Results of using ART "IMEDIS-TEST" for weight correction athletes in the pre-competition period

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In 2004, under the Moscow national Greco-Roman wrestling team, a complex research group was created to introduce accelerated recovery methods using the correction of psycho-emotional and neuromuscular processes of athletes with modern technologies. One of the problems to which attention was paid is the correction of the athletes' weight in the conditions of the pre-competition start.

In modern conditions, a person's habitat, his habits, lifestyle and daily emotional stress, lack of physical activity, leading to physical inactivity or, conversely, physical overstrain, causing depletion and imbalance in nutrition, in general, disrupt metabolic processes in the body or metabolic processes and, as consequently, lead to an increase in body fat, - there is a problem of excess weight. There is also no less interest in the problem of weight gain. In this regard, the study of means and technologies for weight correction in a sparing mode, i.e. without health impairment, is relevant.

The problem of weight correction requires a comprehensive study and is not only associated with clinical manifestations of appetite disorders, such as bulimia or anorexia, but is associated with metabolic disorders, mainly fat metabolism, and the accumulation of fat cells in body tissues.

It is known that the initial stage of primary obesity is characterized, as a rule, by the absence of any diseases and excess body weight occurs due to the accumulation of fat. Secondary obesity occurs as a result of endocrine and cerebral diseases [1].

To solve the problem of excess weight, they use therapeutic fasting, treatment for dehydration, use means to release homotoxins, with the help of various drugs, accelerate the decomposition of fats and the excretion of products of fat metabolism, offer various nutritional supplements and means to increase the enzymatic activity of the liver.

A completely different approach to the problem of excess weight in high performance sports, where the athlete before the start of the competition is forced to use traditional means of regulation and “weight reduction”, such as steam and dry air baths [2], as well as additional physical activity in airtight clothing. All these funds lead to a change in heat exchange processes, which, in turn, are accompanied by a change in the metabolism and functions of many systems: the central nervous system, blood circulation, sweat and sebaceous glands of the skin, etc. At the same time, a decrease or "weight reduction" leads to a weakening of the nervous system and physical overvoltage, i.e. to additional energy consumption of the body, which can not affect sports readiness during the pre-start period of the competition.

Under normal conditions, when used for weight loss "fat burners" or various weight loss programs do not pay attention to the physical qualities and strength capabilities of the body, while in sports with

For weight loss it is important to quickly restore a sports form, or not to lose it at all, which is possible only with constant diagnostic monitoring of the athlete's functional state and the use of modern recovery technologies [3]. The hardware-software complex "IMEDIS-EXPERT" possesses such capabilities, which can restore athletes using the method of bioresonance effects, fixed frequencies of organs and body systems, as well as restore using programs of brain rhythms. The use of these methods has already proven itself in big-time sports and has brought well-deserved fame on the world stage [4].

In information technologies used in medicine for the analysis of medical data, the principle of pattern recognition by the comparison method is applied.

In the autonomic resonance test ART "IMEDIS-TEST" recognition of the test object occurs on the basis of a resonant response to the frequency of the electromagnetic vibration of a special preparation. So, among the drugs used for testing, drugs are used that indicate certain problems [5], and in order to get indications of the presence of a problem, it is necessary to expose the organs and systems of the body to these drugs or "load" these problems, which by their action cause similar or similar functional abnormalities in the body.

Since any weight correction is a stressful situation, changes in the mental state of an athlete are determined through the indicator of mental load EP-Mental stress indication [3].

Disorders of the endocrine system are determined through the endocrine index using various potencies of the pituitary gland Hypophyse-potenzen, and the activity of the steroid androgen-testosterone, the anabolic effect of which consists in stimulating protein synthesis [6] and increasing the efficiency of muscle mass, is determined through the indicator of the lack of hormones Molybdaenum met. D200.

Disruption of metabolic processes during the correction of the athlete's weight is determined through the indicators of the activity of anabolism AN (the process of synthesis of complex molecules from simple ones and the activation of chemical processes for the formation of new structures of cells and tissues) and indicators of the activity of catabolism LY (the process of destruction of complex organic substances and the release of energy during the destruction of chemical bonds). Indicators of anabolism and catabolism are determined before and after sports training.

When “cutting weight”, it is important to keep fit before competitive activity and not be in a state of energy and physical exhaustion, which is determined through instructions Selenium met. D60.

At the next stage of testing, we get an indication of a high value of the biological index, which is considered as a temporary reaction of the body to the use of means to reduce weight during training. Next, we get an indication of the organ that reacts to a high biological index, and we identify the problems of the organ in order to harmonize its state [7].

When using means to reduce weight, the athlete's body requires the maintenance of the existing balance of minerals and trace elements in the body. An indication of the lack of minerals and trace elements is obtained

when testing using pointers Cuprum met. D200and
Cobaltum met. D200.

An indication of the lack of vitamins is obtained when using the indicator preparation Manganum met. D200.Indications of enzyme deficiencies when using weight loss products are obtained through indicator preparations
Zincum met. D200.The control of the state of the organism is carried out using pointers to the reserves of adaptation [8].

When testing, it is necessary to take into account the athlete's biorhythms on the day of the competition and, depending on this, plan the intensity of the "weight reduction"
[nine]. So, if the competition has unfavorable days, then weight loss begins 7 days before the competition. At the same time, it is sometimes necessary to increase the amount of drug intake per day.

