

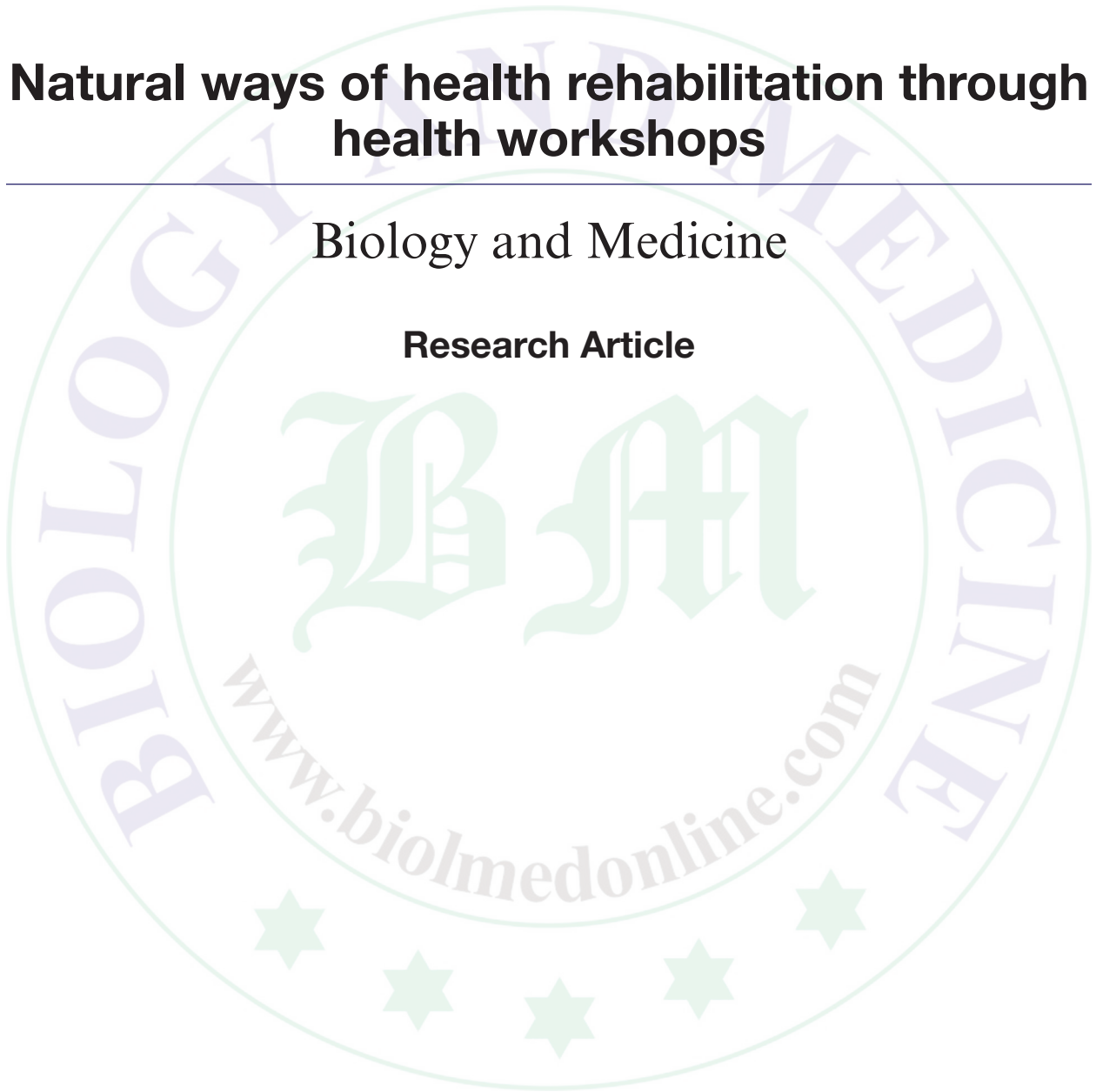
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## Natural ways of health rehabilitation through health workshops

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### Abstract

Despite the intensive and efficient development of modern medicine in the past decade, human diseases become more numerous – it is the polymorbidity problem. Many children are born already unhealthy. The modern medicine uses methods and means of artificial correction of weakened functions of the organism, as well as the system of suppression of symptoms of various diseases by pharmacological means. These correction methods are extremely important in the emergency medicine. But in everyday life, both patients and doctors often do not even realize the possibility of natural achievement of the state of health and longevity. The Center for Health Rehabilitation "Health Workshop by Ustinova", which has been operating since 1989, made it its crusade to find a natural way to restore the functions of an organism and extend the able-bodied and physically and socially active life of a human.

