

# Rhinotillexis and Brain Health: How Breath Improvement Through Nose Picking Can Contribute to Avoiding TBI and Reducing its Symptoms

Pirot F\*

Department of Medicine, Independent researcher, France

## Abstract

Rhinotillexis can contribute significantly to reducing traumatic brain injury symptoms and contribute to healing, through the elimination of alpha-emitting nanoparticulates that descend through the sinus and reach the nose area. Their accumulation there is a natural self-defense mechanism of the body against inhalation of more alpha-emitting nanoparticulates, through the positive-positive repulsion. The clog has to be taken out to allow breathing and reduction of pressure on the brain, allowing the descent of more alpha emitters and brain function improvement altogether. The paper relates rhinotillexis to a symmetrical of perfect sexuality and chakra opening and concludes with prophylactic recommendations.

**Keywords:** Respiratory science; Physiopathology; Alpha emitters; Neurology; Brain function; Biomedicine

## Introduction

Rhinotillexis is a natural gesture that most humans do in secret, alone. The mucus can agglomerate white material of low radioactivity, mostly vesical seminal conduct allowing for mucophagy – it is liquid in nature and does not emit heat. There are also red secretions that contain blood and may or may not be radioactive, this is usually felt through finger contact, as the alpha activity and the shuriken effect [1] can be tested right away with the touch. This seems to be why instruments for nose picking have never taken ground in the popular basket. The contact allows the body to determine the radioactivity with the heat of the secretions and with their picking the brain can determine whether to re-eat – so as to save B12 vitamin by recycling clean blood – or not. Rhinotillexis helps the body regenerate itself as it allows a clear view, since the pressure in the sinii, under the eyes, by the alpha emitters usually conveys a lot of electric activity from above the eyes (because of stationary electricity related to home appliances and other electricity networks) to under, creating a lacrymal flow that makes vision difficult. It also reduces the pressure of alpha emitters within the brain, allowing the progressive descent of alpha emitters that were lodged inside the brain outside through the nose. The alpha emitters have been shown to

be a key factor of traumatic brain injury [2] as they convey the risk of fractures within the brain under shocks when they are scattered around, because of their alpha decay, the scattering being itself a necessity with regards to the positive charge of all alpha emitters (even though during some steps of the decay chains beta- decay happens, it is mostly alpha decay) creating a “grid” pattern that is the basis of most traumatic brain injuries after a hit. The alpha emitters are the main risk factor that can be reduced through nose picking, for many areas of the brain. The gravitational descent, protecting the temporal lobes, essential for daily activity [3] and normal function [4], and signal interruption related to the catch of neuronal electrons by alpha emitters within the nose, are key reasons. Alpha emitters are frequently extracted along with blood because they create a damage within the brain and structures of the head, causing a bleed and possibly necrosis, and shuriken atoms [1] in particular can take with them the necrosed cells. Necrosed cells sometimes come in a sea of mucus, which nevertheless has in that case a strong acidity related to the positive emission of the alpha decay. Usually the instinct is to discard that entirely. It remains useful to have at hand a handkerchief to clean the finger that is also contaminated by the alpha emitters in that case (especially when picking directly materials with

\*Correspondence to: Florent Pirot, Department of Medicine, Independent researcher, France, E-Mail:

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a lot of red and necrosed cells that leave in a cluster of particles). Cleaning under the fingernail is also usually indispensable to eliminate the remaining alpha emitting nanoparticulates. There is no real alternative, because the accumulates within the nose create a clog that makes respiration difficult and reduces brain connectivity, by attracting electronic signals, disrupting neuronal communication. This is why the elimination of alpha emitters through nose picking is an essential act.

