

## EXO-MEDICINE – STELLAR CIVILIZATION



Conocimiento Pleyadiano

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In this conversation, Anéeka of Temmer explains the concepts related to medicine and its bases on the planets of Taygeta.



### INTRODUCTION

Estel·la.- Hello everyone. Welcome to Pleiadian Knowledge. I am Estel·la. And today we bring you a super important video where Anéeka of Temmer explains what medicine is like on the Taygetean planets. For those of you who don't know, Anéeka is a doctor, she's a doctor, and you're going to see all the knowledge she has on this subject, which is simply impressive. And you are going to see how she explains to us what the concept of a doctor is in her society as a person is formed to have this knowledge. If they have hospitals or not, what are their facilities are like, and what methods or treatments do they use to treat people, how they see the concept of disease, of death, many points of view from their science that the truth could help us a lot in our society if we could apply them, because it seems that here we have everything backwards. In fact, this is the first part, there will be a second part where with Anéeka we will compare the differences with terrestrial medicine. Concepts that we use here, therapies that we have here and what is her opinion on

these things. So I'm going to leave you with the video and I hope you enjoy it. Thank you very much, as always to everyone, and we will see each other in the next videos.

*"This information is provided by extraterrestrial persons, women and men from the Taygeta star in the Pleiades cluster, through a written contact with us."*

## **CONVERSATION WITH ANEEKA OF TEMMER**

Estel-la.- What exactly is the role of a doctor in Taygeta? How are the different roles divided? Are there also nurses, surgeons, neurologists, or is everything more united?

Anéeka of Temmer.- The role of doctor is life support in general, caring for a population or group. It is taken as "Elder", as Wise. There are no specialties, it is just that one or the other can be better at something. Then, a patient will be referred to that other person, but in general, every effort is made to know everything about all medical topics. Like me here. If it's something more difficult, like something mechanical from an accident, for example, I would send that person to Senetre who has training as a surgeon.

Cristina.- Do you mean as a person with more experience, for example, in traumatology or other things, such as specific pathologies, and not as having more knowledge of one part of the body and not another, such as, for example, here, a heart specialist, blood etc ...?

Anéeka of Temmer.- Yes. As you advance in a medium, you gradually acquire a reputation for being good at something in particular. It can be said that this is the specialty, and that is where it is possible for one to specialize in something in general, but unlike on Earth, specialization is not encouraged or advised here, not in medicine nor in anything else. You always aspire to know everything about the subject from all possible angles, and in general about everything you can see and about all existing topics.

Cristina.- What is the process or studies to practice as a doctor in Taygeta?

Anéeka of Temmer.- The study process is the reading of the history and characteristics of medical problems. Then the application of substances on the plants. And why plants? Because we are always vegan. But in the case of other species, the necessary diet for each species must also be observed. Next, most importantly, is learning as you go with a mentor with practice within a medical facility or medical deck. For example, large ships in serious operations are also considered schools for a myriad of activities. More than anything you learn on the go, and with an advanced and highly experienced doctor. In the case of this ship it is Senetre. And, only after a time that is not fixed, but depends on the experience and each individual's abilities and accumulated experience, then that mentor releases the cadet, little by little, until he realizes that you already have enough experience to be self-employed without their presence. So at your own risk it will tell you, or give you, the skill for which you are ready. In itself, this would be like graduation time for someone on Earth. The permission or recognition of his mentor, a mentor to perform alone for having more than adequate experience. It can be a process of many years or shorter depending on the capacity of each person, as mentioned above. And, after some time or whatever, this new expert may take one or more student cadets under her wing, passing on her wisdom to them. And, they will repeat this again to the next generations.

Estel·la.- Thank you very much. Super interesting. Is there a large percentage of people interested in that dedication or does it tend not to be something very necessary or in demand?

Anéeka of Temmer.- It is taken as part of what you need to know to have a full life. In other words, every inhabitant of Taygeta knows that he must have a lot of medical knowledge for his own protection and application throughout his life. But few really specialize. Being more common the dedicated doctors in spaceships where the health and life of an entire crew far from home depends on them. Again, Senetre's responsibility here.

