

FROM THE EDITORIAL BOARD

This issue of international image-presentation edition "Socrates Almanac" is dedicated to a leading Kazakh physician, healer, and public health service organizer Zhasan Zekeyuly, MD, professor, and academician of the Academy of Cosmoenergetics and Traditional Medicine of the Republic of Kazakhstan.

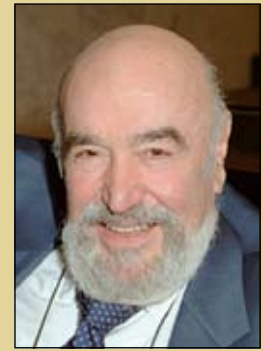
Long-term scientific, professional and social activity of this unique person is well known both in Kazakhstan and the international community.

Throughout his life he has been following his vocation, serving medicine and the public good. On this path he managed to combine high science with practice, make a significant contribution to establishment and development of complementary medicine in the Republic of Kazakhstan, and create an innovative medical and diagnostic clinic – Medical Center "Zhas-Ai".

Academician Zhasan Zekeyuly healed thousands of patients and issued more than 200 scientific papers. He is the author of many techniques in the treatment and prevention of acute and chronic diseases of internal organs and musculoskeletal system.

In his scientific research and multifaceted professional and social activities, he has always served a high goal – health improvement of compatriots, improvement of the quality of citizens' life in the Republic of Kazakhstan.

We really appreciate that Dr. Zhasan and all workers of Medical Center "Zhas-Ai" participated in the preparation of this special issue. Let the achievements of specialists of the Center be widely recognized, and its dynamic development for the sake of happy future of the country gloriously continue!



President of European
Medical Association

A handwritten signature in black ink, appearing to read "Vincenzo Costigliola".

Dr. Vincenzo
Costigliola

Let us introduce the hero of the edition

Academician Zhasan Zekeyuly is an ethnic Kazakh, but he was born and raised in China. He was born on June 3, 1967 in the town of Tarbagatai of Xinjiang Uigur Autonomous Region of China (XUAR). This region, also called Eastern Turkestan, is the place of compact residence of Uigurs and Kazakhs, many of whom returned to Kazakhstan after gaining of independence.

After graduation from school Zhasan enrolled into medical department of XUAR and in 1989 he received a medical degree.

A gifted graduate was sent to Ile Regional Central Hospital Qitun, where he quickly proved himself as a crack specialist in the field of surgery and acupuncture.

Suffice it to say that by 1995 he had become the head of department of surgery, and was also given the title "Highly skilled senior physician investigator of the Chinese people". In 1995 he also became a member of international scientific research medical society of reflexologists and was recognized by the Ministry of Health of China as one of the top hundred young specialists.

In 1996 there was a new turn in the life history of Professor Zekeyuly. At the invitation of the Minister of Education of the Republic of Kazakhstan, he returned to the land of his ancestors. Here, after completion of Russian language courses at Kazakh National University, Zhasan Zekeyuly enters a PhD program of the Department of Surgical Diseases of Kazakh National Medical Institute (1997).

After completion of PhD program he defended his thesis on "Treatment and prevention of inflammatory processes after operative treatment using methods of Chinese medicine."

In 2004 Zhasan Zekeyuly founded and headed the center of Oriental Tibetan medicine "Zhas-Ai". The center started its work in a rented three-room apartment. Now he owns a 5-storey clinic and has offices in Almaty and Astana, more than 70 specialists work there.

Such a progressive development is evidence of remarkable organizing skills of Professor Zhasan Zekeyuly, and also a definite proof of brilliant therapeutic possibilities of the art of acupuncture and healing power of his magic hands.





Successes and achievements of Zhasan Zekeyuly

1995
In 1995 he was considered as one of a hundred excellent specialists of the health care system in China.

In 1995 by the order of the Minister of Health Care of China, he was awarded the title "Highly qualified senior doctor-researcher".

1998
In 1998 in December, he was awarded the title of Academician of the International Academy of Acupuncture.

2002
In 2002 on September 13, he defended his thesis "Prevention and treatment of the processes of exacerbation of surgical diseases by the method of Tibetan medicine" under the leadership of Professor Aman Nurmakov at the Research Institute named after A.N. Syzganova in Almaty.

2004
Since 2004 he is a member of the Association of Traditional Healers of Kazakhstan. Honorary member of this association, possessor of medals "Oteyboydak", "Hippocrates".

2005
In 2005, he was awarded the Honorary Diploma of the Association of Traditional Healers of Kazakhstan for active participation in the work of spiritual recovery of the population and contribution to the development of traditional medicine.

2006
In 2006, on December 22, he was awarded the medal "15 years of the Association of Traditional Healers of Kazakhstan" according to the 15th anniversary of the establishment of the Association of Traditional Healers of Kazakhstan.

2007
In 2007, on December 21, he was awarded the badge "Best doctor of public healthcare of the Republic of Kazakhstan" for a great contribution to the development of the health care system in Kazakhstan.

He created a Charitable Fund "Protection of Life". This fund was created at his own expense, also organized a creative party for readers and poetess Elmira Orazbekova, who is a disabled by birth. He provided sponsorship for the realization of the program "Nurly Kosh". Moreover supported "oralmans" with publications for the central publication.

In 2007 he became an academician of the People's Medicine and Space Energy, he was awarded the Diploma "For effective search in medical practice".

Since the establishment of the medical center in "Zhas-Ai", 80000 people have been treated and 15,000 patients were provided with free medical care.

2008
In 2008, on July 25, the Association of Traditional Healers and Psychologists awarded him the title "Healer of the International Category" for his contribution to the development of traditional medicine.

In 2008, on October 27, for productive charitable activities, he became the nominee of the national project "Altyn Zhurek" ("The Golden Heart"). He was sent a Letter of Gratitude from B. Sadykov, Executive Secretary of the Ministry of Healthcare of the Republic of Kazakhstan, also received a Letter of Appreciation from the Ministry of Emergency Situations.

In 2008 he was awarded the medal "Astana-10 years".

From 2008 to the present time Professor Zhasan Zekeyuly is the Editor-in-Chief of the scientific medical information journal "Zhas-Ai", the founder of which is himself. In 2009, in Taraz city at the 6th International Congress of Traditional Healers, he was awarded the title "Major researcher, scientist, healer".

In 2009, he was awarded the title of "Honorary Professor of the University of Vienna" (Austria).

In 2010, in April, he took part in the International Scientific and Practical Conference "Global", supported by the World Health Organization (WHO) in Tokyo (Japan). Being on a business trip he studied the Japanese experience in the management of medical institutions, then he established a creative relationship with his Japanese counterparts. Zhasan Zekeyuly was awarded the certificate "Efficient Management of Medical Institutions. Experience of Japan".

In 2010 in August he became an academican of the Russian International Academy of Creativity.

In 2010 he was awarded the International Order "Socrates" for his contribution to the development of world science.

In 2011, on April 3, Zhasan Zekeyuly, a member of the Nur-Otan Party, was awarded the Letter of Thanks of President Nursultan Nazarbayev for active participation in the election campaign for the election of the President of the Republic of Kazakhstan.

In 2011, in May, he took part in the International Conference "Modern Medical Clinic: Management and Supply", held in New York. He was awarded the Medal of the US Department of Health "Honor". In 2011, in December, he was awarded the jubilee medal "Independence of the Republic of Kazakhstan 20 years".

In 2009-2011 he was on a creative trip in Japan, the USA and Europe, studied the achievements of colleagues and exchanged experiences.

In 2012, on February 28, he defended in Moscow (Russia) his doctoral thesis "Conclusion of a patient with an exhausted nervous system from the crisis by a non-drug way and monitoring the restoration of his normal state." By decision of the Higher Inter-Academic Commission he was awarded a doctorate in medical sciences.

In 2012, on April 28-29, he was awarded the Gold Medal for a great support in the organization of the International Scientific and Practical Conference "Negligent Spirit", devoted to the 300th anniversary of Abylai-khan and active participation. Also he was awarded the Letter of Gratitude for the achieved great success in professional activity.

In 2012, in September he was awarded the Letter of Gratitude of the "Nur Otan" party in Almaty for the active participation in the organization and holding of the Republican action "Road to School" and charity for large families.

In 2012, September 28, he took an active part in the celebrations devoted to the 80th anniversary of the National Writer of Kazakhstan Sherhan Murtaza. For active participation in the event, held at the Republican level, he was awarded the Letter of Gratitude.

In 2012, on October 17, the department of internal policy of Akimat of Almaty awarded him the Letter of Gratitude for a significant contribution to the social and economic development of Almaty.

In 2013, he was awarded a medal, and was awarded a certificate for making investment in the amount of 5,000,000 tenge for establishing a monument to the National Heroes Bayan batyr Kazabolatuly and Er Zhanibek Berdauletuly on their 300th birthday.

In 2013, he was presented the Letter of Gratitude for the active participation in the implementation of the program tasks of the party "Nur Otan" in connection with the 23th anniversary of the Independence of the Republic of Kazakhstan, on behalf of the Auezov district branch of the "Nur Otan" party.

In 2014, he was awarded the sign "National Quality" the city center for the protection of consumers' rights of the Republic of Kazakhstan.

In 2014, he was awarded by Akim of Auezov district of Almaty for his contribution to the preservation of national values and their propaganda.

THE CONTRIBUTION HE MADE TO THE DEVELOPMENT OF THE COUNTRY: "FOR ALL THE PATIENTS WHO CAME TO SEE ME AT THE RECEPTION, I HELPED, I HELP AND WILL ALWAYS HELP. I WILL NOT REGRET MYSELF".

In 2014, he was awarded a Certificate of Merit for his sponsorship of the activities of the national-ethnographic association "Adyrna" and the modernization of national art.

In 2014 he became the main sponsor of the Championship of Kazakhstan on "Kekushinkai Karate-do" among men and women. According to the 70th anniversary of the foundation of the Academy of Tourism and Sports, he was awarded a Certificate of Merit.

In 2014, he was awarded the Letter of Gratitude by the International Public Foundation "Yer Zhanibek" for the enlightening work on spreading the ways of treating people from diseases by the method of Eastern Tibetan medicine and the 10th anniversary of the establishment of the Center for Eastern Medicine "Zhas-Ai".

In 2014, he was awarded the Meritorious Diploma for the introduction of new methods of treatment among the Turkic-speaking patients by the Fund of Culture of Turkic-speaking peoples.

In 2014, the Religious Administration of Muslims of Kazakhstan awarded him a Letter of Gratitude for sponsorship in the construction of a mosque in the village of Barshatas, Ayaguz district, East Kazakhstan region.

In 2014, on December 3, the Association of Traditional Healers of Kazakhstan awarded him the title "The Unbeaten Healer of the III Millennium".

In 2014 on December 15, by the decision of the Council of Veterans of the Great Patriotic War and the Afghan War, he was awarded the medal "Batyr Shapagaty Bauyrzhan Momysuly".

In 2015, on January 5, he was awarded the Medal "The Pride of the Nation" by the International Kazakh Creative Union "Planet of the World". He was awarded a Diploma.

In 2016 on January 16, Jasan Zekeyuly was awarded the International Order of the United Nations "The Badge of Honor".

In 2016, on July 24, he was awarded "Bayan Batyr", a medal for his active participation in the propaganda of the life and work of the national hero Bayan batyr.

In 2016, he provided sponsorship support in the amount of 1,000,000 tenge in the organization and holding the International Conference and Contest of Readers devoted to the 150th anniversary of Zuke Batyr Sabituly.

HE GAVE THE FAMILIES
THE GREATEST JOY IN
THE WORLD – TO HAVE
CHILDREN.

In 2016, taking into account the charitable activities in relation to veterans, the Council of the Republican Organization elected him as the 81th member and awarded him with the badge "Badge of Honor".

In 2016, on October 3-6, took part in a scientific-practical conference in Ankara (Turkey) named "Educational and technological strategy for the development of the new Turkey". He was given a certificate.

Due to his exceptional diligence Zhasan Zekeyuly became a famous surgeon, an authoritative specialist. He did not claim to fame. Just being a young specialist he set the goal – to understand the mysteries of Eastern medicine. From a distance he observed doctors who deftly, skillfully and easily put needles.

"Then I thought: they know the secrets of acupuncture, and why I do not know. I must master this method of therapy. I'm not in the least, not worse than them".

HE SUPPORTED
FAMILIES WITH MANY
CHILDREN WHO WERE
IN NEED.

Zhasan Zekeyuly with his daughter Ulpan



The younger generation of the family - Akmaral, Bayan and Nursultan

The peculiarity of Chinese medicine is that it treats patients with the energy of nature itself. Connoisseurs of eastern medicine observe vigilantly of the grass life, water flow, the animal trees. The results of observations are collected and published in volumes of books, works, treatises, etc. Being a student at a medical university, I did not part with these benefits either day or night. And it turned into a habit. I have a teacher, he is 90 years old. I studied with all my heart. I was moved by a passion for learning unsolved mysteries of acupuncture."

A frenzied desire to know, perseverance in achieving the set vital goal, made a result. Zhasan Zekeyuly, today known to the Academic Union of Oxford and the European Medical Association, is a prominent medical scientist.

They say that when the soul sings, everybody around you are happy. A wonderful Russian doctor, writer, playwright A.Chekhov writes: "The happiest person is the one who knows three things: his religion, the human anatomy and the romance about the lovers."

It is doubtless that Zhasan Zekeyuly knows better the anatomy of a person than any other colleague, and he believes in religion "Islam" and visits the Mosque. Constantly visits the theater.

We always get love when we give love. Zhasan Zekeyuly sings a romance about lovers in his own accordion accompaniment. He sings from the bottom of his heart, with great pleasure, without getting lost on the tonality of the torn pharynx, the voice. I am not a musician – but I think he has a baritone, velvet. He does not strain his voice during the performance, and he does not the audience. He is there, in the aura of the song being performed, in which a fairy tale about some exciting event is folded, impressively. The song is full, there comes a pause for a moment. He is there, not so much on stage, but as in the world of the storyline of the song. And suddenly a flurry of applause.

This is not a soloist, but a professional doctor, who receives gratitude from spectators-listeners, clapping their hands furiously.

HE GAVE THEM FREE MEDICAL CARE.

Indeed, the ideal of the culture of modern man is nothing but the ideal of a person who, under any conditions, preserves genuine humanity.

In 2016, the International European Medical Association, Oxford and together with other organizations the Eastern Medical Center "Zhas-Ai" was awarded the title "International Best Clinic". The certificate with number No. 022 is awarded and two medals are attached with documents on the status. The certificate "MEDICAL PRACTICE" is registered in the certification center of the sphere of medical and practical samples, it is given a special number and entered into the database.

In 2016, on December 5, by the decree of the President of the Republic of Kazakhstan Nursultan Nazarbayev, he was awarded the medal "Yeren ebeji usyn".

HE TEACHES COMPATRIOTS TO COMPREHEND THE SECRETS OF EASTERN TIBETAN MEDICINE.



In 2017, in May, by the decision of the Central Council of the Republican Organization of War Veterans he was awarded the jubilee medal "30 Years of Organization of Veterans of Kazakhstan".

In 2017, in June, according to experts' estimates, for achievements in 2016, he was named "Leader of the branch-2016" ("Leader of the branch-2016"). He was awarded the order "Decus oeconomicae" of the Organizing Committee for No. 0805.

In 2017, on July 3, the Academic Union of Oxford and the European Medical Association awarded him the title of "Honorary Professor", "Honorary Doctor" of the Academic Union of Oxford and the European Medical Association.



The Name in Science

He defended the thesis **“Treatment of surgical patients and postoperative complications according to the Chinese method”** in the Kazakh language firstly. He is the author of more than 500 scientific papers, two medical patents and interviews published in the mass media. Contributes to the promotion of healthy lifestyle norms.

In 2012, on February 28, He was awarded a doctorate in medicine after defending his doctoral dissertation **“The withdrawal of the patient from the depleted nervous system from the crisis through non-pharmacological treatment and control over the restoration of the previous normal state”**, under the leadership of Academician Sung of China by the decision of the Moscow (Russia), Higher Inter-Academic Commission for scientific work.

The book **“Healer from East Tibetan Medicine”** was published, which tells about life and creative activity of Zhasan Zekeyuly. Readers meet this book warmly.

In 2012, in September, the book **“Zharkyray bermek Zhasan alemi”** (“The World of Zhasan will shine”) was published.

In 2012, in November, the mother of Zhasan Zekeyuly Sharipa Kazekzyzy wrote and published the book **“Sonbes saule”** (“The light without a flash”).

In 2015, the book **“Izgilitii izii bar”** (“Charity leaves traces”) was published, in which the gratitude of the people who got rid of their diseases here at the medical center “Zhas-Ai” is given.

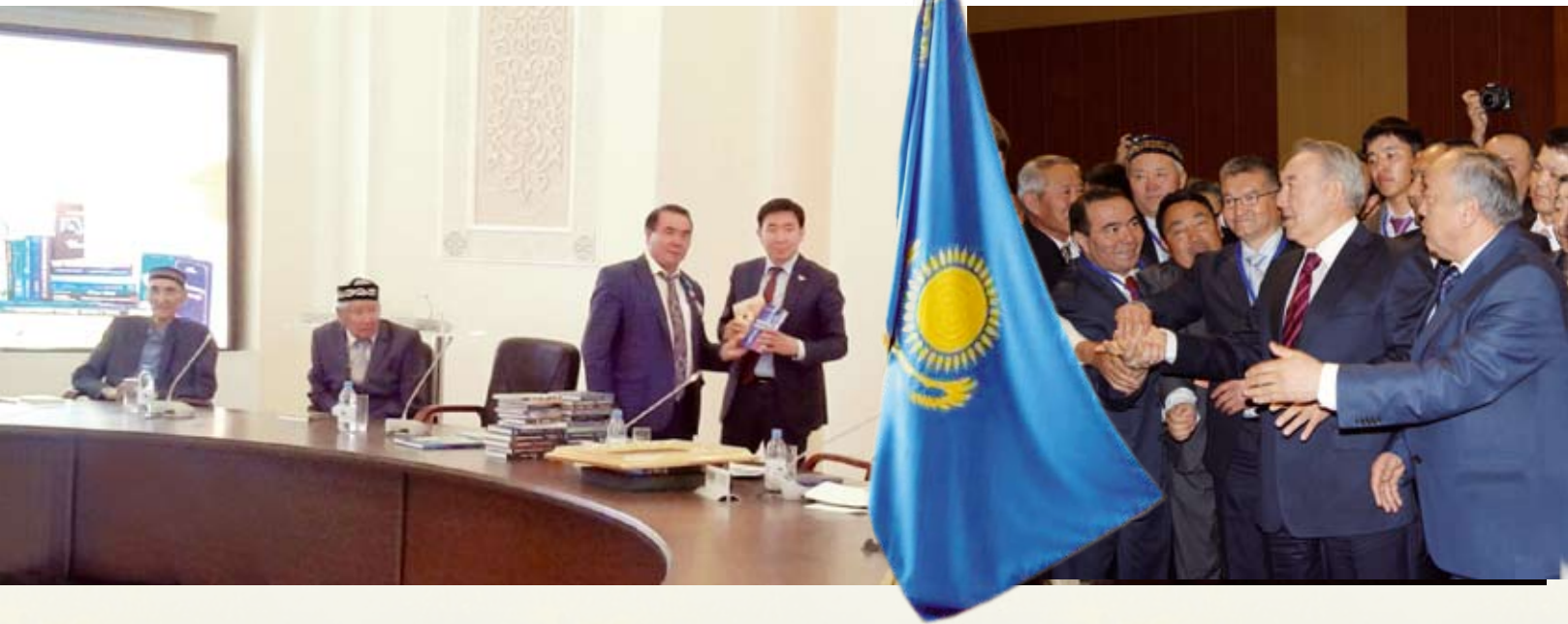
In 2016, a novel **“Tektilik tegeurinii”** (“Gene Energy”) was published by the famous ethnographer writer Zhanat Ahmadi, in which the narrative about the sources of Zhasan Zekeyuly is being published. He is one of the heroes of this novel.

