

STRESS & ANTI-STRESS: HOLISTIC QUANTUM-INFORMATIONAL FRAMEWORK

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ABSTRACT. In the report of United Nations at the beginning of 1990s *stress* was marked as a disease of 20th century, as its role in the development of numerous psychosomatic disorders was undoubtedly confirmed. On these lines, contemporary investigations of *psychosomatic diseases* imply the necessity of application of *holistic methods*, oriented to *healing the person as a whole* and not disease as a symptom of disorder of the whole, suggesting their *macroscopic quantum origin*. In the focus of these quantum-holistic methods are body's *acupuncture system & consciousness* – which (within the Feynman propagator version of quantum mechanics) have *informational structure of quantum-holographic Hopfield-like associative neural network* – with very significant quantum-holographic psychosomatic implications. So, all holistic acupuncture-based & consciousness-based approaches and techniques can be treated as *quantum-informational therapies*, by *imposing new healing boundary conditions in the energy-state space* of EM quantum-field-related *acupuncture system/(individual and collective) consciousness*. The above mentioned quantum-holographic psychosomatic framework provides better understanding of the *nature of psychosomatic diseases*, which might help in *developing strategies for psychosomatic complementary and integrative medicine in the 21st century*.

Keywords: stress, anti-stress, psychosomatics, integrative medicine, acupuncture system, consciousness, quantum-holographic informatics.

INTRODUCTION

Stress is inevitable consequence of life. To some extent, which is individual, stress contributes to a better adaptation to daily life and work: stress itself is the life salt (SELYE, 1974). However, when this boundary is crossed, prolonged stress becomes harmful and causes numerous psychosomatic diseases. This is the reason why stress has come into the focus of science and medicine since the beginning of 1960s, when Hans Selye, director of the Institute for Experimental Medicine and Surgery of the University of Montreal, introduced the notion of *general adaptation syndrome* as a group of mutually connected *non-specific stress-reactions* of the organism (SELYE, 1974; LINDEMAN, 1982; BLAGAJAC, 1992; GROUP OF AUTHORS 1999; RAKOVIĆ *et al.*, 2009; RAKOVIĆ, 2025).

JOVANOVIĆ-IGNJATIĆ, 2010; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; RAKOVIĆ, 2025). In this context, it should be noted that Resonant Recognition Model (RRM) of biomolecular recognition implies that on the biomolecular level information processing is going on in the *inverse space* of Fourier spectra of the primary sequences of biomolecules (ĆOSIĆ, 1994; ĆOSIĆ, 1997; KEKOVIĆ *et al.*, 2010), similarly to (quantum) holographic ideas that cognitive information processing is going on in the *inverse space* of Fourier spectra of the perceptive stimuli (PRIBRAM, 1971; PRIBRAM, 1991), thus supporting idea on *quantum-holographic fractal coupling* of various hierarchical levels in biological species (ZHANG, 1987).

