

# Adaptive Ecological Social Technology of High-Quality Transition to Healthy Long Activity

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## Abstract

In the article the natural technology of high-quality transition to a healthy lifestyle for maintaining of physical and mental health is considered. The technology is directed to the acquisition of the useful habits of maintaining of health. Transition to a healthy life is carried out in three stages. At the first stage of people develops improving abilities development of the useful effects on acquisition and preservation of a healthy state on anatomic, physiological, energy and spiritual level. At the second stage, the useful, valuable impact useful beneficial, turn into the expensive, habits emotional fixing within a month in the various house, social and an environment. At the third stage transition to healthy life by the accumulated experience of perfecting of the acquired useful habits in various seasonal conditions is carried out (in the spring, in the summer, in the fall and the winter). The adaptive ecological social technology of high-quality transition to a healthy lifestyle this recent trend in health care. The World Health Organization considers that health of the person most of all depends on a way of life. The healthy lifestyle helps the person and society to be healthy. The adaptive ecological social technology of high-quality transition to healthy life concerns all humanity. It is on a global scale expedient to enable its realization within International MEGA of the project.

**Keywords:** Adaptive Ecological Technology; High-Quality Transition; Improving Ability; The Useful Habits; Healthy Activity

## Introduction

Health protection of the person (health care) - one of the functions of the state. On a global scale the World Health Organization is engaged in health protection of humanity. Hygienic education and tutoring of the population as one of necessary sanitary and preventive actions, continues to remain a primal problem of health care. Formation of the population of the healthy lifestyle promoting maintaining health has to become the main goal of health care. Authors of various definitions of health used a set of the criteria characterizing from their point of view, a healthy substance. It and "wellbeing" (UNO, 1947, 1998), and "optimum performance of an organism" (G.I. Tsaregorodtsev, 1973), "plethoric existence of the person" (I.N. Smirnov, 1985), "equilibrium between the individual and a surrounding medium" (Weber, 1982), and other. According to P.I. Kalyyu (1988), six signs which are the cornerstone of health definitions most often meet:

- I. The absence of a disease - the most general point of view (BSE, BME, Butterworths medical dictionary, 1978).
- II. "Normal" function of an organism at all levels its organizations, the "normal" course of the typical physiological and biochemical processes promoting individual survival and reproduction. "Normality" at the same time has statistical property.
- III. Ability to the realization of the trial social functions.
- IV. Wellbeing (wellness, English) - physical, sincere, social (UNO).
- V. "Dynamic equilibrium" of an organism, its AND functions of environmental factors (Weber; 1982; Noack, 1987, etc.). Then the balance "is steadier than a function of an organism - environment factors", that health is stronger.

VI. Ability to adapt to constantly changing living conditions in a surrounding medium, that is - adaptation. It is also a ubiquitous point of view which found reflection in many works of both domestic, and foreign authors.

In medical community various approaches to concept health were created: hygienic, adaptive, genetic, prenatal, safe (UNO), equilibrium, physiological, psychological, viable, self-regulating, endoecological, resonance, spiritual, naturalistic and the combined approaches. Let's consider some approaches to determination of healthy preserving medicine.

Determination of health by World Health Organization: Health is a condition of the complete physical, mental and social well-being. The feeling of wellbeing is the cornerstone of quality of life of the individual. Determination of health in the law on health protection: Health is a condition of physical, mental and social wellbeing at which there are no diseases and also disorders of functions of bodies and the systems of an organism. The medical reference book describes symptoms in one thousand diseases. It is almost impossible to carry out periodically diagnostics on all possible diseases and frustration of bodies and the systems of an organism for all population, and, therefore, to hold the relevant preventive activities. The genetic passport of health indicates a predisposition to various diseases as a heritable condition under adverse environmental conditions. The word HEALTH in the name of the genetic passport has prenatal character. The genetic passport indicates a predisposition to various diseases. It is the genetic passport of diseases. The predisposition to diseases requires from the person a constant attention to environmental conditions and to control of the corresponding biotic systems which are inclined to these diseases under adverse environmental conditions. By the basis of the genetic passport, the complex of preventive and diagnostic actions for prevention of developing of a disease is formed.

