

Electro-acupuncture testing in the evaluation and selection of nutritional supplements

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Biologically active additives (BAA) are widely introduced into everyday life. With the help of these non-medicinal preparations, you can compensate for the deficiency of vitamins, minerals, and raise energy. They are a certain protection of the body from environmental and industrial pollution [2].

Many medicinal and non-medicinal preparations containing vitamins can cause allergic reactions [4]. Information about negative reactions when using dietary supplements has appeared in publications [2, 5]. Unfortunately, the effect on the human body of many dietary supplements, especially imported ones, has not been studied enough. Dietary supplements are distributed and often recommended by distributors who have no medical education; the effect of drugs in such cases is not controlled.

In order to study the effect of dietary supplements on the general condition of a person and his functional indicators, we conducted studies in 167 people. Of these, 30 people are practically healthy people, 107 people were in the so-called "third state" [1] and 30 people had signs of hypertension, coronary heart disease, vegetative-vascular dystonia, but all of them were in a compensated state. The age of the subjects was from 14 to 77 years.

All of the above persons underwent general electropuncture diagnostics (EPD) according to R. Voll to assess the functional state of organs and systems, to determine pathological changes according to the "worst" acupuncture points (TA). Depending on the changes identified, dietary supplements were selected and a specific algorithm for testing the drug was drawn up. This algorithm necessarily included the TA of the allergy meridian and the worst TA. The test preparation was placed into the passive electrode of the measuring electrical circuit of the MINI-EXPERT-DT device and after 3-For 4 minutes, measurements of the parameters of electrocutaneous conductivity were carried out according to a given algorithm.

The effect of dietary supplements on functional indicators was assessed as follows:

- "excellent", if the drug normalizes the performance at all the worst TA, eliminates the fall of the arrow (PS) of the device;
- "good" if the drug normalizes the performance at most of the worst TA, and changes slightly on the rest, but towards normalization, eliminates PS;
- "satisfactory", if the drug improves the performance by two or three TA, but does not bring them to the conditional norm; reduces the value of PS, but does not completely eliminate;
- "unsatisfactory", if the drug does not significantly change the bad indicators for TA or worsens some.

We especially pay attention to the TA indices of the meridians of allergy and parenchymal-epithelial degeneration. If satisfactory or unsatisfactory assessment of dietary supplements was not recommended.

The largest group consisted of people who received dietary supplements of the French company "Vision" - 110 people. The second largest group received BIO-NPK (Ukraine) - 35 people, the third group - Nutri Plus Corporation (USA) - 22 people. The results of EPD studies are shown in Table 1.

Table 1

Results of EP-testing of various dietary supplements to food

A DRUG	Number of issued.	GRADE			
		Excellent	Good	Satisfy.	Unsatisfied.
PAX	29	13	eleven	4	one
ANTIOX	26	nine	eleven	4	2
DETOX	23	10	eleven	2	-
Nutrimax	12	4	6	one	one
SVELTOFORM	10	2	7	one	-
CHROMVITAL	nine	2	4	2	one
LIFPACK (y)	one	one	-	-	-
TOTAL	110	41	fifty	fourteen	five
"Vision" (France)	100%	37.3%	45.5%	12.7%	4.5%
BIO-NPK	35	13	17	five	-
Ukraine	100%	37.3%	48.6%	14.3%	-
"Nutri Plus Corporation" (USA)	22	7	12	3	-
	100%	31.8%	54.6%	13.6%	-
TOTAL	167	61	79	22	five
	100%	36.6%	47.3%	13.1%	3%

From dietary supplements of the company "Vision" the best assessments of the effect on TA were found in detox and sweltform. Unsatisfactory indicators are most often recorded on the TA of the meridians of the heart, pericardium, and allergies. In one case, 5 minutes after testing the Pax food supplement, the examined woman developed a severe allergic reaction. It manifested itself as urticarial rashes and itching in the places where the EPD device was touched with the diagnostic probe.

The subjects under study took the recommended dietary supplements, which received excellent and good marks in EP-testing, for 1-3 months. After that, the results of the dietary supplement action were studied by interviewing 47 people and re-measuring the indicators for TA in 25 people. A good and excellent effect of the dietary supplement was assessed by 38 people: general well-being improved (15), vigor appeared (10), working capacity increased (11), two noted an improvement in the mobility of the large joints of the legs. Indicators on TA in 17 people improved slightly, in 8 people did not change significantly. No changes in the condition were noted by 9 people out of 47.