In the context of *acupuncture-based and consciousness-based approaches and techniques of quantum-informational medicine* (YOGANANDA, 1946; LINDEMAN, 1973; VOLL, 1975; ORME-JOHNSON and FARROW, 1977; FISHMAN and GRINIMS, 1979; SARASWATI, 1982; CHIA, 1983; HAZ, 1984; BRENNAN, 1987; ZHANG, 1987; CHOPRA, 1989; JOHARI, 1989; MARKIDES, 1990; TART, 1992; DOSSEY, 1993; DEVYATKOV and BETSKII, 1994; SIT'KO and MKRTCHIAN, 1994; VUJIĆIN, 1995; CALLAHAN and CALLAHAN, 1996; MILENKOVIĆ, 1997; JEROTIĆ, 1998; VLAHOS, 1998; COHEN, 1999; GROUP OF AUTHORS, 1999; HARRIS *et al.*, 1999; HELLINGER and TEN HEVEL, 1999; KAMP, 1999; MIHAJLOVIĆ SLAVINSKI, 2000; PETROVIĆ, 2000; PEARL, 2001; BELLAVITE and SIGNORINI, 2002; STAMBOLOVIĆ, 2003; TODOROVIĆ, 2005; RAKOVIĆ *et al.*, 2006; STIBAL, 2006; SUI, 2006; HEW LEN and VITALE, 2007; MURPHY, 2007; SAMOHIN and GOTOVSKI, 2007; TIRTHA, 2007; DJORDJEVIĆ, 2008; KINSLOW, 2008; POTEHINA *et al.*, 2008; RAKOVIĆ, 2008; BARTLETT, 2009; OVERBYE, 2009; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009; GOTOVSKIZ *et al.*, 2010; GROF and GROF, 2010; JOVANOVIĆ-IGNJATIĆ, 2010; MILENKOVIĆ, 2010; BEDRIČIĆ, 2011; HADŽI-NIKOLIĆ, 2011; PANAJOTOVIĆ, 2011; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; SIMONOVSKA, 2011; TOMŠIĆ AKENGEN, 2011; GRABOVOI *et al.*, 2012; RAKOVIĆ, 2025; <http://www.atpweb.org>; <https://www.imconsortium.org>; <http://www.issseem.org>;) their goal would be a bioresonant excitation of the electromagnetic (EM) microwave (MW) / ultralowfrequency (ULF)-modulated or radiofrequency (RF) / lowfrequency (LF)-modulated psychosomatically disordered state (acupuncture palpatory-painful or psychologically traumatic, as one of hundreds possible disordered states) thus enabling that its initial memory attractor is bioresonantly excited (similar to annealing procedure in artificial neural networks Hecht-Nielsen (1990) becoming more shallower and wider on the account of deepening of the (energy-dominating) attractor of healthy (acupuncture palpatory painless or psychologically traumatic-free) state – which is then altogether *quantum-holographically projected* on the lower quantum-holographic *cellular level*, thus changing the *expression of genes* (GROUP OF AUTHORS 1999; RAKOVIĆ *et al.*, 2006; RAKOVIĆ, 2008; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; RAKOVIĆ, 2025). Thus, all these acupuncture-based and consciousness-based holistic approaches and techniques might be considered as *quantum-informational therapies*, via *imposing new boundary conditions in the energy-state space of the acupuncture system / consciousness*.

However, when this process is hindered by *transpersonally entangled blockages* in the EM field-related energy-state space of the acupuncture system / consciousness (on numerous laboratory tests revealing the evidence of entangled minds i.e. *extrasensory experiences* in a quantum reality, see refs (JAHN and DUNE, 2011)) – then memory attractors of quantum-holographic network of field-related *collective consciousness* should be removed as well (via *prayer* or *circular (psycho / energy) therapies* from all relevant meta-positions included in the problem (MARKIDES, 1990; TART, 1992; DOSSEY, 1993; VUJIĆIN, 1995; MILENKOVIĆ, 1997; JEROTIĆ, 1998; VLAHOS, 1998; GROUP OF AUTHORS 1999; HARRIS *et al.*, 1999; HELLINGER and TEN HEVEL, 1999; KAMP, 1999; MIHAJLOVIĆ SLAVINSKI, 2000; PETROVIĆ, 2000; RAKOVIĆ *et al.*, 2006; HEW LEN and VITALE, 2007; RAKOVIĆ, 2008; OVERBYE, 2009; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009; GROF and GROF, 2010; BEDRIČIĆ, 2011; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; TOMŠIĆ AKENGEN, 2011; HADŽI-NIKOLIĆ, 2011; RAKOVIĆ, 2025; <http://www.atpweb.org>;) thus providing *spiritual integration of personality* which *initiates the process of permanent healing* as suggested by experiences of clients in *post-hypnotic regressions* (NEWTON, 1974). These