G.L. Apanasenko (1992) at the heart of health of the individual considered the viability provided with standard specialized structures. The activity of these structures is implemented by continuous circulation of streams of plastic substances, energies and information in the system and also between it and a surrounding medium. They are these streams define the existence of a phenomenon of life. These streams and also features of the revolting impacts on system give in to the scientific analysis that gives the chance to characterize this system, the degree of its stability (perfection) in general. This characteristic is also a prerequisite for health assessment.

The biological substance of health follows from the main property of vital systems - their abilities to self-organization - to self-regulation, an autoreduction, self-updating and also self-development and a self-reproduction. It can be described by various parties of the process of self-organization of biosystem - reactions of homeostasis, adaptation, a reactivity, resistance, a reparation,

regeneration, biorhythms and also process of ontogenesis. Each of these reactions, being integrated with others, has the nature of the process defining a condition of the biosystem. Thus, health is the state caused by a set of the interdependent processes which realization is provided with a power function. Speaking about the person as about the highest form of realization of a phenomenon of life, it is necessary to remember its ability to learn and refract through itself a picture of the world surrounding it, to feel viability through social activity. The mentality and the highest levels of the organization of the person - spirituality - can act as a stimulator or a brake of a biological substratum, depending on specific conditions of activity. Estimating a condition of a biological substratum, we will consider further and more high levels of the organization of the person in approach to his health and also impact of natural processes. The highest organization of the person and positive impact of the nature are considered by spiritual and naturalistic approach to health.

### Spiritual and Naturalistic Approach to Health

Spiritually - naturalistic approach to a concept health is based on a spiritual substance of the person and the processes of the nature maintaining health. In the middle of the last century professor of Technical University of Munich of Winfried Otto Schumann established that Earth and its ionosphere form the huge resonator [1]. Within 60 years after the numerous researches and rechecks the frequency of Earth of 8 Hz was determined. Since then in science this frequency is called the frequency of a resonance of Schuman. Formation of standing waves in such resonator was called Schuman's resonance subsequently. Doctor Robert Becker measured waves of a brain of many spiritual healthy people. He found out that all of them have equal frequencies - 8 Hz, is not dependent on their religious and spiritual traditions, and are synchronized with Schuman's waves both on frequency, and on a phase. Healthy people have the balance mentality and resonance of cages in a biofield at a vibration frequency of 8 Hertz. Besides, waves of the right and left-hand cerebral hemispheres at them are equal on the frequency and are opposite amplitude that leads to the formation of standing waves. Standing waves of a brain enter an interaction with Schuman's waves.

In the USA (NASA) and Germany (M. Planck's Institute) the long-lived experiments as a result of which it was established that Schuman's waves are necessary for synchronization of biological rhythms and the normal existence of all alive on Earth were made. NASA uses generators of waves of Schuman for ensuring healthy normal activity of personnel. In the 50th years of the 20th century, it was proved that the intensity of resonance of Schuman directly influences the higher nervous activity of the person and also his mental abilities. Thanks to a resonance of the waves of Schuman a having natural origin and standing waves of a brain, spiritual people for whom a cerebral hemisphere work in a synchronous rhythm have a healthy state. The science confirmed it experimentally.

Researchers experimentally confirmed the positive preventive influence of spiritual doctrines and processes on the improvement of the person and all wildlife. Spiritual processes of the composite substance of the person and society are bound to natural processes of improvement. At the end of the last century the scientific world was excited by results of experiments of the Japanese scientist Masaru Emoto, visually proved that water under the influence of our thoughts, emotions, words changes the structure. Masaru Emoto [2] experiments convincingly prove that the spiritual word makes good impact in resonance with Schuman's wave. The health of the person is a psycho-physiological state with the balance mentality and functioning of a clear organism at an electromagnetic frequency of cages of 8 hertz and a wavelength of 8 meters in the resonance mode in a pollution-free and surrounding medium [3-4].