## Methods

The study is thought with uses of avoidance-of-loss of the mucus, as opposed to the material contaminated with alpha emitters (see also [5] on the signals in saliva). Tendency to use the finger to discard the heavy elements, contaminated with alpha emitters, detected with the hits on the tip of the finger, goes together with conservation of the light, clear material. The mucus is a component of life that is part of brain communication and of related signals of life, including on the encephalus' cerebrospinal liquid and its derivatives within the body are quintessential to the communication between the brain and the rest of the body. It can be assessed that it is an essential signal vector for the communication within the body. Alpha emitters within it are the most central cause of leaks through the sinus of the cerebrospinal liquid altogether with solar neutrons. These alpha emitters can be eliminated through the same way but will not come with a red envelope, they are simply in white mucus, taking a somehow orange colour, and are discriminated by finger friction (for shuriken atoms especially). This allows the body to regenerate itself as well as to grow better quality mucus for later use.

Respiration is also improved by rhinotillexis. There is a two-steps pattern, as the descent of alpha emitters within the mucus sometimes serves as positive-positive protection against the contamination by more airborne alpha emitters, in dusts etc. The elimination of the clog of alpha emitters through rhinotillexis allows also brain regeneration through the improvement of breath capacity, and re-oxygenation of the brain. For the author, during an experimented period of refusal to re-eat the matter, the intake of THC, by the consumption of marijuana smoked with some tobacco, contributed to a re-oxygenation equivalent as delta-9-THC and similar components intakes in the brain represented an equivalent of the lost mucus (thrown in the trashbin) and allowed also the rapid production by the brain of the hormones that had been lost through mucus discarding. A set of emotions rapidly invaded the brain of the author, triggering a very daunting overreaching behaviour that compensated for the earlier period of relative rigidity and emotional loss. Th1/Th2 cells are regulated by delta-9-THC [6] and Th2 cells promote hypersensitivity reactions [7], explaining the behaviour. Delta-9-THC also improved visually the field available to the eyes of the author significantly. It is clear that the deliberate decision to stop re-eating the nosepicked materials had caused an overall reduction of nose-picking causing accumulates of alpha emitters under the eyes that affected vision significantly. The effect of delta-9-THC lasted two to

three hours before returning to normal. This field-of-vision effect was very significant, equivalent to the gain of a third dimension of view (to the rediscovery of depth view). It was unsustainable because of later re-exposition to airborne alpha emitters. Salt in the brain contributes as well to declogging, by filling up the empty spaces and allowing a faster spin of the cerebrospinal liquid and of the bloodstream within it. The salt takes the space and allows a decongestion through the push of the raw decayed matter (destroyed by alpha emitting nanoparticulates), allowing for its faster evacuation downstream. The structure of the sodium, its volumetric changes under hydration allow for the push effect downstream so long as the alpha emitters have been already evacuated (or see [8]). There is an optimal rate of nose-picking related to the Bose-Einstein condensation [9] within the mucus allowing for the progressive growth of the accumulate of alpha emitters, so that in one extraction the amount of alpha emitters taken is maximal and the damage (loss of useful mucus, damage to surrounding cells of the nasal walls) minimal.

## Discussion

The methods of nose thickening with concrete boosters such as botox can get impeded by rhinotillexis and the results destroyed by a few fingerpicks. This creates a conundrum with TBI prevention. The blood circulation being also affected by botox intakes, it creates a short-term incapacity and a long-term dangerousity for the brain to have botox injected in the nose. The excess nose-picking can cause accidents with uncontrolled blood loss and the need for an intervention with cotton swabs injected with water to clog the sinus, close the nasal cavity and allow natural reconstruction by blood platelets. This happened once to the author, requiring a stay of four days in the hospital laying in a bed before reconstruction and withdrawal of the added noseplug. There are other phenomena related to the blood extraction through nose picking that are worth to be noted. The weight is usually sensed by the finger touch, allowing to determine quite easily whether there is a strong contamination with alpha emitters or if the matter is light enough to be re-consumed. Rolling frequently helps for the discrimination of the alpha emitting nanoparticulates within the blood. The loss of blood cells and of brain material that was related to the refusal of reconsumption in the experiment mentioned above was a direct cause in the loss of brain functions that was noted.