In 2016, Academician Zhasan Zekeyuly issued a book entitled **“Independence-gift of destiny”**, dedicated to the 25th anniversary of the Independence of the Republic of Kazakhstan.

In 2017, in June, Academician Zhasan Zekeyuly wrote and published two textbooks **“Acupuncture”** and **“Lumbar Vertebral Diseases”**, designed for students of higher medical and secondary special educational institutions due to support from the Akimat of the Almaty region.

In 2017, on the eve of his 50th birthday, Zhasan Zekeyuly issued textbooks **“Acupuncture”**, **“Bel Omyrta aurulary”** (“Lumbar-vertebral diseases”), **“Densauly-Seni Menshigi”** (Health-Your Own Property), **“Zhas-Ai” Jylnamasy** (“Bibliographical memo” Zhas-Ai), **“Zerger zeyin, Zerek Zerde”** (“Concentrated attention, unique memory”).

In 2017, on the 50th anniversary of Zhasan Zekeyuly, Aydin Rysbekuly, a heraldist, an expert of the Ministry of Culture and Sports of the Republic of Kazakhstan, in June of the same year, he published two books: **“Tau Tulka”** (Personality), **“Academic Semey Kelur”** (“Staying Academician in Semey”).



LIFE CREDO: To stand guard over people’s health. To contribute to the cause of improving the well-being of people, compatriots. To grow up young people in a spirit of loyalty and selfless devotion to the Motherland, instilling in it feelings of charity and nobility.

HOBBY: To read books about great personalities from the series “The Life of Remarkable People”, play the accordion, sing songs in my own accompaniment, play sports, meet friends, be in the bosom of nature with all your family.

PLANS FOR THE FUTURE: As a result of the research, to find out the causes of “rejuvenation” of incurable diseases and their wide distribution. As it was said by the President of the Republic of Kazakhstan N. Nazarbayev, to work persistently in order to extend the average life expectancy. At the same time, to find ways to cure diseases that now have become incurable. To create conditions for the wide dissemination of Eastern Tibetan medicine in Kazakhstan. To open in the country new higher medical educational institutions, where they will prepare a new generation of competitive medical personnel.





Author **Aydin Yrysbekuly**,
President of PF "Tugan Kalam Semei (My native city Semey)", Alashoved

Achievements of academician Zhasan Zekeyuly as mirrored by the Kazakh press

The twentieth century is a century that was heavily burdened by colonial oppression on the shoulders of the Kazakh people. At that time, the national liberation uprising took place, the "Hunger" of 1921-22, 31-33 years, the repression of 1931-1933. Today, the Kazakh nation with great tragic fate achieved great freedom with great difficulty. After a hard time with untold suffering, the era of luxurious freedom and happiness came upon us, like a thickly overgrown grass on a palm, scorched earth. The ice cereals melted in consciousness, the frozen layer in my heart began to soften somehow and sadness thawed the soul. The swans returned to the lakes, the Bustards returned to the desert. The smoke from the pipes went up into the sky, the country cheered up.

However, unwilling to bear the pressure of the red colonists more than 5,000,000 Kazakhs, moved to foreign countries, leaving their native limits, in general, everyone knows that 6/1 part of the nation is behind the hill. In 1991 Kazakhstan began to collect compatriots, scattered millet in white light, under the banner of the color of the blue sky.

From all corners of the world a caravan of tribesmen went to the historical homeland with an endless white line. First of all, the educated Kazakhs, driven by the patriot's feelings, returned to their homeland. Among them were those who had passed the worthy thorny fortifications of fate, who loved their Fatherland fervently, who entered the world of Kazakh spirituality in the constellation. And now they are working selflessly in different branches of production and science for the benefit of the Fatherland. Their exacerbated sense of the Motherland, diligence, education, efficiency, courage in the struggle for the triumph of truth are an example for us to follow. One of them is Zhasan Zekeyuly, doctor of medical sciences, professor, academician. Kazakhs have a habit of addressing older ones not directly by name, but somehow in a kindred way, like Sake, Bake, Take. And I decided that it would be necessary for me to apply this

custom to him in the key, to Zhasan Zekeyul as to Jacques. He met with him on December 5, 2015 for the first time in his life, although he used to know mainly hearsay as a man who earned people's trust and respect for his tireless search and special diligence, modesty and kindness. I was led to him by the famous writer and translator Dauren Galymzhanuly to the Center for East Tibetan Medicine "Zhas-Ai", located at the foothills of Alatau. This meeting was very pleasant and successful. He met us with special cordiality, demonstrated high culture, humanity, communicating with a man, he knows how to arrange himself, in the dialogue he is heartless, gradually talking with emotion as old acquaintances. For myself, I found that the style of speech, the manner of holding, the well-cut suit, the impeccable arrow of trousers, become with emphasized dignity, even the chair on which he sits, favorably distinguishes it from others. And most importantly it is a healer, golden hands with a golden needle and a competitive expert of high quality, disinterestedly serving the interests of the nation, a public figure and a sensible leader. By surrendering to himself reflections on him, you gradually begin to feel how much the deep history in one of his names is hidden, how many memories dear to his heart.





He attracted me with the magic of the heart (here there is no mysticism), knowledge of life, the ability to keep a word, an acute sense of justice. Soul, but not noticeable to him, reached for him. Meanwhile, as if by the way, he said: – Aydin, I could get you to work. After that meeting we became related: he became my elder brother, and I am – the youngest, ready to support him always. Today we are friends.

I worked at the administration, a responsible party worker, and I got some experience. I had to deal with leaders of different ranks and levels. Many of them, whether they do not like the work, or something else do not like it, were in an exhausted state, go to one of them, consult them at work, get an answer that shock you with alogism. Seldom when I had to meet with a leader who knows the sense in his business, perspicacious, able to bring the business started to a logically justified conclusion: one of them was in 2004-2012, Kusemily Nurkasym, who worked as the head of the city department of culture in Semey, the second one is Zhasan Zekeyuly.

In general, the staff of the center of East Tibetan Medicine “Zhas-Ai” among medical institutions in Almaty is considered the most amicable, united. Zhake leads this famous institution. Do you think that today the chiefs understand in their own way that to lead today is a hand to drive and walk on the heads of people. And Zhake has everything – on the contrary: allows people to walk on his head. To be even more precise, he is very responsive to the needs of his subordinates, solves problems in their interests, is ready to alleviate the fate of each of them, if something out of the ordinary comes over him, that’s obviously the trait inherent in a real leader. Basicly, Zhake has everything: position, fortune and good glory. And yet it is not brought, forgotten, does not cause anybody any harm. He is pleased with what he has today. Therefore, he enjoys the love of the people. The German philosopher Schopenhauer, whom the wise Shakarim honored as his teacher, did not in vain say: “No fame, no wealth, no official position brings happiness. True happiness is the love of the people.”

In many cases, consoling themselves, with a verb: “What is destined, it can not be avoided.” However, we do not hold in mind the fact that the divine purpose is the misdeed of

a particular person. It’s time to remember the well-known Chinese proverb “It’s clear that he has such a destiny,” which, people reassure each other. And in truth, fate is a set of mistakes committed by people in life. In this case, there is nothing to blame on fate, signing in own impotence. It is common knowledge that under a recumbent stone water does not flow. And if so, the generation of Alash, now has an unquenchable thirst to act, make discoveries, offer innovations. Otherwise, due to the fact that the crafty, ungodly society has uncontrollably multiplied, it can plunge into the abyss of corruption. The great poet of the East, Saadi, who feeds the world with the nectar of wisdom for centuries, said: “It is not worth to break the sapphire of Badakhsham. And if you broke it into pieces, then try to assemble it, glue it together.” So he honors a man like a precious stone. A person in his short, fleeting life should not tarnish his honor. Call the real man of someone who cherished the honor of the forest of life. It seems to me that Zhake can rightfully be called a real man, for he honorably fulfills his filial duty to the people. His scientific works are waiting for his researchers, service to the people is worthy of careful study, since the public is not well acquainted with him yet. The thing is that I myself am working on the idea of Alash at a certain level, I have been studying this problem for twenty-one years already. Therefore, I have an idea of the work of research scientists. By the way, the bee collecting honey, flies to about 80 colors. And scientists, like this bee, to write one scientific article, sort out a heap of literature. So knowledge is obtained. Do you know why the spikelet rises to the ground? Because there is a grain in it. In short, the more educated the person, the more modest he becomes.

Now we need to keep a roll on the main sphere of activity of Zhasan Zekeyul. Healing is not a field for you to ride on a white horse. Healing is a large school that stimulates the spirit and intensifies the energy of the body. This school has its own scientific system.





a line along the smeared place with a needle. "
 (B. Nurzekuly "Zhuz tungysh" 1 book, pp. 177-195)

Now there is enough reason to believe that not Edward Jenner invented the vaccine against smallpox, but Oteiboydak Tleugabyluly, who offered the world his vaccine for 350 years earlier than Edward Jenner. In the Great Medical Encyclopedia, published in Moscow in 1981, it is written that the anti-acute vaccination was carried out in ancient times in the countries of the East (volume 17, 464 pages).

A tombstone was erected on the grave of Oteiboydak Tleugabyluly located on the Jailau Shalkoda in the territory of Raimbek district of Almaty region.

Here it is necessary to admit that there is a reason why they talked about Oteiboydak Tleugabyluly. Since 2004 Zhake has been an Honorary Member of the Association of Traditional Healers of Kazakhstan. He was awarded with medals "Oteiboydak Hippocrates".

In 2009, at the VI International Congress, dedicated to the memory of Oteiboydak Tleugabyluly the healer was awarded the title of "Best Scientist-researcher". Although 30 generations of healers have passed by time, it can be said with certainty that today's successor of his famous predecessor, Oteiboydak Tleugabyluly, is rightfully Zhasan Zekeyuly.

Summing up some of my reflections, I want to say:
"We need to protect our healers as an apple of the eye, curing our health with you both day and night. Their physical well-being is not a guarantee for our health".

All his colleagues in the healers workshop, the scholar Zhasan Zekeyuly, calls:

"Whether me, whether you, or him we all go along the path with one great desire to serve faithfully and truthfully to the noble cause of preserving and strengthening the health of the nation".

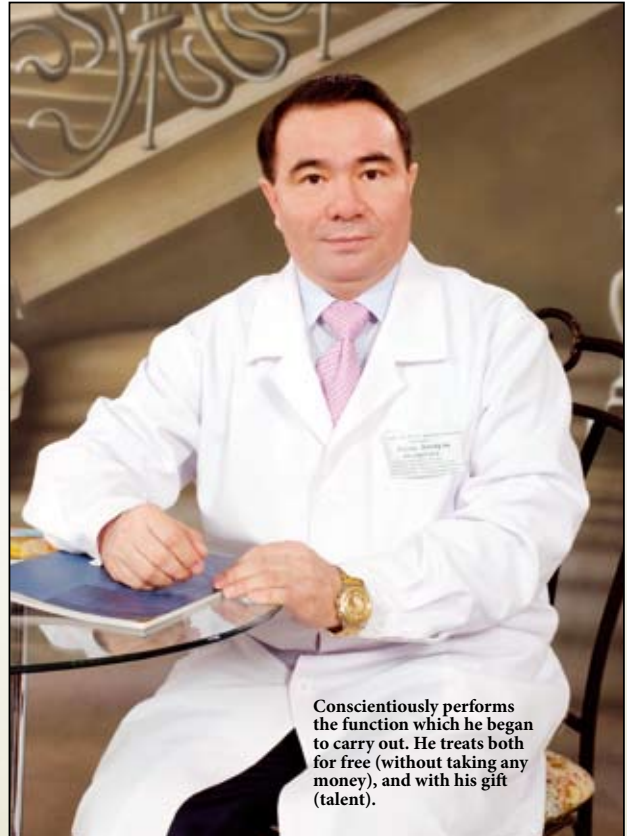
If you follow the history of Central Asia X-XV century. There it can be easily found that there were many medical centers working at a sufficiently high level. There is evidence, confirmed by documents, that according to the biography of the great Tamerlane (1333-1405), he wrote himself, in 1354 he fell seriously ill and a healer from Samarkand could not cure him with pomegranate juice, he was put on his feet by a doctor Turkestan bloodletting. This healer could be Oteiboydak Tleugabyluly, who lived in the 14th-15th centuries, because his name was known to all the kings and the famous encyclopaedists of China and Russia. The author of the fundamental work "Shipagherlik bayan" ("Notes of the Healer"). The work consists of 3 parts, in which about 5,000 recommendations are given on the healing of diseases and the use of medicinal herbs. This scientific work is made up of 7 books.

The word "first-born" in the opinion of Kazakhs has its own specific weight, but its weight does not have its own measure. On the 707 page of this manuscript five centuries ago it was written: *"For one year, smallpox scared people mercilessly. With a view to healing the sick, the healer, working, did not spare himself either day or night. Some experiments followed others, and, finally, the search was crowned with success. The finding was structurally modest: "The pox of the child was taken pus, made an incision on the groin of the calf, it shows up blood, the wound is smeared with the contents. In a week, this wound swells. The bloating is steamed, then the contents of the cavity are poured into the kidney pouch, put it in place, protected from the sun, then one end of the peg is made sharp, then they are smeared with the forearm of the boy infected with smallpox, now it is enough to draw*

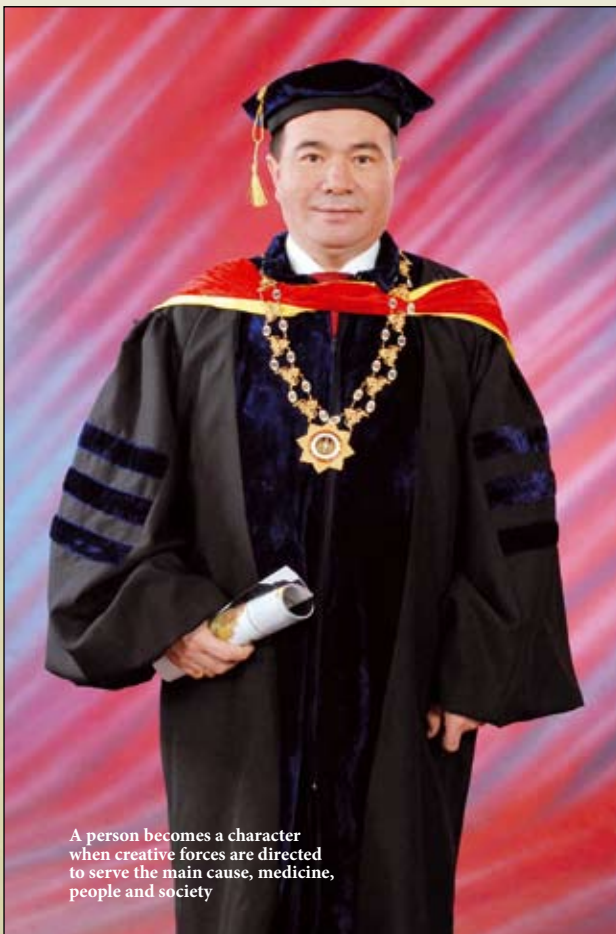




Dr. Zhasan Zekeyuly, holder of Diploma "Honorary Professor" of the Academic Union, Oxford, and the European Medical Association. Such success is possible on one condition: with maximum internal mobilization, maximum concentration of all our moral and physical forces



Conscientiously performs the function which he began to carry out. He treats both for free (without taking any money), and with his gift (talent).



A person becomes a character when creative forces are directed to serve the main cause, medicine, people and society



The Laureate of International Socrates Prize (UK)



Dr. Zhasan Zekeyuly during the presentation of title of "Honorary Doctor of the Academic Union, Oxford, and the European Medical Association". At left: John Netting, President of Europe Business Assembly; at right: Dr. Vincenzo Costigliola, President of European Medical Association (Lucerne, Switzerland)



Collection of reviews, opinions, utterances and reflections from colleagues, friends and patients of the medical center "Zhas-Ai"

Thank you with a my heart!

"Health is an incomparable wealth." "The first wealth is health, the second wealth is a friend of life, the third wealth is living creatures," the Kazakhs believe in the fidelity of this thought. Also, the Kazakh is spending his time by complaining on his health. This is true. There is no mistake.

By the way, do we understand that these three riches determine the purity of the soul and body of the Kazakh, as well as the healthy way of life. More than a long time ago, the Creator, according to His High Will, gave a man health, give him the opportunity to live for 120 years. It is true. However, why there are many sick people nowadays? Do you know, a child in the womb of his mother is also sick. Why? Who is guilty? What is the matter?

In general, each person to whatever wealth he aspired must decide on the image of thought and way of life. Mr. Zhasan follows the well-known rule "look for not the way to cure of the disease, but ways of healing." Here is an example.

The Jew will undergo a medical examination for a year, and more than once.

The Russian will be treated in the hospital responsibly and thoroughly.

The Kazakh comes to the doctor almost in the dying state.

For what reason is it happening? Perhaps this is due to the lack of proper literacy. There is no responsibility for health.

And where is the culture ... health ... Kazakhs must have been lost in some link, in a locus, a unit of hereditary information. After all, three centuries ago it was a unique nation. What should be done?

It seems to me that whoever is still breathing can be cured. Kazakhs should appreciate and cherish their health. And for these purposes it is necessary to go to "Zhas-Ai", to the Center of East Tibetan Medicine to Zhasan Zekeyuly, healer, educator.

For us the time has come when we need to get rid of the psychology that "the doctor is obliged to treat." Every person must follow the norms of a healthy lifestyle and know the preventive measures against infectious and non-infectious diseases.

It gives pleasure to write and talk about Zhasan Zekeyuly, who dedicated us to the mysteries of 700 points, 12 organs, to the process of anatomical, physiological, biological development of the human body, a connoisseur of Chinese, Eastern Tibetan medicine, mastered new methods of effective treatment, innovative healing technologies, highly educated and a competitive doctor, an academican of the International Acupuncture Academy, a doctor of medical sciences, a professor, the General Director of the Center for Eastern Tibetan Medicine "Zhas-Ai", a public figure and a true patriot.

Everything in him attracts: an open face and a word, from the heart of what he said, and the thoughts that he voiced about our worthy future, and the citizen's attitude to the problems of educating young people in the spirit of national traditions, to topical issues of religion and his calmness in any situation. Therefore, of course, I will ask the Lord to save him for the people, to give him good health, that he will be lucky in everything and always and be happy together with people.

I wish the staff of the editorial staff of the Zhas-Ai journal, founded by Zhasan Zekeyuly, good health, creative success, family well-being and happiness!

