

The People Power Health Superbook Book 7 Medical Conditions Diseases Rare Diseases Genetic Diseases Diabetes Respiratory Most Body Parts Tony Kelbrat

The book Medical Books in Print contains a bibliography of the relevant medical books out there. The Medical Section at the library is #610-619 of the Dewey Decimal System, R in the Library of Congress system. 610. Medical Sciences. 611. Human anatomy. 612. Human physiology. 613. Hygiene, fitness, diet. 614. Public health. 615. Therapeutics and pharmacology. 616. Medicine, diseases. 617. Surgery. 618. Specialized medicine, women, childbirth, children. 619. Comparative and experimental medicine. R, Medicine. RB, Pathology. RK, Dentistry. RT, Nursing. At #613, you'll find hundreds of books dealing with current health topics on everything from women's issues to nutrition, exercise, fitness, recreation, yoga, etc. For general medical textbooks that cover everything, popular medicine as they call it, go to #616.00 or RC81 at the library. There are a lot of healthcare books at #361-362.

In an emergency, don't lose your head. Panic creates mistakes. There are all types of emergencies. Most people don't realize that if your car goes into the water, the water pressure outside the car door makes it virtually impossible to open. Either keep a screwdriver, hammer or punch near the driver's seat so you can quickly break the window and swim out. If you don't have that, kick the windshield out. The only way I know that is that I watched a safety video and learned it. You might think it's boring but I took the time to educate myself about all the types of hypothetical dangerous situations I could be in and how to handle them. If it happens, you know exactly what to do. Knowing what to do can keep you calm and brave. Learn safety information with everyone in your household including children. Create an emergency plan for the entire family so that everyone knows what to do.

This book is basically a straight list of American colleges and universities by state and in alphabetical order. There is a list of colleges with religious affiliations. I cover accrediting agencies, fake college degree diploma mills, college rankings, private colleges, colleges based on demographics like minority and gender. I list some of the many websites out there that claim to list American colleges. The problem with most of them is that they either give you one college at a time, try to push their advertising sponsor colleges at you or they're otherwise junky. Accreditation is the process of quality assurance for schools and colleges. A higher education authority than the colleges examines them to determine whether they pass their standards of education. This is done to ensure that graduates meet the professional requirements of the profession they're studying. The heart is the engine of the body. It's always pumping blood. When it stops, you die. Many heart diseases are the result of years of wear and tear but some are congenital, a structural or functional abnormalities there at birth. As far as

birth defects go, congenital heart defects are the most common kind, occurring in at least 1% of all live births. The general knowledge thus far is that heart defects are not passed on by genetic inheritance, rather, it is a weakness the child is born with that could have something to do with what the mother did while pregnant (like had rubella which is linked to CHD), could be one part of another genetically inherited disorder like cystic fibrosis or could be the bad luck of the draw. There will always be a certain percentage of live births born with anomalies and as far as medical knowledge currently knows, it's just one of those things some babies are born with but the news is not all bad.

Mood disorders are about feeling way down or way up to the extent that your life is miserable to you. Your emotional state is not stable. Depression includes some or all of the following symptoms; aches anhedonia (loss of pleasure) fatigue feelings of hopelessness lack of initiative loss of appetite negative self-image pains passivity poor concentration poor sleeping sadness Depression comes from external events like losing a job or feeling empty inside because you're not quite aligned with your true nature and true purpose in life. The mental health experts say it could be caused by a neurochemical imbalance in your brain but you create your biochemistry through how you think and live. You can create happiness through what you think and do. Your moods could change seasonally. This is called seasonal affective disorder - SAD. A bipolar disorder is when your depression gives way to an excessive feeling of joy and energy. Such mood swings might happen very quickly.

Teeth have an outer coating of enamel followed by dentin which surrounds pulp, the live area that has blood, blood and nerves in it. People get two sets of teeth over a lifetime, the primary teeth that appear in infancy and last for several years to be replaced by the permanent teeth before adolescence. Most of us have 32 permanent teeth. Incisors have a sharp edge for cutting food, the canines tear food and the premolars and molars grind food. There are four main types of teeth: Incisors, the front teeth. Canines or cuspids, the pointed teeth on either side of the incisors. Bicuspid or premolars, the mostly flat-topped teeth after the canines. Molars, the large, flat-topped teeth at the back of the mouth. The third molars are called the wisdom teeth. A tooth is living tissue. The crown is the part of the tooth that we see in the mouth. Dentin makes up most of the tooth. It's harder than bone but it still decays.

