both conditions are temporary, this is normal, however, when they become permanent, it can leave adverse effects on the body's immune, cardiovascular, neuroendocrine and central nervous systems [7]. The term anxiety often describes a feeling of fear and worry, while the term depression often describes a feeling of sadness, discouragement, hopelessness, lack of motivation and a general lack of interest or pleasure in life [8,9]. In order to better understand both concepts and hopefully enable better treatment

and healing, it is important to look at both cases from an energetic perspective and get a better understanding of the role of the brain in accelerating or controlling either situation. In this context, we would like to give a detailed rationalization of both concepts from a halopathic perspective and explain the causes of anxiety and depression and try to offer a new perspective that could lead to better healing and prevention.

Anxiety and Depression

In the human body, trillions of biochemical reactions take place simultaneously. The sum of all biochemical reactions is called metabolism. The most important reactions that take place in our body are catabolic and anabolic reactions. In the catabolic reaction, large molecules are broken down into smaller molecules, releasing energy, while in the anabolic reaction, larger molecules are built up from smaller molecules and energy is absorbed [10]. Potential energy is stored in chemical bonds, therefore potential energy is released during catabolism and absorbed during anabolism [11]. In the body, the brain plays a key role in controlling the rate of the reaction through the release of various neurotransmitters that either have an excitatory effect and speed-up the reaction process (e.g. dopamine) or an inhibitory effect and slow down the reaction process (e.g. serotonin). The life span of these chemicals is short, after which they are broken down into other metabolites [12]. If the body is under the influence of these neurotransmitters over a longer period of time, the reaction speed can either accelerate (in the case of excitatory neurotransmitters) or slow down (in the case of inhibitory neurotransmitters), so that diseases such as anxiety or depression can occur [13].

The circumstances that cause anxiety are tension, worry, and fear, which are mainly situations related to the future, while the circumstances that cause depression are grief, regret, heartbreak, pessimism, and despair, which are situations related to the past [14,15]. Apparently, conflicts with the future can cause anxiety, while conflicts with the past can cause depression.

The state that is free from anxiety and depression is considered the healthiest, it is the state of tranquillity and high potential, where the speed of the various reactions in the body is balanced and homeostasis prevails [16]. A system with high potential becomes well-ordered, the cause-effect information is maximized, interaction between concept and behavior is enriched and internal compatibility is developed [17]. A compatible system enhances the flow of information and commands from the brain, leading to more effective and productive responses [18]. This is a normal and healthy situation in which defects and errors in the body are simultaneously perceived and corrected. Excitation of potential energy can be achieved when the body is exposed to excitatory neurotransmitters, prolonged excitation of potential energy can lead to dispersion of energy, this is the state where molecules and

particles move in highly disordered waves, causing non-concerted and non-coordinated action, ultimately potential energy is dispersed, and entropy is enhanced [19].

During the entropic state, cause-effect information is minimized, concept-behaviour interaction is greatly reduced and internal compatibility is lost. An incompatible system disrupts the flow of information and commands from the brain, leading to random responses which increase the probability of collisions between particles or molecules. Collision of particles with each other is expressed in the form of heat, which eventually enhances the temperature of the closed system and increases the kinetic energy, and causing the molecules to vibrate rapidly and violently, which affects the strength of the chemical bonds, weakening the strong bonds and breaking the weak bonds [20]. This is the situation where we have an excess of energy, but in an uncoordinated form, causing anxiety to prevail and allowing symptoms such as hyperactivity, sleep disturbances, inability to concentrate, worry, high tension and fear, to dominate. Continuous excitation over threshold, accelerating a biological process such as heart rate, respiratory rate, and blood pressure, leading to a higher risk of heart attack and other cardiovascular diseases [21,22].

When the body is exposed to inhibitory neurotransmitters, prolonged inhibition of potential energy can lead to suppression of energy, ultimately minimizing cause-effect information and losing inner compatibility. This is the situation where potential energy is suppressed, causing depression to prevail and allowing symptoms such as despair, regret and grief, to dominate. The suppression of energy leads to repression and degradation, which ultimately increases entropy. Continuous inhibition below the threshold, slowing electrical activity in the brain, causing cells and biological processes to become less productive and likely less effective, which in turn increases the risk of heart attack and subsequent development of coronary artery disease [23].