Matkan Moldagali is a writer, academican, public figure

THE NEEDLE BROUGHT THE BLOOD PRESSURE BACK TO NORMAL

After gaining Independence, they started using the services of traditional medicine. The people perceived the golden needle as a legend. We dreamed of "how to be cured by going there." There were gossips saying, "was recovered after acupuncture", which became almost impossible for people. Now, the compatriots have brought the secrets of Tibetan medicine here to the historical homeland. Recently, at the session of the Parliament, the question of opening the centers of Tibetan medicine in our country was considered. I express confidence that in the future medicine will work for the benefit of the people. I was treated recently in "Zhas-Ai", Center of Eastern Tibetan Medicine, the pressure was brought back to normal. I am infinitely grateful to Zhasan Zekeyuly and specialists of the Center, who heals people with a golden needle without any chemical mixtures.

Ualikhan Kalizhan,
Deputy of the Mazhilis of the Parliament of the Republic
of Kazakhstan

*Allah, without having chosen the method of treatment,
he will not dispel any disease.*

Prophet Muhammad alayhisalom

Dear Zhasan Zekeyuly!

You are a doctor-scientist, who studied and mastered the secrets of classical and Eastern Tibetan medicine, returned to your historical homeland, opened the Center of Eastern Tibetan Medicine - this, from your side, is a noble act that is worth of respect and general recognition. Eastern Tibetan medicine is a healthcare industry, formed over the millennia on the basis of scientific research. It contains many unsolved secrets. However, it does not contradict classical medicine, but rather complements it. I wish success to all the staff of the Center in the noble cause of preserving human health.

Murat Zhurinov,
President of the Academy of Sciences of the RK
Laureate of the State Prize of the RK, academican



Dear Zhasan Zekeyuly!

You are one of those people rightfully called a health protector in a white coat. You came to the historical homeland from China, brought with you the secrets of Eastern Tibetan medicine. And today they serve for the health of the people. Those in need of help were healed in the medical center, many were saved from death. I think I will not be mistaken if I say that, after comprehending the mystery of acupuncture, you have reported a new breath to domestic medicine.

May Allah grant you with power in the way of achieving your lofty goals and your every step will be successful as a doctor and as a healer. We wish long life to the journal "Zhas-Ai", aimed to improve the culture of the health of the people through the promotion of a healthy lifestyle. We wish the health center with its five-year history was showered with gratitude of people who have adjusted their health here, so that your path was illuminated by the light of the great Creator! Dear Mr. Zhasan, descendant of Lukpan Hakim, his successor, I wish you long life and good health.

Sherkhan Murtaza,
national writer of the Republic of Kazakhstan

DROPS FORM THE SEA

People say: "Talk about the good created by a good person, to inspire him."

Zhasan Zekeyuly, You demonstrated ingenuity and practicality in your entrepreneurial activity. I congratulate you on the 10th anniversary of the establishment of the Center for Eastern Tibetan Medicine "Zhas-Ai" and on the 5th anniversary of the issue of "Zhas-Ai" journal, I wish your family well-being and your colleagues a creativity and success in work.

You are an entrepreneur. However, you are distinguished from others by a heightened sense of responsibility to your country. Let the unique gift of the healer, which you inherited from your grandfather genetically, serves not only the Kazakh people, its worthy future, but the whole of mankind. "The drops form the sea". Your work, which began with the first step, is the drop that has now turned into the sea. I know that you are planning to open the Center of Eastern Tibetan Medicine in Astana in the future. I support this idea.

Sarsenbek Ensegenov,
Deputy of the Senate of the Parliament of RK

Dear Zhasan Zekeyuly!

In modern medicine, the treatment of Eastern Tibetan medicine, including acupuncture, is widely used. Nevertheless, scientific studies on this methodology of treatment are not conducted at a sufficient level. For the first time in Kazakhstan, this method of treatment was introduced into practice, and innovation was introduced into the acupuncture process. Eastern Tibetan medicine reported new breathing to patients and showed good results in the practice of infiltrate treatment, exacerbation of anastomosis and similar diseases. From the first days of your activity, in fact, you prove that you are a true connoisseur of Eastern Tibetan medicine and a doctor-scientist. I express my heartfelt gratitude for the fundamental works in science and the presentation of medicine to the world from a completely unexpected new side!

Tokan Sultanaliyev,

Director of the Surgery Center named after AN Syzganov, professor, academician



THE MEDICAL CENTER "ZHAS-AI" IS A UNIQUE INSTITUTION THAT TAKES ITS PLACE IN THE COUNTRY'S HEALTH SYSTEM

In today's reality, Zhasan Zekeyuly is not only a founder of the Center of Eastern Tibetan Medicine "Zhas-Ai", and a chief doctor, but also a popular figure as a well-known physician. Zhasan is a rare expert in a large specialist who harmoniously coexists with humanity and nobility. He mastered the subtleties of Chinese and modern domestic medicine, as a healer represents the achievements of two civilizations. By the way: Zhasan is a qualified specialist in the field of Tibetan medicine. Treatment, conducted by him, has a curative effect on the patient. The word uttered by him affects the patient magically. Gives practical advice, sound advice on the preservation and promotion of health. Zhasan is known not only in our country, but also abroad, in particular. In Austria, which has become the heart of Europe, in which the health care system is more than highly developed. Zhasan Zekeyuly, an honorary professor at the University of Vienna, was awarded the International Order "Socrates" for the great contribution he made to the development of world medicine.

At present, "Zhas-Ai" has become a recognized medical center in the country, has turned into an institution that inspires respect and confidence of the people. The Center issues the journal "Zhas-Ai", which has become one of the favorite publications for the people.

Proceeding from the above, I wish Zhasan Zekeyuly and the staff of the Center to take high marks, to pass any hills successfully on the way to achieving noble goals!

Adil Akhmetov,
Honored Worker of the RK, Academician



THIS CENTER IS LOVED BY PEOPLE

Today we celebrate the 10th anniversary of the medical center "Zhas-Ai" and the 5th anniversary of the "Zhas-Ai" journal, two dates coincided with the anniversary. When the country gained Independence, one of those who lived in the clover in China, and nevertheless threw everything and returned to the historical homeland, was Zhasan. He did not have an office or a center at that time. At that time we met him in a small room, a patch, where I first received treatment from him. Then I discovered in him not only the properties inherent in the healer, the virtues of the scientist and the great man. Thanks to diligence and honesty, he achieved a lot. That's why he is quite famous in Vienna (Austria), which became the capital of world science and education. I will not be mistaken if I say that Zhasan is a person known all over the world.

Garifullah Yesim,

Doctor of Philosophy, Professor, Academician

IT IS NECESSARY TO PROMOTE SYSTEMATICALLY!

I saw what kind of technique our congener Zhasan Zekeyuly treats. I support the way he subtly, surprisingly and skillfully combines the ways of treating Kazakh healing with modern technology. I think it is worth investigating such a problem in health care. There is a reason in profile educational institutions to create structures where they will teach future physicians a unique method of treatment. It is necessary to widely promote the work of Zhasan Zekeyuly in the mass media.

Good way, Zhasan Zekeyuly! Persistently gain your noble goals!

Burkitbai Ayagan,

Director of the Institute of History, Doctor of History, Professor

THIS IS A SPECIAL CITIZEN OF HIS FATHERLAND

Zhasan Zekeyuly - the pride of the country and the people: driven by a sense of patriotism, he arrived in the historical homeland, established a medical center, for a period of 10 years he cured completely 80,000 patients, 15,000 of them passed a full course of treatment on a free basis, for which he was showered with gratitude.

In Kazakhstan he became the first doctor who used the practice of treatment in Eastern medicine in his practice. Zhasan Zekeyuly is a world-size figure, scientist, holder of the International Order "Socrates". Zhake is a benefactor. He opened at his center a hospital for 65 beds.

In this Center, here, patients from distant villages receive treatment from villages of Kazakhstan, from Russia, Turkmenistan, Kyrgyzstan, Austria and the Middle East.

I wish Zhasan Zekeyuly and his family, a team of doctors, led by him, good health, full well-being and creative success!

N.Shormanov,

professor of the Kazakh National University.

ZHASAN ZEKEYULY - THE CHIEF DOCTOR OF THE MEDICAL CENTER "ZHAS-AI"!

I am Islam hadzh Myrzabekuly, with my wife Ziba hadzh Baimankyzy are returning home after recovery: have completed a full course of treatment at the medical center "Zhas-Ai" (13.04.2015-22.04.2015). I am 70 years old. I was treated in many hospitals and medical centers of the Republic and abroad before coming here. I will not lie, if I say that in other centers everything was not the same as in this Center. The center "Zhas-Ai" created a warm and welcoming atmosphere. Doctors, nurses, and employees treat the patients somehow in a Kazakh manner, genially.

If they notice any violations from our side, they make comments without raising their voices. If something is not clear, they calmly, intelligibly explain. The courtyard, the center building, the reception room, the doctors' offices are especially clean. Workers who follow the purity do everything without disturbing the patients. In their free from treatment sessions and procedures they read books, newspapers, magazines, watch TV, have an opportunity to keep abreast of developments in the country and abroad for spiritual needs.

If we talk about the effectiveness of the treatment, then you will feel it exactly after the 4th course of treatment. The skillful combination of the methods of Oriental Tibetan medicine with the techniques of Kazakh traditional medicine undoubtedly pleases and strengthens the belief in recovery. From ancient times, Kazakhs say: "A better leader than a thousand drivers." No one will dispute that the great successes achieved by the Center. He is a skillful leader, a highly qualified doctor, a doctor of medical sciences, a merciful, a modest Zhasan Zekeyul is surrounded by honor and respect of people.

I wish Zhasan Zekeyuly long life, good health, success in creative work!

Islam Hadzh Myrzabekuly,

Atyrau region, Zhyloisky district, Akmechet Becket Ata

Dear Zhasan Zekeyuly!

We together with Maksut Narikbaev went to China. On the third day of "Kurban-ait", being a guest at the "dastarkhan" of Zhasan Zekeyuly, frankly, heart-to-heart talked to the people who were treated here in "Zhas-Ai."

Zhumukhodzhu from Aktau in 2006 was brought here in unconscious condition, he was carried into the Center by two men, holding his elbows. They have established the diagnosis, have appointed treatment. He received acupuncture sessions. And in three days he was put on his feet.

The second patient, named Kuttykerei Smadiyar Zhumaytayuly (from Atyrau) entered the center on crutches, accompanied by his wife. He told me that he threw crutches in some 10 days and that he was leaving for Atyrau the next day on his own two.

This is the quality of healing Zhasanu is granted by Allah. I wish people will always find healing from you thanks to Allah.

Abdykerim Sydykuly

85-year-old chronicler



I know the price of health, because I am a military, survived from the hard war. Health - the most important wealth of man, the publication of the journal "Zhas-Ai" in this area is important. It gives the people useful information and will add health to people in its own way. I will not be mistaken if I call the founder of the "Zhas-Ai" journal, Zhasan Zekeyuly, "marshal of human health". The very name of the journal "Zhas-Ai" sets a person to be healthy. The name is good and it must be good too. I wish you to serve the people with dignity. Good luck to you!

Bakytzhan Yertayev,
Halykh kakarmany(Hero of nation)

Dear Zhasan Zekeyuly!

You are one of those who save people from death. We, the military, on behalf of the defenders of the Fatherland are infinitely grateful to you for saving patients from diseases, which is equivalent to a feat. May every step taken by you in the health care system was successful, develop, achieve great success with the young state!

Damir Halykov,
Major-General, Head of the Almaty Office
of Emergency Situations

LONG LIFE TO "ZHAS-AI"!

The doctor fights with death, saving a person's life. I know the staff of the Center of Eastern Tibetan Medicine "Zhas-Ai", headed by Zhasan Zekeyuly, doctor of medical sciences, professor, academician. Despite the fact that this medical institution was opened relatively recently, it earned the trust and respect of people. I wish Zhasan Zekeyuly his scientific works would constitute a unique wealth for the domestic science, which never lose its value. "Zhas-Ai" – long life!

Ziyadan Hadzh Kozhalymov,
president of the Association of Traditional Healers
of Kazakhstan, Academician of the Russian Academy
of Space Energy

ZHASAN

Life. Fight. Victory and defeat. So my life was shaping up. However, I did not become a slave of disease, on the contrary, in the space of my inner world the flag of victory fluttered. At the front, under the name of life, despite all the difficulties, it was forging ahead. I took barriers one by one. I left my passes behind. I will not hide: I won the victory thanks to Allah and Zhasan Zekeyul.

2005y. The catastrophe. Accident. I thought I was in the grave. In an unconscious state. It seems the tongue obeys. Praying to Allah. I asked for help. The God heard my prayer: I opened my eyes. The skull was damaged, concussion. After all, the head and lower back ached, the noise in the ears and pained.

Function of the urinary tract was impaired. I became forgetful. Something dragged my neck. Alive. I experienced the pain. The pain was unbearable, no matter how painful, but did not give in to the attacks of the disease. I was holding on to my last strength. The battle continued. I felt that I would reach victory. Was in a search state. All the time looking for a way out of the situation.

Finally, the Most High's entreaty was heard. He gave good luck to meet Zhasan Zekeyuly. Perfect. The way out is found. Yes, that is right. I did not know that the experience of suffering can change and moments of light joy. How life is sweet. On the human body, it turns out, there are seven hundred points. Zhasan Zekeyuly knows as his five fingers where each of these points lie. They say that not all people in the white robe-the masters to put the needle correctly, only surgeons can certainly cope with this task. The advantage of Zhasan Zekeyuly is precisely this. Surgery is his main specialty. When a doctor, of rare professional merit, puts the needle exactly, just right, eyes glow with joy. Trembling takes, when the needle is put, you enter into some inexpressible wonderful state, obviously, finally weakened cells begin to revive. The disease, which has settled in the body, is already losing its aggressive fervor. After all, a remote control is put in and a session of heating with medicinal herbs is conducted. This is done in order to strengthen the positive action of the supplied needle. The grass, which is heated, has 18 different healing properties. And each of these properties contributes to the recovery of the patient. In addition, banks are put, foot massage and acupressure are performed.

Acupressure, like acupuncture, should be carried out accurately, without error. With such treatment, of the above 706 points, at least 150 should be determined absolutely correctly. Students, brought up by Zhasan Zekeyuly, learned this method successfully, because the massage had a very necessary effect on me.

After the accident, I fought for life 4 years. I was exhausted. Forces left me. Watching myself, I realized that acupressure is done to stimulate the muscles. As a result of the two courses of treatment completed at the Center for Eastern Tibetan Medicine "Zhas-Ai," the body regained its former shape, the vascular system returned to normal, the nerves were already in order, the gastrointestinal tract functioned without pathology, I already did not have complaints to the urinary system. This is a victory. The victory achieved together with Zhasan Zekeyuly. As the Russian writer Maxim Gorky said, in every person there is a force, a builder-creator, only it is necessary to create conditions for its development. I rejoice that in my country there is such a merciful person, able to heal people from illnesses. I sincerely thank a wonderful person who facilitates the hard lot of a patient who prolongs the life of patients.

Zharas Zhusipaliev,
West-Kazakhstan region, Karatyubinsky district

THE VICTORY ACHIEVED TOGETHER WITH



There is nothing comparable to the work of beloved mother Sharipa, who raised, brought up and formed me as a person



Dr. Zhasan Zekeyuly and his wife Aishagul at the moment of presentation of award "BIZZ-2017" for successes achieved in the business community (Dubai, UAE)



Dr. Zhasan Zekeyuly with his family. Wife Aishagul, daughters Aisholpan, Ayman and son Aisultan



Dr. Zhasan Zekeyuly with his wife Aishagul and daughter Ayman after her brilliant performance at the musicians' contest

WAS NOT ONLY TREATED, BUT ALSO HEALED SPIRITUALLY.

A child is a flower of life. The flower does not grow without the rays of the sun. Every mother tries to raise a child in the hall, in abundance, without letting anyone offend him. I also gave my Aruzhan motherly warmth. However, this maternal heat could not prevent her from the limited opportunities, with which she appeared in the life. Of course, Allah's Will is for all. However, I could not sit idly by. I visited most of the clinic and the hospital with my child. People in white coats not only did not give the necessary treatment, but did not hear the kind words "you'll see ...will get better". This brought me out of balance, every time I thought: Will my daughter all her life be like this and will spend it in the fetters of limited opportunities?

In 2000 I became pregnant. From the moment of pregnancy I felt uncomfortable, to say softly. I immediately informed my father and mother. They brought me to Almaty. On the fourth day of my arrival in the southern capital, blood pressure increased. They took me to the hospital. And there ... What's next ... I do not remember How the delivery was. Seven days I was in unconscious state in the hospital. They made a cesarean section for me. I heard that they diagnosed infantile cerebral palsy by birth (cerebral palsy).

The child was taken to the city hospital in a moment. My health was not well. No matter how bad was my health in comparison with the state of the child. And on the permission of the doctors I went to my daughter. If you saw her ... how she looked The head is oblong, all the same as the kidneys, as if my kidney was taken and pasted to her neck. They took her away for surgery tomorrow. After the operation, her condition did not change at all.

I searched the Internet sites and realized that cerebral palsy is a disease that occurs as a result of a child's brain damage, when it is still in the womb or at birth, in general, its genesis is incomprehensible. It manifests itself in the violation of coordination of movement, in inability to control one's body. Simultaneously with the violation of the psyche, there is a violation of speech, visual and hearing impairment, suffers from seizures. My little daughter suffers from all these.

At 6 months, children usually sit, and my daughter just lies, not daring to move. She started to hold her head for a year and a half. The next month, she began to shake; from the mouth was a white foam. It was time for her to go to school, and she can not sit, she can not take a step. Do not walk, do not talk. The commission made a decision: "A child with late development." And she did not go to school. However, my little one feels a special passion for life, which is observed in the desire for movement, in understanding the words spoken to her by relatives and friends. My daughter likes to listen to fairy tales and music, watch pictures and cartoons. What to do ? When she has a seizure, I do not know what to do. All that I saved up, I spent for my little daughter on health. I tried to do so that only she did not lag behind their peers. In one of the banks, I took a loan for her treatment. The daughter needed care: I could not work anymore. I was unable to pay the loan. I also divorced with my husband.

In those time, the wise Abu Nasr al-Farabi said: "People in the city with a high spirit tend to do good to each other, appreciate nobility and are determined to demonstrate solidarity." It turns out that in Almaty, on the foothills of Alatau, there are many kind people willing to help those in need of philanthropy .

The GOD heard my prayer. He helped me to find a person who could improve the health of my daughter. This was Zhasan Zekeyuly. I was introduced to him by journalists. From the very first moment of the meeting he warmed my daughter with a warmth like a chilled sparrow with curious eyes, surrounded with care and attention. I was amazed by his mercy. This is a man! And how modest he is. His humanity is a humanity that is rare in our time.

During the communication with him, we were treated, and somehow spiritually healed. Before meeting him, I was afraid for the future of my daughter, and now fear for her let me go, and my nerves calmed down. The process of the beginning of health improvement I associated with his sincere attitude towards us. My child underwent two courses of treatment free of charge. Positive results were not slow to affect. The daughter herself began to move slowly, trying to control herself. She wants to study, looking at pictures in the literal, trying to make proposals. These days experts come to us, they teach her at home. If that will please the GOD , we'll go through the third course of treatment. And the daughter will go herself on legs already confidently.

I wish long life to Zhasan Zekeyuly! May always be healthy! To all the staff of the Center of Eastern Tibetan Medicine "Zhas-Ai" I wish good health, creative successes and family well-being!