The use of captagon also creates a blood-barrier disruption within the brain, as the bloodstream is accelerated to foster the distribution of the energy that is digested more rapidly under captagon consumption, enhancing the physical strength of the subject at the depends of brain functionality, risking a break inside of some blood vessels and even a massive perforation of the sinus vessels. Indeed nose picking under captagon is extremely dangerous because of the hemofluidity under its influence. It can create a massive loss of blood under it, altogether with the loss of essential sugars compensating for the stimulation of the sympathico-mimetic system

within the brain by the captagon. Captagon is dangerous for brain stimulation as well as it creates a clog of the smaller vessels while it privileges the motor neurons and the muscles of the organism. It can lead to neuronal loss on the short term, strongly reducing intellectual abilities. Other drugs do not have the same effect but can as well influence nose capabilities strongly. Metamphetamine is one of the less significant for nose health, as opposed to cocaine that can break the nose receptors by inflammation as it is usually consumed through the nose and can as well damage the brain through that channel. Cocaine can also lead to the forgetting of essential cleaning activities. The nose picking activity can be reduced strongly because the individual will also want to save all the cocaine that has been sniffed, spilling into a large stream of health effects throughout the body. Rn222 cannot be directly nosepicked because of its gaseous nature. It is a particularly inodorous compound that cannot be detected except with acuity for the alpha activity and the alpha hits on the thighs from the radon gas in a room. Coffee does not allow its easy excretion as well because each atom goes alone, and will decay similarly alone. Only physical exercise allows the elimination of these heavy elements, gymnastics and sexuality typically (excretion through seminal liquids), though solar neutron capture and immediate fission with subsequent solar neutrons is an alternative.

The gymnastics of sexuality are the best for typical excretion as they allow the bodies to take the position that best suits gravitational elimination, fostering as well the erotic excitement because the passing of the alpha emitters through the thin vessels and channels creates an internal stimuli through that process. The woman seating on the man and penetrating with her erect clitoris the anus for prostatic stimulation of the man as he penetrates her vagina, creates a situation in which both excretors of seminal liquids are placed at the bottom, allowing for maximal excretion with gravity of the alpha emitters. Nevertheless, the regular nose-picking activity allows for a clarity of the cerebrospinal fluid and for a protection of the brain that makes this activity more practicable and pleasing to the brain as well, as recollection of the emotional feelings, relation to the partner is fostered by a better brain health. In principle, while receiving clitoral fellatio by the mouth of the partner, the woman should raise her thighs and offer her basin to have a maximal descent of the alpha emitters to the vaginal cavity, where they can descend softly and efficiently. The porous nature of the vaginal cavity is intended for that. The orgasmic spasms have the additional benefit of facilitating the descent of the alpha emitters by liberating them from their areas of encroachment through the perineal vibrations. For men likewise orgasmic liberation is about excretion of the alpha emitters through dilatation of the seminal channels and acceleration of the bloodstream and heart rates, liberating up to the alpha emitters lodged within the heart walls. Prostatic stimulation by the erect clitoris helps the man laying down under the woman for maximal excretion through the ejaculate, stimulated by the clitoris impacts on the prostate opening strongly the channels for excretion, compensating

the laying down position by the catapult effect of the prostate stimulation by the clitoris for the ejaculation of alpha emitters. It can be seen as a symmetrical of rhinotillexis. The Rn222 excretion is facilitated by sexual activity up to the accumulates within the feet when the sexual position is the best for gravitational liberation. Practices such as seeing a prostitute and receiving a fellatio while standing up, for a man, are incompatible with that, as opposed to the intimacy levels of a loving relation associated with the above "bi-sexuality" of the clitoris-anus-prostate / penis-vagina double penetration.