Immune system

By default, Human is a collection of feelings and sensations that are strongly influenced by the environment. The brain can be stimulated with either distracting or supporting information. In general, incoming information is expressed in the brain in the form of either excitatory or inhibitory neurotransmitters [24]. Depending on the nature of the information and neurotransmitters, the immune system can be stimulated [25,26] to adapt one of the three different modes. The fight mode: tranquillity mode, in which potential energy is at a maximum and operates in a highly coordinated mode, the fright mode: anxiety, in which the potential energy is dispersed due to continuous excitation, and the flight mode: depression, in which the potential energy is suppressed due to continuous inhibition (Figure 1).

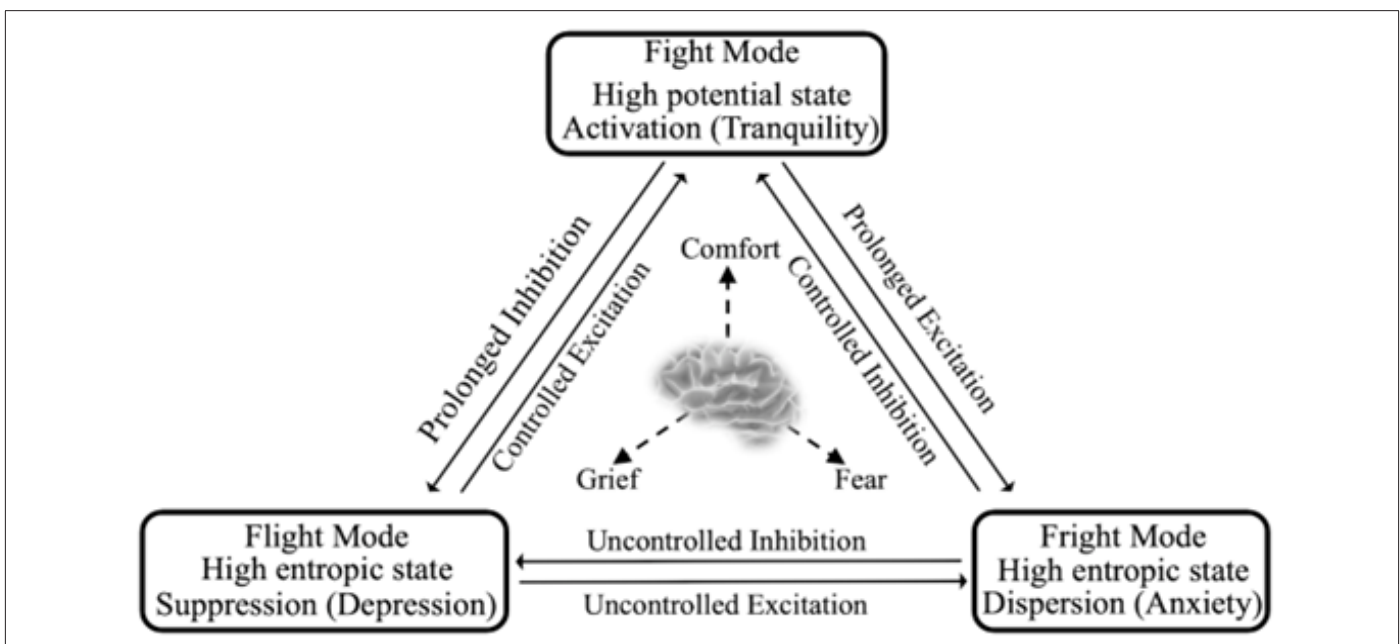


Figure 1: Modes of the immune system in relation to potential energy and entropy.

The fight mode is the healthiest, in which defects and errors in the body are simultaneously recognised and corrected [27]. The fight mode is usually enriched by supporting information [28]. Fright mode, in which the immune system is neither focused nor effectively productive, targets indiscriminately and can hit foreign pathogens or its own body, thereby creating the circumstances for autoimmune disease [29,30]. Flight mode, where the immune system can bypass many defects or mutations, possibly leading to genetic diseases. Fright and flight modes are usually enriched by distracting information [31].