Cristina.- What is the relationship between the doctor and the patient? What process is carried out to treat someone?

Anéeka of Temmer.- Generalizing, it is very between friends. The doctor does enter into a close trusting relationship with a patient, especially if it is a long-term problem, such as a systemic or metabolic problem or imbalance.

Estel·la.- How is the body vehicle considered from your society, its functioning? What would be its optimal qualities?

Anéeka of Temmer.- It is considered an integral part of an individual. Not viewed disparagingly or as something to transcend in favor of something spiritual. It is not seen as something that limits, but something that follows you and is a reflection of yourself. Optimal qualities can be seen or perceived as being in agreement as closely as possible with the plan or what is established or written in the person's DNA. That is why it remains in an optimal state of development of about 23 years old in a women, and about 25 to 27 years old in men compared to Earth. Aging here is different since there is not the same cellular decay that occurs on Earth, but the body can age or look more mature with the passage of time, but only as a result of the mentality and ideas of who dwells in it. And, Taygeta's life expectancy, calculated from a personal time perspective, is at least 10 times longer than on Earth.

Estel·la.- What is the meaning of a sick person in your society?

Anéeka of Temmer.- Someone who for one reason or another suffers from an energy imbalance that is reflected as a problem or malfunction in a weak point within his body that is closely related to the root of the problem.

Cristina.- Is it common for this to happen in Taygeta?

Anéeka of Temmer.- Imbalances always occur in bodies. Intervention only happens when it does not return to normal by itself. Many times because what causes it is not solved. In Taygeta it is rare for people to get sick. I have not calculated it, but I dare say that it is something very rare compared to what happens on Earth, as the number of patients per number of inhabitants.

Estel·la.- What natural remedies do you use to treat pathologies?

Anéeka of Temmer.- The most used remedies are: rest, fasting, herbalism. That is, remedies based on infusions of plants and substances removed from medicinal plants. Also, we use energy therapy a lot using specific frequencies known to us that affect certain cells in particular. This is very useful to speed up the healing of a wound, or a broken or fissured bone. As a means of therapy, we also have specific sound therapy by putting the person in a sensory suppression chamber. Then, also,

healing with quartz and programmed stones. Colors and smells, too. Combined therapeutically to remove post-traumatic stress, for example. The use of artificial drugs is minimal, preserving the essence of the natural, more than anything to accentuate the effect of any necessary active substance. And, the well-known Medical Pods. Remove the cause of the problem, too. Important. Images from Star Trek, but based on the real ones.



Estel·la.- Is this the device with sensors that you say?

Anéeka of Temmer.- Yes. They're from Star Trek, but we all know what they were based on. many things are almost identical to what we have, like those medical sensors. They should not be missing in any medicine cabinet. The closest I have ever seen. It looks like mine.

Estel·la.- Thank you very much. And what functions does it do?

Anéeka of Temmer.- It shows you the inside of the body. Inside view for your inspection without X-rays, and all in high definition. Functioning of the nervous, cardiovascular and gastric systems. Complete blood test without external samples. Blood pressure, heart rate. Vascular obstructions, tissue oxygenation, analysis of specific tissues still within the body. Toxicology, bioelectrical system or auric field. Hormonal levels. Functioning of endocrine glands. And connection to the ship's larger holographic computer for more data if required. You can see inside as if it were a screen or you can enlarge it as a hologram outside of the device in front of you.

Estel·la.- Is the knowledge you have about medicinal plants similar to what we have on Earth?

Anéeka of Temmer.- Yes. As a basis. Only with 10 times the variety of medicinal plants. Let's say our medicine would be comparable to how it would be on Earth after thousands of years of honoring plants. Not to go for Big Pharma's allopathic medicine. It must be understood that for Taygeta food is medicine, it is the same, you eat to be well you do not eat just because it is rich regardless of the consequences, and if you get sick you take medicine. On Earth the symptom is treated, ignoring the cause, with very very few exceptions. In Taygeta the genesis of the problem is understood and the cause is solved, and then in the process of solving it the symptom is also attacked. This is a big difference.

