

The World After The Shift - A New Golden Age
Earth 25-100 years from now.

Ch. 10 Medicine

How will disease, injury, sickness and health be diagnosed or treated in the years to come?
The Committee responds.

"Awareness of health is increasing more quickly now among humans than since the demise of Atlantis, curiously the emphasis is now placed upon deficiencies instead of improvements. Health care will come to mean avoidance or lessening of disease, risk and injury not what it signifies today, medical treatment.

Knowledge of human anatomy, bodily functions, creation and maintenance of health and acceptance of changes will become common. These are not rare today however a minority of humans pursue this information. In the future a majority will be far more aware by comparison.

Among the minority who are relatively more aware, still there operate glaring misconceptions created by both intentional and unintended release of incorrect information. An example is the percentage of humans who believe they have allergenic reactions to foods, when a good deal less than is commonly reported, actually do. The steady flow of information about food allergies, easy to conflate because allergic reactions have, do and will always exist, have created a business opportunity for alternative foods. Sellers need to create a market; they have.

After The Shift and the disruptions to commerce, food production and consumption, again will be reinforced the common human phrase that necessity is the mother of invention. It is not just that certain foods, many called delicacies or treats, will become unavailable. Many others produced in bulk, called staples or basics, will also become unavailable or so expensive that the effect is similar.

The aura surrounding exquisite, delicious, exotic and strange food will reduce although it will remain to a degree.

Food will become much better understood as a drug or medication, which it is but for the absence of this knowledge taught in the medical profession. This information exists on Earth now and has been made available. It is not known by the majority, not in any nation, territory or region including doctors within them. This will change.

Because nutrition is the basis of bodily health, externally forced changes to food availability will bring about the new focus.

We turn to disease and injury. Spiritual understanding will increase greatly, now generally deemed a delusion by most humans. With this knowledge will come an increased acceptance of disease and bodily injury as life plan events. Currently injuries are seen as punishment,

retribution or payback by observers who strongly disapprove of something the injured person did, or the guilty offender forced upon the victim, such as a reckless driver. If proper social behavior would simply be practiced, injuries would drop far below what occurs otherwise. This attitude, belief and perspective will change nearly completely. The role of disapprover, the role of disapproval's target and the injury itself caused by apparent accident, will begin to be understood as a life plan event; one which can be changed.

Currently humans understand that avoidance of any risk greatly lessens the possibility of something going wrong, but as risk is avoided, so is the joy of life.

In the future, humans will become more aware of risk and take one with knowledge. Currently humans do so largely from ignorance or eager joy for thrills. Remaining exposed to lightning when thunder is heard, is one example. Have you ever observed a younger person navigate a skate park on a wheeled board designed for this? Often such daredevils will scale and descend staircase handrails, roofs, pipes and many similarly risky obstacles oblivious to the potential injury possible.

This attitude will change after The Shift. Risks will still be run, however with much more examination of the outcomes possible and steps needed to lessen them.

A large and significant change will be to microbial understanding, behavior and treatment. We refer to bacterial and viral transmission, infections and treatments. Technology will be developed by humans with assistance from extraterrestrial visitors, which will address many things not now easily measured or controlled.

Aerial transmission from coughed, sneezed or normally exhaled breath will come under the ability to measure concentrations in the many typically sized droplets produced by these bodily functions and actions.

Once this measurement ability becomes reliable, pre-existing vaccines will allow studies to far more accurately measure thus forecast contagiousness.

Genetic analysis will also be researched and developed to identify likelihood of microbial infection and by type, bacteria or virus.

Our reference to extraterrestrial assistance means hints and nudges; your ET cousins have not conducted comprehensive analysis of human anatomy to the point disease control is possible, although this could be done in a period of Earth time which would astonish you. What they have done is attempt to understand human anatomy and bodily functions. No interference is permitted, however humans shall trust enough to ask for this knowledge, or least the proper hints and nudges towards its revelation. This is always permitted, you may be given anything from alien extraterrestrials of which you ask. We specifically mean you in the collective way; a simple majority must affirmatively ask for alien extraterrestrial involvement. When this finally happens, and it shall, at many junctures along the way will come the requirement, both mentally

telepathically given to many humans by their own GAGs and also from the alien ET visitors themselves, to secure acceptance by the minority of at least their knowledge of the process. Even if the minority declines to request assistance, they will not be blindsided when it appears.