Dariga Mahazhanova, mother of Aruzhan



MEETING OF HAPPINESS

Happiness shuns a person if he does not have good human qualities. People with generous soul, extremely kind, high spirit, suffered hardships, helped the suffering, disappointed in life, we have a lot. One of them is Zhasan Zekeyuly, a doctor of medical sciences, professor, an active propagandist of a healthy lifestyle. He saved many people from imminent death. Every day minimum twenty people come to see him. And he accepts each of them as his close relative and provides them with the necessary assistance. Friendly, respectful, an experienced specialist put on his feet many patients, gave happiness to many women to become a mother.

Everyone desires to get expected result from treatment. Last year, counting on the TV channel "Umit Oty" ("The Light of Hope"), Nurlygul Zhanabayeva came from Uralsk and on one of the programs asked for help from kind people. The girl was 21 years old, she suffered a "hare's lip". She set herself the goal-to go to surgery and get rid of a congenital defect on her face.

Specialists from the Center for Eastern Tibetan Medicine "Zhas-Ai" helped to achieve this goal. They could not look indifferently at the fate of this nice Kazakh girl and decided to give her financial support. The general director of the Center, Zhasan Zekeyuly, gave her 300,000 tenge for restoration of her lips and nose, wishing her good luck. Nurlygul in the polyclinic No.5 in the department of maxillofacial surgery met with doctors. After acquainting herself with the circumstances in which she found herself, the doctors agreed to do a plastic surgery for her. Nurlygul Zhanabayeva took five operations from birth to the present.

The first operation she was done at six months, later, as she grew up in connection with the scar on her face, several corrective operations were carried out in Uralsk. At last a plastic surgery was carried out in Almaty, supported by Zhasan Zekeyuly, and successfully. Now the pretty girl can not hide the smile of joy. Today she is married.

The Kazakh writer Safuan Shaimerdenov writes: "The kindness inherent in a person is radiant with mercy." It's great that there are merciful people.

Nurlygul Zhanabayeva, Almaty city

CURED OF LUMBAR VERTEBRA DISEASE

How many years I have suffered from a crack in the intervertebral disc. The fracture of the intervertebral disc is formed as a result of slippage of the intervertebral disc from its small circle, due to which the nerve fibers and the spinal cord envelope are squeezed. This illness also has dumped me. I was treated in the southern capital in the city hospital № 7 for a month and a half, in the city hospital № 12 for a whole month. But there was no sense in it. I learned about the work of the Center of Eastern Tibetan Medicine "Zhas-Ai" on the materials of mass media and came here on reception to Zhasan Zekeyuly. It seems to me that the God brought me here. As soon as I crossed the threshold of the Center, doctors met me, nurses with smile. Here I passed 3 courses of treatment. Acupuncture made an indelible impression on me.

Here, various ways of opening the grooves between the vertebral discs and stretching the waist are used. There were therapeutic procedures for the development of muscles, flexibility of the spine, activation of the joints in the dynamics and improvement of the metabolic process. As a result I can say that I huddled up here on the kerchiefs, now I leave with a straight line and my head lifted.

One feature of the Center, created by Zhasan Zekeyuly, is ability to treat and cure diseases of the musculoskeletal system, the crack of the intervertebral disc, the rubbing of the intervertebral discs without surgery. Many people who suffer from an inter-groove crack do not know that there is a non-operative way to treat such a disease.

In such a medical institution as "Zhas-Ai," the human body learns "self-repairing." With the help of various instruments, the degree of elasticity of the vertebrae increases. After such treatment procedures, the cartilage becomes soft and the cracks close tightly. A new treatment technique is used so that the spinal disc does not slip from its circle. Thanks to the healing word and art of treatment of Zhasan Zekeyuly and the captivating attention of his young colleagues, the spinal column has become normal.

I wish you and collective of this medical institution, to all good health, success in work and family well-being.

Eskendir Akhmetzhanov, Almaty city

ABOUT A MAN WHO GIVES SPIRITUAL BEAUTY

Before reaching the age of the Prophet, relatives, children, friends, comrades called me beautiful Bayan". However, in the autumn of last year my face changed so much that I could not even be recognized. Until the age of 64, the face was flawlessly rosy-cheeked, now it was almost wrinkled almost overnight. To be more precise, on August 29, 2009 I woke up with a paralyzed right half of my face. It splayed somehow to the right. Then my heart sank, and my heart began to churn. Did I ever think that I would be in such a condition as a pensioner. "The face contracted, compressed so that the jaw did not obey. Eyes, eyebrows became as wooden, did not distinguish smells. In the ears shot, the hearing began to drop. I could not even eat. Here in this state my son brought me to the Center of Eastern Tibetan Medicine "Zhas-Ai". There was no need to stand in line. Here the reception, examination, purely medical procedures were carried out in a well-trained sequence. Doctors and nurses accepted warmly, with heart, thanks to God. I was happy.

The head physician Zhasan Zekeyuly accepted me, he extremely modest, tactful, cultured, took my hands, felt my pulse and diagnosed "right-side facial neurosis", explained by increased blood pressure. According to the chief doctor, there are blood clots in the brain. Such a disease bothers a person if immunity is weakened, if the body's strength is running out. I went to the "Zhas-Ai" Center for 5 courses of treatment, I took medicines prepared from herbs that have medical properties. Chief physician, considered me a mother of many children and a pensioner, made good discounts in payment for treatment. Thanks to Allah and Jasan Zekeyulu, the person has acquired the same features. Sometimes it seems to me that I even look better than before. I started smiling, my eyes sparkled, joyfully in my soul. I express my heartfelt gratitude to Jasan Zekeyul!

I wish you, dear Zhasan Zekeyuly, and all your team good health, family well-being, creative successes and happiness!

Bayan Ayapova, a pensioner from Shien village



“Zhas-Ai” Center: Yesterday, Today, Tomorrow

The Eastern Medical Center “Zhas-Ai” started working in 2004. It should be noted that it was not easy to find a building that correspond to the requirements of the medical center, it was not an easy task to form a team of intelligent specialists, to provide the necessary advanced facilities, equipment and tools. After all, it was also important to choose the location of “Zhas-Ai” so that patients, sick people and medical staff could easily reach it.

Once, Aishagul Bekbolatykyzy visited the doctor, Zhasan Zekeyuly, she worked as a notary, she knew how to draw up documents correctly. She explained Zhasan Zekeyuly some details, how to get the best possible loan from the bank. She bought a one-room apartment for the money she wanted to buy a car and registered it on the name of Dr. Zhasan Zekeyuly. Together with him looked for a building in the center, helped to get a loan.

Zhasan Zekeyuly proved all official authorities the need to open a center for preserving and strengthening the health of the population. He received a license for the medical activities of the center. The Eastern Medical Center “Zhas-Ai” was located on the crossing of Abai-Avenue of I. Altynsarin.

Only 3 staff members worked in the medical center. Treatment of patients was not negotiable. The staff of the center showing mercy, worked on conscience. Day by day the number of patients grew. The center “Zhas-Ai” justified its appointment, it can be proved by coming of a large number people for cure. During the day, Dr. Zhasan Zekeyuly had to accept 20-30 patients. And the building of the center was very small, it consisted of 3-4 rooms. So it become too small for everyone who wanted to be treated here.

Taking into the consideration the increasing demand of population, it was necessary to open a branch of the center in a 3-storied building near Almaty in Kaskelen. And this branch did not have an opportunity to satisfy the population’s need for medical care. There have become more frequent cases when patients began to grumble that not everyone who wants medical help can get to see Dr. Zhasan Zekeyuly.

As a result of the continuous search and active work of Dr. Zhasan Zekeyuly and the entire team of medical workers, the center moved on June 3, 2010 to the newly built five-storied building by the address: Almaty, Vitebsk street 42, on the crossing of Al-Farabi avenue and Rizybakiev street near the mountains of Zailiysky Alatau. From the mountains, an invigorating coolness is blowing and a refreshing body is heard breathing the rumbling river, fleeting past the park of the First President.

The building has 15 rooms, here for everyone it is spacious, you breathe a full breast, the ceilings are high and light. People who seek for healing from their illnesses are now twice as many as expected. The center works for all 6 days a week. Dr. Zhasan Zekeyuly, made a flexible schedule of work in the Centre, taking into account the patients’ place of work.

As a result of effective treatment of patients, their number increased to 100 patients for each day on admission to the center’s doctors. Most of them arrived to the clinic from the regions, they did not have any relatives in the city, and apartments for hiring were expensive, hotel rooms were not affordable for everyone. After all, they need to eat something, come here and need money for the trip.



Dr. Zhasan Zekeyuly carries out a session of acupuncture.

Conscientiously performs the function which he began to carry out. He treats both for free (without taking any money), and with his gift (talent)

Taking into account the situation, the leadership of the Center decided to build bedrooms for patients in the hospital and a canteen.

So, in 2014 the center "Zhas-Ai" was opened, it was located in a 5-storied building with a hospital for 63 places, with its dining room, gymnasium, equipped with the necessary modern equipment and up-to-date generation equipment. Bedrooms are clean, comfortable for patients, fully furnished. Each room has its own bathroom.

The medical staff is formed from qualified specialists. Patients in the hospital receive medical care of high quality. The clinic is located in a mountainous area, the air for patients here is curative.

An eastern medical center "Zhas-Ai" has recruited 150 employees according to the state program in coverage of workplaces.

HEALTH OF THE ELDERLY
MOSTLY DEPENDS ON
NATURE OF DOCTOR'S
ATTITUDE TOWARDS
THEM, ON OUR ABILITY TO
UNDERSTAND THEM, THE
ABILITY TO RESPECT AND
LOVE THEM

The advanced doctors of Medical center “Zhas-Ai”

In 2016 on October 26 in Astana the solemn opening of the medical center “Zhas-Ai” took place. It became a significant contribution made by the team “Zhas-Ai”, in the implementation of the State Program “Salamatty Kazakhstan”, which aims to preserve and strengthen the health of the people and prolong life expectancy.

Location of the medical center “Zhas-Ai” in Astana: “Meeting” microdistrict, Kuishi Dina street, 37/1.

The center for a short period of activity earned the trust of people. A new center, created in Astana, sets new tasks for itself. The opening of the branch of the eastern medical center in Astana, which united 100 young professionals, inclined to make new paths in science, is in fact a gift presented to the 25th anniversary of the Independence of the Republic of Kazakhstan. The center employs 25 people.

The opening of the medical center “Zhas-Ai” in Astana testifies to the high quality of medical assistance rendered to the population, the increased technical and technological potential of the clinic. The center is equipped with modern medical equipment, it meets all the requirements for such medical and preventive institutions. There are a laboratory, patient rooms, treatment rooms and procedures, dining rooms, etc.

The main purpose of these centers, created in two megacities, by using natural means of treatment according to the methods of East Tibetan medicine and Avicenna is to become the best clinic of the world level. In other words, it is the use of herbs that have medicinal properties, steam, oil lubrication, acupuncture, massage, blood cleansing-so finding and

discovering new sources in the body, rise to a new and unprecedented level of excellence in medical practice.

The medical center “Zhas-Ai” is now in great demand among the population and in fact is the leader in the private health sector of the Republic. The center accepts patients 6 days a week. Mostly old people come to the center for treatment, people in old age who have worked a lot in the health of which problems have arisen, patients who have an accident, youth for one reason or another immobilized, young families with no children, parents with children with disabilities.

Whenever you come to the center, you will see merciful nurses and attentive doctors, ready to help you at any moment.

On reception to Zhasan Zekeyuly patients are recorded in advance for 2 weeks, even for a few months ahead. The number of patients are increasing day by day. 50-60 people are enrolled for admission a day, and this has become the norm. Among them are wealthy and those modest people who came here, overcoming the labors of a long way. Not only Kazakhs come to the reception, but also representatives of various nationalities who inhabit our country.

Patients come here from the countries of the Commonwealth of Independent States (CIS): from Kyrgyzstan, Russia and from Xinjiang (China), Austria (Europe), Turkey.

Zhasan Zekeyuly among the medical team of Astana branch of “Zhas-Ai” medical center





Dr. Zhasan Zekeyuly among the team of doctors of Chimkent branch of "Zhas-Ai" medical center



THE TEAM CAN BE IMPROVED,
BECOME BETTER AND MORE SPIRITUAL BY
DEVELOPING A SENSE OF LOVE FOR THE
CHOSEN PROFESSION OF A DOCTOR



Medical center “Zhas-Ai” in the faces

LOVE THE PATIENT WHO
YOU BEGAN TO TREAT



Bibigul Nurtazayeva

Nurtazayeva Bibigul Tursynalykyzy was born in 1973 on January 24 in Shardara village of Shardara district in the South Kazakhstan region. In 1990 she finished the secondary school after Ch.Ualikhanov in the town of Zhetisai, in the South-Kazakhstan region. In the same 1990, she entered the medical faculty of the Akmola Medical Institute, specializing in a “doctor-therapist”. In 1996, she studied in an internship, which was employed in the township Shardara in the central district hospital as a therapist. In 2004 she worked as the head of the department of therapy in the clinic №6 in Almaty. Since 2006 she has been working at the medical center “Zhas-Ai” as an acupuncturist. Now she has been working as a deputy of Chief doctor, Academician Zhasan Zekeyuly.



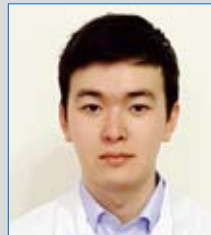
Bibisara Keneskyzy Kaliyeva

Kaliyeva Bibisara Keneskyzy was born in 1978 on December 12. She is a graduate of the Kazakh National Medical University named after S.D. Asfendiyarov. She graduated from the Faculty of Medicine in 2001. Completed the internship in 2002. From 2003 to 2009 she worked as a district therapist in clinic №17 in Almaty. Since 2010 she works as an acupuncturist at the Eastern Medical Center “Zhas-Ai”.



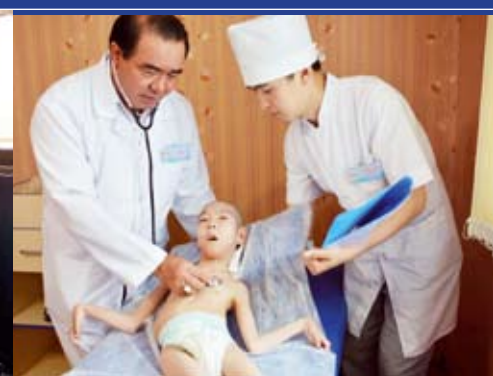
Zhainar Tatimkhankyzy

Zhainar Tatymkhankyzy was born in 1980 on October 20 in the Altai region in the Xinjiang Uygur Autonomous Region (XUAR) in the People’s Republic of China. She finished the Altai Regional secondary school №1 in 1999. She is a graduate of Xingjiang Medical University (China). Since 2007 to the present time she has been working as a pharmacist in the East Medical Center “Zhas-Ai”.



Dauren Kazhagululy Nurmuhhanov

Dauren Kazhagululy Nurmuhhanov was born in 1992. He finished school as an excellent student in 1999-2008. In 2008 he entered the Beijing University of Chinese medicine (BUCM). He did practical training in Beijing (China), in the Chinese-Japanese clinic and hospital Xi Yaun. D.K. Nurmuhhanov, a graduate of Beijing University of Chinese medicine, returned to the homeland Kazakhstan in 2015. In the same year he began to work as an acupuncturist in the East Medical center “Zhas-Ai” under the leadership of Zhasan Zekeyuly. Dr. Zhasan Zekeyuly and his colleagues appreciate Dauren Kozhagululy as a creative specialist, cognitive flexibility, able to work in a team, quickly orienting and in a virtual information space. Following the results of the performed work for the previous 2017 Dauren Kozhagululy in staff of East medical center “Zhas-Ai” is nominated as “The Person of the Year”. Now he is also the graduate student of Dr. Zhasan Zekeyuly.



Selected scientific works of Dr. Zhasan Zekeyuly



INFANTILE CEREBRAL PARALYSIS (ICP)

Today all doctors of the world are concerned about one problem - the lack of iodine. According to the researches, on the globe more than one billion people live in areas where there is a lack of iodine. Including people of Kazakhstan are not an exception. In eleven regions of our country, thyroid disease (goiter) is progressing, these are the consequences of iodine deficiency in water, soil and food. And that's why everyone should pay attention to the presence of iodine in the consumed food.

In our country, the number of children with disabilities suffering from infantile cerebral palsy (DCP) increases every year. More precisely, if there are 44,574 disabled children in Kazakhstan, then there are more than 10,000 children with cerebral palsy. The following factors which influence the development of this disease can be named - an unfavorable

radiation background, climate change, irrational nutrition, an unfavorable social condition.

CAUSES OF INFANTILE CEREBRAL PARALYSIS

The cause of infantile cerebral paralysis is the damage of the central nervous system, the underdevelopment of the brain, which is manifested by motor disorders (paralysis, twitching and speech disturbance), imbalance, perhaps intellectual disorders, epilepsy, some sick children are deprived of even hearing, sight and speech.

Infantile cerebral paralysis occurs in cases of intrauterine development disorders (infection during pregnancy, cytomegalovirus, toxoplasmosis, herpes, late toxemia of pregnant women, incompatibility of the mother and fetus according to the Rh factor,

violation of autoimmune mechanisms of embryonic development). Premature birth, prolonged or rapid delivery, delivery in case of improper fetal position, birth trauma, jaundice increase the risk of the disease.

All of the above leads to hypoxia (oxygen starvation) and asphyxia (choking) of the fetus. As a result of a lack of oxygen, the laying and development of the child's brain is broken. And also there are 50 different causes that cause the damage of the central nervous system of a child or an embryo. Being an embryo in the womb of the mother has a predisposition to the disease of cerebral palsy.

Doctors consider the most unfavorable factors during pregnancy:

- various traumas of the mother during pregnancy and childbirth;
- genetic diseases of the mother;
- disturbances of cerebral circulation in the fetus;
- early and late gestosis;
- threat of interruption of pregnancy;
- somatic diseases of the pregnant woman, including cardiovascular diseases (arterial hypertension, heart defects, IHD) and endocrine (diabetes mellitus);
- infectious diseases of the mother;
- group or Rh factor incompatibility of the mother and fetus;
- premature placental abruption;
- premature delivery, caesarean section;
- low birth weight;
- large fetus.





Physiological processes occur during childbirth. After the opening of the cervix, new sensations appear-attempts that arise as a result of the pressure of the presenting part (directed towards the exit from the uterus) of the fetus to the pelvic floor, as a result of which the muscles of the pelvic floor contract, channel. At this time, the fetus makes a series of movements aimed at maximum adaptation to the size of the birth canal. Across the placenta, oxygen from the blood of the mother enters the fetal blood system, and carbon dioxide passes the return path. That is why premature births violate the “synchronous work” of the mother and fetus, and in turn hinder the birth of the child. Obstetrical intervention during the natural birth of a child sometimes leads to undesirable consequences.

During pregnancy, the water shell protects the baby from mechanical damage (injuries, bruises, strokes), creates a comfortable habitat, participates in the metabolism, protects the umbilical cord from compression, prevents the formation of fusions between the skin of the baby and the walls of the uterus, protects from hitting infections from the genital tract. If an artificial rupture of the membranes is performed, then the risk of damage to the fetal head is likely, since the amniotic fluid plays the role of a “shock absorber”. And also premature birth, obstetric intervention and other factors can damage the central nervous system of the unborn child. Depending on the predominant nature of motor disorders and the severity of the course of the pathological process, different forms of infantile cerebral palsy are distinguished (DCP):

- Spastic diplegia (Little syndrome is the most common form of infantile cerebral paralysis, characterized by motor disorders in the upper and lower extremities, with the legs suffering more than the hands);
- Spastic tetraparesis, including double hemiplegia (this is across all four limbs, both hands and both legs do not

function in this form of the disease);

- The hemiparetic form of DCP (the form of paralysis, in which the motor disorders are less pronounced in the lower extremity and proximal parts of the upper limb, develops in most cases in the first year of life due to the damage of the pyramidal system);
- Atonic-astatic form of cerebral palsy (in an atonic-astatic form, the control of the head, the functions of sitting, standing and walking practically do not develop (astasia, abasia) or are formed very slowly);
- Hyperkinetic (dyskinetic) form of cerebral palsy (this form is characterized by speech disorder by type of hyperkinetic dysarthria, vegetative disorders, emotional lability).