There are several ways to have a limited ability to think: Born that way by genetics as with Down's Syndrome. Born that way by mother's bad habits as with fetal alcohol syndrome. Get hit in the head, traumatic brain injury, concussion. Stress of life. Substance abuse, prescription drugs that alter brain chemistry Chemicals in ordinary objects like aspartame, lead, mercury, etc. Electro-magnetic waves Self-delusion, people get depressed, think too much, etc. My main purposes in writing this book are: To find all the conventional knowledge about mental challenges as I could and centralize it here. It is evident when a child is born with down syndrome or his or her performance seems slower than

normal but everything else is someone's opinion as with autism spectrum disorders and learning disabilities. People who diagnose these so-called disorders have no specific test that can with certainty say they have this disorder therefore need this drug.

At least half of all American people will die without leaving a will. The way the system is set up makes it a bad move for the heirs if you don't have one. Even if you're poor, you could suddenly get struck down in an accident and leave heirs to the positive end of a large wrongful death lawsuit. If you don't leave a will, your estate goes to what's called Intestate. They will try to divvy it up to your relatives but if they can't find them, the property goes to the state. If you die without a will, the state determines who gets custody of your children under 18. The first thing to do is to sit down, take an inventory of everything you own and put a dollar value on it. This is called your estate and includes: Residence. Real estate. Business personal property including partnership interests, copyrights, patents, trademarks, stock options, etc. Vehicles, boats, etc. Bank accounts and CDs. Investments; Stocks, mutual funds and bonds.

The Natural Law of the Universe is be who you were born to be, take what you need and leave the rest. I got sick from the sulphites in lemon juice then I started getting headaches from something. I think it was aspartame in pop. I got Dr. Hulda Clark's book Cure for all Cancers and when I read it, I thought she was obsessed with being pure away from all the chemicals in industrial products but she did what nobody else has done. She catalogs almost every product in existence and tells you what's wrong with it. The modern capitalist industries will not tell you if their products contain materials that are toxic to your health. You have to learn these things for yourself then decide how dangerous all that stuff is and if it's a risk to your longevity and quality of life. For practical books about green living, try #640 or HF5413 at the library. Environmental books are at #304, #333.72-99 or S930 at the library. There may be a few at #363.700 or GE60.

The supply of organs for people that need them through organ donation is not enough to satisfy the demand. Some people go to foreign countries like Poland, Thailand or India to buy an organ. Some organs can only be donated from a deceased person. Others come from living people like kidneys and bone marrow. Some day, all organs will be synthetic but not yet. This is a simple guide about organ donation-transplantation. Organ transplant is the process of replacing diseased organs with healthy ones. After that, the patient must take anti-reaction drugs for life. You can donate a few organs and still keep the body intact for a funeral or you can donate the body completely. You receive no pay although some places now are buying people's bodies in advance for when they die.

It's normal to try recreational drugs because people are curious. Most people who use drugs for fun grow out of it. Some keep doing it every once in awhile while others get hooked. I don't know why some people get addicted but I do know that it's easier for someone with money to become an addict than somebody earning a middle class wage because drugs are expensive. The problem with young people under 25 and weak people is that they might not get a second chance. They overdose and die. That's why even experimenting can be dangerous. Marijuana affects short-term memory, impairs the ability to concentrate, inhibits alertness and reaction time making driving dangerous. Cocaine boosts the heart rate while constricting the blood

vessels, increasing your chances of having a heart attack or an abnormal heart rhythm. Crack, cocaine can be smoked.

If you have a disease or medical condition, go to a few of the big websites. Go to the library where they'll have at least one book on most medical conditions, #610-619 of the Dewey Decimal System, R in the Library of Congress system. 610. Medical Sciences. 611. Human anatomy. 612. Human physiology. 613. Hygiene, fitness, diet. 614. Public health. 615. Therapeutics and pharmacology. 616. Medicine, diseases. 617. Surgery. 618. Specialized medicine, women, childbirth, children. 619. Comparative and experimental medicine. R, Medicine. RB, Pathology. RK, Dentistry. RT, Nursing. There are a lot of healthcare books at #361-362 at the library: Arthritis, 616.716-72. AIDS, 616.97, RC607. Allergies, asthma, 619.97. Arthritis, 616.72. Attention deficit disorder, 616.8589. Back problems, 617.564, RD798-RD7771. Biology, body, physiology, 612, QP38. Biology, general, 574, QH313. Birth control, sex, 613.9.