Through a neocortex of a brain of the person the reflective mentality is implemented. The phenomena, processes and substances are reflected reason and soul in shape feeling - knowledge which is fixed in memory. The reason, soul and a brain of people interact in the virtual space, as in the reflection of the actual world, and creatively created. The reflected substance is mental energy. The balance mentality is formed by positive mental energy when the mind of the person and a douche are updated by kind words and feelings. The balance mentality is stabilized as a vibration resonance of positive mental energy, saved up feeling - knowledge recorded in memory. Proceeding from spiritually - naturalistic approach to a concept health we will consider natural technology of high-quality transition to healthy activity.

### Development of Improving Abilities

Improving abilities develop development of the useful effects on the formation of a healthy state on anatomic, physiological, energy and spiritual level [5]. Development of improving abilities is directed to formation of the clean environment of an organism, formation of the balance mentality and a healthy state.

### Formation of the Clean Environment of an Organism

The clean environment of an organism is one of the necessary conditions of a wave resonance of cages. Purity - guarantee of health. The clean environment of an organism at the anatomic and physiological level is reached by hygienic and endoecological actions and a healthy delivery. Communication with the pollution-free nature reaches formation of the clear environment of an organism on an energy level: absorption by enzymes-enzymes of light energy and vibrations of flora. The power clean environment of an organism remains a pollution-free surrounding medium, listening of harmonious music and release from negative energy hydrotherapeutic procedures in a douche or a bathroom and also in a bath, at the sea or the lake.

### Formation of the Balance Mentality and Healthy State

Equilibration of mentality is a necessary condition of a wave

resonance of healthy cells. Equilibration of mentality and formation of a healthy state is carried out by the following useful effects.

A. Spiritual actions, such, as, reading spiritual literature, visit of spiritual actions, development of spiritual consciousness and spiritual and moral qualities, the formation of spiritual bonds for equilibration of mentality and achievement of a healthy state. Development of abilities to make spiritual actions develops needs of nature and a habit to get rid of harmful passions, to gain mental health.

B. Communication by just peace kind thoughts and desires.

Just peace kind thoughts and desires generate creative mental energy and mental health. Many psychologists carry out the formation of mental health a kind word. Therapy by a word is lit in the Parable 4:20-22: "My son! Listen to my words, and to my speeches bend your ear; yes they do not depart from your eyes; store them in your heart: because of they life for this purpose who found them, and health for his all body".

C. Development of spiritual abilities of humility, forgiveness, mercy, the formation of the peace kind relations in various social conditions and family for spiritual activity.

Abilities of manifestation of humility, forgiveness, mercy, formation of the peace kind relations for equilibration of mentality in various social conditions and family develop needs of nature and a habit to be mental balanced and healthy.

D. The manifestation of spiritual and moral qualities - goodwills and blessings, mercy and validity for healthy activity.

The manifestation of spiritual and moral qualities (goodwills, blessings, mercy, justice and others) develop needs of nature and a habit to build up the peace kind relationship, and to form mental health.

E. Development of abilities of control of biotic systems of an organism and its completely normal functioning by physical exercises: charging of a power system, physical culture of a tone of an organism and gymnastics of rhythms for the achievement of healthy physical condition of an organism. Maintaining physical health was explained briefly by the doctor and the scientist Avicenna: "The person moderately and in due time engaged in physical exercises does not need treatment." The ability of control of biotic systems of an organism and its completely normal functioning develop needs of nature and a habit to support a healthy condition of an organism.

F. Development of a healthy delivery for maintaining a healthy physical condition of an organism.

Healthy delivery improves a healthy habit to support a healthy physical condition of an organism.

G. Development of complex abilities of achievement of a healthy state by the system of a cell-like auto reduction of an

organism improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels.

The ability of improvement of a qualitative condition of cages at the spiritual, power, physiological and anatomic levels by the system of a cell-like auto reduction of an organism improves the useful habit to support a full healthy condition of an organism.