## Results

There is a necessary adaptation to physical effort through rhinotillexis. Rhinotillexis allows a gain of breath through the elimination of alpha-emitting nanoparticulates-rich mucus in a way that is naturally researched by the human brain, before the physical effort. Natural observations suggest that an immediate gain of 20% in physical capacity is allowed by rhinotillexis, without even any warm-up. Rhinotillexis is the warm-up. It fosters blood circulation through the declogging of the nose, which is close to the encephalus. The result of 20% observed independently by the author during exercising also corresponds to the data usually given for nose breathing gains in oxygenation versus mouth breathing (see for instance [10] which gives 10 to 20%). The blood circulation fostered by the declogging allows a better distribution of the nutriments into the muscles doing the exercise and also improves the resulting physical activity. It seems the physical abilities can be multiplied by two and more than two (potentially by five) if correct rhinotillexis is done at the beginning of the activity, depending on initial nosefilling. The acids resulting from natural contamination within the blood ([11]) and from consumption of acidic drinks for instance are brought by the initial physical efforts in the head in a way that stimulates the mucosal spill-off of more alpha emitting nanoparticulates, through that acid push, facilitating strongly rhinotillexis. This also matters for sexual activity, as the breath control is quintessential for control of the body and for improving the ability to observe the partner at the same time. In addition to the clitoris-to-prostate assimilation to rhinotillexis, ejaculation can also be assimilated to rhinotillexis as the ejaculate also needs discrimination to separate the component that is rich in alpha emitters from the portion that is hormonally interesting for the partner of the other sex to ensure supplementation of what the endocrine metabolism cannot produce itself (that is called "amrita" in the Hinduist and Buddhist tradition and considered to be an immortality nectar). In a certain way mucus nosefilling testifies of closure of the spirit (of a period of focus on the self, which it organizes) and rhinotillexis prepares the opening to the outside, in a way that is strongly confirmed by its indispensability for seeing the body of the partner and relating to it in sexual practice. It corresponds to the "chakra opening" in a practical way that also demonstrates the body-mind nonduality.

Nosefilling corresponds to an increased mechanical pressure, from

the nose to the auditory channels behind the ears, that creates degrees of auditory loss. Whereas this may allow a work focus for a solitary task, it cuts the subject from the external world, and rhinotillexis is also a fundamental activity preceding communication with others. It amounts in a certain way to bursting a bubble. Nerve activity around the nose also relates to electrical excitation of the zygomatic muscles and the ability to smile also is related to a nose free of alpha emitters, not disrupting zygomatic stimulation by the brain. There is an added effect from rhinotillexis into the brain by the anus – with a completely filled rectum there is an added level of secretion that is stimulated. Receptors at the top and bottom of the body being altogether filled in a synchronous way typically by the organism in a way that is reminiscent of the atom – fission is possible when the receptors are open, which is akin to saying that being open to the others, opening communication channels also exposes to attacks. Mucus filling also is a way for the body to protect itself in areas where airborne pollution with alpha emitters is strong. The continuation of the completely filled anus results in strong nose-clogging and also threatens myeloma proliferation in the brain. Which is discreetly observed by the author through self-study and observation of the reflections of the proliferating myeloma in the shadows behind the eyes. Headaches are an initial symptom of that proliferation. The prefrontal cortex can also be rapidly damaged because it is one of the areas of the brain most far from the bulbar area and from the company of the bloodvessels that allow excretion. It is one of the area most dependent on rhinotillexis for functioning. Its relation to social cognition and, in particular, language ([12,13] – the lateral prefrontal cortex is obviously particularly influenced by rhinotillexis) confirms the closure of the self - relation to mucus accumulation within the nose and rhinotillexis relation to chakra opening. It also appears eventually that conservation of the clear pickled pieces becomes less relevant in periods of high contagiousity with the spreading of airborne infectious diseases. Leading to usual recommendations of sink elimination, or at least garbage bin after picking in an handkerchief and pressure work upon, with three fingers, to proceed to compression-destruction of possible bacteria / fungi within, before throwing in the bin.

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