

How to get rid of problems, stress and fear of cosmetic defects, several possible solutions

She:

"I have such a strange problem that I would like to solve without doctors, or rather without drugs - the chemistry they prescribe.

Stress and fear definitely play a big role in my problem. I successfully hide this problem from a friend, although it is often very complicated. Perhaps you will explain it all to me, help you understand and get rid of the problems.

In short, I believe that stress and such "I don't like it" affect and hurt the body and health a lot, but even though I believe this, I still fail, so it's all an unreal carousel, a tangled ball, or maybe even the spiral, it keeps repeating itself over and over again, and with all that fear and stress exaggerates that I need help, I need to understand it all and advise what to do. "

What bothers me is, in my opinion, too much ... (or also small, large, frequent, etc.) "



I:

Thank you for your trust. I will try to clarify your problem a bit according to my possibilities and time and find - outline several variants of its possible solution. Every problem has a solution, only we sometimes don't see it. And every problem is solvable, maybe not right away, but gradually for sure.

What is essential:

Your case is not unusual. You are relatively lucky that it is not a serious illness or physical defect that would in any way prevent your normal life, but it is a phenomenon that does not interfere with the overall function of your body, endangers or restricts any basic or other vital functions of the body. or mental. That is essential and important.

Psychological impact:

It is more or less a cosmetic defect, which causes you problems in the mental area, by disrupting your self-confidence, which to some extent stresses you and causes fear of possible worsening of this condition. You feel embarrassed, guilty, you experience feelings of shame, you simply have a mindset and you are unhappy about it. You try to hide the problem in every possible way, because you are afraid and afraid that when your friend finds out, he will leave you.

But your self-confidence is only and only your feeling, your opinion of yourself, your self-esteem, in this case from its external physical side. However, this self-confidence is fully influenced by you.

With this opinion, which is a bitter reality for you, however, I do not try to reduce the importance of self-confidence for a person and especially for a girl or young woman and I fully understand your desperate efforts for some, what, but especially fast and effective solution to this unfavorable condition. This is the only way to indicate that this is not a very important, albeit significant, cosmetic detail in terms of the overall assessment and comprehensive assessment of your person as a person.

Personally, such a small cosmetic defect would not bother you as much or not at all, but unlike your partner, I already have some life experience and I know that your other qualities, which are more important for life than a perfect look, such minor cosmetic defects often playfully overlap. No one is completely perfect and no one is completely healthy. And nothing is ideal. That's normal.

These are not exactly some big defects that would perhaps seriously limit you in anything, they are qualities that make people different from each other. Everyone is different inside and out and in a way is original. And everyone likes something different, everyone likes something that others may not like. That's just the way it is and we can't do anything about it.



Causes of problems:

The reason for the occurrence of a given problem or condition can be traced genetically and genealogically by searching for your ancestors, in which case it would be a hereditary problem. You have the genes and you don't change them.

In this case, treatment with classical medicine could help, using some modern methods and procedures, such as laser or radiation, I do not know, I am not a specialist in this field. Here, instead of a regular dermatologist or dermatologist or other practitioner, a specialized, professional, reputable, clinical or research workplace could help you effectively and efficiently. Finding and choosing it is up to you. Such an intervention can be very effective and efficient, but such workplaces usually operate on a commercial principle, interventions are usually not covered by insurance companies and so such assistance can be very expensive for you.



If your ancestors did not have this problem, it could be a problem caused by certain external causes. Each condition always has its reason and origin. These causes can be various, they can be caused by improper lifestyle, nutrition, injury, improper care, use of inappropriate and poor quality products, means, aids or materials. Overuse of drugs and other chemicals also causes great damage. Everyone responds differently to the same things.

Some conditions can also cause some traumatic experiences or events in childhood. It can also be a forgotten and seemingly insignificant experience, but with certain consequences. These consequences in their form may or may not have anything to do with the original traumatic event. Such an event is usually the trigger for subsequent physiological and subsequently psychological side effects.

It can also be the consequences caused by conscious or unconscious - subconscious activity. Negative or positive activities with a negative impact. Just a thought is enough for that. One of the laws of the Universe is that thoughts materialize. Long-term persistence on certain ideas supported by vivid inner images will ensure their practical realization and materialization.

Related to this is the proven fact that the more you devote yourself to your problem, the more time you devote to it, the more energy you give to the problem, the more you feed it with this energy, and the more the problem increases in you. It can't be done indefinitely, it doesn't lead to anything good and it's self-destructive.

Given your age, I do not anticipate that your condition could be the result of any magical or occult practices, such as woo-doo, black magic, as a form of targeted attack, or some revenge on someone through a shaman, even if it does. Even a karmic load is possible. However, no one engages in the fight against evil and negative energies for another person and at any cost, for several reasons and it is dangerous. However, there are certain ritual rites for this, but it is expensive if it is to be effective, and the results may not be certain and long-lasting, and then these ritual rites must be repeated as needed.



Classic treatment:

Everyone is different, and therefore the advice and methods of other people with similar disabilities that occur on the Internet may not apply to you at all. Also, different drugs, which are based on different principles of treatment, have a different effect on everyone. For example, a dermatologist also does not know what to do with it, so he tries various drugs and procedures that commonly work with other patients in these cases.

