

Nature the Vigilante

Essays by Sara R. Auld

THE TRANSFER OF ENVIRONMENTAL ENERGY AS MEDICINE

Energy transfer and transformation within the human body and its interactions with the environment are complex and involve multiple forms of energy. The human body itself possesses forms of energy such as chemical energy from the food we consume, thermal energy generated by metabolic processes, and electrical energy in our nervous system. Do not forget these as you read.

To manipulate any of these, or cause change, would be to manipulate the body's total state of health, as well as the surroundings we have an effect on. Our environment is often responsible for deploying many energies around and into us starting with where we do or choose to live, the day-to-day temperatures and weather, the air and water quality, the type of food we have **access** to, how much or little of it we consume, how many friends and loved ones we have nearby, etcetera.

It's amazing to me that knowing the manipulation of environment as a healer or preventive balancer, as basic as thermal energy, or something not man-made, is not seen as a greater financial opportunity in America than chemical intervention. Maybe with the rise of precision medicine, it's starting to be.

Before we go further, we need to acknowledge that pharmaceutical medicine always performs from our inside - out, **rather than ever from the outside - in**, though many conditions or ailments start from the outside, in. You would think treatment and medicine would have been founded on the notion that direction of treatment ought to parallel the direction of the onset of the disease. Mandating the finding of the root cause of a disease prior to treatment or prescription was a science all its own, too difficult to grasp, I suppose. Plus, it's probably much easier to study what man self-created rather than nature's forces that man did not create, which enabled us to teach the material better, and thus monetize it faster. I wonder if improved health without harmful side effects seems to primarily succeed when ailment and treatment operate in uniform direction. But natural (or environmentally derived) intervention requires understanding infinite complexity, patient's behavioral cooperation, and longer periods of time.

*Note, if you're ever wondering what to study at home to do a major conceptual dive into the transfer of energy as medicine: The study of energy and its interactions with the human body falls under the field of **biophysics**, which explores the physical principles that govern biological systems, including energy transfer and transformation. Thereafter, aim to understand how the transfer, amounts, and timing of energy all effect human chemistry.*

Let's begin the theory.

We already have the evidence that the beautiful sun beaming down warm on our face brings a fruitful amount of vitamin D through our skin and into our body. It's such an important aspect of our health that vitamin D is often referred to as the "sunshine vitamin". This is our first and most basic example of *The Transfer of Energy as Medicine*.

We know that Vitamin D creates and regulates Serotonin, a neurotransmitter often referred to as the "feel-good" hormone. Serotonin plays a crucial role regulating our mood, appetite, and sleep. When optimized, it influences our overall happiness. Vitamin D also has anti-inflammatory properties, and chronic inflammation has been linked to various mental health conditions, including depression.

Adequate levels of vitamin D "may help" reduce inflammation in the body, which again, "can" thus impact mood and overall well-being. However, have you ever heard of someone being prescribed a calculated amount of time in the sun to help with their depression? Just asking.

*I use quotations to mock government control over [healthcare] data interpretation, language, and "science," and people's legal ability to translate such findings as certain solutions and treatments rather than perpetually questionable correlations. Should you continue reading my theories and essays, you'll find my despise for terminology like, "support", "boost", "promote", and all the other illegitimate words natural health was dictated to use after pharmacracy bought the rights to the word "cure". You'll never find me using such demeaning and demoralizing language about our natural resources in the treatment room, and as a reader, never forget that we retain the right to question the definition of "cure" – and any word for that matter. **All definitions are man-made.***

The theory of The Transfer of Environmental Energy as Medicine is defined as to leverage and manipulate our environment to transfer energy in a way that adequately balances our physical and mental health into optimal personalized well-being. The transfer in turn becomes the natural way to alter or affect our bodily chemistry (i.e. thermal energy to increased serotonin to improved mood).

Let's define energy. Energy is a fundamental concept in physics that describes the ability to do work or cause change. It comes in various forms and can be transferred or converted from one form (visible or invisible) to another. Some types of energy include kinetic energy, potential energy, thermal energy, chemical energy, electrical energy, nuclear energy, and electromagnetic energy.

Energy is a fundamental concept that governs many aspects of the physical world and **is a crucial component of various natural processes.** (Remember, you as a human being are natural, whose mind and body are built of natural processes.) The principle of energy conservation, which states that energy cannot be created or destroyed but only transferred or converted from one form to another, is a fundamental law in physics known as the law of conservation of energy.

Emotions are powerful symptoms of all states of health, both physical and mental, while they are considered independently of our energy balance and our ability to naturally re-balance far too often. Science will tell us that emotions and energy are not synonymous, but as someone who believes everything is available for question – not just natural healthcare or treatment – such as the transfer of energy and its direct effect on both our mental and physical state in all, let's consider the following scenarios and how the relationship between emotions and the transfer of energy play a crucial role:

1. Exposure to sunlight, increased vitamin D levels, balanced serotonin levels, and enhanced mood.
2. Someone is angrily yelling at you, which causes you to take on the angry energy and yell back (Not to mention, in a prolonged angry environment, you might even seek therapy to deal with the effects);
3. Someone is laughing, and even if you're not sure why, you feel good or more positive suddenly, and also begin to laugh;
4. When it's cold outside, you feel cold;
5. It becomes dark, cloudy, or rainy outside and you feel a sudden change in mood or motivation;
6. You hear a song that compels you to dance or move your body in any way;
7. You watch a movie that makes you cry;
8. You go for a long walk or exercise and feel better or more awake.

If you believe the brain is powerful enough to sicken or heal the self to various extents, do you believe the preparedness of the brain or human brain could simply depend on its and its body's adequate and optimally balanced energy levels? If you find yourself in agreement that environmental improvements and positive behaviors create optimal health, and that optimal health brings optimal self-control or self-healing, then you believe in the transfer of energy as medicine. The unfathomable depth of the subject is what scares people away,

though many know it to exist in its most obvious forms (sunshine > warmth > vitamin d > serotonin > happiness).

If we ate well, exercised well, went outside more often, and hugged someone, what are the odds we would think more positively and/or have a better day? My own experiential guess is high, and it's telling to me that 100% of those activities involve some form of a transfer of energy, which in turn always seem to affect our health.

The very difference between an exceptionally healthy and unhealthy person when defined by their vital signs, intensity of pain, odds of longevity, and outlook on life, which can be controlled by the prior list of personal health chores, regardless of genetics.

Let's talk about stress. A stressed person might bite their nails, pull their own hair out, pace back and forth, have difficulties sleeping, cry, be and act irritable or angry, isolate themselves, and more. Worse, it affects cognitive and emotional processes, such as attention, memory, neurotransmitters, and hormones. Chronic stress can have detrimental effects on the nervous system, leading to long-term changes in brain structure and function.

The relationship between stress and the nervous system is bidirectional, meaning that stress can influence the nervous system, and the nervous system can also influence our perception of and response to stress. It can cause higher anxiety and depression plus other health conditions like cardiovascular disease, immune system dysfunction, and gastrointestinal disorders.

Does your doctor understand, or cares to understand, the relationship between electrical energy and your nervous system, and your nervous system and stress? Can stress and the above conditions possibly be cured by an environmentally induced balance of electrical energy?

This is another small example of a greater question: Do conversations about the transfer of energy belong in the treatment room? Can the transfer of energy be a focus or niche in medicine? If humans (and all animals) are a living energy, how should we be treated? My theory is through energy, nature, and environment – of course.