

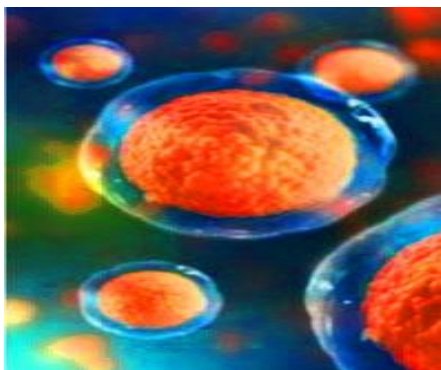
LONGEVITY & THE WILL TO LIVE

Abalinx 8 FEBRUARY 2020 Peter Adamis



As we age we find that our challenges are somewhat more confronting than that of our youth. Simple things like shopping, attending medical appointments, visiting friends, showering, cooking, washing, cleaning, ablutions, and going to fitness classes too much to handle.

Access to basic taken for granted needs become huge challenges for those left alone to live out their lives within the confines of home. Every now and then we read, hear and witness stories of elderly being found in their homes, old age homes and palliative care residents neglected. If they have children, relatives or friends they may be lucky to get the odd visit or two. However there appears to be at face value a trend to leave those who wish to live at home alone to their own devices. When this happens the elderly's survival instincts kick in, the will to live become stronger and their attitude towards life changes. Their senses become heightened to everything around them and they analyse everything they hear, see and read.



Simply put, the cells in people's body on their own do not wish to stop living and will do everything possible to survive. For example when a cell realises that its source of energy in its tail is not operating as it should, it will simply look for other sources of energy in order to remain alive.

That is what happens when a cell becomes 'ill' (cancerous) and decides it wants to keep on living. It will then select glucose as its energy source to keep it mobilised. As this infected ill cell appears to be healthy it tricks other cells by deception and then healthy cells subsequently get infected.

When these pseudo 'deceptive ill cells' approach the lymph glands they are first challenged as to their health status. The "deceptive ill cells" demonstrate all the signs of health and thus are allowed to enter the fortress of the lymph glands. Once inside the 'deceptive ill cells' infect the whole lymph gland fortress and as such they go on to infect all the other lymph gland fortresses that are responsible for guarding the body against infection.



Some ten years ago medical science made a startling discovery. Those in the medical field had thought that the whole body had been mapped and that everything about the body was known. Then sudden discovery of a very thin film of membrane (simply a communication line) from the brain to the lymph glands; changed the way the body reacted to invasions of the body.

Here was a clear link between what we thought and their effects on the body. In other words, a healthy mind equals a healthy body. The ancient Greeks when healing their patients used such philosophies as part of their healing culture.

As a result of this new discovery, Medical and psychiatry medical literature and healing concepts had to be changed. Today when we go to hospital or to seek medical treatment we are encouraged to remain positive, never give up and to stay strong in the face of and challenges we face. Those facing life threatening challenges will consistently be advised to remain positive thus sending subtle but strong messages of hope to the brain not to give up and thus strengthen the will to live.



I have written this from a personal point of view to all those currently facing challenges in their daily lives. You could be struggling parents trying to make ends meet, you could be a teenager grappling with yourself in trying to determine what you want from life or you could as stated earlier an elderly member of our society.

In each of these cases and more, the message is clear, never give up in the face of adversity, stay strong always, body mind and spirit. Don't allow negative thoughts to invade your mind and thus affect your body.

The spirit, mind and body all communicate with each other in ways that unfortunately I cannot understand but yet believe it occurs. In closing, my message is for those who are responsible for looking after aged parents, family or mates. Do not neglect them or make them feel irrelevant or not wanted. If you make them feel important that they are special they will do whatever is necessary to remain active as possible. Loneliness and neglect are the biggest killers of our elderly. We all have a responsibility to each other no matter who we are.



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