

VASCULAR MONITORING FOR PHYSICS, PHYSICISTS AND A UNIVERSAL PERSONALIZED AND SOCIETAL HEALTH CARE, ACCOUNTING FOR WEATHER IN SPACE

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Abstract. The paper is written as F. Halberg's interview by O. Schwartzkopff. The bases of chronomics and principal stages of its development as a science branch are described. Chronomics studies relationships between time structures (chronomes) in both biology and the environment. Some results of successful implement of chronomics in various knowledge domains including medicine are given. A technology of self-monitoring of physiological parameters with automatic data interpretation in Internet is proposed.

Keywords: chronobiology, chronomics, physiology, physics, environment, medicine, congruent rhythms, vascular system, self-monitoring, automatic data interpretation, Internet.