

Results of the use of ART and energy-information drugs in sports medicine (preliminary data)

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Introduction

The athlete's body is constantly experiencing increased stress, - physical and psycho-emotional. Careful development required training schedule for the athlete to approach competitive period at the peak of their fitness. In this situation, it is of interest to study and apply any new methods that allow to quickly remove the athlete's health problems arising both during the competition and during the preparatory period. These methods of express diagnostics currently include ART (autonomic resonance test), which, on the one hand, has sufficient reliability, and, on the other hand, requires little material and time costs for the study.

Purpose of the study

The possibility of using energy-information drugs in sports in a team of athletes - gamers.

In particular, improving athletic endurance and performance athlete in competitive period by use energy-informational preparations.

Materials and methods

The study involved 16 people - boys team players Volleyball Dynamo-Olympus (age group 1989-1991 year of birth).

Material and technical equipment of the method

For the study used apparatus for electropuncture diagnostics, drug testing, adaptive bioresonance therapy and electro-, magnetic and light therapy by BAT and BAZ computerized "IMEDIS-EXPERT", Registration certificate No. FS 022a2005 / 2263-05 (dated September 16, 2005).

Research methodology

In order to increase the endurance and preserve the activity of all team players, as well as smooth out the differences between the players in terms of sports readiness for the competition, the drug "N" (know-how of T.V. was prescribed in an individual dosage for each team player. The administration of the drug was carried out under control in the form of an ART examination according to the recommended algorithm [1].

The results of the ART examination were presented to the coach and the team doctor to correct the training process.

The drug was taken by the team players during flights for a quick

entering the diurnal rhythm when changing time zones, as well as immediately before the game in an individual dose of 4 to 6 globules during the competitive period (Russian championship) from January 2008 to June 2008

results

Subjectively: all players noted the absence of fatigue, removal of fatigue, weakness after sports endurance and competitions, raising stress during the game.

Objectively: after competitive play athletes have preservation of working capacity, during a medical examination, the recovery period is shorter (in comparison with the previous season), preservation of all physiological parameters within standard limits (blood pressure, heart rate).

As a result: of all 8 qualifying games envisaged, all 8 are won. The team advanced to the planned league.

conclusions

The drug "N" has all the required parameters for use in the competitive period: it preserves internal energy, increases the endurance and performance of athletes.

Literature

1. Electro-acupuncture vegetative resonance test: Methodical

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