The largest part of alien ET involvement in medicine, health and treatment will be identification. They will show how to uncover the mechanisms and causes of chronic or even fatal afflictions in humans. They will not perform the work and will most certainly not hand humans a magic potion, cure or antidote to stop or even worse, reverse the effects. This will disappoint and even anger many humans, however the bitter to sad reactions will serve a purpose aliens know well, which is to reverse the automaticity of entitlement many humans hold.

Human ideas of beneficence, doing well and good by others and generosity are assumed, sometimes taken for granted and sometimes arrogantly incorrect. Not delivering these wonderfully, magical solutions, cures and treatments commonly provokes a nasty reaction, designed to achieve three things: first to cause the solution holder to relent and release because of guilt and shame, secondly to cause the angry protestor to elevate her or his idea and self-image of benevolence thus social status; third and lastly, to force adoption of the ideas the protesting party prefers.

The stance will fade rapidly as other humans involved will successfully prevail upon the angry disappointed ones among them, that your cousins are not here to solve for you what you can do for ourselves. Spiritual knowledge will be stronger and shall prevail.

We mentioned and now turn to spiritual knowledge, and the ways it will affect thus improve medicine. Largely this relates to death and disablement, temporarily and mild to severe and permanent in some cases.

All humans will agree that death is as much a piece of life as birth, that no human lives forever. Once many a human enters the phase of life where its end is seen to approach, humans lose this perspective almost completely. Fear of death is considered nearly a social requirement, and inasmuch as they can be applied, nearly any effort or expense required to extend or prolong life is made. This attitude is admirable yet disappointing, for it ignores life and its realities.

Heroic end of life efforts, often monumentally large, will cease to occur. Humans will be more understanding and accepting of human life as a journey with a destination, that reaching it is achievement of a goal. Reaching this enormously good milestone now, is seen as a tragedy.

Lastly we shall address medical technology and treatments.

- Injections will no longer be administered to the bloodstream with physical needles; air pressure through skin will take over.
- X-ray images will no longer be. Sharper and far more accurate three dimension holograms of the interior of the human body will become possible, and sound waves will be the preferred method.
- Nearly all uses of cutting instruments will be replaced with lasers during surgery.

- Alternative methods of disinfection will become common, such as brief intense exposure to ultraviolet light.
- Sutures will no longer require removal, as the ability to fuse broken skin will become simple, reliable and universal. The idea this can be achieved with externally applied heat already exists however side effects, such as scars and the operation of the equipment, pose possible problems. Closure of cuts, breaks and ruptures in any internal or external bodily tissue will be achieved with electricity. It will be painless, quick and reliable.
- Treatment of many bodily troubles will come more and more under what today are deemed alternative treatment methods. Acupuncture will become front and center basic treatment, and the use of electricity will also become a very common treatment. Many aches, pains, causes of inflammation and discomfort will be treated with low level electricity current with great success.
- Drugs and medications will be administered far less often and in small doses. This will happen because alternative treatment methods will step in to reduce need for drugs. They will still be used but far less.
- Humans will be far less likely to abuse mind altering drugs, and this practice will fade from commonality. Everything from ethanol to heroin and fentanyl now seen often abused, will drop strongly.
- Mental health will nearly completely abandon drug therapy, and common cases of depression will be treated more quickly and efficiently by means of social interaction. Most interesting shall be these methods developed, which many of you shall have opportunity to observe. The incidence of debilitating conditions such as major depressive disorders shall drop, as shall suicide.
- Lastly, corrective treatments for general deformities and developmental conditions related to teeth, eyesight, hearing and related circumstances shall also see better and quicker methods used.
- Firstly, genetic indicators will be identified in the unborn so parents can know well in advance if myopia is likely to manifest, if the adult teeth shall emerge and remain crooked or twisted or if other conditions, deformities and problems are likely.

Pressure will there come to create genetic modification to prevent these, and the debate will be most interesting as to whether this is desirable. In this process your alien extraterrestrial cousins shall participate openly, demonstrating the results of similar approaches taken elsewhere in the galaxy. In the end, humans will have the genetic correction option available but almost nobody will use it."