transpersonal holistic procedures, alongside with working on all levels of *EM bioresonant (MW / ULF-modulated or RF / LF-modulated) therapies* (VOLL, 1975; ZHANG, 1987; DEVYATKOV and BETSKII, 1994; SIT'KO and MKRTCHIAN, 1994; GROUP OF AUTHORS, 1999; SIGNORINI, 2002; STAMBOLOVIĆ, 2003; BELLAVITE and TODOROVIĆ, 2005; RAKOVIĆ *et al.*, 2006; SAMOHIN and GOTOVSKI, 2007; DJORDJEVIĆ, 2008; RAKOVIĆ, 2008; POTEHINA *et al.*, 2008; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009; GOTOVSKIZ *et al.*, 2010; JOVANOVIĆ-IGNJATIĆ, 2010; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; RAKOVIĆ, 2025; <https://www.imconsortium.org>; <http://www.issseem.org>) and *non-circular (psycho / energy) therapies* (YOGANANDA, 1946; LINDEMAN, 1973; ORME-JOHNSON and FARROW, 1977; FISHMAN and GRINIMS, 1979; SARASWATI, 1982; CHIA, 1983; HAZ, 1984; BRENNAN, 1987; CHOPRA, 1989; JOHARI, 1989; MARKIDES, 1990; TART, 1992; DOSSEY, 1993; VUJIČIN, 1995; CALLAHAN and CALLAHAN, 1996; MILENKOVIĆ, 1997; JEROTIĆ, 1998; VLAHOS 1998; COHEN, 1999; KAMP, 1999; HARRIS *et al.*, 1999; HELLINGER and TEN HEVEL, 1999; MIHAJLOVIĆ SLAVINSKI 2000; PETROVIĆ, 2000; PEARL, 2001; STIBAL, 2006; SUL, 2006; HEW LEN and VITALE, 2007; MURPHY, 2007; TIRTHA, 2007; KINSLOW, 2008; BARTLETT, 2009; OVERBYE, 2009; GROF and GROF, 2010; MILENKOVIĆ, 2010; HADŽI-NIKOLIĆ, 2011; PANAJOTOVIĆ, 2011; SIMONOVSKA, 2011; TOMŠIĆ AKENGEN; 2011; GRABOVOIC *et al.*, 2012; <http://www.atpweb.org>), might be the holistic clue for imposing healing boundary conditions in the energy-state space of the acupuncture system / consciousness of the patients, cf. Fig. 1.

ON MACROSCOPIC QUANTUM NATURE OF ASUPUNCTURE SYSTEM AND CONSCIOUSNESS

It should be pointed out that on all quantum-holographic hierarchical levels of biological macroscopic open quantum systems S_k (local cell's biomolecular protein / target, local acupuncture system / consciousness, or nonlocal out-of-body consciousness / collective consciousness), there exist *two* (interacting) macroscopic quantum subsystems (RAKOVIĆ *et al.*, 2006; RAKOVIĆ, 2008; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009): first with *modifying many-electron hypersurface* $E_e(\phi_e^{(k)})$ and second with *modifying EM multi-phonon hypersurface* $E_v(\phi_v^{(k)})$, as in Fig. 1.

It should be added that an energy hypersurface of multi-phonon quantum state might also include low-energy long-range coherent MW Frohlich excitations (created as a result of interaction of electronic and phonon subsystems (FROHLICH, 1968; KEKOVIĆ *et al.*, 2005), of particular significance in microwave resonance therapy (MRT) of a dynamic modification of the EM multi-phonon (and related many-electron) acupuncture macroscopic quantum subsystem (DEVYATKOV and BETSKII, 1994; SIT'KO and MKRTCHIAN, 1994; GROUP OF AUTHORS, 1999; RAKOVIĆ *et al.*, 2006; POTEHINA *et al.*, 2008; RAKOVIĆ, 2008; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009; JOVANOVIĆ-IGNJATIĆ, 2010; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; RAKOVIĆ, 2025;).