**Keywords:** Natural recovery of body functions; cleansing of the body from toxic stuff; health workshops.

### Introduction

Despite the intensive, high technology and efficient development of modern medicine in the past decade, human diseases become more numerous (the polymorbidity problem), and many children are born already unhealthy. What are the leading causes of these negative trends? There are many factors causing diseases: disordered environment [1-3], malnutrition [4], limited physical activity [5], elevated stress level [6-8] progressive poor quality heredity, low reserve of adaptive capabilities of the organism [2,9,10], etc. Modern medicine uses methods and means of artificial correction of weakened functions of an organism, as well as the system of suppression of symptoms of various diseases by pharmacological means. These correction methods are extremely important in the emergency medicine. However, in everyday life, both patients and doctors often do not even realize the possibility of natural achievement of the state of health and longevity. The Center for Health Rehabilitation "Health Workshop by Ustinova" has made it its crusade to find a natural way to restore the functions of an organism and extend the able-bodied and physically and socially active life of a human.

As far back as in 1881, the German biologist August Weismann considered aging

and death not as the primary necessity, but as something acquired in the process of adaptation to the environment [11]. In 1903, our compatriot (Russia) – the Nobel laureate Mechnikov – stated the theory of organism self-poisoning with microbial and other poisons – the "noble parenchyma" suffers from them and the connective tissue grows [12]. In 1947, Academician Bogomolets (the USSR) showed that aging, i.e., attenuation of organism functions, starts with the connective tissue [13]. At the same time, the Academician Gamaleya (the USSR) said that preservation of labor ability and "fresh thinking" depends on good heredity and the lifestyle [14]. Nagorny (the USSR, 1948) suggested the hypothesis of gradual attenuation of the process of self-renewal of proteins over age in connection with the previously mentioned pathological causes increasing in the human life [15]. In 1956, the free radical theory of Harman (the USA) allowed looking at the processes of loss of normal functions from the other side – the aggressive forms of oxygen molecules destroy the normally functioning cells of the body [16]. The theory of cellular aging by Hayflick (USA, 1965) [17] and the materially complementing its theory by Olovnikov (the USSR, 1971) allowed understanding the causes of apoptosis and accumulation of "old" inefficiently functioning cells [18]. Professor Dilman (the USSR, 1982) suggested

the importance of the “biological clock” of the organism – the hypothalamic-pituitary axis [19]. In addition to the conceptual study of the above, with account of the theoretical and practical views of the traditional medicine of Russia, Tibet, India, China, and Japan [2,10,20], it was concluded that the most important cause of loss of the high quality of the organism operation, and, consequently, its accelerated aging is the accumulation of elements in the body that prevent it from normal functioning. Damaged molecules, components of cells, microbial and other poisons, and toxins cannot be deduced from the self-regulated human organism due to its scarce reserves. Because of the accumulation of ballast elements, there is increase in pathological changes in the body, causing violation of its functions in certain scope. The scope of caused damages depends on the capabilities of the body’s reserves.

Our task is to help get the substances and the accumulated nonperforming for the benefit of the organism elements in the human body, which provoke violation of organs functions and, as a consequence, development of various diseases, out of the organism; cleanse the organism from accumulated waste, toxins, parasites; fill it with the energy [20,21] necessary for self-healing. The origins of diseases are hidden not only in physical factors but also in psychological ones. It is known that positive thinking and physical health go hand in hand [6-8]. Therefore, one of the components of our work is to help the patient move to harmony with himself and with the surrounding reality. These are the tasks, to solution of which all procedures are directed (the invention patent “Method for Improvement of Human Organism” No. 2200527 issued by the Russian Agency for Patents and Trademarks on March 20, 2003, valid throughout the territory of the Russian Federation since October 20, 2000). They are explained in the course of lectures and consultations by Ustinova, the author of the method. The “Health Workshop by Ustinova” uses only natural methods that contain the knowledge of the traditional medicine of Russia, Tibet, India, China, Japan and the modern scientific advances of the Western medicine.

## Methods

The programs of organism cleansing are designed for different physiological and

psychological state of patients. A variety of programs from mild cleansing correction to intense transformation of the organism has been developed. A particular program is assigned after the obligatory comprehensive diagnostic examination of patients. The organism cleansing and the natural recovery of its functions is a systemic, harmonious, and multistage set of procedures, which includes diagnosis and advice; a system complex of “encouragement” of the organism to get rid of toxins (juices, herbal infusions, “oiling”); an antiparasitic program; a comprehensive program aimed at increasing the energy reserves of the cleansed organs (special physical and breathing techniques: the Yoga, Ninja, Taoist techniques, the Strelnikova, Buteyko, and Qigong methods, the harmonization technique, the method of “overweight melting”, tempering bath procedures, several kinds of massages, etc.); special fasting nutrition; course of lectures and consultations by the author of the method. All procedures, including lectures, take into account the daily and annual activity-passivity of the natural operation of the body systems (the “biological clock”). At the stage of the program end, the patient gradually, under the supervision of specialists, is transferred to normal diet. The further independent work of the patient to maintain the achieved level of health of the body is very important. It is carried out in accordance with individual recommendations issued by our Center.