Tranquility is the state in which the body is neither in fear nor in grief; it is the state of high potential. Anxiety or depression is a long-term fear or grief, respectively; it is the state of high entropy. Potential can be regained by avoiding/resisting the state of fear and/or grief and replacing it with the state of positivity, the state that is full of potential, optimism, joy, smiles, and hope. However, if this is not enough, support can be sought from a psychologist or friends, who have a positive personality, who believe that with adversity comes ease and relief. A meeting with a person who has a negative character is forbidden, as such a personality would distract potential energy and complicate the situation [32].

Disease prevention can be enhanced by maintaining the fight mode in an active state. The deactivation of the immune system through dispersion or suppression of potential energy can activate the flight or fright mode and may provoke disorder. For this reason, anxiety and depression are key factors in the development of disease. Consequently, there is a close relationship between mind,

body and illness. Creating favourable circumstances for healing and activating the will to heal are essential for prevention and recovery.

Discussion

Neurotransmitters are either excitatory or inhibitory chemicals. Depending on the type and duration of environmental stressors, neurotransmitters may respond differently. Stress can supply the body with excess energy in the form of adrenaline neurotransmitters. In general, short-term (acute) stress is a beneficial behaviour as it stimulates mental awareness (thinking outside the box) and physical alertness to avoid a dangerous situation [33], whereas long-term stress (subchronic and/or chronic) is harmful and has no benefit for human health. It leads to activation or inhibition beyond threshold and induces either high depolarisation (anxiety) or high hyperpolarisation (depression) [34-36]. Depending on energy availability and the state of the brain, the immune system can adjust the mode for coping with disease. Activation of the fight mode is essential for maintaining a healthy balance and fighting disease [37]. If the potential energy is not sufficient, the immune system would prefer to remain in either fright or flight mode, depending on the availability of energy.

Due to the constant activation of excitatory neurotransmitters, patients disperse potential energy, anxiety develops, and the immune system is no longer in a focused and productive mode, causing the fright mode to dominate, i.e., the mode in which the body does not operate regularly. When depression develops, inhibitory neurotransmitters are activated that suppress the

potential energy available for work, and due to these circumstances, the system prefers to switch to flight mode. Obviously, the immune system is energy-dependent and is strongly influenced by anxiety

and depression. Nevertheless, the body tries to adapt and switch between modes depending on the diversity of available energy sources and the severity of the damage and risk (Figure 2).