The consequences of traumatic events and experiences, for example from childhood, can be solved by a suitable form of cooperation with a good psychotherapist, psychologist or psychiatrist, as a possible, effective and relatively quick solution to your poor physical and mental condition. Hypnosis can also help. Don't worry about psychiatrists, they will effectively help you get rid of any states of fear, distress and depression.

It should be borne in mind that a physician may choose from a variety of options, try, or even choose a drug for a particular problem or treatment process based on his relationship with the manufacturer or distributor of the drug or medical device. You have no way to influence that. Of course, most drugs also have side effects that can be more harmful than helpful. Each organism is unique and responds to the same things differently.

Alternative treatment:

Alternative treatment options in these cases are more effective for the psychological part of people and solving mental problems in connection with the existence of cosmetic defects, due to difficult and uncertain successful implementation of changes to existing and functional tissue according to the wishes and needs of the person. However, it is possible to act on them effectively centrally, using NLP - neuro-linguistic programming of the brain or in some cases using suggestions or autosuggestions or hypnosis or autohypnosis, for example using visualization of internal images or meditation and trance.

Thoughts materialize and what we expect tends to come true. Anxiety and fear grow out of the misguided negative power of the imagination and cause states of very harmful stress. You need to get rid of fear as quickly as possible and learn to start using your imagination to improve your life.



It is possible to stop or activate the growth of a part of the body or organs or change it according to one's ideas, for example by the action of some energies by someone, contact, contactless or even remotely, in this case in practice it means acting on skin (or any other) tissue or organ. certain parts of the body with different, as needed positive (for growth or enlargement) and negative (for reduction or extinction) energies, which of course has its impact on other surrounding tissues and organs, because everything is connected and everything is related to everything.

It is very difficult to act and influence in practice - in any way to change, activate and stimulate or, conversely, to destroy and liquidate each individual part of the body separately, according to its will, wishes and ideas, not even those wanted or unwanted parts that have not yet been created and which will arise or fade over time later in the future.

If we start from many years of practice, when the body is imaginarily divided into about 7 chakras, which are perceived as separate and autonomous functional areas, which each have their own different vibrations, it is therefore not possible to act activatively or destructively on a larger part of the body other chakras, in order to make some change to it. But it is possible to harmonize it.

Such a successful targeted action would revolutionize, for example, by stimulating and activating hair growth in the treatment of baldness in men, or by causing permanent depilation in women, and if anyone could, I would become the richest man on earth. He would stroke a

billionaire or a celebrity a few times or stroke a woman where she needed to be hairless and it would be done forever. However, this is not yet the case.

Summary and conclusion:

It is a good idea to confide in your partner about your problem in a suitable way (it will happen one day), even at the cost of losing it. The sooner this happens and the truth comes out, the better for you. In this case, you do not have to regret the losses in any way, there was no one to stand for and what to stand for. You will get some proof of the strength and permanence of his relationship to your person as a whole, and you will also reveal his true character. Or you can show it to him, for example, inconspicuously, accidentally or naturally, without emphasizing it, not giving it any great importance.

This way you can get exactly twice, in both cases. First, you will verify its character traits, such as superficiality, too much emphasis on physical appearance over others, human and psychological traits that are much more important for a responsible life. And second, you will quickly and forever get rid of your fears, mindsets and low self-esteem in front of you. You will strengthen yourself, you will gain confidence and self-confidence. Then your worries, stress and fear of the future will disappear.

I know that this way of solving your problem will seem difficult at first, perhaps insurmountable, but you will still not avoid it and the sooner you do it, the sooner, almost immediately you will get rid of your mental problems, stress, fear, insecurity, worries. etc. and you will begin to enjoy your life normally and in peace.



It is also good to come together to solve problems and use common energy that does not add up, but multiplies synergistically. When a group of people with similar or similar disabilities come together who are set to achieve their goals, results, and move forward in life, great things can begin to happen. Because when such a group of people come together and talk about their problems and ideas on how to solve them, talk about their ideals and visions, or positive future, a lot of energy, enthusiasm, inspiration and motivation will be created that will give everyone involved a lot of energy to move onward.

It is necessary to begin to envy others relative superficial perfection and wish them success. To envy means to feel that others have something you cannot have. Envy proves a limited setting of your mind and this negatively affects your prosperity. There is no need to envy

anyone. There is no need to challenge others with success or to be disappointed that others achieve or have achieved success. Everyone can achieve success in their own unique way, and when one achieves it, it does not mean that you cannot achieve it.

If you are unsure about your personal appearance, do something for yourself. Go buy something new, go to the hairdresser, lose a few kilograms. Love yourself the way you are. Any action is always better than just sitting, moaning and having fear and stress and being dissatisfied and unhappy. And what you focus on will always keep growing.



These problems of yours are solvable, it depends only on you. Everything is as you want it to be, and everything will be as you want it to be. Read this article in peace, think about the content of individual paragraphs and you will find your own solution, which is already there for you. I wish you courage, strength, a lot of positive energy and a certain success.

Otakar Almatir Jaluvka

+420 608 665 185
otakar@jaluvka.com

<http://www.jaluvka.com>

<http://www.jaluvka.com/esotericism-parapsychology-medicineman-energy.htm>

<http://www.jaluvka.com/How-to-get-rid-of-problems-stress-and-fear-of-cosmetic-defects-several-possible-solutions.pdf>

Copyright © 2021 Otakar Jaluvka. All rights reserved. Všechna práva vyhrazena.