A systematic approach to nutritional optimization using the ART method

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The ART technique makes it possible to assess the body as a single system and to identify the cause-and-effect relationships of diseases.

The purpose of the study was development method allowing to optimize the selection of food products using the ART method. The task was to take into account the general condition of the patient, to identify the individual food intolerance, as well as assess the need for the necessary proteins, fats, carbohydrates and other deficient conditions for solving certain therapeutic problems.

Studying various conditions, the patients were compiled individual complex indexes of ART of the corresponding pathological processes. Optimization of the biological index, a decrease in the level of tissue hypoxia (cytochrome index), and an increase in adaptation reserves were taken as the criterion for the rational selection of products.

In the first group of patients, almost all had a violation of drainage functions. The tactics of choosing food in this group of patients took into account foods that would not cause transcytosis. As a rule, this phenomenon is accompanied by fermentopathy and dysbiosis.

The second group consists of patients with increased formation of histamine, and, consequently, Ig E and Ig G. Histamine and the amount of immunoglobulins of the drug selector "IMEDIS" were used as an index.

The third group consisted of patients with somatic pathology. These patients were exposed to total ART indicators. First of all, metabolic disorders in individual organs and adipose tissue were assessed through the chains developed by Dr. Hovsepyan. Then, products were selected that changed the indicators of metabolic processes.

The fourth is the least studied group with impaired regulation of the ANS. This testing method is based on the conclusion of neurophysiologists [1]. It has been experimentally proved that when the hypothalamus - pituitary - hippocampus - ANS - immunocompetent organs - blood - hypothalamus system is disturbed, the percentage of the immune response error increases. The hippocampus is responsible for this process. The hippocampus is responsible for the mitogenic activity of lymphocytes. When it is over-irritated, the immune response can be so reduced that antibodies will not form in the blood. In response to the introduction of an antigen into the body, different parts of the brain form a biosignal. The same phenomena occur in hypothalamic structures.

Information about the violation of homeostasis is transmitted through the sympathetic and parasympathetic fibers that innervate the immunocompetent organs. It follows from this that a blood test allows you to fully assess the state of the body only if the closed system: hypothalamus - hippocampus - ANS (sympathicus, vagus) - immune competent organs - blood - hypothalamus has no "breakdowns". From this we can conclude that it does not matter from what clinical level the material for information is taken, be it blood or ANS. This pattern allows for a wider use of the capabilities of the ART method in the selection of products, regardless of the level of clinical disorders.

Based on the test results, only those products were prescribed that optimized the state of the body.

Observations have been carried out for 4 years. Recommendations for diet therapy must necessarily include the regularity of the doctor's instructions, the calorie level of the products used (the fat content of the permitted products should not exceed 2.5%). All patients, despite the testing algorithm and examination method, should be re-examined after 2 months, since the renewal of blood cells takes place from 21 to 40 days.

As a result, all products are divided into 2 groups:

- the first group, products are constantly repeated in the list of prohibited, - they can be considered absolutely intolerable;
- the second group, products that are rarely on the ban list - they can be considered relatively intolerable.

At the beginning of treatment, the list of intolerable foods is quite large and unstable. Gradually (each patient has his own term) the list of prohibited products becomes fairly constant. This approach applies to any technique, including ART.

Diet therapy in complex therapy can be both the background and the main therapeutic approach against the background of the diet, the treatment of organs interested in pathology is carried out, as well as BR T to correct the condition.

Results:

1. Treatment results are stable.
2. Reduces the risk of drug exacerbation.
3. In a number of pathologies, dietary therapy is of decisive importance. (fermentopathy, allergies).
4. With the combined use of BRT and the nutritional ART selected by the method, the optimization of the state of the organism was faster.

conclusions

The data obtained make it possible to create a nutritional system that will be optimal for the body, taking into account its level of health, adaptation reserves and individual characteristics.

The ART method, considering the body as a whole, allows you to see the most rational ways to solve the problems of self-regulation.

When prescribing treatment and when drawing up the diet itself, the method will allow you to remove only the most aggressive foods at the moment, take into account the change in the immune response in case of autonomic disorders.

Additionally, you can most accurately select trace elements, vitamins and enzyme preparations. This method allows you to determine not only the average products, but also drugs at the choice of the doctor. It is not associated with blood sampling and is quite economical. Our method does not involve calculating calories, but can be used as a recommendation to a dietitian.

Literature

1. Magaeva S.V., Morozov S.G. Neuroimmunophysiology. - 2005.
2. Volkov A.V. Health logic.

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