The mentioned quantum-holographic picture implies that quantum-holographic hierarchical parts carry information on wholeness, enabling subtle *quantum-holographic fractal coupling* between various hierarchical biophysical levels – including numerous acupuncture projection zones and corresponding organs and cells, with underlying *macroscopic quantum-informational control mechanisms of embryogenesis / ontogenesis and morphogenesis* and their backward epigenetic influence on the *expression of genes*, starting from the first fertilized cell division which initializes differentiation of the acupuncture system of non-threshold electrical GJ-synapses ("gap-junctions") (ZHANG, 1987; GROUP OF AUTHORS, 1999; RAKOVIĆ *et al.*, 2006; RAKOVIĆ, 2008; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009; JOVANOVIĆ-IGNJATIĆ, 2010; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; RAKOVIĆ, 2025;).

This underlying quantum-coherent nonlocality might be of fundamental importance in understanding epigenetic macroscopic (quantum) holistic very nature of *psychosomatic health and diseases* as well – implying also a *fuzzy borderline* between quantum coherent (nonstationary) and

semi-classical decoherent (stationary) manifestations of the macroscopic quantum-informational *acupuncture system* and *consciousness* (as well as any macroscopic condensed-state physical (sub)system), and their *close relationship* with significant psychosomatic-cognitive implications (RAKOVIĆ *et al.*, 2006; RAKOVIĆ, 2008; RAKOVIĆ, 2009; RAKOVIĆ *et al.*, 2009; RAKOVIĆ, 2011; RAKOVIĆ *et al.*, 2011; RAKOVIĆ, 2025;).

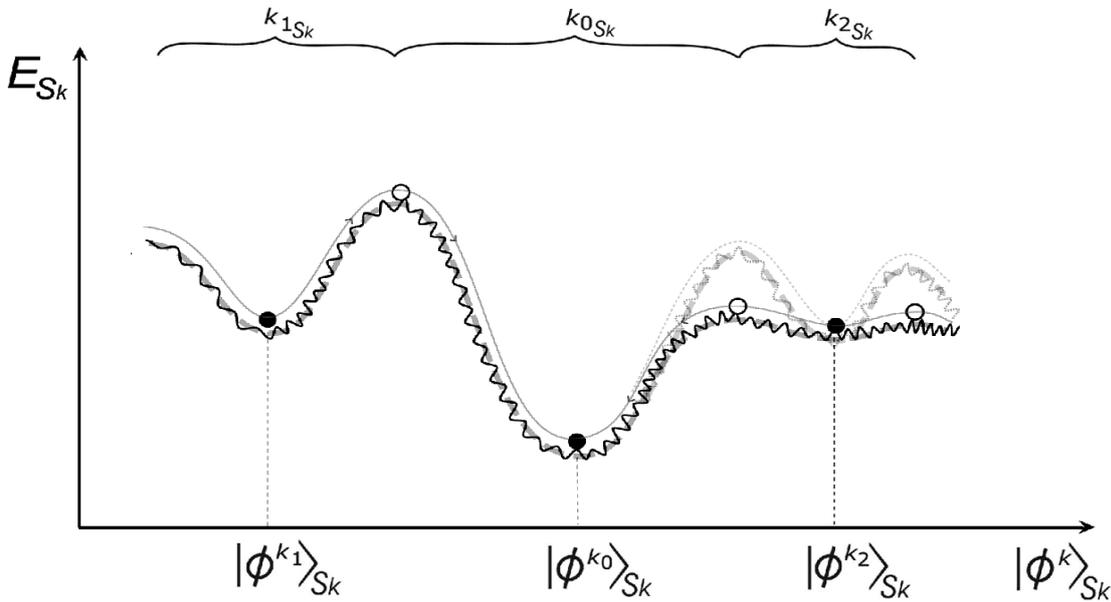


Figure 1. Schematic presentation of the adaptation of memory attractors in the energy-state ($E_{S_k}(\phi^k)$) hypersurface of the quantum-holographic memory / propagator of various hierarchical levels of biological macroscopic open quantum systems S_k (local cell's biomolecular protein / target, local acupuncture system / consciousness, or nonlocal out-of-body consciousness / collective consciousness):

$$G(r_2, t_2; r_1, t_1) = \sum_{i=1}^P \phi^{k_i}(r_2, t_2) \phi^{k_i*}(r_1, t_1) = \sum_{i=1}^P A_{k_i}(r_2, t_2) A_{k_i}^*(r_1, t_1) e^{\frac{i}{\hbar}(\alpha_{k_i}(r_2, t_2) - \alpha_{k_i}(r_1, t_1))}$$