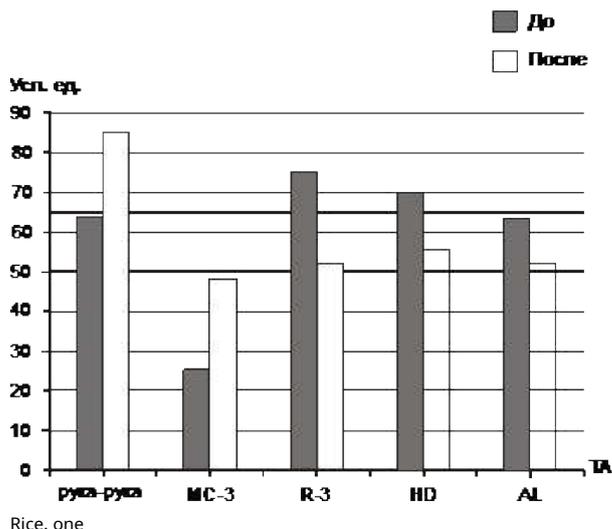
The BIO-NPK preparation contains pectins, 11 minerals, vitamins C, A, PP, group B. Made from organic vegetables (beets, carrots), has antioxidant, sorption and general stimulating effects.

BIO-NPK has been tested in 35 people. The methodology for studying the functional state was the same in all groups of observations. Estimated data on the effect of the drug on the indicators of electrical conductivity of TA are shown in Table 1 and they are better than when testing the drugs "Vision". Out of 35 people BIO-NPK received 30 within 4 weeks, the rest were not recommended to take this dietary supplement, because the evaluation of the action was satisfactory.

In one case, the subject 3 days after taking BIO-NPK noted swelling and pain in the joints of the limb. The drug was canceled and the condition of the joints returned to normal after two days. When analyzing this observation, it turned out that with the initial total EPD, the highest indicators were on the TA of the articular degeneration meridian, and when testing the BIO-NPK, the TA response of this meridian was not verified. She has a history of food allergy. We believe that in this case the prescription of the food additive was erroneous.

Immediately after the course of taking BIO-NPK (3-4 weeks), the effect of the action was studied. Subjectively, 22 people showed various positive changes in well-being: an increase in working capacity (5), a decrease in sleepiness at the end of the working day when working with PVEM (5), an improvement in general well-being (9), an increase in sexual activity (1), 2 people noted that it was easier than usual, suffered colds in the spring. Repeated EP study confirmed the positive effect of the food additive on functional indicators; 7 people did not notice any changes in their condition after taking BIO-NPK. Here is a graph of the dynamics of EP-testing data before and after receiving this

food additive, indicating a positive effect on energy and TA indicators (Fig. 1).



When using BIO-NPK, the economic factor is of no small importance: it is 15 times cheaper than foreign food additives in terms of efficiency.

The Nutri Plus Corporation products were recommended by the distributor-doctor. Testing was carried out using a special cassette containing the necessary dietary supplements from this company. The test food additive cassette slot was connected to the scan tool. All other stages of the study were carried out according to the general scheme,

From a large list of dietary supplements of this company (more than 130) for the comparability of the results of action on the body, only 8 were selected, which have a fortifying, antioxidant, sorption effect (nutriklins, digestox, etc.). Since each drug was tested in only 2-3 people, Table 1 summarizes the 22 studies. There were no unsatisfactory assessments of the effect on TA. Nineteen people took dietary supplements for 1-1.5 months, three out of 22 people were not recommended based on the results of EP testing.

After a course intake of dietary supplements, 13 out of 19 people noted its positive effect: an improvement in general well-being (9), an increase in working capacity (2), a decrease in the intensity of manifestation of chronic pathology (2). Two subjects developed heartburn after taking Nutriklins, so one of them stopped taking the dietary supplement, and the other, after consulting a doctor, reduced the dosage. There were no changes in the state of the body after taking dietary supplements of 4 people.

This report presents preliminary results on the assessment of the effect on the body of various dietary supplements. Analysis of these results made it possible to make the following conclusions:

1. EP-testing of dietary supplements makes it possible to objectively assess their effect on functional indicators of the body.
2. In the overwhelming majority of cases (83.9%) dietary supplements improve functional indicators of the state of the body.
3. After taking dietary supplements, negative reactions of varying severity are possible.
4. The EP-testing method is promising and should be more widely applied in scientific research and daily practice.

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