#### H. Frequencies and resonance diagnostics of a healthy state.

Frequencies and resonance diagnostics of an organism helps to control a healthy state.

### Acquisition of Skills Health of Saving

At the third stage of preservation of a healthy state skills are gained, first, by transformation of the useful effects into the useful habits emotional fixing within a month in the various house, social and an environment. Secondly, coordination with a daily natural cycle of a rhythm of activity in social, natural and house conditions for preservation of complete healthy functioning of an organism. Thirdly, complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions by the system of a cell-like auto reduction. Skills of complex daily preservation of a healthy state at the spiritual, power, physiological and anatomic levels in various house, natural and social conditions by the system of a cell-like auto reduction develop a habit of preservation of a complete healthy state during every day. Fourthly, frequencies and resonance diagnostics of a healthy state. Skills it is weekly to diagnose an organism helps to support a healthy state.

### Accumulation of Experience of a Healthy Lifestyle

Accumulation of experience is carried out by skills health of saving in the various house, social and natural seasonal conditions (in the spring, in the summer, in the fall and the winter). following useful habits.

i). Seasonal preservation of the balance mentality and ensuring the full healthy functioning of an organism in the summer, in the fall, in the winter, in the spring by the system of a cell-like auto reduction.

The habit of seasonal preservation of the balance mentality and ensuring complete healthy functioning of an organism in the summer, in the fall, in the winter, in the spring on the basis of skills of daily preservation of a healthy state develops needs of nature and a habit to support a healthy condition of an organism within a year.

#### ii). Healthy seasonal delivery.

The habit of a healthy seasonal delivery develops needs of nature and a habit to support a healthy condition of an organism within a year.

#### iii). Choice of seasonal natural clothes.

The choice of natural seasonal clothes develops needs of nature and a habit to support a healthy condition of an organism within a year.

iv). Accumulation of experience of a complex coordination of healthy social activity with an annual natural cycle of the spiritual, power, physiological and anatomic levels in various house, natural and social conditions.

Complex coordination of healthy social activity with natural seasonal cycles develops needs of nature and a habit to support a healthy condition of an organism within a year.

#### v). The family tradition of a healthy lifestyle.

The family tradition of a healthy lifestyle develops needs of nature and a habit to support a healthy state within a year by family members and creates a healthy family environment.

#### vi). The cultural public tradition of a healthy lifestyle

The public cultural tradition of a healthy lifestyle develops needs of nature and a habit to motivate citizens, to reach and support a healthy condition of an organism and to lead a healthy lifestyle within a year and creates a healthy public environment.

vii). Periodic frequencies and resonance diagnostics of a healthy state.

The habit to periodically diagnose an organism helps to support a healthy state within a year.

The cultural family and public tradition of a healthy lifestyle plays an important role in the development of the natural technology of high-quality transition to healthy activity [6].

### The Family Culture of a Healthy Lifestyle

The family culture of a healthy lifestyle is health the preserving practice health the supporting actions which are consciously fixed in the useful habits. The family culture of a healthy lifestyle includes formation health of creative outlook, motivation to a healthy lifestyle and development of a healthy lifestyle by parents and children in house conditions. The motivation of a healthy lifestyle takes the central place in formation and maintaining the health of each person. The motivation of a healthy lifestyle is understood as an awareness of the need of maintaining health by the person as bases for manifestation in various spheres of activity as bases of harmonious development. In the absence of motivation at the person any programs and actions for maintaining health will be poorly effective or are not productive at all. The family culture of a healthy lifestyle leads to a revival of a cult of healthy and full-fledged family as bases of society and the state. The healthy lifestyle is the most optimum system of the behavior of the person in everyday life allowing it to realize as much as possible the spiritual and physical qualities for the achievement of mental, physical and social well-being and a healthy state. Transfer of family culture of a

healthy lifestyle from generation to generation from generation to generation forms the public tradition of a healthy lifestyle.