85 percent of the disease of DCP occurs the following symptoms: spastic and athetoid. It is divided according to the signs of the disease into the following groups:

- 1) spasticity of the muscles of the legs and arms (one-sided);
- 2) one-sided complete paralysis;
- 3) bilateral paralysis of the upper parts or lower parts of the body;
- 4) one-sided or mixed spasticity of the muscles of the legs and arms.

It is impossible to determine precisely the cause of the disease. Risk factors are physical and endocrine diseases of the mother (epilepsy, dementia, hypothyresis), bad habits – use of alcohol, drugs, a long period of infertility, age to 18 and over 40 years old, stress. Given the variety of symptoms and the severity of these diseases, self-diagnosis is unacceptable. It can be about the child’s life, its duration and quality.

TREATMENT OF INFANTILE CEREBRAL PARALYSIS

Treatment of DCP should be started as early as possible and treated continuously. The disease is

indispensable, but in the treatment from an early age, the most favorable development of the child is possible. Treatment of DCP should be comprehensive and include medication therapy, permanent physical therapy, orthopedics - surgical methods of treatment, psychological help, speech development, and sanatorium treatment. The child practically needs to be taught how to perform all available movements and support them. Physiotherapeutic methods of treatment - balneotherapy, mud and thermal treatment, ozokerite, electrophoresis of medicinal substances, electrostimulation of muscles and nerves. Surgical treatment of DCP is recommended for pronounced contractures. Apply gypseous bandages and surgical treatment.

Orthopedists - surgeons can lengthen tendons and muscles, bones (achilloplasty, arthroplasty), transplant tendons, prune tendons to relieve spasticity, perform operations on nerves.

The intervention is aimed for prevention and treatment of contractures, dislocations and subluxations of the joints, to increase the stability of the limb. Also, cerebral palsy refers to a number of diseases that are effectively treated by the eastern Tibetan method – like acupuncture, if it is performed in the early childhood. Regardless of the form of paralysis, acupuncture (in combination with massage and exercise therapy), starting with a child of up to four to five years, gives astounding results. The older the person, the less vivid the results, but they are noticeable clearly and always at any age. Practically all children, whose therapy started early, are able to walk and serve themselves autonomously. Complex use of such procedures is highly effective.

PROPHYLAXIS of DCP

Preventing infantile cerebral palsy is to protect the health of the future mother, exclude bad habits, and monitor the course of pregnancy.



HEARTBURN

When a person ceases to consume natural meat and dairy products and prefers to consume semi-processed products, alcoholic beverages, the process of digestive disorders begins in the stomach. Later, the following symptoms and diseases appear: chronic gastritis, a disorder of the micro-flora of stomach, heartburn of stomach.

Heartburn is a burning sensation in the chest that can be accompanied by nausea, flatulence, belching, bitter or sour taste in the mouth and in the throat. The cause of heartburn is the ingestion of acidic contents into the stomach in a greater extent. Most often, heartburn occurs after abundant food and in a lying position, an hour after eating, after heavy physical work. And also heartburn can be a sign of hernia of the esophageal opening of the diaphragm, stomach ulcers, gastritis, esophagitis.

The main causes of heartburn are a consequence of malnutrition, overeating and unhealthy habits such as eating on the go, lack of chewing food, sleeping after eating or visiting the bath immediately after eating. Such cases lead to inadequate intake of oxygen in the stomach, stretching of the stomach, and after heartburn. Therefore, after eating, it takes some time to keep the posture in an upright position and not to reproduce any physical movements.

In medicine, the appearance of heartburn is considered as the consequences of cardiovascular disease and nervous system diseases. Therefore, heartburn is not only a consequence of malnutrition. "Great to feed the belly hurts," reads the popular wisdom. In the modern world, all the conditions for the convenience of man as semi-processed products, artificial food products that lead to undesirable consequences are created. Since the excessive addition of various preservatives and colorants to frozen semi-processed products is completely dangerous for human health, and the acids in them disrupt the digestion process. Sometimes, even after eating semi-processed dough, freshly prepared jelly may cause heartburn. But this is not particularly dangerous.

Such distressing symptoms of digestion are common. The most important thing is not to let stomach disease. To do this, we must accustom ourselves to using less semi-processed products, which increase acidity and cause heartburn. From heart-

burn the pregnant women suffer too. At the early stages of pregnancy, heartburn is caused by hormonal changes that occur in the body of a woman. The esophagus and stomach are divided by the sphincter, which prevents the food from returning back. During pregnancy, the hormone level of progesterone increases, which relaxes all smooth muscles in the body, including this sphincter. It is believed that heartburn can be a sign of an early toxicosis of pregnant women, and it usually stops to the 13-14th weeks. At this time, the pregnant woman loses her appetite, and heartburn is accompanied by frequent eructation. Patients feel burning sensations in the chest, discomfort. Most heartburn is worse when lying down horizontally or when tilted.

There are different ways of treating people's remedies. The most common method of treatment is "extinguishing heartburn" with ordinary baking soda. On a glass of warm water add a whisper of edible salt, stir and drink in a warm form. Those suffering from heartburn should accustom themselves to drinking warm mineral water and milk. Since milk is easily digested and useful for the body. Sometimes it is possible to extinguish heartburn with medical charcoal with water. There is still an optimal method of extinguishing heartburn - freshly squeezed potato juice. This method also contributes to the prevention of chronic gastritis. 4 times a day 1/4 of potato juice to drink before eating. The effect of this treatment you will feel after 2 weeks. If even heartburn has disappeared, do not stop treatment. For further good digestion, this method can be applied 2 times a day.

In ordinary life, the ways of treating heartburn are very diverse. If 2-3 weeks before eating once a day to take 80-100 g of apple or acetic acid, then you can get rid of heartburn. If you roast the hop flour to a brown color, crush it and pass through a sieve and chew a whisper 3-4 times a day, approximately at the tip of the knife, this method also helps to relieve you from heartburn.

If heartburn is repeated every 3 times a week, you should immediately consult a doctor. Since heartburn can also provoke other diseases of the stomach. Sometimes heartburn is caused by food poisoning. Therefore, do not respond to heartburn, as the first signs of poisoning begin to appear within 30 hours.

Timely contact with a doctor is a guarantee of your health. For heartburn, patients should follow a diet: eat steamed dishes, lean meat, chicken meat, fish products. Such sparing food is well absorbed in the stomach, not hassling it. According to Eastern medicine, the premise of stomach disease can be №6 2013 "Zhas-Ai Kesel".

Happiness which comes from the recognition of the right and left, setting the goal and creating a future plan of life, is inevitable. If the heart is pure, and the moral will is to overcome stubbornness, and if it is a challenge to win the highest peak, then the next type of representative who smokes in bitter water smokes smoke, mouth filled me with words. The negative influence of such people on our society is inevitable.

I think that you can change life in life. I want to be honest about how I live from drug abuse and self-destructive behavior. The theme of a healthy lifestyle is immediate, and the right kind of sport comes back to your life. Sport, according to the order of the head of state, in our country there are various sports complexes and training halls. I think that people can properly use it for their own needs. We have great confidence in the people of our country, Nursultan Abishevich Nazarbayev. At the same time, we, young people, are doing our best, hoping that future generations will grow up knowledgeable, competent, attentive and faithful.

Free education is provided in schools. Teachers are also qualified. Meanwhile, the above mentioned word was remembered. There is more than one untouched mystery.

DESCRIPTION OF HEALTHY LIFE

Until we have a flow of time, we will meet many different people. One of them is those who initially understood what they need, and those who can not find their place in life. Yes, actually ...

Obviously, a person knows how to deal with the moment of his birth, feel indifferent attitude of a man. Because with stress, the work of the liver is disrupted and the blood will flow into the stomach in an inadequate amount. Hence, in the event of a failure of the blood circulation, the structure of the cells of the most important organisms is disturbed and leads to various diseases of the stomach.

That's why you can not underestimate the heartburn, you need to see a doctor in time. When treating heartburn for Tibetan medicine, the needles are placed on the following points: Meridian of the stomach. E.18. Zhu-gen E.20. Chen-manh E.38. Tyakou E.44. Nei-tin Meridian of the bladder. V.20. Ni-shu V.21. Wei-shu Meridian front-middle. J.11. Tszyuan-li J.12. Zhong-stench J.13. Shang-stink VB.34. Yan-ling-chuan Point outside the meridian. Chi-chung (4 points around the umbilical cord) Points of the upper regions of the chest: E.25. Tyan-shu E.36. Zzu-san-li J.6. Qi-hai RP.4. Gong-sung Points of the lower regions of the chest: GI.4. He-gu GI.2. Er-chien E.42. Chun-yang F.13. Change-men.



INFLAMMATION OF CHRONIC OSTEOMYELITIS

In case of small inflammatory foci, mostly young patients' bone tissue is quickly restored by comprehensive and timely treatment. Foci of necrosis is completely replaced by a newly formed bone for recovery. If this did not happen (approximately 30% of cases), acute osteomyelitis changes into a chronic form.

Approximately to the 4th week, in all forms of acute osteomyelitis, the sequestration occurs - the formation of a dead bone segment surrounded by a changed bone tissue. For the 2-3th months, sequesters are finally separated, a cavity is formed at the place of bone destruction and the process becomes chronic.

Usually the transition of acute osteomyelitis to chronic, occurs for two reasons:

- 1) lack of treatment or repetition of the inflammatory process;
- 2) bacterial infection of the lesion or timely treatment of the patient.

Fistulous passages are formed, which can look like a complex system of canals and reach the surface of the skin far from the place of injury. A moderate amount of purulent discharge is released out of fistulas.

During the period of remission, the patient's condition is satisfactory. The pain disappears, separated from the fistulas becomes scarce. Sometimes fistulas are closed. The duration of remission of osteomyelitis varies from several weeks to several tens of years, depending on the general condition and age of the patient, localization of the foci, etc.

The development of relapse is promoted by concomitant diseases, immunity decreasing and fistula closure, leading to accumulation of pus in the formed bone cavity. Relapse of the disease resembles an erased picture of acute osteomyelitis, accompanied by hyperthermia, general intoxication, leukocytosis, an increase in sed rate. The limb becomes painful, hot, blushes and swells. The patient's condition improves after opening a fistula or opening an abscess.

PATHOGENESIS OF CHRONIC OSTEOMYELITIS

Chronic osteomyelitis is often complicated by fractures, bone deformities, contractures, purulent arthritis, malignancy (malignant degeneration of tissues), lack of calcium. A constantly existing foci of infection affects the entire body, changing internal organs. In the period of recurrence and with the weakening of the organism, sepsis is possible.

As soon as the bone tissue is affected by microorganisms, leukocytes migrate to the source of infection, they secrete lytic enzymes that break down the bone. Often, during the development of the disease and the destruction of bone tissue, the body tries to "build up" a new bone around the destroyed old one. This circumstance makes it possible to determine the stage of the disease: acute or chronic. Correctly determine the degree of the disease, you need to pay attention to the following factors:

- 1) there is an excessive reaction of the bone, coarsening takes place and a new bone membrane is formed;
- 2) the dead bone does not heal for a long time;
- 3) purulent fistula in the lesions increases.

Like many other diseases, chronic osteomyelitis is characterized by alternation of periods of rest and exacerbation. Each person has a different duration, which, apparently, is due to the individual characteristics of the organism and the degree of resistance to the action of the infection. However, patients suffering from the chronic form of osteomyelitis, has one common feature - fistula formation. In increased blood circulation, purulent, necrotic tissues begin to tear themselves away from the bone. In some patients, one year after self-treatment, purulent formations appear in the deepest layers. After the blood circulation is improved, the purulent formation from the deep layers is pushed closer to the outer layer, after which a recovery trend is observed. With such a clinic, the pathogenesis of osteomyelitis occurs in a facilitated form: low temperature, slight reddening of the place of foci.

Clinical symptoms:

If this disease is not initiated, it is impossible to notice any clinical symptoms. But there is deformation and fusion of the bone. The development of osteomyelitis is indicated by a change in the surface of the skin, which becomes dull and covered with a gray bloom. Appear scars, wounds from which a large amount of pus is released. The pus that is released has a sharp, unpleasant odor. Muscular fibers become weak, joints contract. In general, the following symptoms are observed:

- 1) Sharp, boring, bursting or tearing, intensifying at the slightest movement pain in the area of injury. Soft tissues of the limb are swollen, the skin is hot, red, tense. The temperature rises, convulsions appear;
- 2) Untreated purulent foci turn into a yellow body. Often the affected bones protrude outward. Purulent foci is then sharply healed, then quickly become irritated. The surface of the skin hardens on the place of the disease, coarsens and scars appear;
- 3) There is a lesion of the bone. The affected arms and legs coarsen, the joints contract. The weight of the bones gradually decreases, they become less durable and more fragile, the pathology of the bone occurs, the diseased musculoskeletal organs contract or there appears a half-bend in the form of a triangle;
- 4) Radiography shows a tightening of the bone, an increase or contraction, damage to the bone. And also in the picture you can see the formation of fistulas on the place of the lesion.

With the open form of inflammation of the bone marrow, the roots of the affected bone appear to be innumerable, messy. Outside, it is difficult to determine the altered shape of the bone, therefore an x-ray examination is prescribed. Radiography determine the foci of lesion, bone pathology and fistula ducts.

Features of chronic bone marrow disease:

Acute osteomyelitis occurs as a result of the transition to the bone of purulent inflammation from the surrounding tissues. The disease is characterized by a relatively long existence of a purulent process in the soft tissues near the bones. In chronic osteomyelitis, fistula formation occurs at the place of the affected bone. Such fistulas are specific moves of small diameter, connecting the focus of inflammation to the surface of the skin. Clinical signs are the formation of fistula, increased local soreness

and swelling of soft tissues in the area affected by the bone and the formation of gangrene. Joints harden, limbs shortened, tissues become infected, scars appear. A false joint is formed and the bone breaks.

Treatment of chronic bone marrow disease:

If the patient does not receive timely treatment, the disease becomes aggravated and requires long-term continuous treatment. Especially people suffering from natural disasters, fractures in everyday life and postoperative complications are exposed to this disease. When the treatment with medicinal products does not give a sufficient result, the repeated operation is indicated in the presence of osteomyelitis cavities and ulcers, purulent fistula, false joints, frequent relapses with intoxication, severe pain and limb function, violation of the activity of other organs and systems due to chronic purulent infection.

It should be noted that surgical intervention and puncture is performed in cases of diseases or injuries in cases where pathological fluid accumulates in the joint cavity. Puncture is performed to remove fluid, determine the nature of this fluid or to inject a drug into the joint. But such a procedure does not always lead to a full recovery, it is temporary. It was noted that along with operating procedures, people's treatment can be used. And so we offer you the following Chinese, national and Western methods of treatment:

- 1) First of all, anesthetize the place of the foci of the disease. Bandage or apply gypsum to the wound. And also prescribe antibiotics, medications and keep under control the condition of the patient. If the fracture is open, then you must first treat the wound and do all sorts of anti-infectious procedures. Then only one can avoid the disease and infection of the bone marrow;
- 2) Prescribe antibiotics in the right amount. If the diagnosis is not yet accurately determined, how should you inject antibiotics intravenously and inhibit the spread of the disease. As 75% of cases, the causative agent of chronic osteomyelitis is Staphylococcus, and then antibacterial drugs must be applied immediately and in the right amount;
- 3) The patient needs constant rest. Dehydration is prohibited, it's necessary to monitor the analysis of microelements in the body. If necessary, a blood transfusion is possible. And also it is necessary to monitor the purity of the oral cavity and prevent decubitus;
- 4) The degree of infection with an



infection is higher in an external wound. That is why the place of the source of infection should be immediately processed and injected to maintain the body. It is necessary to conduct all procedures, so that the open wound transit to closed. It is necessary constantly process the wound, and make the purulent yellow body flow out.
 5) Often a harbinger of bone marrow inflammation is a lack of blood, poor blood circulation, the emergence of thrombosis. It is not excluded that malnutrition, constant weakness also affect the inflammation of the bone marrow. Therefore, it is very important to carefully monitor the diet so that the esophagus and spleen work well. It is necessary to exclude from the diet sour-bitter food products, to consume more foods that promote the renewal of the body's blood.

Basically, in many cases, the exit from the wound of a purulent yellow body, pus with blood inhibits the healing of the wound. Therefore, it's necessary try to treat medicinal products, so that there is an exit of dead fibers of tissue. In such moments it is always necessary to create all conditions for the patient: a favorable atmosphere, a good mood, enthusiasm.
 6) During the chronic osteomyelitis, it is important to correctly identify the lesion, perform a procedure to remove the dead bone and heal the wound, constantly treat the wound, improve blood circulation. For example, during the active movement to make injections (herbal infusions) to remove pus and stagnant bitterness;
 7) Another effective method of treating chronic osteomyelitis is the treatment outside the place of the foci with herbal infusions. For this it's necessary the following composition of herbs: 30g. rhubarb, 30g. pion, 30 g. mint, 10g., feather grass, 30g. angelica to treat the wound with this infusion once a day for 7-10 days. This procedure helps to heal the wound. If the wound is infected with

an infection, then to the tincture called infusion it is necessary to add huang shiy, bei zhy and boar's heel. Such collection is more effective against infection and irritation. While washing, the solution should be in a sufficient quantity, but not very much.

After the procedure, the body temperature is normalized within 24 hours. A purulent liquid will leave the wound. The swelling and pain of the foci place will decrease. After 2-3 weeks, an improvement of condition will be noticed. Also it's possible to add infusions to relieve heat and toxicity. If the patient has a fever, a red or pale tongue, constipation, yellow urine, then it is necessary to give an infusion of shuang hua, huang liang, shin. Such infusion prevents high temperature and inflammation of the disease.

It is appropriate to correctly correlate the use of herbal infusions at each stage of chronic inflammation of the bone marrow. In the middle stage of the disease, it is necessary to give a drink to a patient with herbs, which purify the body of toxins and stop the development of the disease. And at the last stage, when the wound begins to pick up, fistulous channels are formed, and this means that the infection of the bone occurs. In this case, we must take the patient's condition into account. If the patient's condition is satisfactory, then it is necessary to treat the wound with herbal infusion.

And if the condition is heavy, then it's necessary immediately to give a drink an infusion that lowers the temperature. For example, such grasses as the market son, huang shy, bear's baldyrgan, and processing the wound from the outside.



TREATMENT OF HYPERTENSION WITHOUT DRUGS

Hypertension (high blood pressure) is dangerous, as it can lead to infarction, heart attacks, heart paralysis or kidney disease. The purpose of treating hypertension is to reduce high blood pressure and protect such important organs as the brain, heart and kidneys from the threat. There are several methods for treating hypertension.