Cristina.- Are there pharmacies, herbalists or healers where to go to find the products?

Anéeka of Temmer.- Yes, but only in large population centers. In Taygeta people know their plants, and they tend to heal themselves or their loved ones only by seeking help when the problem passes to a certain degree.

Cristina.- And do you have hospitals or medical centers? or where does a person go if they cannot treat themselves?

Anéeka of Temmer.- Yes. Also, in the larger towns or population centers, taking into account that a city in Taygeta is not like those on Earth. The cities are more extensive among nature, only a few being totally technological, such as the Toleka city center, the capital.

Cristina.- And what are those places like?

Anéeka of Temmer.- It can be related to a hospital, but with the great difference that patients are placed in suitable places for each one of them according to their needs and preferably among nature as in nearby cabins, it depends on the problem, but most people follow all treatment from home, as it should be. I'm only talking about really serious things where they need a lot of gadgets to monitor them, or after serious accidents, but those that do not require med pods. They are large, low-rise buildings with rapid communication between their wings, generally in the shape of a circle. Rescue Ships or SARs leave these medical centers.

Cristina.- From the point of view of your medicine, for example, how is pregnancy carried out? Is the pregnancy monitored?

Anéeka of Temmer.- It is reviewed if there are risk factors to treat, and in general, yes, the gestation process is closely monitored, yes. And, the births are almost exclusively underwater unless there is a problem. C-sections are very rare. Still, the problems with the baby that can be the cause of cesarean section can mostly be corrected or fixed before birth, as it would be in the case of tangled umbilical cords, a bad position, a sitting baby, or even abnormalities or deformities that they can also correct before it is born. We have remote handling systems. That is, it is not invasive.

Cristina.- And is this monitoring or even the delivery done in the same medical centers or is there a place intended only for pregnancy and delivery?

Anéeka of Temmer.- In medical centers there are places for risky pregnancies or in case the patient decides to give birth there. But the vast majority of births are at home. It is what is customary, with medical assistance, of course, but at home. We have remote manipulation systems, as I said, where the device energetically maintains an instrument, hand or whatever is necessary, passing it with technology similar to that of the portals inside the uterus, doing the necessary work and then leaving the same way without scalpel or anything. And, there are also devices and protocols for preparing the mother to give birth. They do not arrive without knowing anything. And, their bodies have already been physically exercised or prepared for the process of giving birth as well.

Cristina.- And, during labor, is some kind of medicine used such as anesthesia or something to relieve pain?

Anéeka of Temmer.- Yes, only if the mother asks for it. But more than chemical drugs, it is done with energy interference on specific nerves with a device. It works faster, better and its intensity can be graduated on the spot and as needed unlike chemicals and that technology is used for

many things in medicine, not just for childbirth. It should be mentioned that a parthenogenesis delivery is considered high risk in Taygeta, and should be followed with care and full medical attention when possible.

Estel-la.- I understand, by the woman's virginity in that case.

Anéeka of Temmer.- Yes, but not only that, but the entire vaginal tract is not ready or reinforced due to lack of use or stimulation that a woman with a partner would have. This is reflected in the lack of elasticity of the entire area and that promotes more tears and similar problems. Also, the muscles of the entire pelvic area are not equally exercised for the same reason.

Estel-la.- Are there routine check-ups that must be done every X time to evaluate the health of a child?

Anéeka of Temmer.- If a child is healthy, there are no more necessary check-ups that his own family can do since they all have quite advanced knowledge of medicine, more because they are expected and made to study everything related to pediatric health to have a child at home. Own responsibility for their health on the part of every citizen.

Estel-la.- What a difference here!

Anéeka of Temmer.- Yes, quite a lot. Human medicine and Taygetean medicine have nothing to do with each other, they are very different. The concepts of epidemic, pandemic, vaccines, all of this is non-existent in Taygeta. The population is not vaccinated against something, the population is strengthened in its health. If many people get sick from something then it will be investigated, as has already happened with toxic plants that were growing in a village, for example. The concepts of pathological microorganisms, be they single-celled or exosomes (viruses), are completely different, too. They are only seen as opportunistic because of a separate imbalance that must be resolved. They are then attacked with plants if necessary. And, they work a thousand times better than human antibiotics. For Taygeta a virus does not exist, it is an exosome, and it is normal.