Illness is caused by an imbalance in the body. Are you naturally inspired about your life? Do you consciously take care of your health and well-being? When you wake up in the morning, what are your first thoughts? How do you spend your days? If money, freedom and health were no object, how would you spend your days? Do you ever feel powerful and vital? What is a feeling of power and vitality like? What is a generic, mundane life like? Is that you? Are you a big consumer of pop culture entertainment and useless material goods like home décor? One thing is certain, your life is lived alone in your head therefore it's up to you. You create your own attitudes therefore your own biochemistry as I discuss elsewhere. Joy breeds the release of more neurotransmitters in your head that give you greater joy while depression depresses your biochemistry even more. The bottom line to a full, powerful life is to what extent are you naturally inspired?

You're probably living a comfortable life at high school where you're well-respected and have friends then you go to college and you're just another generic, average student who is not popular like you were at home. Relax. Everyone else is like you. You have to put yourself out there if you want to make friends, do fun things and enjoy the ride. The average 18 year old is massively brainwashed. He has no idea of who he is in his true nature. He's trying to achieve success by society's formula which is college. Many kids go to college not even knowing that there are no jobs for many of the social science fields. They think that if the college offers it as a major, there must be a job waiting at the end. This is so stupid. Most 18 year-olds are self-centered. They think they're special because they're going to college then they go home and try to act scholarly like those nerdy professors they've been listening to for the past four months.

There are lots of medical laws with many subspecialties all the way from drug manufacturing to medical professional conduct sometimes called attitude. If a doctor treats you with a bad attitude, he or she is breaking a rule of conduct. Doctors are free from prosecution when committing medical errors in many cases as long as they disclose it because it's a procedure necessary give doctors a feeling of freedom in practicing their craft and it's a way for them to learn. They are free to discuss their errors in private meetings without fear of charges. This book is a basic guide to medical law. Chapter 1. Medical Law Info Medical Law in the United States The Federal Food, Drug and Cosmetic Act (FDCA) and other laws regulate the manufacture, sale and advertising of medical products. In enacting these laws, Congress has operated on the premise that the Federal Government has a legitimate interest in protecting the health of its citizens, while at the same time respecting their freedoms.

I read a lot of psychobabble and softball articles about the psychology of aging. It's all basically simple and the same: Use it or lose it. The idea is to stay active both by yourself in doing inspired activities and in contact with other people. I can go back to Erik Erickson's archaic theory of eight stages of life from around 1971 which despite all its psychobabble, comes down

to one thing: You're either active doing something you feel has meaning and interacting socially and intimately with other people or you're alone in a room somewhere, not doing much of anything, feeling sorry for yourself. One reason I don't like psychobabble is that they make everything a dramatic either-or situation. Most older people aren't intensely active or popular with a big group of people but they don't feel lonely and depressed either. They live adequate, comfortable lives day by day. You don't need some great purpose in life or deep intimate relations with other people.

Educate yourself about any condition you might have and the treatments from both the Western and holistic points of view. Use both to heal yourself. Like the golden mean, excess in anything is not good for you. Use generic as opposed to brand name drugs to save money. They're drugs whose patent has run out so now anybody can produce them. The original company keeps the right to its brand name so when the doctor writes out your prescription, ask him to write out the generic name of the drug, if applicable as opposed to the brand name which many do, probably because of habit or they get some form of favor from that company. Not all drugs are manufactured in a generic version. The major points of medical drug use are: Know the drug you're using. If it doesn't work, ask for another drug that does the same function. There are many different drugs that treat the same diseases. Follow the dosage instructions. Throw old drugs away.

Cancer is a group of more than 200 diseases each of which, though different, attack some of the body's cells. Healthy cells that make up the body's tissues grow, divide and replace themselves in an orderly way to keep the body in good repair but toxic cancerous cells destroy the body. Cancer refers to all malignant tumours caused by the abnormal growth of a body cell or a group of cells. In men, cancer is usually found in the intestines, the prostate and the lungs. In women, it occurs mostly in the breast tissues, uterus, gallbladder and thyroid. The American Cancer Society has prescribed seven signs or danger signals in general which may indicate the presence of cancer. These are: a sore that does not heal; change in bowel or bladder habits; unusual bleeding or discharge; thickening or lump in breast or elsewhere; indigestion or difficulty in swallowing; obvious change in a wart or a mole a persistent and nagging cough or hoarseness. Other symptoms may include:

The "People Power" Health Superbook: Book 15. Holistic Medicine Guide (Alternative Medical Ideas, People Heal Themselves)Lulu Press, Inc

Good foods are mostly natural foods. Bad foods are processed foods. Here are some types of food, good and bad: Grains are good if they're not refined, bleached or sweetened; barley, corn, millet, rice, rye, sorghum, wheat. Raw vegetables are best. Properly cooked vegetables retain some of their nutrients; asparagus, celery, leek, peppers, yam artichoke, chives, lentils, potato, zucchini, beans, collards, lettuce, rutabaga, beets, cucumbers, mushrooms, spinach, beet, greens, dandelion, greens, mustard, greens, squash, broccoli, egg, plant, okra, sweet, potato, brussels, sprout, endives, onion, turnip, cabbage, garlic, parsley, turnip, greens, cauliflower, kale, peas, watercress. Fresh fruits are good raw with the skin on; apple, apricot, avocado, banana, berry, cantaloupe, cherry, currant, fig, grape, grapefruit, honeydew, lemon, lime, nectarine, orange, papaya, peach, pear, pineapple, plum, rhubarb, tangerine, tomato, watermelon.

This book is a simple listing of websites, phone numbers, addresses and organizations for most entities within the medical realm throughout Australia and New Zealand. It's sparse but it could grow to be a better book if enough people buy it to make me think it's worthwhile to expand it.

If you're traveling abroad, find out what diseases are prevalent where you're going and get the vaccinations. Some countries won't let you in unless you have proof of certain vaccinations. The most common ones are tetanus, diphtheria, polio, measles, cholera, smallpox, hepatitis, typhoid and yellow fever. Your state health department or the Center of Disease Control

(877-fyi-trip, 800-458-5231, 800-311-3435, 888-232-3228) should be able to help you with immunization/ vaccination requirements in foreign countries. Some governments require immunizations to protect their people from visiting foreigners and to protect foreigners from any health risks in their country. Ask the embassy of the country you're going to if you need special immunizations such as for yellow fever, malaria, or cholera. You might also need a health certificate and possibly an AIDS test. Health inspections and immunization requirements at international borders come down to two things:

This book is a basic framework of medical websites, organizations, hospitals and healthcare facilities in the United States. It's a wealth of information for anyone interested in learning more about their own medical well-being and for people in the medical profession.

Everybody has disabled people somewhere in their family tree. Lots of people are born disabled due to genetic reasons or as the result of pregnancy complications. People get injured or acquire debilitating diseases at some point in life. I've lived with both, a disabled relative and serious injuries of my own. The thing is that the world goes on. It doesn't slow down or stop just because someone is disabled. We can do so much politically and the rest we have to do on our own to fit into the world somehow in a useful, productive way to get the money we want to buy the things that will help us survive and enjoy our lives more. The best thing I ever saw about disabilities was the 1940s movie called Shaggy Bush which was a movie about a family going through ups and downs. There was a bit in there where the mother said her daughter's disability didn't mean she was doomed. It just meant that she would still do what she felt in her spirit with her life with this extra nuisance to deal with.

Very simply, all the cells in the bodily organism have a special marker in them which the immune system knows are its own but everything else in the body without this special marker is considered a foreign agent, an enemy which the immune system tries to destroy in order to win this war against toxins and continue to thrive. When the immune system senses large amounts of foreign invaders, it triggers an immune response by producing antibodies which go out, fight these invaders (antigens) and try to destroy them all. When the body's immune system is weak, it gets confused and sometimes attacks its own healthy body cells because it thinks these cells are foreign invading toxic cells so the body's immune system is destroying itself. There are a lot of diseases like this like chronic inflammation, chronic fatigue syndrome, lupus, alopecia areata, ankylosing spondylitis, antiphospholipid antibody syndrome, autoimmune skin disorders, Cushing's syndrome, scleroderma, Sjogren's syndrome, etc. This book covers my unique view on weight loss and vitality which I would call the esthetic-spiritual flow of life theory. You can't buy your way to weight-loss. It comes down to the strength in your spirit. All the diet books, exercise equipment, weight-loss programs and diet food in the world is bull next to this one thing. You have to respect yourself highly if you want to lose weight. This is not a technical, physiological book about losing weight or a book about health. There are thousands of those around. If you want some of that basic nutritional information, go to #611-#613 at the library, read some of my other books. Find health cookbooks at #641. This book is about how I stay at a moderate weight regardless of what eat. Much of the medical assistance to low income people, seniors and children originates from Medicare. For medical assistance programs from local and state governments, try their department of social services. For most medical assistance from the state governments, the key words I've seen are "low income" and "medical assistance" so you either go to the general website of your state government or its medical website (dept of health) which is somewhere in this book and type the term "medical assistance" into it.