Method of dumping excess weight

High blood pressure is more common among people who are overweight or obese. But research shows that losing weight can help reduce high pressure. The blood flow of the heart, uric acid in the blood plasma, cholesterol and sugar in the blood decrease. Subsequently, the load removes from the heart. By changing a few simple eating habits, including calorie counting and tracking portion sizes to accelerate weight loss, you can lower your blood pressure, this is a proven threat of heart disease.

Method of reducing the consumption of edible salt

In the 40-ies of the XX century, the method of reducing the consumption of edible salt gave its positive results, but then, when drugs began to appear that lowered the pressure, this method remained in the background. Later, after

much research, they again returned to this method of delivering high blood pressure. Experts recommend to cure hypertension, it is sufficient to reduce the salt norm to 5 grams per day. And also to use in your diet less salted and smoked products, like salted fish, pickled vegetables. In a word, consume foods with a reduced salt content.

Method of physical activity

How effective were the medicines, but regular exercise can have a beneficial effect on lowering blood pressure. A sedentary (inactive) way of life is one of the main risk factors for heart disease. Physical exercises raise the mood, cheerfulness appears, elasticity in the body is felt, blood pressure stabilizes. Exercises can be divided into three main types: 1) stretching; 2) cardiovascular or aerobic exercise; 3) strengthening exercises.

In addition, you need to reduce the consumption of fatty foods, and you can use the following methods of treatment, such as magnet treatment, acupuncture, music, etc.

Method of treatment by food

First of all, it is necessary to exclude from the diet fatty foods and foods rich in cholesterol; there is less sweet,

as well as fresh bread, replacing it with breadcrumbs or rice. The right choice of food, the proper preparation and use as a remedy is called a method of treating food. There are the following types of treatment: treatment of phyto-tea, porridge, internal organs of animals.

According to the research of Japanese scientists, all products that delay the development of atherosclerosis are useful: fruits, cottage cheese, dairy products (especially curdled milk and whey), egg white, sea kale, crayfish, sea moss, celery, mushrooms, peanuts, peas, boiled beef, etc. , as well as foods rich in vitamin C: radishes, green onions, horseradish, black currants, lemons. Such nutrition reduces the level of toxins in the body. Recent studies have revealed a link between the presence in the body of calcium and potassium and blood pressure. People who consume large amounts of food with a high potassium content have normal blood pressure without even controlling salt intake. Calcium and potassium contribute to the removal of excess sodium and control the state of the vascular system. Potassium is found in large quantities in vegetables and fruits, calcium in cottage cheese. It should be noted that iodine-rich sea kale, crayfish and sea moss have a very positive effect on the strengthening of the artery and the prevention of hypertension.

The society is developing, the tables are being covered more and more. And so hypertensive patients should be careful when choosing a particular food. There is an opinion that it is necessary to eat how much the body will require. Now in this context it is necessary to add the phrase "scientific method". At hypertensive patients on a table always, there should be a fruit in abundance, and fat food should be superseded. Whoever does this, blood pressure will be normal and live long. The health of a nation depends on healthy food and on the scientific approach to nutrition.



TREATMENT OF HYPERTENSION BY VEGETABLES

There are many reasons for raising blood pressure, but maintaining normal pressure is a very difficult task. Vegetables will help to stabilize the pressure. Hypertension can also be observed in diseases of kidneys, adrenals, vessels, brain. Fat food, smoking, alcohol abuse, overweight, sedentary lifestyle - all these factors contribute to the development of hypertension. However, vegetables on the contrary help the body reduce blood pressure, stabilize it. Well, you need to run to the vegetable garden to resist hypertension. In hypertensive disease, vegetables have a mild effect.

Even excessive consumption, as well as a combination of different vegetables, will not affect negatively on arterial pressure.

We know that sodium causes high blood pressure, and potassium on the contrary contribute to the removal of excess sodium and control the state of the vascular system. Firstly, potassium is found in large quantities in vegetables and fruits, calcium in curds. It should be noted that iodine-rich sea kale, crayfish and sea moss have a very positive effect on the strengthening of the artery and the prevention of hypertension. Secondly, in vegetables there is very little fat and sugar, so abundant consumption of vegetables does not lead to excessive weight. Carrots and beets are vegetables that lower blood pressure. Also in vegetables a lot of useful fibers, and they cut the diaphragm, thereby contributing to the removal of fat, which leads to weight loss.

Varieties of vegetables are very numerous, but not all vegetables affect the lowering of high blood pressure. For example, in a potato and pumpkin a lot of sugar and starch, so these vegetables should be treated with caution. It is recommended to use the following types of vegetables: tomatoes, sea kale, celery, etc.

TREATMENT OF HYPERTENSION BY FRUITS AND BERRIES

It is known that the medicinal properties of plants are due to many factors.

Knowledge of the medicinal properties of a particular plant makes it possible successfully use it in the treatment of a particular disease. From the vast number of plants - healers, we describe the healing properties of only a few. These are fruits and berries. Food plants differ from inedible ones in that they do not contain toxic and strong substances (many of which, incidentally, used in medicine). Food plants are the main source of carbohydrates, especially valuable fats (containing unsaturated fatty acids), many vitamins (iron, calcium, potassium, magnesium) and other biologically active substances not contained in animal food, which have curative and preventive properties. The composition of vitamins in fruits helps to lower cholesterol in the blood, prevents hemorrhage in the brain. Vitamin E is also called the "elixir" of youth, it strengthens blood circulation, prevents thrombus formation and condensation of the coronary arteries of the heart, normalizes the flow of oxygen in the body, and magnesium has a preventive effect on hypertension.

Clinically, pressure reduced with the help of magnesium sulfuric acid, iron - the most important builder of blood, calcium affects the nerve muscles. There are many healing fruits, we recommend some of them: watermelon, lemon, orange, apple, shaggy peach, mango, grapes and hawthorn.

HYPERTENSION AND FOOD SALT

Drinking lots of salt raises blood pressure, on the contrary, less salt - lowers blood pressure. The risk of hypertension is high in those who eat a lot of salt. However, this does not mean that everyone who consumes a lot of edible salt is prone to

hypertension. Only 20% of people are vulnerable and have a risk of this disease. Modern medicine does not have the ability to determine those sensitive to edible salt. Therefore, the World Health Organization recommends that everyone not to exceed the daily intake of edible salt not more than 5 grams. Restriction of consumption of edible salt does not mean its complete elimination from the diet. If the salt is sharply restricted, the fluid in the body decreases accordingly, the renin hypertension system is activated, thereby raising blood pressure.

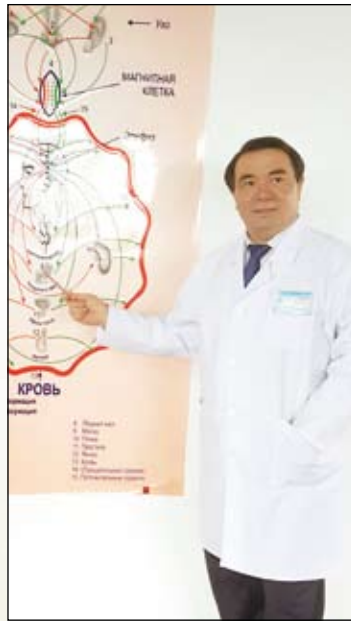
Excessive restriction of dietary salt leads to metabolic disorders, palpitation slows, weakness, dizziness, even fainting may occur. Therefore, hypertensive patients are advised not to exclude food salt from the diet, but consume the recommended dose.

HYPERTENSIVE PATIENTS SHOULD BELIMIT CONSUMPTION OF FAT

Fat is one of the most important five components of the human body.

Hypertensive patients are recommended to eat less products of animal origin, because they contain a lot of cholesterol, which helps increase blood pressure. And in oils of vegetable origin, unsaturated fatty acids are present, which are easily assimilated by the human body, contributing to the expansion of blood veins, retarding the formation of thrombi. Unsaturated fatty acids reduce enzyme activity, reduce fat synthesis in the body, impart insensitivity to the body, and lower blood pressure. It also replaces medications used to lower blood pressure. Fat provides the human body with energy. Cholesterol in fat is not harmful, but is an important component, its lack affects the musculoskeletal physiological state of a person. Also fats of animal origin have the property of softening blood vessels. But it is not desirable to increase its permissible level.

WEAKENED KIDNEY FUNCTION



Methods of treating of Eastern Tibetan medicine of kidneys, liver, lungs, heart and spleen do not always coincide with the point of view of modern medicine of treatment of these organs. In modern medicine, each of these organs are as separate: kidney disease, heart disease, etc. And in Eastern Tibetan medicine, these organs are treated as a single whole, and they are called the five organs of the human body. Because these organs carry in themselves vital functions in the human body as blood circulation, digestion and immunity.

In eastern medicine, internal organs are divided into 5 Yin and 5 Yang, i.e., dense and hollow. The Yin-organs (dense) are the liver, heart, spleen, lungs and kidneys. The Yang-organs (hollow) are gallbladder, small intestine, large intestine, stomach and bladder. The human body has nature harmonious process: dense organs accumulate and retain vital energy, and hollow organs “move” energy, that is, circulate it in the body. Dense and hollow organs are closely interrelated and form a single organism that realizes homeostasis - the constancy of the internal environment.

Naturally, if there are any violations in functions of organs, these properties will weaken. Energy and blood are “produced” less, it stagnates: both inside the body (in internal organs, vessels), and outside (in the muscles, joints, subcutaneous layer).

Look at the pentagram showing the relationship between the internal organs. The solid line shows which organs

activate energy, fill it with other organs. The dotted line denotes containment, suppression of the activity of some organs by others. For example, how are the heart and lungs interconnected? According to Chinese medicine, the lungs are aware of the flow of vital energy, and the heart controls the normal movement of blood. When there is a lack of energy, there is a weakness in the function of the heart, and thrombosis appear due to a slowing of the blood flow. If the function of the heart is weak, the blood in the vessels of the lungs stagnates, causing suffocation and coughing (cardiac asthma).

Lungs and heart, in turn, affect the liver. This causes fatigue, drowsiness, weakening of the voice, mood swings. Since the lungs together with the kidneys are responsible for the exchange of fluids in the body, if their functions are disturbed, there is an accumulation of mucus, water, fat and, therefore, excess weight in the body, dyspnea occurs.

Intermediate link between the heart and lungs are the spleen and pancreas. The problem with heart can cause the change of supply of nutrients to the blood and heartbeat, memory loss, pulse weakness, unhealthy complexion, weakness.

In Eastern Tibetan medicine, the kidneys are the main generator of the human body. Kidneys not only participate in the normalization of blood circulation by maintaining normal blood pressure values, but also ensure the elimination of toxins formed in the process of vital activity of the body. Therefore, kidney disease can lead to both a violation of normal blood circulation, and cause

toxic damage to the body. In addition, kidney disease due to proximity to the adrenal glands can cause various hormonal disorders, and because of its anatomical location, the kidneys affect the condition of the spine, ligaments of the back, lower extremities, and so on. In turn, the kidneys through the vessels and channels are directly related to the organs of the genital area, responsible for the function of genital renewal.

Tibetan medicine differs in that, it does not specify the disease, but gives a general clinical picture of the disease. In turn, modern medicine pays more attention to the cause, the symptom, the focus of the disease. And so in modern medicine, diseases are described in the following disciplines: nephrology, urology and cardiology. In Tibetan medicine the following types of kidney disease are divided: weakening of kidney function, pronounced weakening of kidney function and an ineffectual weakening of kidney function.

Typical clinical symptoms:

1) Weakened kidney function:

- back pain;
- swelling of the feet;
- pain in the heels;
- hair loss;
- weakening of the gums of the teeth;
- frequent or poor urination at night;
- bad memory;
- sexual weakness (decreased potency);
- Impairment of the pulse by two times.

2) Severe weakening of kidney function:

In addition to signs of impaired renal function, the following symptoms will appear:

- constant feeling of cold;
- weakness;
- cold hands and feet;
- watery swelling;
- loose stools;
- frequent, colorless urination;
- pale or darkened complexion;
- sexual weakness (decreased potency), premature ejaculation;
- weakening, inhibition of the pulse beat.

3) Unexplained weakening of kidney function:

- unreasonable anxiety;
- burning of hands and feet;
- blurred vision;
- tinnitus;
- dryness in the throat and mouth;
- insomnia;
- sweating;
- enuresis (involuntary urination during sleep);

- a murky shade of urine;
- sexual weakness (decreased potency), premature ejaculation;
- red tongue;
- insufficiency of mucus;
- reduction of pulse beat.

It should be noted that sexual weakness (decreased potency) and impaired renal function is not the same thing. Since, most people see the cause of sexual weakness in the violation of kidney function. In Tibetan medicine, the relationship between kidney function and potency is considered, but it can not be said that potency directly depends on the “work” of the kidneys. In Tibetan medicine, “the coldness” of the kidneys is caused by a complete weakening of the entire human body. Therefore, weakening of the body leads to a weakening of sexual potency. But it should be noted that not all patients with a weakened kidney suffer from a weak potency. According to the research of Professor Wang of Beijing Medical University, all those suffering a weakened

potency suffer from more than half of the liver function disorder, and only a small number are patients with weakened kidney function. Therefore, many men of young and mature age mistakenly take all kinds of drugs from the kidneys, thinking that they will additionally help to cure and also from potency. And therefore, if the newly-married groom has problems with potency on the first wedding nights, then this should be considered as a psychological disorder. These are the consequences of various experiences, nervous breakdowns.

Back pain is not a sign of weakening of the kidneys. Some young men produce frequent sexual acts. Sometimes after such many acts, he can feel acute pain, burning in the lower back. Such symptoms will persecute even more often after 30 years, and sometimes without intercourse, this pain starts to bother. In such cases, some patients mistakenly start taking medicine for the kidneys. These symptoms may not be the consequences of human kidney disease.

Various kidney diseases provoke pain at the joints of the ribs and spine. And if the pain in the back is acute (burning), then this is another clinical disease. And so the representatives of the stronger sex, not knowing the exact diagnosis, begin to engage in self-medication, namely, the treatment of the kidneys.

In turn, some doctors also assign deer horns and panties to them. Later, instead of recovering, the patient begins to develop a disease. Preparations of Tibetan medicine without any chemical impurities, but if they are misused, it can give a reverse, undesirable effect.

In Tibetan medicine, the symptoms of weakened kidneys are characterized by acute pain and burning sensation in the lower back. And besides, many clinical diseases carry such symptoms. In many men, back pain may be the result of a bruise, injury, inflammation of the muscles of the lumbar region. Therefore, we recommend not to sit and lie on a damp place.



Dr. Zhasan Zekeyuly among the team of doctors of “Zhas-Ai” medical center (Almaty)

A MAGNETIC CELL OR A NEW TECHNIQUE OF REJUVENATION AND LONGEVITY

Why does a person grow old fast? To sidestep the question, we say that this is a biological process. In fact, this question has worried humanity for many centuries. Some people invent elixirs, pills, injections, others offer cryonic methods. And we created a simple way to rejuvenate. Naturally, it was the result of many years of experimental work. This method does not require the use of injections, tablets, elixirs. In the glands of the neurons, the pituitary gland and the epiphysis of the nervous system, there are magnetic cells. Magnetic cells in terms of functions are divided into positive (good) and negative (evil). And, depending on what information enters the brain, such cells are excreted. That is, if a person receives good information, then, accordingly, many positive cells are allocated. Positive hormones strengthen the body, rejuvenate, and strengthen the will. A hardy person experiences all difficulties easily, preserving health, youth, and therefore he lives longer. If a person receives from the outside a bad information, then negative cells release toxic hormones in large quantities. As a result, the nervous system of a person wears out; it quickly grows old and becomes vulnerable to all diseases. Poisonous hormones increase the number of leukocytes, reduces immunity. All cancer diseases, leukemia (leukosis) cause precisely these poisonous hormones. Magnetic cells have the ability to store genetic memory for centuries. It is proved that great heirs can appear in the future

for great historical personalities. All genetic diseases and dementia can be inherited. If a person constantly receives negative information, then the number of negative cells in the pituitary gland and the pituitary gland may increase. Increasing, they are able to transform good information into bad information. Hence there is doubt. Doubt provokes magnetic cells to release toxic hormones. A person who constantly doubts becomes insecure in himself. Uncertainty breeds cowardice.

We came up with a method by which we can stop the action of negative cells for 15 years. For this, it is first necessary that a person be trained through special psychological exercises. Psychological exercises are held for 7 days for 7 hours every day. On day 8, through hypnosis, the action of negative cells is suspended for a certain period of time. Provided a clear performance of psychological exercises that strengthen the nervous system, in the minds of a person there are amazing changes. The number of positive cells in the glands of the pituitary gland, epiphysis and neurons is increasing. Positive cells secrete useful hormones. The nerve cell, strengthened by positive cells, long retains youth and lives longer. Under the influence of hypnosis, the action of negative cells can be suspended for 10-15 years. After 15 years, these cells will begin to act on their own. But there will not be any harm or negative influence from them.

The division of positive cells can be fixed through special electronic devices. This idea has no analogues in the world. It

opens a person the opportunity for a long and fulfilling life. At the person who has passed special psychological exercises, it is possible to notice greater shake in consciousness. His life orientations and attitudes are changing. The lifestyle itself is changing.

1. The consciousness changes.
2. Negative memories are receded in memory.
3. Doubts leave.
4. The usual circle of thinking is broken.

The first electronic device is called ARBAT.

This electronic device resembles a wristwatch. Inside, it consists of three waves: the lower, middle, upper. The upper wave gives an audible signal when releasing useful hormones.

The second device is called AIBAT.

This electronic device also resembles a wristwatch. Through the cord he joins the laptop. Through the monitor, you can see the process of cellular release of positive hormones. Inside consists of three waves: the lower, middle, upper. The upper wave gives an audible signal when releasing useful hormones.

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Our scientific method is intended for people who are self-confident. Skeptics, please, do not disturb. We will not answer unimportant questions.

We stop the cells that act on the aging of the organism.



HEALTH OF THE PEOPLE IS THE TASK OF PARTICULAR IMPORTANCE

Zhasan Zekeyuly, *Academician*

A quarter of a century, revered by all 25 years of Independence of our Republic of Kazakhstan. This stage in our progressive development turned out to be difficult and glorious, hard and interesting, respected at large. It will be possible to find out what we have achieved in the spheres of economy, politics and culture, if we compare them with the indicators of the 1990s. The enemies and even friends didn't believe the fact that Kazakhstan in 25 years had achieved such overwhelming success in its dynamic development. The Kazakh people are the staunch Alash generation, having experienced hunger, persecution, repression, oppression in their history, taking on the eyes of Allah (God), thanks to which they strengthened their state borders, raised the high-flying Flag of the blue sky. The sovereignty of the republic was recognized by the whole civilized world. Independence has found a solid foundation and has grown stronger day by day.

It is not a yardstick to measure the labour and intensive efforts of Elbasy (Leader of the nation) aimed at achieving the full well-being of the people of Kazakhstan. More than a million Kazakh people, by the will of fate scattered across six continents, returned to their historical homeland, now they began to breathe their native air and drink the healing water of the Fatherland. These Kazakhs brought the language of the spring cleanliness, spiritualizing religion, customs and traditions of the times of the Saks and Huns to the native land. And the youth participated actively in the socio-political life of the country. The well-known scientists, representing the interests of their scientific sphere, began to work for the benefit of the Motherland. Fruitful work in their native Homeland for them was nothing but incomparable happiness.

The Independence has given everyone a great opportunity to engage in science and business. How our ill-wishers are wrong who believe that "the Kazakhs do not know anything but shepherd's grazing". Over the past 25 years almost from every field of activity professionals came who attracted the attention of the whole world.