Patients undergoing the course for the first time usually have significantly reduced reserves and their organism is much “contaminated”. In such cases, in order to achieve high quality results, we have a stage-by-stage system of patients’ treatment. In accordance with the annual calendar of activity-passivity of internal organs and with account of the state of the weakest systems of the patient’s organism, we assign the optimal time of the next course. This stage-by-stage co-operation allows achieving the best physical, social, and psychological health of our patients.

The contraindications for admission to work under the programs of the Center are: cancerous diseases; endocrine system diseases: diabetes (severe development, the state of decompensation), insulin-dependent diabetes mellitus; respiratory diseases: all diseases in the acute period, hormone-dependent bronchial asthma; diseases of the digestive system in the acute period; cirrhosis with

signs of portal hypertension; cardiovascular diseases: myocardial infarction, atrial fibrillation, paroxysmal tachycardia; diseases of the urinary system: chronic renal failure of stages III-IV; diseases of the musculoskeletal system: systemic diseases of the skeleton limiting self-service and independent movement of the patient; neuropsychiatric diseases: psychosis, epilepsy, multiple sclerosis, Parkinson's disease, Alzheimer's disease, myopathies; systemic autoimmune diseases: rheumatoid arthritis, systemic sclerosis, systemic lupus erythematosus, systemic vasculitis in the period of hormonal and cytotoxic therapy; pregnancy; cholelithiasis and urolithiasis (individually); tuberculosis; current condition after surgery; venereal diseases (syphilis, gonorrhea);

Acquired Immunodeficiency Syndrome (HIV, AIDS); drug addiction; hemophilia.

## Results and Discussion

As examples of changes in the general condition of patients after the course of natural recovery of organism functions at the Center for Health Rehabilitation "Health Workshop by Ustinova" Tables 1-4 and Figures 1-3 represent positive changes in the state of average blood pressure (BP), blood glucose, as well as changes of indicators of the biological age (the Voytenko-Tuokar method) before and after the two-week program for different age and gender groups of healthy people [3].

**Table 1: Changes in BP before and after the two-week program (Men).**

Age groups: Men	Number of persons	Systolic BP (SBP), mm Hg			Diastolic BP (DBP), mm Hg		
		Before	After	$\Delta$ (%)	Before	After	$\Delta$ (%)
20-29	36	119	111	7.0	74	72	3.5
30-39	109	124	116	6.7	82	75	8.6
40-49	166	128	117	8.3	85	78	8.7
50-59	130	132	124	5.9	87	81	7.5
60-69	56	133	125	5.8	84	79	6.3

**Table 2: Changes in BP before and after the two-week program (Women).**

Age groups: Women	Number of persons	Systolic BP (SBP), mm Hg			Diastolic BP (DBP), mm Hg		
		Before	After	$\Delta$ (%)	Before	After	$\Delta$ (%)
20-29	114	107	102	4.8	70	67	4.9
30-39	189	110	103	5.9	73	68	6.3
40-49	303	116	109	5.5	77	72	6.7
50-59	269	125	117	6.8	82	76	7.1
60-69	110	136	128	5.8	84	78	7.0

**Table 3: Changes in blood glucose before and after the two-week program (Men and women).**

Age groups	Men					Women			
	Number of persons	Glucose index (mmol/l)			Number of persons	Glucose index (mmol/l)			
		Before	After	$\Delta$ (%)		Before	After	$\Delta$ (%)	
20-29	15	5.0	4.6	7.6	30	5.1	4.6	10.9	
30-39	32	4.43	4.39	0.8	48	4.9	4.6	7.1	
40-49	47	4.5	4.4	2.9	80	4.7	4.5	4.9	
50-59	23	4.4	4.3	2.1	46	4.6	4.5	1.9	
60-69	10	4.9	4.5	7.8	18	5.3	5.0	5.6	

Table 4: Changes in biological age before and after the two-week program (Men and women).

Age groups	Men				Women			
	Number of persons	Biological age (yrs)			Number of persons	Biological age (yrs)		
		Before	After	Δ (%)		Before	After	Δ (%)
20-29	29	37.8	32.1	15.2	77	34.6	29.8	13.9
30-39	75	42.3	34.2	19.2	120	36.1	30.4	15.8
40-49	117	45.7	37.8	17.2	198	37.9	33.5	11.7
50-59	89	47.2	40.8	13.6	182	44.4	40.5	8.8
60-69	38	48.0	40.0	16.6	71	48.5	45.2	6.8

Figure 1: Changes in BP (SBP + DBP) before and after the two-week program (Men and women).

