

## Brain Stretching to Alleviate Pain in Mind Illnesses

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The method was discovered during 2002, and has been developed since then. The system is very easy: the ill person has the possibility to order his mind writing what the person is thinking by the WORD application

The personal computer is waiting the ill person for starting the brain stretching. To write allows the mind to be ordered. We help these persons to alleviate the mental pain after several times during the day

We do not press such persons. They must work voluntarily. The method can be extended after some days in order to solve typical mental loops and so on. Patients are experiencing substantial improvement coupled with typical face-to-face sessions with their physicians [1].

### Brain stretching

Brain stretching is the result of the stress created between the eyes and the computer screen. The tension is provoked by the screen. The brain stabilization is performed through the eyes

The alleviation is nevertheless slow, but it is dependent on the degree of painful. This system is very useful for brain maintenance, it compresses the mind. It is also very useful during mind crisis. In this case the ill person can write what he or she is thinking, after some sessions it is possible to see the progress in previous type-writings, seeing what was thinking his brain.

This stretching is very important because the ill person can establish his progress allowing to recover brain borders. That is the most important

After a first step, the person can write their own papers and so on. After copy and paste, it can include images and so on. Sophisticated papers can be sent to known people in order to be criticized [2].

Brain stretching can be also known as brain structuring or compressing

### Conclusion

Brain stretching is a new method for managing soft mind illnesses. To be conscient from good evolution requires patient and constancy. The best is if the person has a medical supervisor

### References

1. Steve Parker (2007) The human body book – DK.
2. Gerald Litwack (2017) Human Biochemistry – AP.

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