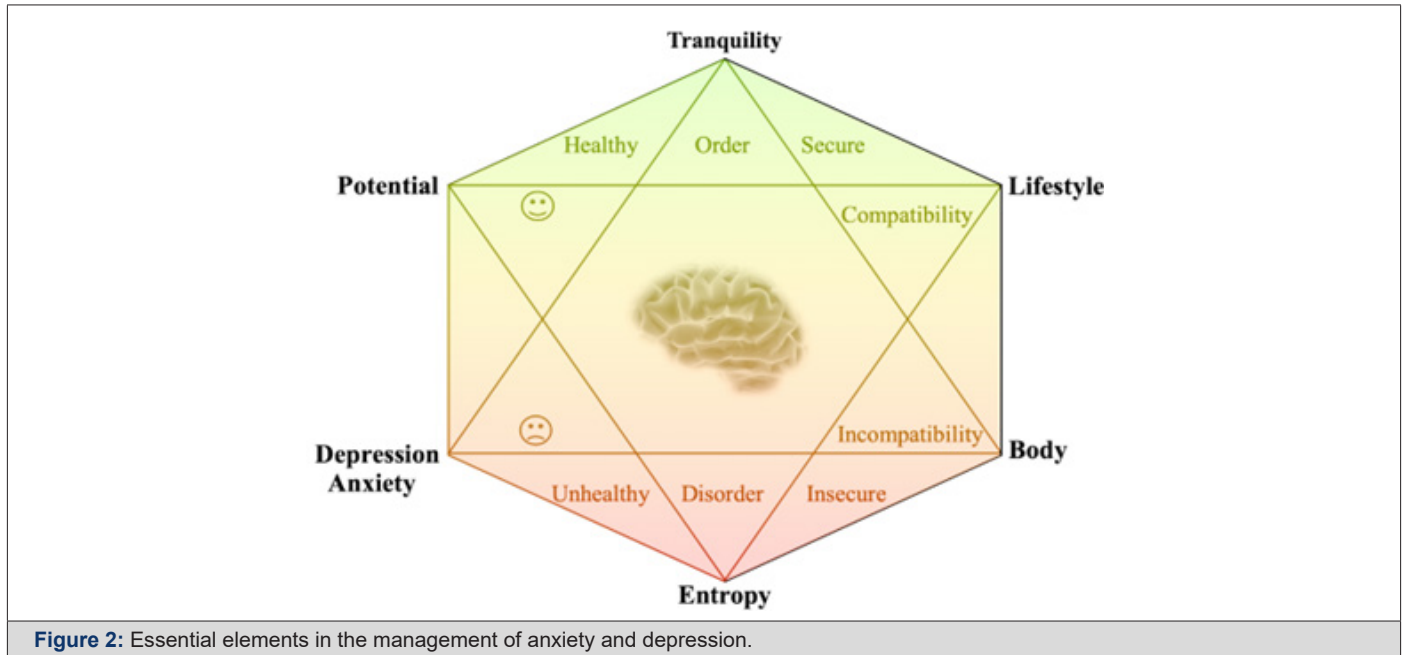


Figure 2: Essential elements in the management of anxiety and depression.

Anxiety and depression in the form of fear and grief are linked to the survival instinct, which makes life impossible without partial fear and grief. Therefore, both attitudes are part of life, but they are only temporary. The human mind is capable of dealing with short-term fear and grief and is therefore constantly looking for solutions to cope with the problem. In the case of fears, it is advisable to look for supporting information that complements the incompleteness, imperfection and weakness of human nature. The supporting information is usually culture-specific and may differ from society

to society but is often useful for calming down and regaining peace and tranquility in the heart. Supporting information could also be derived from religion, e.g. "Nothing deserves to be feared except God, to whom we belong and to whom we will return". In the case of grief, it is advisable to activate the potential, and this could be done by participating in activities that enrich human value. Through this kind of activity, human value grows, life becomes valuable and life potential is reactivated.

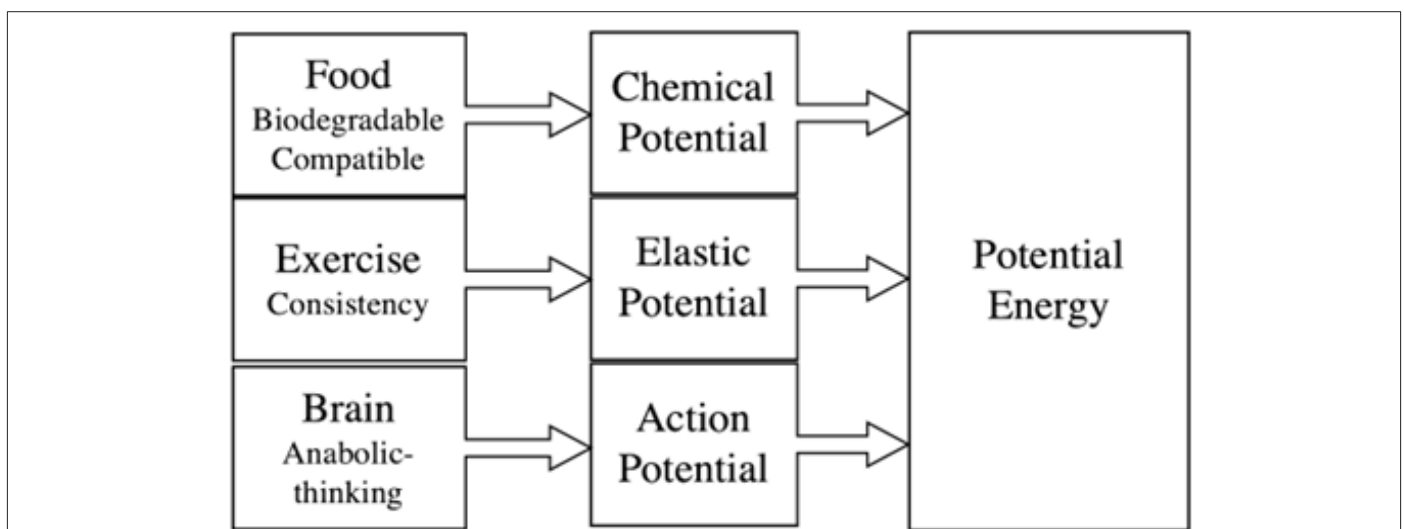


Figure 3: Sources of potential energy.