The digestive system uses food to sustain the body, extracting nutrients and energy from it while eliminating the rest. Food is taken in through the mouth, chewed and softened with saliva then swallowed through the throat, going down the esophagus to the stomach. It is then mixed in with hydrochloric acid and various enzymes and slowly digested. It moves through the small

intestine where digestive enzymes from the liver and gallbladder continue to digest it. Then it goes into the large intestine where it is further digested and separated into useful fuel and nutrients for the body versus what is not useful which is prepared as waste for elimination. Along the way the food is moved by muscle contractions (peristalsis) while the sphincter muscles temporarily halt the movement of food between parts of the system during processing. You will encounter some kind of health adversity in life. Doctors can only take you so far. You will have to do the rest yourself. This book is a near comprehensive resource guide to point you in a lot of different directions that might help you in some way. If all of a sudden you get into an accident or get a serious disease, you don't have time to sift through the hundreds of health books at #610 to #619 at the library or cruise the web looking for answers some of which are a massive rip-off. I'll give you a case in point. I was on a holistic cancer website where they give about 25 pages of solid knowledge for free then I went on another one with a ten page sales pitch ending with "Only \$97 and you'll get all these reports about 12 obscure holistic cancer therapies."

Men go forth to wonder at the heights of mountains, the huge waves of the sea, the vast compass of the ocean, the courses of the stars; and they pass by themselves without wondering. St. Augustine. Whether you are in your backyard or the farthest-flung corner of the Earth, all the mysteries and wonders of life are right there both in front of you and inside of you, in your soul. In the world of travel, the only way you really learn anything from the outside world is if you come across something that touches you deeply in some way. It either inspires or angers you enough to reassess your life and push for something different which is why I'm against cosmetic travel where you see packaged tourism and don't interact with the people and land like a pilgrim going there looking to get something out of the deal in a conscious way. There are many illnesses and medical conditions specific to women particularly in the genital and birthing area. The most common ones are: Blood in your urine Breast lumps or discharges Menstrual cramps Missed periods Pain in your lower abdomen Symptoms of an STD Vaginal pain, swelling There is a large alternative medicine movement focussed entirely on women. A major book in this area is Women's Bodies, Women's Wisdom by Christine Northrup basically talking about the body and mind as one, you are your own wisdom and your own healer. The deal is that once someone starts talking about astrology and chakras in an alternative medical book, they've lost me. I know they couldn't be that smart or wise if they believe in stuff like this. It's really funny. Somebody is making sense for a few hundred pages then they get into this wacky stuff. They kinda lose their credibility to me.

This book is an extensive listing of websites, phone numbers, addresses and organizations for most entities within the medical and mental health realms throughout Canada including the territories. We're all afraid of getting sick and dying which is why we want our public health care system because we know no matter what happens in our lives, our medical needs will be taken care of but there is a problem, namely that a fully funded public healthcare system without allowance for private, for-profit healthcare providers like they have in Britain, strains the system. Common sense says a two-tiered system is best: Public where everything is free. Private, if you don't want to deal with the public system and want faster service, you pay for it through private clinics.

The medical study of children is called pediatrics. Some journals are: Clinical Pediatrics Journal of Pediatric Medicine. Journal of Pediatrics. Journal of Tropical Pediatrics. Pediatric Research. Pediatrics. Children's medical books are mostly at #618.92 or RJ61 to RJ496 at the library. Teen health books are at #613.0433. Children's nutrition books are at #613.2083 or RJ206 at the library. You might find some books about how to raise children with medical difficulties at #649.151 or HQ759.9 at the library. General parenting books are at #649. This book is a simple listing of websites, phone numbers, addresses and organizations for most entities within the medical realm throughout the British Isles including independent

The system has created a standard for normal intelligence and anyone who doesn't fit this definition is branded as mentally challenged, autistic or learning disabled in some way. Human life is big and abundant. The school system's definition of normal intelligence is narrow. Any individual's purpose in life is to become who they are naturally born to be. Some kids are great with animals. They have a special touch. Some are born creative, esthetic, athletic, visionary, sociable, good with their hands, etc. but they're not inspired or naturally good at the normal definition of intelligence. It doesn't mean they're stupid or inferior. It just means they have their own talents that do not fit into the standard skills of a grade school education. This is why I'm telling all parents of kids who don't seem to be successful at a normal grade school that you can't believe everything the supposed mental health experts and school authorities say about your child.