The achievements of Kazakhstan can be determined by my own successes. I started working in a three-room apartment, which I rented. And now... I have built a five-story clinic in one of the best districts of Almaty, designed for 60 beds. At the Centre, in which I and my assistant worked, there are currently 70 medical workers at this moment. It became possible at the will of Allah and thanks to the Independence of Kazakhstan. A thousand times I thank fate for living in my native country, which gave me, like everyone else, the opportunity to work on my own without giving us any, political or economic pressure.

I made a meeting with you, Dear Reader, at the first issue of the medical journal Zhas-Ai. I congratulate all the readers of the magazine, working with us and supporting us for 6 years on the 25th anniversary of Independence of Kazakhstan. The treatment of patients, scientific research, the promotion of national values, the norms of a healthy lifestyle and national medicine, represent the main task for our team. You know how and how nutritious the products of Kazakh national cuisine are. I consider it inappropriate to prove the effectiveness of non-traditional Kazakh treatment. Dear Reader, let us together with you take an active part in the noble cause of strengthening the health of the people and prolonging the average life expectancy. And for these purposes, there is no need to look around shyly, all you need to learn to appreciate what we have.

Alternative medicine is inferior to modern medicine in no way. No matter how many people or nations in the world are, they used the services of medicine long before civilization arose and invented various ways of production, that is, technology. It was necessary for people's lives. Now in our vocabulary the doctor is a physician, a healer; diagnostician is a medicine man; pharmacologist is a pharmacist. In consideration of the formed these concepts and referring to specific facts, we can say that in ancient times Kazakhs used the services developed in accordance with the time of medicine. There is a well-founded opinion that in

the 6th-7th centuries it was our ancestors who even performed operations.

Medical scientists have established it by examining the head of a Turkic warrior who lived five thousand years ago. The operation he was done on the brain, after which the soldier lived for 6 months. This conclusion was made by scientists. That's where our folk medicine originates from.

In addition to medicines, Kazakh alternative medicine has various methods of treatment: spraying, massage, stroking, steaming, cooling, conditioning to the cold, cauterization, solitude, etc. This method of treatment is still quite effective today. Outside the attention of folk healers there was no more diagnosis, listening to the pulse, lungs, changes in the oral cavity, features of the body movement, the smell coming from the person. There is something to learn from them representatives of the current traditional medicine. Kazakh folk medicine also uses such methods of treatment as: spiritual prayer, meditation, music, natural mineral water, clay, climate transformation, medicinal plants, etc. Deservedly it seems to us, a special study of the influence of prayer and spraying on pathology in the respiratory system and the patient's ability to perceive these methods of treatment. Science established that music, then inducing melancholy and sadness in a person, then spiritualizing, enchanting, inspiring it, restores the functioning of the sources of its biofield. In principle, music, song, kyu (Kazakh instrumental play) has long been a means of healing a person. Our ancestors left us a whole range of ways of natural healing, constantly being in close relationship with the life of wildlife, carefully observing the flora, fauna and how the animals behave, if they are sick, what plant they choose for food.

We consider it quite appropriate to say that as early as the 15th century Oteiboydak Tleukabylyly wrote the medical encyclopaedia "The Word of Medical Treatment" ("Shypagerlik Bayan"), which is evidence of the scientific and practical basis of Kazakh medicine has long been established. Oteiboydak Tleukabylyly is the second



Avicenna for the Kazakh people, wrote: "Although I have no children, eventually my work "The Word of Medical Treatment" ("Shipagerlik Bayan") will bring world fame to me. If it is estimated at true worth, it will become a healing source. If it is not admitted, then to turn God knows in what." This became his appeal to the future generation.

It is not customary for us to tell a person directly about his deceased relative. Because they knew what harm can be done to health by such a message. If we speak in a scientific way, then in the human nervous system there are neurons and a pituitary gland, and in the glands of the epiphysis, magnetic cells function. Magnetic cells differ in "merciful" and "indignant". From outside, what information comes into consciousness, the cells allocate so many hormones. Rather, a person takes so many joyful information, cells allocate so many "merciful" hormones. Useful hormones impart strength to the body, rejuvenate, inspire. An inspired person overcomes any difficulties is hardy, keeps in shape and lives for a long time. If a person takes a lot of awesome information, then "indignant" cells secrete more poisonous hormones. As a result, the human body quickly grows old, undergoes various diseases. Poisonous hormones contribute to the increase of white blood cells, impairs immunity. Our medical Centre, having studied the research in this direction, invented the rejuvenating apparatus "Arbat".

It is well-known that the health of the citizens of the country is one of the important priorities of the "Kazakhstan-2030" Strategy, proposed by Elbasy (Leader of the Nation) N.A. Nazarbayev. And the people's tradition of recovery finds support and protection within the framework of the Cultural Heritage Program, because there is every reason to believe that the tradition of Kazakh healing is undoubtedly one of the spheres of culturology. By nature, the healer is a carer and protector of the soul and body, a bearer of high culture, a vigorous distributor of the tradition of folk healing, a staunch supporter of ethics and aesthetics in the classical interpretation of them. Obviously, we should admit one truth, thanks to the untiring work of traditional healers, an all-encompassing, efficiently operating system of healing has developed, contributing not only to the preservation of health, but also to the growth of the consciousness of the younger generation, the stimulation of its unique natural abilities.

Pay attention: today we eat overseas products, in our lives find mostly manifestations of the customs inherent in the culture of the West. They have more negative than positive. How many snacks, kiosks, bistros in which fast food is sold, are in our city? An enormous number... Undoubtedly, they will serve in a moment. Save time. Only now did you think about your health? Fast food does you harm...

In the Republic, in which ethnic Kazakhs form 70% of the population, preference should be given to national values, language, art, spirituality, food and handicrafts. This will give us the opportunity to continue in the future as "Mangilik El" (Eternal Country), as Elbasy (Leader of the Nation) said. In favour of this thought I will give arguments. In the Constitution of the Republic of Kazakhstan, Article 26 of the 4th paragraph reads "Everyone shall have the right to freedom of entrepreneurial activity, and free use of his property for any legal entrepreneurial activity. Monopolistic activity shall be regulated and limited by law. Unfair competition shall be prohibited." Our state gives a green light to those who want to start their own business, start their own business. Only it is necessary to show patience at a collision with the difficulty and work for the good of the people. Taking the opportunity provided by the policy of free enterprise, let's show, imagine, advertise, bring to the public information your national product in the era of competition and, imagine, there are worthy citizens supporting your new initiative of the national pattern. With all this pestering the thought: we live on our native land, which is what we lack, what prevents. National values, let it be a food product, an article of needlework or traditional medicine should be widely and widely advertised in various ways. Bring it to children's minds even at school age.

If not every day, then after two or three days we eat McDonald's, KFS, pizza, sushi, doner, hamburger, cheeseburger. In snack bars day and night there is the queue for them. What's the secret? Not in advertising... In the city you will not find anywhere a single billboard advertising our national food and drinks. Here we lose. In all my TV, radio, media interviews I constantly talk about the benefits of national food products and effective methods of recovery recommended by folk medicine. The medical Centre "Zhas Ai", koumiss, shubat (a drink from camel milk) were introduced into the diet of patients as a

curative remedy for 60 diseases. This is the food received from animals grazing on fat meadows in the space of clean air and clean water. These products, which were used by our ancestors for food, can simultaneously find their application as a medicine.

We cannot say that at all. Canteens of national food products, shops selling exquisite kazy, milk, ayran, shubat, specialized points of the Kazakh tea-house function, where they will offer hot baked cakes, bauysak and other products according to your taste and order. You know, visitors (representatives of non-Kazakh nationality) of these public catering structures are satisfied with the quality of cooked food and service, moreover, they become their regular customers. And nevertheless, we need to hurry, act energetically, quickly. Unfortunately, today we are not in a rhythmic, uninterrupted transportation to meet the increased needs of citizens in agricultural products.

It is necessary to restore the secret of the technology of preparing the ancestors of national food. If we learn to advertise, many will be delighted with the taste of national food and drink. They are in fact irreplaceable vitamins. It is necessary to make them the brands of the country. It is necessary that our national dignity everywhere would be recognized by decisive character, sagacity, generosity and hospitality. It should be constantly remembered that national food products that gave strength to wise ancestors will become a prerequisite that preserves the gene pool of the nation for all time. Here comes another new year Nauryz! It is a holiday of revival and renewal, solidarity and prosperity, peace and good. We should advertise national products not only during the celebration of Nauryz, but also on weekdays, using them daily.

In spring, many diseases come into force, in particular, weakness and various infectious diseases. In the spring, a person feels some kind of weakness, is tired, this is a kind of "regularity". The vitamin fund, created from various fruits and vegetables in summer and autumn, is coming to an end at the end of winter, so people and all life in the spring become weak.

We must overcome seasonal weakness by eating national food, and not taking expensive vitamins from overseas production.



Seitzada Asembekov, *culturologist*

NATIONAL CULTURE IS BASED ON SPIRITUALITY

In the article of the President of the Republic of Kazakhstan Nursultan Nazarbayev “A look into the future: modernization of public consciousness”, the importance of the national culture was specifically emphasized: “The task is not to engage in the transfer of positive and negative experiences. The task is to understand two immutable rules. First, any modernization cannot take place without preserving the national culture. Second, to move forward, we must abandon those elements of the past that do not allow the nation to develop.”

Our national culture, capable of stimulating the fast-moving process of modernization, is based on spirituality, which presupposes a harmony between the soul and the body, between the mind and the heart, between thought and action, between the constancy of the internal and external environment and conscience. And the measure of spirituality, it seems, is determined by many to the soul, who owns unquestionably the inner cosmos of man and spreads its beneficial influence on his external world. Therefore, I think that the soul is responsible for the body.

Very strange thought, isn't it? We all know what a soul is. We say my soul, soul-man, in the soul, for the soul... still not realizing what the soul is. The soul is one of the main components of spirituality. Spirituality is the guarantee of physical well-being.

First of all, I ask myself what the word soul means; it is not often used in our time. To find some kind of acceptable answer I turn over the pages of the Dictionary.

Explanatory dictionary of the Russian language S.I. Ozhegova S.M., ONYX, Peace and Education, AST, 2008) lexeme of soul explains:

1. The inner psychic world of man, his consciousness. He is committed to his work by the soul and body. Glad to be on the soul. I do not like it. (P. 180)

So, the soul is the inner psychic world of man, which is responsible for the state of health of the body. How? Traces both for himself and for others, brothers, sisters, family, relatives, relatives, friends, comrades and nature where he lives. As you know, health is a cohesive whole formed by mental, spiritual and physical well-being. If you try to decipher what mental well-being means, it is somehow connected; it must be with the soul.

The psychic comes from the token of psychology: psycho (Greek), the soul, the logos-doctrine is the doctrine of the soul. With the soul and what it means, the above parts of the whole are defined, and yet mental well-being by and large implies the ethical ideal of Zarathustra, that is, these are “good thoughts, good words and good deeds” that drive us, spoken by us and committed by us where whatever they may be: at home, on the street, on the road, in the mountains and on the sea. In a word, it is our desire to surround with care and attention close ones and not distant ones, even strangers. This, however strange it may seem to you, helps to preserve and strengthen your health. Spiritual well-being. And what's that? It obviously presupposes harmony between the soul and the body, between the mind and the heart, between thought and action, between the constancy of the inner and outer environment.

Do you always have a soul in harmony with the body? If, somehow, not wanting to make a mistake – and it can affect a colleague negatively or even worse, the team – they gave the best of intentions a promise to the children to do something good and did not do it, will they be at peace? Do you know such a state as remorse? Whether it will give you a good sleep, whether you will have an appetite for food, and not just for food...

As important, to nail down the concept, is to have a conscience. And what does it mean: conscience? Conscience is, in our opinion, a sense of responsibility for every step taken in life, for everything that you do in public, with them and not

only with them. It keeps the soul and body in balance.

Do we have consent between the mind and the heart? A vital decision, taken by the mind, is it always supported by the heart? And if the heart goes against the decision taken by the mind, then what happens in this case, if not drama, with all the resulting unpleasant consequences for health. Who will deny the balance between the mind and the heart? The question is, should there be a balance between thought and action? And who doubts this?! Do we always put our plans into reality? Our thought, by the hour, does not outstrip an action. Thought (the idea) must find its embodiment in the action, in the completed action. And if there is no hope, then do not we survive. We will not talk about evil thoughts, i.e. about intent. In each case, a thought that has not found its embodiment in an act causes pathology.

Now we have discussed the internal whole, we move onto the harmony between the constancy of the inner environment and the external.

In connection with the balance between the constancy of the internal environment and the external one, one interesting thought of the remarkable Russian philosopher Pavel Florensky was recalled: “I live in peace and with peace” In my world (presumably, inside) and with the outside world. It is a very valuable thought. You agree with him: within each of us there is harmony and at the cellular level. Here, we must note the thoughts of A. Zalmanov, the scientist-doctor.

“Each cell is obliged to supply specific tissues (epinephrine, pepsin, tyrosine, ACTH, etc.) to all tissues and extracellular fluids in a continuous and prescribed rhythm, which are necessary for friendly activity for the benefit of the whole organism, surprisingly natural for a given program of interconnection between cells, blood, lymph and contents of intercellular fluids. This synergy between each cell and the organism as

a whole is possible and conceivable only if each cell is encompassed by the desire for an innate, unremitting will to serve the cellular collective, the whole organism, up to the sacrifice of one's own life, if each cell has its own microsoul, its own cell microwill, its instinct of solidarity, civicism.

The life of cells is governed by deep ethics, conscientiousness, and service to the cellular collective. The cell resorts to help any threatened area of the body, irrigates damaged areas, darns, sutures injured sites.

(A. Zalmanov, "Deep medicine", Moscow, 1968, pp. 22-23).

Is there such harmony outside of you? Say, you came to the clinic, went into the doctor's office for an appointment. You see that he takes patients, examines, talks with patients, and writes prescriptions, which works. Yes, it works in good faith as far as possible. However, it serves a patient. Is this synergy felt between the doctor and you as a patient? And at home with his wife, with children, with relatives, friends, colleagues – whether there is full mutual understanding with them. What about nature as such, as far as it is connected or not connected in any way. Anyway, the existing disharmony between the inner world and the outside can cause a sudden illness. As you can see, there is something to think about here.

Let me ask: "A district doctor from a polyclinic, where you just stand on record, is interested in your state of health, after he has been treated. I rang the phone, say, like health, whether there is any improvement or there (God save) the deterioration. When a doctor consults about your health, life is different; it will be nice to you. I hope that yes ... I agree with you. However, such cases are obviously single. This attitude of the doctor to the patient in reality is taken to the rule in the Center of East Tibetan Medicine "Zhas-Ai", located at the address of Rozybakiev Street and Al-Farabi Avenue, headed by the head doctor Zhasan Zekeyuly. The peculiarity of Tibetan medicine lies in the fact that, unlike the methods used by traditional medicine, it treats not an individual organ, but heals the whole organism, as a whole.

"Based on this principle, treatment is carried out," says doctor Zhasan Zekeyuly, "we treat, in fact, not a disease, but a person. The patient,

who is on our account, the more he was treated, is under our supervision all year round, in order to know how long the positive state of his health that we reported him will last. It is very important for us to observe not only his physical well-being, but also the state of the patient's soul, as well as the way he at home (and not only at home) follows the recipe of humanity drawn by us."

For the first time from the mouth of the doctor I heard a free phrase combination of humanity. I wanted to ask him, what does the recipe of humanity imply, but was ashamed, it was necessary to understand its meaning. And the essence, in all probability, lies in the fact that he has recovered, therefore, take care of health, which was almost lost. Take care of not only your health, but also the health of loved ones and strangers. Remember the divine nature that determines your own life, the ability of sensation, thinking, consciousness, feelings and will, despite the fact that in your life you face increased aggressiveness, with the moral degradation of some people. In short, do not overcome your environment; on the contrary, keep the environment where you live, and yourself. Learn to find joy in life and give it to others. That's what humanity is. "Humanity" – says the doctor Zhasan Zekeyuly – "presupposes the peace of mind and conscience, achieved by anyone by the development of the mind by a useful science. Only with this inner peace, harmony with yourself and the world around you can be just good health."

Many people understand, moreover, they know that it is necessary to keep the soul in its pristine purity and not to harm anyone, not to consider someone else's pocket; to be honest with oneself and with those close to them who have departed. However, about the purity of the soul, more care for it is not desired or needed. And so, as the patient regiment arrives, the ranks of patients do not thin out. Healthy is sick; turning out to be outsiders in the runaway life and losing composure.

"The dialectic of the soul disposes to solitude, to listen to yourself, to understand yourself, to report to yourself and for what mistake it has committed, what good deed has been done. We must also be occupied by the inner world, the world of psychic experiences. He for us should not remain locked up in almost seven locks. And if you do

not look into your inner world, then sometimes without noticing, we become soulless and to the native person next to you. So, of course, we become enemies to ourselves with an almost heartless attitude to our relatives, being "allies of external evildoers," Zhasan Zekeyuly, the doctor, reflected during a conversation that took place recently between us.

The word of the doctor Zhasan Zekeyuly in me caused a chain reaction of thought: our desire to find peace in the soul, the general positive attitude towards people, ultimately, has the goal of providing ourselves with mental and physical health. Pay attention to mental health is at the forefront of physical health, because physical well-being is determined by mental well-being.

No matter how much we must walk in the wide world, in fact, our minds constantly seek consensus with the soul, thanks to it we have the ability to respond to the call of another, taking or not taking someone's actions and actions. With the mother's milk, we were given spiritual sensitivity from it and a consciousness that grows that unites us and holds the world together in our interpersonal relationships.

Once, quite by accident, I became an eyewitness to the conversation between colleagues of doctors Nurtazaeva Bibigul, Soltieva Zhazira and Omarova Indira after they completed the acupuncture session in room 15 at the Centre of East Tibetan Medicine "Zhas-Ai".

Bibigul says: "If you touch on the purely psychological aspect of acupuncture, then I discovered this. Of the patients who are treated in our Centre, there are many who shift responsibility for their health to doctors, and few who believe that their own health should be monitored. Such people are few.

The Kazakhs say: "health is the most important thing in life, which must be protected. In fact, it turns out: it's just a declaration, where they voiced it and then they forgot."

Zhazira noted: "Paradox: about the health of their cars, the hygiene standards in the clinic and the cleanliness of their own apartments, we care more than about our body. Each organism is a complex biological system. And the more complex this mechanism is, the more attention is to be paid to it. After inattention to you, corporal constitution,

violation of the laws of behaviour, wrong steps in life and wrong direction of thoughts, become the causes of diseases, infectious and non-infectious. It's time to understand and admit that it's your obligation to be healthy. It's not a duty, it's your obligation.

Indira said: "Zhazira! I agree with your idea that we are to blame for our illnesses. If you approach this issue from the perspective of today's literate patient, although many hold the view back the opposite order. There is something to work on here."

This situation in our society is only being overcome, unfortunately.

Bibigul tries to sum up the conversation: "Let's not exaggerate the complexity of the difficult situation associated with the responsibility of everyone for their health before the family, in front of society. Still, work in this direction is being conducted by the truth, not widely deployed by the front, but conducted. Our Zhasan Zekeyuly speaking on this urgent topic on the radio and TV channels Khabar, Kazakhstan, Almaty, writing relevant articles in order to promote healthy living standards, constantly draws the attention of colleagues to the educational work among patients who apply to us for the necessary medical care and patients under treatment in a hospital".