Most athletes use traditional means of weight loss. However, if on the day of the competition biorhythms are tested that characterize a decrease in biological activity, including the physical, emotional and general condition of an athlete, then traditional means of weight loss will lead to physical exhaustion of the body. In such a situation, to preserve and maintain the functional activity of the athlete, additional means are used in the form of food additives, means for accelerating the decomposition of fats and excretion of products of fat metabolism (Grassi),

means for the release of homotoxins entering the blood and lymph (Adeps suillis), drugs Endotox 15, regulating fat absorption and fat metabolism, etc.

All of these products must be selected through individual testing.

So, before the competition for the Russian championship in Greco-Roman wrestling in 2005, a preliminary analysis of the athlete's performance prospects showed that on the day of the competition, which is held with an intensity of 5 fights a day, the athlete's biological activity will be minimal. At the same time, before the competition, he needs to drive off the extra 5 kg, which will reduce the existing indicator of adaptation reserves (RA good 2 tbsp.), Which does not correspond to the indices of adaptation reserves of a high degree of sports training (RA high 1–2 tbsp.). In this regard, the athlete was asked to use a dietary supplement to lose weight. Before using it, an athlete using the ART "IMEDIS-TEST" method received an indication of the level of anabolic and catabolic processes corresponding to 2 tbsp. with a simultaneous lack of enzymes. After testing the food supplement for the athlete, the indicators of anabolism were not revealed, while the indications of an increase in the activity of the catabolism process to the level of 4-5 tbsp. Were tested. and increased enzymatic activity in the body. Over the next 9 days of taking the food supplement, anabolic processes were tested at the level of 2 tbsp., Catabolic processes remained at the level of 4 tbsp. At the same time, during the intake of the food supplement, the weight of the athlete without the use of traditional means decreased from 81 kg to 75 kg 200 g. The physical condition was tested without overwork. After training, the athlete's recovery was carried out using bioresonance therapy (strategy 4). At the time of weighing in before the competition, the athlete weighed 73.6 kg with a weight category of up to 74 kg. For the first time participated in the championship of Russia among adults. In the semifinals with at the same time, indications of an increase in the activity of the catabolism process up to the level of 4-5 st. and increased enzymatic activity in the body. Over the next 9 days of taking the food supplement, anabolic processes were tested at the level of 2 tbsp., Catabolic processes remained at the level of 4 tbsp. At the same time, during the intake of the food supplement, the weight of the athlete without the use of traditional means decreased from 81 kg to 75 kg 200 g. The physical condition was tested without overwork. After training, the athlete's recovery was carried out using bioresonance therapy (strategy 4). At the time of weighing in before the competition, the athlete weighed 73.6 kg with a weight category of up to 74 kg. For the first time participated in the championship of Russia among adults. In the semifinals with at the same time, indications of an increase in the activity of the catabolism process up to the level of 4-5 st. and increased enzymatic activity in the body. Over the next 9 days of taking the food supplement, anabolic processes were tested at the level of 2 tbsp., Catabolic processes remained at the level of 4 tbsp. At the same time, during the intake of the food supplement, the weight of the athlete without the use of traditional means decreased from 81 kg to 75 kg 200 g. The physical condition was tested without overwork. After training, the athlete's recovery was carried out using bioresonance therapy (strategy 4). At the time of weighing in before the competition, the athlete weighed 73.6 kg with a weight category of up to 74 kg. For the first time participated in the championship of Russia among adults. In the semifinals with Over the next 9 days of taking the food supplement, anabolic processes were tested at the level of 2 tbsp., Catabolic processes remained at the level of 4 tbsp. At the same time, during the intake of the food supplement, the weight of the athlete without the use of traditional means decreased from 81 kg to 75 kg 200 g. The physical condition was tested without overwork. After training, the athlete's recovery was carried out using bioresonance therapy (strategy 4). At the time of weighing in before the competition, the athlete weighed 73.6 kg with a weight category of up to 74 kg. For the first time participated in the championship of Russia among adults. In the semifinals with Over the next 9 days of taking the food supplement, anabolic processes were tested at the level of 2 tbsp., Catabolic processes remained at the level of 4 tbsp. At the same time, during the intake of the food supplement, the

a contender for gold medals was injured and took 4th place.

In the same competitions for the championship of Russia in 2005, when preparing another athlete, a preliminary analysis of the prospects for performing at the competition showed that the athlete at the time of the competition would have high biological activity and the prospect of participating in the finals for gold medals. However, its weight is 80.2 kg, and it is necessary to reduce the weight by 5 kg. The athlete was asked to use a dietary supplement to reduce weight. Testing the indicators of the athlete's state according to the above scheme confirmed that at the time of taking the food supplement, changes in the activity of metabolic processes towards catabolism are tested. At the weigh-in before the competition, the athlete had a weight of 73.9 kg (weight category up to 74 kg), and high indicators of adaptation reserves of 2 tbsp were tested. Throughout the entire fight between fights, for the recovery of the athlete, already worked out methods of applying bioresonance effects were used together with the use of the "Rest" program to correct the rhythms of the brain. constantly used to maintain physical activity, special correctors of accompaniment to maintain the constancy of minerals and trace elements in the body, drugs for the regulation of the neuroendocrine system.

This athlete took first place and won gold medals at the next Russian championship in 2005 in Greco-Roman wrestling in weight up to 74 kg.

Our group has developed a method for increasing the weight of an athlete. It is of practical interest in sports while increasing muscle mass. The studies are being finalized and are based on the use of domestic drugs, which are compulsorily selected individually using a proven methodological approach for

hardware-software complex "IMEDIS-EXPERT". There are positive results.

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