The main book which covers mental illnesses is the Diagnostic Statistical Manual/ DSM. Try #362.20-362-26 or RA790.7 at the library for stories about how to deal with mental illness. The mental health section goes from #616.85-616.89 and RC435 to RC515 at the library.

Remember that a hundred years ago or so, no clearly defined mental illnesses existed now they got thick books with all kinds of specific mental illnesses but I don't buy it. You are who you are, a unitary whole. You might feel depressed in the morning, grandiose in the afternoon then histrionic at night. At best, these so-called illnesses are a rough guide to what you're going through. You're you. No other human being will ever know what you're thinking. No label can describe your unique set of circumstances and feelings otherwise known as your life yet we got an entire industry of phony experts pretending they know something deep and advanced about the human condition.

The main causes of illness is taking in toxins through processed foods which deplete some nutrients from the body but the worst thing they do is build up in organs and other body parts to form tumors which destroy tissue and could spread as parasitic material to kill you. These poisonous cells in the tumors live off the healthy tissue thereby killing it. There are toxins everywhere like all the wireless waves around, air polluted by carbon monoxide from cars, chlorine in the water you wash your body with, the freon in refrigerators, chemical cleaning solutions on carpets, etc. The body tries to clean itself by getting rid of toxins in the form of extra mucus, fever nausea, diarrhea, headaches, cold or flu symptoms, sneezing, etc. Waste matter is excreted from the rectum through stools, from the bladder through urine, from the lungs through breath, from the pores of the skin through sweat. If there is something wrong with your expulsion system like if you're constipated, waste stays in your body.

This is not a book about where to get free or cheap medical care. Another book in this series covers that. This is about different options to buy health insurance, the different types of health insurance and options for hard-to-insure people.

There are several issues involved with serious illness and money. Many insurance companies have caps after which you have to pay for your own treatment. Beyond that, employers tend to get rid of employees with serious illnesses. It's like a double whammy. You get sick then you get fired. It's so serious that there are activists and politicians fighting for safety nets for people who get a serious illness. This is why I preach about saving your money and not spending it on frivolous things. Who is gonna care about all that money you spent

on hair color and frivolous clothes when you're sick and depleting your life's savings?

Arthritis, one of the oldest disease known to mankind, is the inflammation of one or more joints. It occurs in all ethnic races at all times of the life-cycle. Decline in joint function generally begins at age 30 if you don't exercise. No one really knows the exact cause of this painful and disabling disease, however, there are three theories: Infection. Body's own defenses go out of line and attack its own tissues. Atrophy of joints due to little use. Experts believe that emotional stress plays a very important role in the cause of arthritis. Arthritis usually begins with a morning stiffness in the joints brought on by a life of hard work and/ or former injuries. Nearly 40 million Americans have some form of arthritis. The general term arthritis includes over 100 kinds of rheumatic diseases most of which last for life.

The reason to do online learning, at least for a part of your education is that it's much cheaper than attending a college or school fulltime so you can hold down a job while studying from home for at least part of your degree thus avoiding the hassles of attending classes live unless you're young and curious and want the social college-school experience. Some of the benefits of distance education are: Convenience, go at your own pace. Stay home. Available anywhere over the internet. Prices are cheaper for online courses than traditional college courses. Some distance-education programs have an in-class component, particularly ones with labwork or internships. You need basic computer skills. There is teacher interaction over the internet but no face-to-face interaction. There is no social life, no friends, no classmates.

Pain is the body screaming to the mind saying "Danger, Danger" warning you to either sit still to avoid further injury or to do something about it. The span ranges from localized acute pain for injuries to long-term chronic pain. Pain exists in a relationship between the brain and the body within a complex network of nerves (neurons), hormones and psychological factors. Pain ranges the spectrum from irritating to agonizing. There are some medications and therapies around to help reduce pain sensations. Many people who use pain medication then get hooked on it and have a hard time breaking away, if ever. In extreme cases, the doctors will cut the nerves leading to the CNS in order to stop the pain signals from reaching the brain. There is fast, intense pain and a slow, low level, dull pain. Nobody really knows exactly where pain begins or where it ends but a salient factor is that the mind has a lot to do with its intensity and management.

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