In general, any signs of permanent sleep disturbance, fast talking and increased electrical brain activity are an indication that the person might be suffering from anxiety. Slowed electrical brain activity, lazy speech, a tendency to sleep most of the time and not responding to stories or jokes might be signs of depression. In both cases, it is very likely that this person was exposed to very distracting information. Long-term anxiety and depression are harmful and urgent action is needed to overcome the situation: First, replace the distracting information with supporting information. Second, adapt lifestyle and gradually establish harmony between behavior and lifestyle to create a compatible system. Thirdly, it is necessary to have a purpose and a goal in life. With a goal in life, the anxiety mode can sometimes produce brilliant and novel ideas by providing the opportunity to think outside the box. Potential energy from various sources is required to perform these actions, and possible sources of potential energy are food, exercise and brain (Figure 3).

For food, it is important to choose wisely and opt for quality, biodegradability and lifestyle compatibility. Lifestyles are varied and can be categorized as vegan, vegetarian, kosher, halal, lactose-free, gluten-free or glucose-free [38]. Foods that are compatible with lifestyle create a compatible system, increase order and activate potentials. Improving mind-body compatibility (concept-behavior) promotes greater selectivity and specificity, thereby enhancing focus, reducing confusion, maximizing cause-effect information and releasing dispersed energy in the form of entropy [39]. Biodegradable foods induce less stress and consume less time and energy during metabolism compared to non-compatible or non-biodegradable foods.

Exercise has been shown to increase the availability of neurotransmitters such as dopamine and norepinephrine in the brain, stimulating the growth of neurons and growth hormones that build and repair tissues such as collagen and muscle throughout the body. During exercise, the muscle cells need more oxygen to support their function. Therefore, the breathing rate is temporarily enhanced and the heat flow from the inside to the outside is increased, resulting in a reduction of the heat load and a decrease in the overall entropy. When muscles become stronger and entropy is lower, communication between brain and muscle improves, circulating levels of brain-derived neurotrophic factor (BDNF) is enhanced [40], a compatible system is established, and as a result potential energy is developed, the anabolic process is accelerated, and highly functional proteins are formed.

Words have power [41]. Perceptions are shaped by thought patterns, which determine our behavior and ultimately create our vision and future. A good word with positive perception is indeed like a tree with roots, branches and fruits, it represents strength and longevity. The compatibility between seed and soil enables a

tree to grow and build strength in the soil by means of the roots and produce fruit by means of the branches. A constructive word is by default compatible with the human body, thus represents strength and potential, promotes growth and therefore motivates individuals to be creative and productive, and most importantly, it promotes anabolic thinking. The human mind is the center where all thought processes take place. The high value and innate power of the word activate excitatory neurotransmitters and create an action potential, a source of potential energy that can transform potential into productive work. Mindful activities such as meditation, biofeedback [42] and yoga can help reduce chaotic activities in the brain, reduce entropy, and minimize the effects of anxiety and depression. Any focusing activities improves the mind-reality connection and directs efforts toward improving performance and creativity, which in turn suppresses entropy, increases potential, and maximizes cause-effect information [43].

Conclusion

Anxiety and depression are serious mental disorders that need urgent treatment. Understanding the disorder from the perspective of energy makes it easier to manage the situation. Potential energy in the body can be suppressed or dispersed beyond the threshold, increasing entropy and further accelerating the progression of anxiety and depression. Circumstances that could enhance potential energy must be enriched, and circumstances that could enhance entropy must be avoided. Managing fear and grief and minimizing them can help reduce the level of distraction in the brain and ultimately reduce entropy. Fears can be reduced through supporting information and grief can be reduced through the enrichment of human values. Activating fight mode allows the immune system to fight disease more effectively, while activating fright or flight mode can trigger more disease. Focusing on biodegradable and compatible foods, exercising regularly and promoting anabolic thinking could be a good source of potential energy that could support the fight mode to stay active and give us the ability to achieve our goals and fulfil our commitments in life.

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Ethical Statement

The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

Conflicts of interest

None.

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