It should be pointed out that Nature presumably has chosen elegant room-temperature solution for quantum-holographic information processing, permanently fluctuating between quantum-coherent states

$$|\phi^k(t)\rangle_{S_k} = \sum_i c_{k_i}(t) |\phi^{k_i}\rangle_{S_k} \quad \text{and classically-reduced states } \hat{\rho}_{S_k}^k(t) = \sum_i |c_{k_i}(t)|^2 |\phi^{k_i}\rangle_{S_k} \langle \phi^{k_i}|$$

of the biological macroscopic open quantum system S_k , via non-stationary bioresonance interactions with out-of-body farther environment and through decoherence by bodily closer environment. Thus quantum neural holography combined with quantum decoherence might be very significant element of the feedback bioinformatics, from the level of cell – to the level of organism – and further to the level of collective consciousness, with epigenetic backward dynamic influence on the expression of genes. This implies necessity of quantum-informational successive bioresonant balancing of all unwilling side memory attractors (like ϕ^{k_2} in Figure), which would cause development of psychosomatic diseases on the individual level, and interpersonal fights in this and further generations on the collective level.

The above problem is of fundamentally theoretical physical significance, as it tackles the question of *universality of quantum mechanics*, i.e. the question of general validity of the quantum-physical laws for *macroscopic phenomena* as well, mostly treated by the methods of classical physics. Although this question was raised in the early phase of founding of quantum-mechanical theory (and temporarily put aside for very different reasons, being considered as a difficult scientific problem), in this respect the situation is not much better today, and it can be said freely that the

problem of universal validity of quantum mechanics is still open (GHIRARDI *et al.*, 1986; ZUREK, 1991; PENROSE, 1996; RAKOVIĆ and DUGIĆ, 2002; ZUREK, 2003; DUGIĆ, 2004; RAKOVIĆ *et al.*, 2004; KOFLER and BRUKNER, 2007; KOFLER and BRUKNER, 2008; VEDRAL, 2010; RAKOVIĆ *et al.*, 2014).

On this line, it should be pointed out that Sit'ko with coauthors have revealed *necessary and sufficient conditions* for existence of *macroscopic selfconsistent potentials* (of so called Landau-Haken type) alongside acupuncture meridians, with EM MW *eigenfrequencies* of healthy and disordered states of the *acupuncture system* (ANDREYEV *et al.*, 1982; SIT'KO *et al.*, 1988; SIT'KO and GRIZHKO, 1991; SIT'KO and MKRTCHIAN, 1994; SIT'KO, 2012), pointing out that living systems are the fourth level of quantum ladder of Nature (nuclear-atomic-molecular-biological), governed by specific macroscopic quantum laws of the *Physics of the Alive*.

Also, it is worth pointing out that Umezawa with coauthors and Del Giudice with coauthors, by applying fundamental quantum-field theoretical formalism of *spontaneous symmetry breaking*, have pointed to biological room-temperature macroscopic condensates of virtual quasiparticles of the effective mass and charge, so called *evanescent photons in water* (nonpropagated / tunneling longitudinal modes of quantum EM field embedded by biological macroscopic ordered localizations of the electric dipole field of water), as a possible quantum basis of functioning of *cells* in general (RICCIARDI and UMEZAWA, 1967; STUART *et al.*, 1978; STUART *et al.*, 1979; GIUDICE *et al.*, 1982; GIUDICE *et al.*, 1986; GIUDICE *et al.*, 1988; GIUDICE *et al.*, 1989; UMEZAWA, 1993; PREPARATA, 1995; MONTANGNIER *et al.*, 2010), while Jibu and coauthors have pointed to them as a possible quantum basis of *consciousness* in brain (JIBU *et al.*, 1994; JIBU and YASUE, 1995; JIBU *et al.*, 1996; JIBU and YASUE, 1997).

