

My way

Grigori I. Brekhman, Prof., D.M., Grand PhD., D.Sci.

I found having mentally walked My Way (a la Frank Sinatra), that what was revealed to me periodically, for the first time, as a result of clinical observations, conjectures and in-depth scientific study.

1) **The fibroid (myoma) uterus** is not an oncological, but a psychosomatic process, manifested in ischemic uterus disease. This changed my approach to this disease: I developed and tested a method of conservative treatment of fibroids - psychotherapy + electro-regulation (central electro-analgesia).

2) The development of **the theory of syntropy** (combined processes) on the example of diseases of infectious genesis: inflammation of the genitals and extragenital chronic infectious-allergic diseases (rheumatic heart disease, tonsillitis, oth.).

3) Within the framework of this theory, I unexpectedly discovered a connection between **dental diseases and inflammation of the genitals**.

3a) The necessity of consistent treatment of diseases included in syntropy has been proved, and the algorithm of doctor's actions has been tested.

4) The **theory of information-wave interaction between mother and prenatal child** has been developed, starting from the 1st trimester of pregnancy - based on the key provisions of quantum mechanics, the theory of corpuscular-wave dualism, wave genetics, epigenetics, psychology, and other sciences.

5) The possibilities of diagnosing the emotional interaction of the mother and the unborn child with the help of a **verbal-musical test** were discovered.

6) The significance of **pregnant mother in the favorable development of the child** and, conversely, her role in the prenatal trauma and subsequent psychological problems (smoking, alcoholism, drug addiction, autism, hyperactivity, sexual deviations, increased aggression, propensity to violence, etc.) has been confirmed. This formed the basis for their support during pregnancy and childbirth in order to neutralize the negative impact of mother and their socio-psychological environment.

7) A connection was found between the state of **solar activity** and the prevalence of some gynecological diseases. This made it possible to subsequently understand the relationship between the level of solar activity, the psychological state of pregnant women and the **frequency of entanglement with the umbilical cord of the child** and develop a prevention algorithm taking into account the indicated multi-factoriality.

8) A logical continuation of research in prenatal and perinatal psychology was the return to obstetrics and the formulation of a new theory of **the birth process as a genetic-psychosomatic phenomenon**.

9) Taking into account the role of psychological stress in the disorder of parturition a **method of verbal-musical restoration of the rhythmic labor activity** was created and tested.

10) **The significance of the mental stress** of a pregnant mother in the occurrence of **breech presentation** of the fetus is shown. From this position, a **method non-contact psychological recovery of the head presentation** has been developed and tested. I gave this technique to the midwives of my workshop and they reported that they use it successfully.

11) **My humanitarian contribution:**

A) Publication of ideas and results of scientific research - 270+ articles

B) Translations of books into Russian from English - D. Chamberlain (2004), the collective monograph "The Phenomenon of Violence" (2005), A. Kafkalides (2007), L. Janus (2013), and from German the collective monograph "Unwanted Children". Ed. L. Janus (2015) – All of that for the information of the Russian-speaking readers.

C) Reports at Congresses/ Conferences - 41/46 (see attachment)

D) Lectures for specialists and the public in Israel: Haifa (Haifa House of Scientists - annually 1-2, Interdisciplinary Clinical Center of the University of Haifa, here is a permanent seminar for midwives), Tel Aviv, Jerusalem, Karmiel, Nahariya, Shlemi, Kibbutz Aemek , Kfar Saba, Lod, , Interviews for Radio REKA and newspapers.

E) Site www.iri-as.org **Integrative Research Institute EAWS**

<http://www.brekhman.iri-as.org/index.html> **Grigori Brekhman**

G) **Free Consulting** of individuals

My humanitarian contribution I did without commercial interesting, as a rule as a volunteer.