As far as they objectively judge the situation created, related to the personal responsibility of each for their own health, one must learn either by talking with the patients themselves about the spiritual component of their physical well-being, or by referring to the records of patients who are well-healed in the center; had to prefer the last one.

"I, Baltabai Zhaksybayuly, from the village of Taldybulak, Talgar district of Almaty region, the father of four daughters and two sons. Prompted by the desire to build a new home, I borrowed in the bank a loan \$ 30,000 for a period of 15 years. I bought a bus for part of the loan; I paid the rest of them for my children's knowledge because it is not for free. I drove the bus on one of the directions of the city route, my wife worked with me as a conductor. So they did not live for themselves. Once I had a left-sided stroke, I fell down unconscious. I lay in bed in an immobilized condition. Debts mounted. I had to explain to the leadership of the bank, what the problem

was. Management reacted to what had happened with understanding, gave permission to extend the maturity. You will not repay the loan; you will remain altogether without a home given to a bank on bail. A son, a university student, took an academic leave because of non-payment. The family has become ill, here you do not eat and you will not get dressed. That's how things were going.

I thought and arrived in the Centre of East Tibetan medicine "Zhas-Ai" on reception to the main doctor Zhasan Zekeyuly. He held my hand, measured my pulse and diagnosed accurately. In the human body, thanks to the heart, there is intensive blood circulation, said Zhasan Zekeyuly.

He examined me from head to foot. On x-rays, I determined which part of the brain has blood clots. It was clear to me that due to the stagnation of blood in the right lobe of the brain, my left leg refused to move.

Zhasan Zekeyuly began to put gold needles in me, liquefied blood clots in the brain, gave medicines prepared from herbs with medicinal properties, and vitamins. In general, it was recommended to me to undergo three courses of treatment (one course – 10 days), the cost of three courses of treatment – 250 000 tenge. The payment was made at the expense of Zhasan Zekeyuly. I passed 3 courses of treatment (virtually free of charge), and recovered.

The Kazakhs say: "Not the one is generous who gives, but the one who takes". If to judge, then who felt, experienced the good of the other person, he is inclined to do good to another person. This is the chain reaction of the committed good.

I was rescued by physician Zhasan Zekeyuly from disability; he has given me such unforgettable help that he will be able to express my heartfelt thanks to the completeness of my gratitude.

There is Allah, may the supreme will of you, dear Zhasan Zekeyuly always support you!

And one more expression of heartfelt gratitude.

I, Marinina Galina Dmitrievna, searched for this Centre for a long time; my friends recommended this clinic to me. One of which, Larisa Korolev, a woman –

she was sentenced by all the doctors, and 7 years ago Zhasan Zekeyuly returned her to life, for which she was immensely grateful. Now, with my son Marinin Mikhail, a disaster happened: severe pain in the lower back, completely denied his legs. We underwent a course of treatment in the Centre of "Zhas-Ai" and it became much easier for the son. I hope and I believe that everything, the clinic headed by such a doctor as Zhasan Zekeyuly, will put my son back on his feet, and he will return to his mountain skiing. I especially want to express my gratitude and the gratitude of my son for the attentive attitude of Zhasan Zekeyul and wish all the medical staff personal happiness, health and prosperity of your clinic, because you are returning people to life. There are more such talented, wonderful clinics.

Yours sincerely,

G.D. Marinina.

Reading these recognitions, words of gratitude, melts the heart in pristine joy. The doctor Zhasan Zekeyuly in the opinion of his patients is harmonious, universal, and able to demonstrate a low-key, natural biosphere-compatible quality.

In the article "Looking to the Future: Modernizing Public Consciousness", the Head of State draws our attention to the fact that "on the road to modernization, we need to recall the skills of our ancestors. Pragmatism means an accurate knowledge of their national and personal resources, their economical expenditure, and the ability to plan their future".

Zhasan Zekeyuly remembers well the skills of his ancestors and especially the healer, his great-grandfather, known in the people as Bek-aulie (holy), who at one time determined the illnesses of people, probing the pulse. He makes the diagnosis on the pulse and without error knows national and personal resources in the theory and practice of treating people from various diseases and measures for their prevention. Thanks to the economical use of the available resources, he opened a branch of the medical center "Zhas-Ai" in Astana, which is now successfully working for the benefit of Astana residents. And not only Astana residents...

In the relationship with patients, Zhasan Zekeyuly's realism and pragmatism are permeated with spirituality, soulfulness, national spirit.

ABOUT THE CULTURE OF RATIONALITY AND EDUCATION

Seitzada Asembekov,
culturologist, editor-in-chief of “Zhas-Ai” Magazine

If the value system of education becomes the main value, then the nation is waiting for success.

N.A. Nazarbayev

In the article of the President of the Republic of Kazakhstan N.A. Nazarbaev “Looking to the future: modernization of public consciousness” it was more than clearly determined that the culture of modern society is a culture of moderation, a culture of affluence, rather than luxury. It is a culture of rationality.

In general, the culture of rationality involves achieving realistic goals. And the main goal for all of us so far is the only one – “to enter the thirty of the developed countries in the world”. Achieving this goal implies a careful, timid attitude towards the past in all spheres of life. For many obvious reasons this concerns historic experience and traditions in the field of folk, national medicine, the foundations of which were laid by Abu Ali Ibn Sina (Avicenna), Oteyboydak Tleukabyluly (author of “Shipagerlik bayan”, “About medical treatment”). We must learn from them the ability to approach the patient, as a relationship to communicate with him, selfless dedication to their profession, sustained interest in the study of the causes of infectious and non-infectious diseases, high morale in the process of overcoming the various difficulties encountered in the course of life, the emphasized dignity to the powerful of the world, the ability to put the interests of society and the state above the personal, the indefatigable desire to not only provide the patient with the necessary medical assistance, but to serve him faithfully and truthfully, to express love for those whom they began to treat. And the way they could work productively, despite any conditions, often unfavourable and humiliating. They were constantly in a state of creative, spiritual search. They were connected by their whole nature with nature. They walked with their drugs to their homes on foot with bags heavy over their shoulders. They were motivated by a feeling of love for people.

The only measure for everything is the acquisition and development of a culture oriented toward love. Outstanding writer C.T.Aitmatov writes: “The essence is that, having absorbed the experience of the past, we have to live consciously, thinking about the future,

and respect the principles of human community. For this, culture must develop and be enriched relentlessly and not fade. As soon as there is a pause in its development or it is allowed to disregard it, it will immediately affect the person, on his human essence. In this I am becoming more and more convinced. The only cult I accept is the cult of culture. “As you know, the present lives in the past and the future. And how?! Communication between generations should not be interrupted for an instant. Disregard for the culture of rationality does not work out for nothing. The real goal of our work is to preserve and strengthen the health of patients, unobtrusively teach them the norms of a healthy lifestyle, a culture of health, which, unfortunately, we have not yet formed. For a patient, no matter what treatment and preventive institution, whether in a hospital, in a clinic or there, in a private clinic, he does not enter, a medical worker of any rank for the patient who entered there is the personification of culture itself. His clean face, eyes that radiate good, the voice of a doctor, in which there is a hidden but quietly bursting joy, explained by the fact that he is engaged in the main thing in his life by vocation, for love. To become a doctor is direct, movement, it’s not impulsive, light, plastic, and accurate, it seems that calculated. The bathrobe is spotlessly clean. The cabinet, where the doctor takes the patients, gleams with sterile clean. Treatment begins with a live communication between the doctor and the patient; it takes place on the tectonics of spiritual kinship.

We rarely find ourselves at the reception described by me. The reality of our everyday life is quite different. It is better for her to know the impressions made by doctor Nurganov Duisenbi Akhatuly from Kulsary city of Zhylyoi district of Atyrau region. He writes: “For a long time, I was busy with the thresholds of not one clinic, not one hospital, there I did not have to see a warm, attentive attitude towards the patient. After all, the patient should show a small fraction of humanity on the part of the doctor...”

You know, I’m not sure that I’m right. If I say that the unspoken good word addressed to anyone, “lives” in us, dies

in us, poisoning our consciousness. They stopped talking, reminded that the doctor should love the patient. After all, the strength of the doctor is in his heart. The greatest foundation of medicine is love (*Paracelsus*).

I think why people in white coats are wiser than us, are more human than us, more intelligent than us, began to forget that a leisurely, cordial and respectful attitude towards the patient is a law for a doctor in the treatment of a patient of any age.

In this regard, all the efforts of the doctor, says Nurbazayev Bibigul Tursynalykizy, or acupuncturist working at the medical Centre “Zhas-Ai”, should be directed to moral aspirations to influence physical processes and awaken in the patient three living qualities: conscience, reason and love of nature and people. Where conscience, reason and love are present, the culture of health rules there.

Look at this record by Abdrakhmanova Meirzhan from the town of Balkhash, Karaganda region.

In “Zhas-Ai” I underwent 2 courses of treatment and felt better like never before. Before I came to “Zhas-Ai,” I was treated in many hospitals. And, imagine, in any of them I have not seen such lovely doctors. And especially among them Bibigul and Gulnar were especially kind-hearted. In their appeal to myself I felt a kind of kinship of souls. I wish them good health and long life!

“Before I came to “Zhas-Ai”, I was lying; I was not being treated in one hospital. And, imagine in any of them I did not see such kind doctors as here in ‘Zhas-Ai’”, Meirzhan Abdrakhmanova reflects. She somehow detached herself thinking about what she saw and faced, being on treatment in one, another, and possibly the third hospital, like each other in the nature of the patient’s admission, his treatment, care for him, and so, how doctors behave towards her, as well as physicians’ relationships – in the team. She is not fascinated by the servile attitude of the doctor to the patients, his impassive look (her), a deaf voice, from which he breathes indifference. It must

be them and a good specialist, but why is there no culture inherent in doctors? After all, doctors are different people, and their culture is different than ours. This profession is all a profession of profession. And he (she) is like me... Life does not have a subjunctive mood. Then the universal Kantian imperative works: how do you treat people, and they treat you. According to psychology and a few coarse subtleties of her meagre observations one can imagine how in those clinics where she was treated, they "treat" patients. Yes, well, the woman teaches us about the mind and love (Socrates).

For quite understandable reasons, I look at the doctor with the eyes of Meirzhan Abdrakhmanova, the patient. In my opinion, the patient will feel the trust to the doctor during the first conversation, if during the conversation the doctor was purely human in sincerity in the movements of thought in relation to the patient, and the questions asked to him were far from being on duty (stencilled), but dictated and created by an unusual situation. It is important to find contact with the patient already at the first moment of the meeting.

In the medical Centre "Zhas-Ai" they are unexpectedly waiting for patients. As soon as the patient crossed the threshold, he is greeted with a friendly "Security" and a nurse.

In the registry, her documents are issued immediately, they give out a coupon for admission and, accompanied by a medical officer, lead to an appointment with a specialist, often the patient gets to see the chief doctor Zhasan Zekeyuly of "Zhas-Ai" medical Centre. Chief, having consulted about the state of health and condition of the patient, holds his hand, probes the pulse and determines the diagnosis of the disease (the error is excluded), after which the treatment process begins. The Centre is always crowded, but there is silence. Patients, who are waiting here for reception, talk among themselves in semitones. Doctors, nurses and technicians simply scurry around quietly. In specialized rooms, acupuncture sessions are conducted, acupressure, baths, ECG procedures and ultrasound are being conducted, and the process of professional treatment of patients is strictly active, strictly limited in time. Meanwhile, in the hall on the first floor patients are sitting free from medical procedures and having completed prescribed courses of treatment and preparing to leave for their homes, and they watch a TV program about observance of the norms of a healthy lifestyle and health as a

product of spirituality, etc. The sound of the telecast does not bother anyone, it does not irritate anyone.

The place of a person in life is determined by his ability to create values in which people are vitally interested. Does the doctor create certain values? The patient came, not wishing that he had experienced a disease, suffering, with no faith in the possibility of his recovery, and the doctor helped him to find lost health for a while. This is the value created by the doctor. Is it more valuable for a person than health?

In his lifetime, Beck, the healer who determined the disease of a man by his heart, stood guard over such a value as human health, and unmistakably. Beck, both healer and medicine man, treated people from infectious and non-infectious diseases disinterestedly.

He visited patients, consulted about their health, helped the suffering. He walked along the foothills and meadow in search of medicinal herbs, collected them and made a potion from them. He helped everyone who needed his help and even enemies. The treatment of people was his vocation. In him there was an acute feeling of a citizen.

Then, due to various objective and subjective circumstances, the Kalmyks were hostile to the Kazakhs, when secretly, when clearly brazenly, they openly seized meadow meadows, pastures, occupied the banks of rivers, gradually turning them into their property.

Once hard, in a state of hopelessness Ukirzhap zangi fell, the ruler of the Kalmyks with his numerous clans, who occupied a large area near the Tarbagatay mountain range near the town of Tolia. The head of the clan Ukirzhap sent a messenger for a great favour to Beck, to the sorcerer. He, having shown mercy, came to the head of the Kalmyks. Ukirzhap on his knees asked Beck to rid him of the ailment and promised a large "service" for the service, that is, a bribe. Beck set his conditions before him. If he heals Ukirzhap, then he with his kind, will be removed and liberate the fertile land of the Kazakhs, having retired to his brother's house.

For quite understandable reasons, I will not describe in detail how Beck put Ukirzhap to his feet. However, Ukirzhap with his family went to those regions, where he came here as an enemy.

Confucius taught that those who have knowledge from birth are the higher

people, followed by those who acquire knowledge by teaching; Following these are the ones that are learning, despite the lack of clarity.

His great-grandson, Zhasan Zekeyuly, now a doctor, doctor of medical sciences, professor, academician, well-known in the country and in the world, as well as great-grandfather, Bek, treats people by vocation. Is it so? Let's refer to the record left by Yrysty Shaykaq Turmagambetkyzy from the village of Kutikil in the Irgiz region of the Aktobe region.

Yerasil, grandson of Kuanyk, was brought to the medical Centre "Zhas-Ai" with the diagnosis of cerebral palsy. The right arm and right foot are affected. Here he undertook 3 courses of treatment. Now the arm and leg are normal. They own themselves. I return home with a healthy grandson. How glad I am that I met a doctor who mastered innovative methods of treating a disease that can heal both the soul and the human body. Indescribably grateful to him.

Attitude to patients Zhasan Zekeyuly perceives not as a medical service process, but as a service. If he expresses love by the service of a sick person, then it finds reciprocity on the part of the patient. There is nothing surprising there.

But this picture taken from life, how do you take it, evaluate it?

About five months ago I was treated in the Centre of "Meirim" ("Mercy"), a fee was collected there for KZT 12 000 per day. After 3-4 days from the treatment received here it was completely bad, on the right side of the chest there was some kind of tumour, the rest was gone, and the insomnia was very bad. I was sent to the surgeon to the regional hospital, and lay here in traumatology. Traumatologists said that I had had a dislocation and I was given an ointment for external use. We returned to the medical Centre "Meirim", after 10 days and they could not walk at all. From here I was taken out on a stretcher and taken to the aul, home.

I learned about the medical center "Zhas-Ai" from a newspaper publication. The disease pestered me. My husband took me to Almaty. At the entrance to the city they got into a traffic jam. The husband calls in the reception of the chief doctor, warning that he is late. And Zhasan Zekeyuly answers: "I will wait for you". We arrived at the Centre at 18:40. Zhasan Zekeyuly and his assistant Bibigul Nurtazaeva did everything necessary, the first treatment session



took place. For the first time in such a long time I slept without waking up. After a five-day treatment, the disease became less disturbing. And the tumour more than half decreased in volume. After 10 days of treatment, I went home without anyone's help. A month later I came back to be treated and after the 3rd course of treatment I completely recovered. My husband brought me here helpless, and now I am healthy. On behalf of my whole family (eight adult children and three grandchildren), dear Zhasan Zekeyuly, thank you, your team, I wish you all happiness!

Yours sincerely,

Mukhataeva Nesbeli

And my husband Mukhatayev Amanbai tells you: "Thank you very much, Zhasan Zekeyuly! May the Almighty keep you!" (Aul Kumozek Moinkum district, Zhambyl region).

Not at all – forgive me generously – I do not claim the opinion of an expert. I just think that the doctors, who had Neshiba Mukhatayeva at the reception, were accepted according to the established standard, also treated by the inertia of the fulfilled, "proven" technologies. The prescription was written out according to the same scheme. "Therefore, the effect of the prescribed treatment is directly opposite the expected".

The doctor (sorry) is a product. This is a kind of product of some kind of medical school, someone's pupil, student, successor. The patient is also in a certain sense a product-piece. I do not teach anyone... And that's why he needs differentiation, in an individual approach. The same disease in two different patients proceeds, you will agree, in different ways, for the reasons for its occurrence may also be different. You see, treatment of the disease, it seems to me, should be individualized.

The standard here is hardly acceptable. The question is why Mukhataeva Nesbeli finds health in Zhasan Zekeyuly. There is a mystery here that is not unravelled... because it establishes the diagnosis of the disease, probing the pulse. And with this inaccuracy, the error is excluded. The medical Centre "Zhas-Ai" has been working in Almaty for 21 years, and from the patients, patients, there was not a single complaint about the doctors' work. In a voluminous book for comments are given one thanks.

The culture of rationality inherent in the doctor Zhasan Zekeyuly and the entire team of medical workers is sustained in my opinion by the inner intelligence. It causes them the need to follow the long-standing traditions and keep abreast of innovations in the theory and practice of world medicine. The inevitable craving for the book, the steady interest in the cultural and political life of the country, the courtesy of communicating with patients and colleagues, the appearance of neatness, the absence of xenophobia, the absolute fluency in native speech, the reluctance to use invective in speech – all this together forms the notion of Zhasan Zekeyuly's intelligence.

The articles published by him in the central republican publications and interviews given to journalists of the Kazakh Radio and Television are imbued with concern for the protection of national dignity, national culture and national identity, spiritual supports in the life of compatriots.

The five minutes, meetings, seminars and conferences held by Zhasan Zekeyuly and his colleagues here in Almaty and Astana, on various pressing topics convincingly testify to his education. He is for the young Teachers. In so far as the Teacher himself, as he himself

constantly studies, raises the level of professionalism, is engaged tirelessly in self-improvement. This is a doctor who combines in himself, and deep knowledge, and modern technology and personal purely human qualities.

Zhasan Zekeyuly demonstrates his competitiveness by entering the foreign market. He, while on a business trip to Turkey, treated and cured the senior adviser to the President of Turkey, Recep Tayy Erdogan Walchin Topchi, in Istanbul... His creative powers are aimed at serving the good and the beauty, the people and the society. He wrote the book "Tәuelsizdik-tardır siyy" ("Independence is a gift of fate"), dedicated to the 25th anniversary of the Independence of the Republic of Kazakhstan. On the eve of Independence Day by the Decree of the President of the Republic of Kazakhstan N. Nazarbayev. Zhasan Zekeyuly was awarded a high governmental award, the medal "Yeren ebegi yshin" "For hard labour".

He is 50 years old. He marked his anniversary with the publication of two scientific works: Acupuncture, Intervertebral hernia, textbooks for students of higher medical and secondary special educational institutions.

The essence of his education, in my opinion, is professionalism, because he knows his subject, his profession in full, with all its corners and reefs.

This conceptualist sees everything entirely, beginning with the external form of manifestation of something and completing its internal structure.

Creativity of Zhasan Zekeyuly is an alloy of science and life, a fusion of erudition and breadth of life.