Estel-la.- By not having the concept of an epidemic, how do you understand it if many people get sick from something?

Anéeka of Temmer.- We understand it with the most obvious simplicity. The same thing is affecting them and we will have to investigate why and what it is. Still, we do not take infections as an invasion of microorganisms, but as a vulnerability in the body from which the microorganisms took advantage. Then, it will be seen which one and why there is this vulnerability, if it is not resolved, then the problem will continue towards something chronic. And, it is what we try to avoid.

Estel-la.- I understand, thank you. I imagine that it is not common that it happens.

Anéeka of Temmer: That's right, it's not common.

Cristina.- What do you mean that the same thing is affecting them?

Anéeka of Temmer.- If, for example, there is a town that is mysteriously falling ill, it may or usually is caused by a common factor, but they do not know it yet. After an investigation about what all the sick have in common, contrasting it with the differences they have with those who have not gotten sick in the same community. Then one could conclude what the cause is. For example, the fact that fungi have grown with their spores in a typical way and was contaminating

upstream from where the town takes water and from there investigate why these fungi have grown there to prevent it from happening again. Or the fact that the entire community is getting sick from respiratory illnesses may be the cause of everyone being under stress due to some external event, and that is the one that must be resolved.

Cristina.- I understand, Anéeka. But if these microorganisms are only opportunistic, what is it that made so many people, for example, become ill or have that vulnerability?

Anéeka of Temmer.- Because we also see and consider mental or psychosomatic causes as the main causes of diseases. Although, we know what all diseases cause in the case of such an infection, like bacteria, but in the case of fungal spores it is simply a toxin in the water, and therefore a poison. But there may be a cause, for example, of a significant deficiency in the diet that can cause one place or another in the body of almost the entire population to suffer from a decrease in the effectiveness of the immune system in that area. The places in the body, most commonly in these circumstances, are all components of the respiratory system and then the gastric.

Cristina.- I understand much better now, thank you.

Estel-la.- In one of your videos with Robert and Gosia at the beginning of the disclosure, you commented that when someone died in Taygeta, a strict investigation was carried out, asking relatives and acquaintances about the deceased and their circumstances. Why is this so?

Anéeka de Temer: I don't remember why that was said, exactly. What happens is that with an autopsy in place, it is known what he died of in minutes and without moving the body. And, murders and things like that are virtually non-existent in Taygeta, as is crime. Why steal your neighbor's motorcycle if you can make or get one to your liking and without money or anything? But yes, I suppose that if there are more indications that something is not right with a death, an investigation is opened. That's up to the SAR who are multipurpose rescuers, volunteers.

Cristina.- And, in medical terms, what does death look like?

Anéeka of Temmer.- When a body already accumulates many problems and deficiencies and cannot continue to function. Although, in theory you can do it indefinitely with the help of med pods, but the same population is the one that does not want to be eternal, only a few. With med pods, a 900-year-old woman can still look 20, technically possible and easy. The problem is that 900-year-old women are not interested in looking 20, and many are not interested in continuing to live. Death is not seen in the same way as on Earth. Here it is known that it is not the end, that it is only the door to something else. And, 900 years or more, it is a long time to live with the same body, appearance and context. And that is the real limitation for the time of life, the ideas of the same person. But there are a few who stay happy there, well above 1000 years, measured from its context, of course. But when a person or body dies, it does reach a point where it goes beyond what is possible for resuscitation, there it must be left alone since they do not return or do not return well. The soul or soul sign is gone. This can be known by the advancement of cellular necrosis in key points of the brain, nervous and cardiovascular system, and again it is done with medical devices with sensors, the same for autopsies.

Cristina.- Thank you very much. Interesting! And, when you say that they do not return well, in what way?

Anéeka of Temmer.- In that neurologically they don't work well anymore. It is not the person, it no longer connects with the body even though it is healthy. The person is not there. There is no or a weak sign of the soul, and he wants to go. So don't pay attention to the physical body.

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