### Public Culture of a Healthy Lifestyle

The healthy lifestyle is a key to the healthy nation. The first and most important condition for the introduction of a healthy lifestyle, change of world outlook consciousness of the population is. The consciousness of people has to pay attention to health, a healthy lifestyle. A main goal of a healthy lifestyle - the realization of spiritual, professional and physical development of the person. The transition of the people to a healthy and just way of life will lead to decrease in social tension in public health care, to decrease in expenses on health care. If the humanity leads a healthy lifestyle, they will be solved both demographic, and a majority of other problems:

- a. the ecology of a surrounding medium will significantly improve;
- b. the power of all levels will govern for the benefit of healthy society;
- c. on the planet Earth will be restored healthy climate;
- d. the humanity will find harmony with Nature;
- e. the public culture of a healthy lifestyle will be created.

The public culture of a healthy lifestyle consists of set health preserving the practician which are formed on the base of moral and religious and national cultures and traditions which provide to the person a healthy physical condition and mental, spiritual and social well-being in an actual surrounding medium [5,6]. The scientist and doctor Avicenna claimed that doing in due time and

he moderately physical exercises adjusts physiology. The parable (4:20-22) educates that the person executing moral and spiritual laws in the course of activity normalizes mentality, and it in turn, normalizes physiology. Such person conducts healthy activity.

Health the preserving practice of a public culture of a healthy lifestyle is family culture. It makes active the population on the mass development of a healthy lifestyle. Transfer of culture of a healthy lifestyle from generation to generation forms the public tradition of a healthy lifestyle. For the development of set health preserving the practician of a healthy lifestyle, it is necessary to form the social infrastructure of health care of formation and maintaining of health.

### Social Infrastructure of Health Care of Maintaining of Health

Social infrastructure of health care of formation and maintaining of health includes educational, professional, the supporting, service, educational and statutory substructures [7,8]. Social infrastructure is directed to increase in knowledge on health issues and its protection, to the formation of skills of strengthening of health, the creation of conditions for maintaining a healthy lifestyle, both certain people, and society in general. The kindergarten, school, education institutions, the centers for health, physical culture objects, health the preserving medicine have to form skills of a healthy lifestyle. The educational structure performs the function of information and propaganda dissemination of knowledge for all categories of the population about health and a healthy lifestyle. The service structure carries out a healthy delivery, the organization of the active recreation, mass morning exercises, creation bicycle and caps, dance floors, green zones used for the outdoor games etc., (Figure 1).

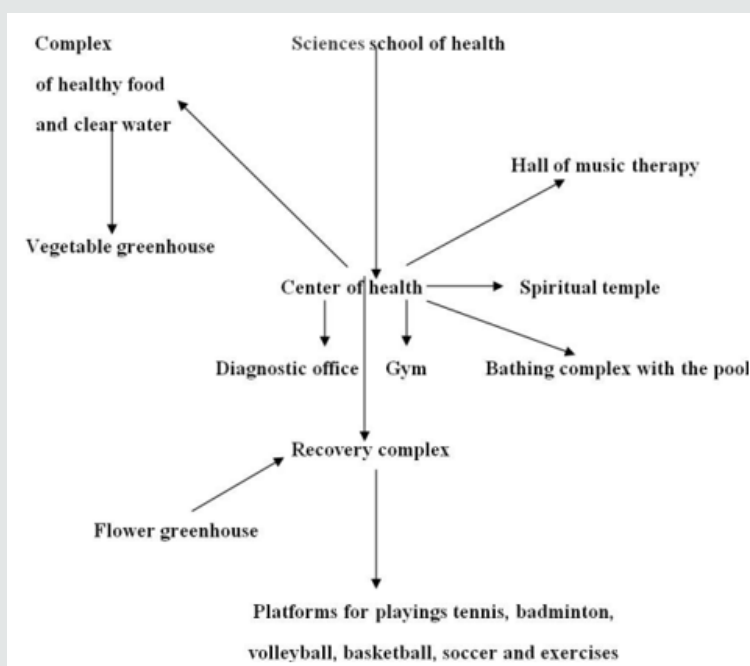


Figure 1

Health the sustentaculum includes nurseries improving the camp for the formation of skills of a healthy lifestyle at the younger generation, the centers of health on the development of a healthy lifestyle, hygienic and endo ecological complexes. The educational structure trains the population and trains specialists in the training of the population in transition to a healthy lifestyle:

- i. Experts for the centers of health and sanatorium institutions in carrying out consultations, practical training on the transition to a healthy lifestyle.
- ii. Lecturers on formation health of creative outlook, to education and motivation of the population to a healthy lifestyle.
- iii. Pedagogical workers for the universities and schools on formation health of creative outlook, to education to a healthy lifestyle of the younger generation.
- iv. Social workers for carrying out practical training with the population on the transition to a healthy lifestyle and formation of family and cultural public tradition of a healthy lifestyle.
- v. Games-masters for the training of the younger generation in control of biotic systems for the healthy functioning of an organism.

The professional structure realizes organizational measures of maintaining the health of the working population. Health influences quality of workforce, the efficiency of social activities and by that dynamics of economic development of society. During life 1/3 normal times the professional person participates in work. Therefore, it is important that under the influence of work there did not occur deterioration in health. Creation of service for restitution of healthy functioning of an organism is necessary.

It is necessary to conduct spiritual education for activation of spiritual processes of society for the achievement of healthy global wellbeing. Spiritual processes of social influence in global and defining way health of everyone. From a spiritual state to a healthy state - is much faster. The interrelation between spiritual processes of the person and his physical health fundamental. Improvement of the person happens positive mental energy which is generated by a spiritual throughway, in an ethical way of a word, good wishes, a healthy image of activity in a clean ecological environment, spiritual bonds with society and God, love to environmental visible and invisible. It is necessary to allocate mass media, pedagogics, medicine and art for the globalization of health to show in essence new path of development of humanity and, on the present, to build the infrastructure of public health care. To recover health, and to children first of all, it is possible only this way. The humanity has no other way. It is possible to receive reorganization from the people having high health creative fitness very quickly. The humanity used it the millennia. Spiritual processes of health will result in humanity in healthy global wellbeing.

## Conclusion

The main objective of development of the modern health care has to become in transfer of the population to a healthy lifestyle. For this purpose it is necessary to form health the preserving infrastructure and to create conditions for healthy activity and true measures of a normalization of biotic systems of the composite substance of the person. The modern health care has to motivate the population to a healthy lifestyle. Increase in motivation at the population to natural measures of normalization of an organism and a healthy lifestyle has to be the purpose of the modern health care. Problems of the modern health care becomes have to: formation health of creative outlook of the population, lecturing and distribution of literature on naturally scientific aspects of health and a healthy lifestyle, participation of citizens in improving spiritual and sports collective actions, acquisition by citizens of all categories of the useful habits. To provide mass availability of the population to objects of physical culture: to stadiums, gymnasiums and platforms, pools. To provide a healthy delivery and access to water alone and also diagnostics of a physiological condition of citizens. To organize for the population of action for formation of family and public culture of a healthy lifestyle and to physiological, power and spiritual clarification. To provide to the population ecology of a surrounding medium, clean air, conditions of healthy labor activity. Relevant is a process of a becoming of the international scientific communities aimed at development of applied scientific research with application of digital platforms and network forms of cooperation on identification of natural measures of a normalization of biotic systems of the person, formation health of the supporting medicine and infrastructure of health care for realization of natural technology of high-quality transition of the population to healthy activity [9-16]. The technology of high-quality transition of the population to healthy activity is relevant for all humanity. It is on a global scale expedient to enable its realization within International MEGA of the project.

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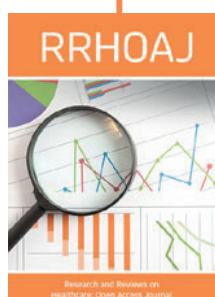
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