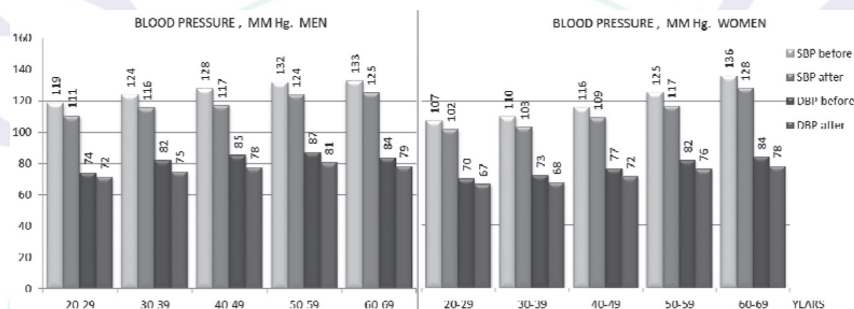


Figure 2: Changes in blood glucose before and after the two-week program (Men and women).

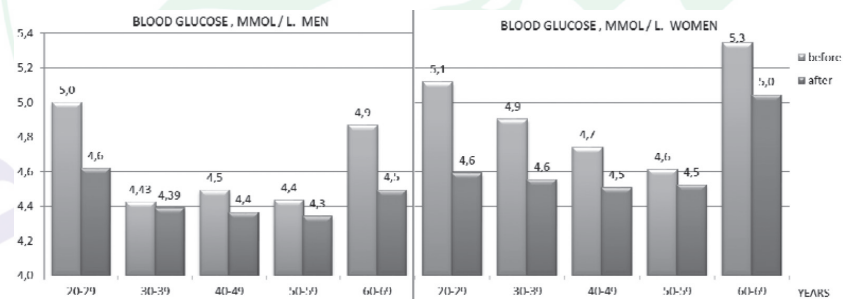
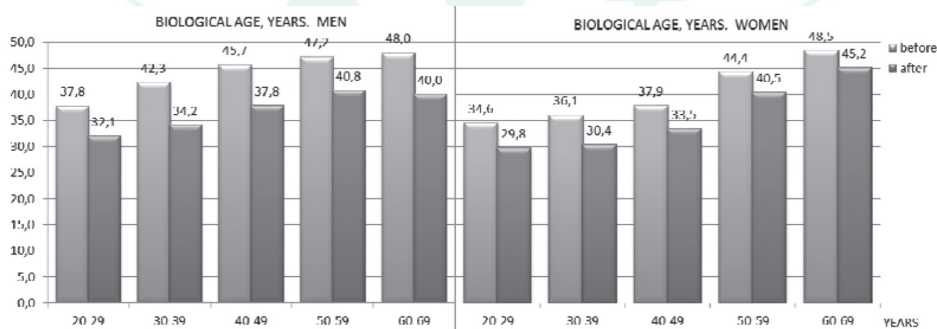


Figure 3: Changes in biological age before and after the two-week program (Men and women).



Because of the two-week program of natural recovery of organism functions by the patients in the “Health Workshop by Ustinova” all the indicators improve the following:

1. In different age groups of men, the decrease rate in SBP equals to 5.8-8.3%, the DBP decreases by 3.5-8.7%. The maximum health-care effect is achieved in the 40-49 yrs age group.

2. In different age groups of women, the decrease in SBP equals to 4.8-6.8%, the DBP decreases by 4.9-7.1%. The maximum health-care effect is achieved in the 50-59 yrs age group.

3. Figure 1 clearly shows that the BP indicators for men are higher than for women of all age groups except the group of 60 to 69 yrs old people, but the recovery of the cardiovascular system of women of this age after the course is much better.

4. And vice versa, men have lower average indicators of the state of blood glucose. The highest indicators of blood glucose are in the 20-29 yrs and 60-69 yrs groups of men and women.

5. “Rejuvenation” in all age and gender groups is between 6.8 and 17.2%. By the biological age younger than 60, women are “younger” than men on the average. After 60 yrs of age, they are “older” and “rejuvenizing” is more difficult for them.

## Conclusion

For the several decades of intensive practical and theoretical work of the Center for Health Rehabilitation “Health Workshop by Ustinova” thousands of people have recovered from many diseases of the digestive, integumentary, cardiovascular, respiratory, nervous, endocrine, skeletal, and genitourinary systems. The problems of premature aging, obesity, allergies, frequent colds, the chronic fatigue syndrome, decreased fertility, and others are addressed.

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