According to such a theoretical concept, as evanescent photons in water are not related to propagating waves (in EM RF range (GIUDICE *et al.*, 1982; GIUDICE *et al.*, 1986; GIUDICE *et al.*, 1988; GIUDICE *et al.*, 1989; PREPARATA, 1995; MONTANGNIER *et al.*, 2010)), they cannot be detected externally – so in the region of biological macroscopic ordered localizations of the electric dipole field of water special probes must be inserted, to enable embedded quanta of non-propagating modes of the EM RF field to be scattered in detectable propagating modes, which were detected experimentally in the EM RF region (Ho *et al.*, 1994).

On the other hand, Popp and coauthors have conducted EM optical measurements in darkness by specially designed detector and discovered that *biological systems*, from bacteria to biological tissues, *continuously emit ultra-weak photon emission* (mainly in the *visual range* of EM spectrum, of non-exponential attenuation and specific frequency and phase and amplitude modulation for all basic biological and physiological activities), so photons of such non-standard characteristics are called *biophotons* (COMPLETE ISSUE, 2003). It was discovered that biophoton emission reflects the following *important characteristics*: health as a symmetry between left and right sides of body; illness via disordered symmetry between left and right sides of body; light channels within body which regulate transfer of energy and information between different parts; biological rhythms such as 14-days, 1-month, 3-months i 9-months.

Especially, SIT'KO *et al.* (2010) have conducted EM MW measurements via specially designed radiometric system (on the level of inherent noises $\sim 5 \cdot 10^{-23}$ W/Hz \cdot cm²), which enabled obtaining of the following *important characteristics of the acupuncture channels and points* (COMPLETE ISSUE, 1998): *channels* have diameter of 3÷5 mm in their surface exits in the acupuncture points; *refraction index* within channels is $n = 1$ as in the air, while being 5÷6 in the body outside channels; in case of functional disorders of channels, upon external EM MW flux of $10^{-21} \div 10^{-20}$ W/Hz \cdot cm² the corresponding *acupuncture points* completely absorb radiation, while upon flux greater than 10^{-19} W/Hz \cdot cm² acupuncture points completely reflect external EM MW radiation (so in natural conditions the effects of solar radiation on biological systems are neglecting in the very sensitive EM MW regulatory region, being intensely absorbed by atmosphere, which was presumably of evolutionary significance in natural selection of biological species).

Based on the principles of *photonic crystals* and *photonic bandgap guiding* (where the confinement of photons in some low-index hollow-core 3D defect might be achieved by exploiting photonic bandgap reflectivity of the surrounding higher-index (quasi) periodic medium (LOURTIOZ *et al.*, 2008)), it seems that the above mentioned EM MW experiments suggest an interesting possibility (RAKOVIĆ, 2014; RAKOVIĆ, 2015) to consider the *low-index $n=1$ acupuncture channels* as *3D photonic crystal channel waveguides of propagated EM MW photons* (influencing backward the structure and ionic conductivity of the channels), *confined* by the surrounding higher-index (quasi) periodic cellular body medium outside channels (of $n=5\div 6$ in the cellular cytoplasm and $n \gg 1$ in the cellular membranes of metabolic depending striking polarization of the volume ion density (ADEY, 1981)) *with non-propagated EM MW evanescent photons*.

Exotic aspect of acupuncture channels (of strange vacuum-like refractive index) *may be a relic of the external inflow of vital energy / prana / chi / uncreated light* (via miniature *quantum-gravitational tunnels* stabilized by exotic nature of *vital energy* as the quantum vacuum fluctuations in these tunnels (RAKOVIĆ *et al.*, 2004; RAKOVIĆ, 2008; RAKOVIĆ, 2009; RAKOVIĆ, 2014; RAKOVIĆ, 2015)), indicating that this type of exotic transpersonal communications provides *continuously-refreshing interaction* between two mentally-addressed persons and thereby *trans-personal stabilize quantum-entanglement* of their acupuncture systems / consciousnesses, i.e. *prevents decoherence* of their macroscopic quantum-entangled states by interaction with their local bodily environments (*in contrast to the situation in the microworld* where there are no such stabilizing mental-transpersonal addressing exotic effects, and hence laboratory formed quantum-entangled particle-pairs must be *well isolated from the environment* in order to prevent their quantum-decoherence (DUGIĆ, 2004)).

