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&

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Addiction therapy from vicious to productive behaviors and the role of Haqua Revitalize™ Therapy-HART

Addiction- a conduct seen as a kind of mental disorder or a disease of the brain by various scientific researches. Every individual is in some form or another, prompted to a repeated exposure to an addictive stimulus, a personal desire in searching for uncertain. An excessive exposure to this kind of addictive stimuli, irrespective of the source of the addiction, could turn to destructive, rather than constructive, such as but not limited to; food craving, workaholism, intense sexual intercourse, gambling, smoking, alcoholism, drugs, cocaine, nicotine, etc. The term addiction is frequently misused to refer to other compulsive behaviors or disorders. Any form of toxic substance is destructive for it is associated with long-term complications. Conversely, some other forms of addiction could be constructive; such as high-thrill cultural, social or sport activities- engagement in welfare and social activities, workaholism, aerobic exercise, fishing, hiking, golfing, television watching, internet and

social media activities, etc.; for, they are perceived as being essentially positive, desirable, and pleasurable. They lead individuals in the prevention of depression, anxiety, post-traumatic stress disorder. Any excessive use of these activities results in repeated release of high amounts of dopamine, which in turn affects the reward pathway directly through heightened receptor activation, could turn from constructive to destructive, in the same path of toxic substances. For the past ten years in the studies of Haqua Revitalize™ Therapy, otherwise called as Hot Aqua Therapy, or Aqua Calidum Therapy, a new form of Addiction Therapy; has been found to be the Essential Fuels of the Brain in revitalizing productive neuroplasticity in the brain, and eradicating vicious addictive behaviors. These Essential Fuels are branded as the FEEL's – The Four Essential Fuels of Life. The Feel's are the basis of all changes in the physical structure of the brain.

Biography

Faris AlHajri holds the PhD (AM) degree and an expert, international speaker, researcher, discoverer, and founder of 'Haqua Revitalize™ Therapy' (Hydro-Thermal Therapy-HTT or Aqua Calidum Therapy-ACT, or Hot Aqua Therapy-HAT). He has begun AlHajri Holistic Health & Wellness, LLC-AHHW out of a desire to promote healthy living through the benefits of Haqua Revitalize™ Therapy. He has worked extensively in Oman and other countries promoting this scientifically sound alternative therapy which has received peer review at a variety of national and international conferences and in other media.

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