In this context, it should be pointed out that the *healing effects* upon acupuncture system / consciousness of the patient are *often blocked* by quantum-holographic *spiritual coded self-acceptance* of the disease as a form of (*self*) *punishment* (as suggested by the respondents in the *post-hypnotic regressions* (NEWTON, 1974)), when *prayers and love* for yourself and others with the aim of ceasing (self) punishment are necessary – thus *effecting a spiritual integration of personality*, i.e. *unfolding transpersonal energy blockages*, which *triggers a process of ongoing healing* (RAKOVIĆ *et al.*, 2004; RAKOVIĆ, 2008; RAKOVIĆ, 2009; RAKOVIĆ, 2014; RAKOVIĆ, 2015; RAKOVIĆ, 2016A; RAKOVIĆ, 2016B; RAKOVIĆ, 2017; RAKOVIĆ, 2018; RAKOVIĆ, 2019; RAKOVIĆ, 2022; RAKOVIĆ, 2023; RAKOVIĆ, 2024A; RAKOVIĆ, 2024B)

THREE FRONT LINES OF COMPLEMENTARY AND INTEGRATIVE PSYCHOSOMATIC MEDICINE

The presented integrative quantum-holographic framework for psychosomatics might have significant holistic implications, providing fundamental quantum-informational framework for better understanding of the *epigenetic nature of psychosomatic diseases* as well as *limitations and methods of their prevention and healing*, which might help in *developing strategies for complementary and integrative psychosomatic medicine in the 21st century*.

Thus, on the basis of integrative quantum-holographic framework it might be said that *three front lines of complementary and integrative psychosomatic medicine do exist* (RAKOVIĆ *et al.*, 2009; RAKOVIĆ, 2011; RAKOVIĆ, 2025): (1) *Spirituality and circular (psycho / energy) therapies from all relevant meta-positions*, with possibility of permanent erasing of mutual memory attractors on the *level of collective consciousness*; (2) *(Quantum) holistic medicine and non-circular (psycho / energy) therapies*, whose efforts temporary erase memory attractors on the *level of acupuncture system / individual consciousness*, and prevent or alleviate their somatization, as a consequence of the indolence on the first level; and (3) *Conventional symptomatic medicine*, whose activities on the *somatic level* via immunology, pharmacology, biomedical diagnostics and surgery hinder or soothe somatized consequences of the carelessness on the first two levels.

Hence, it should be pointed out that *necessary activities* on the second and third front lines, with *neglect of the first front line*, might have a consequence of *further epigenetic transfer of memory attractors* on the level of individual and collective consciousness in this and further generations, thus *accumulating epigenetic quantum-holographic loads* which afterwards might cause not only illnesses, but also inter-personal fights, wars, and other troubles.

CONCLUSION

The presented *integrative quantum-holographic framework for psychosomatics* might have significant holistic implications, providing fundamental quantum-informational framework for better understanding of the *nature of stress-induced psychosomatic diseases* as well as *limitations of methods of anti-stress prevention and healing*, which might help in *developing strategies for integrative psychosomatic medicine in the 21st century*.

Within this framework, it appears that all holistic acupuncture-based & consciousness-based approaches and techniques can be treated as *quantum-informational therapies*, by *imposing new healing boundary conditions* in the energy-state space of EM quantum-field-related *acupuncture system / (individual and collective) consciousness*.

On this line, the extended *overview* RAKOVIĆ (2025) of holistic recommendations for *regular balancing* of the acupuncture system / (individual and collective) consciousness might be of significance for improvement of *psychosomatic status of wider population*.

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