

The use of BRT in the treatment of overweight patients

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Introduction

The problem of overweight remains relevant in medicine and has not only cosmetic but also serious medical aspects. The development of obesity is polyetiologic, depending on the mass of various factors and diseases. In recent decades, there has been a marked increase in alimentary forms of obesity. Today, both in medicine and in dietetics and cosmetology, there are many methods for treating this condition. Naturally, there is no unambiguous approach to solving this problem. The approach to the treatment of obesity is usually complex, with the simultaneous use of various methods.

For our part, using the capabilities of BRT, we tried to develop a comprehensive method for treating overweight patients.

The effects of BRT on an obese patient were as follows directions: impact on the central nervous system, reducing the hunger " on the "feeling of the peripheral level, local effects on adipose tissue.

Research objective: withCreation of a method for treating patients with excess with body weight using BRT.

Material and research technique

The work was carried out on APK "IMEDIS-EXPERT", version 5.40. Medicines were recorded on homeopathic balls (sugar crumbs).

The study was conducted in an outpatient setting, on 45 patients with various forms of obesity, aged 30 to 60 years.

Results

In the treatment of overweight patients, three levels of exposure to the body were used:

I. Effects on the central nervous system;

II. Impact on the periphery - reducing the "feeling of hunger" at the level tissues and cells;

III. Local effect on adipose tissue.

Level I - effect on the central nervous system.

The impact on the central nervous system was carried out using induction therapy: Rest program (P5).

At this level of exposure, the program used causes a pronounced inhibition of food excitation in the area of the cortex and subcortical formations of the brain.

The amplitude of this program is 5–7%.

The main operating frequency of the program is 7.0 Hz. The frequency can be recorded as standard after 2 minutes. from the beginning of the program.

The exposure time of the program is 30 minutes.

Treatment according to this scheme at this level is carried out 1-2 times a week. The rest program can be used partially, since already within the first 15–20 minutes the patient feels relaxation, calmness and sufficient a tangible subjective decrease in hunger and appetite.

II level - peripheral, at the level of tissues and cells.

At this peripheral level, complex, a multifaceted effect on the body of a patient with obesity, which reduces the "feeling of hunger" at the level of tissues and cells, potentiates the processes of catabolism and increases the rate of excretion of decay products.

Complex homeopathic preparations are used for therapy, the production and use of which has the following main goals:

- decreased appetite;
- potentiation of the predominance of catabolic processes in the body;
- an increase in the rate of excretion of catabolic products;
- enhanced drainage.

At this level of exposure, homeopathic chelators are used, recorded on sugar crumbs.

Preparation and composition of homeopathic chelator:

1. Pilosella Comp. ("GUNA", chelators, No. 31);
2. Decreased appetite;
3. Decrease in anabolism;
4. Increased catabolism;
5. Depression during nutritional treatment;
6. Activation of the excretory organs.

Components of complexon No. 2-6 are phytocomplexes of BIOGROUP firm No. 42-46.

Recording on sugar crumbs is made in the drug test mode, along all meridians for 200 s.

The drugs are taken daily, 10 globules, 4–8 times a day, for 10–15 minutes. before meals.

III level - local effect on adipose tissue.

Local impact accelerates the processes of resorption and reduction of adipose tissue and strengthens muscle structures in the area of treatment.

Local, local impact on adipose tissue is carried out by the method of electropuncture therapy, using various types of induction devices.

Therapy at this level and recording on sugar crumbs is performed at an amplitude of 20–25%.

Local impact on adipose tissue ("reduction, dissolution" of adipose tissue) is carried out with a frequency of 34.5 Hz (E286). To strengthen the muscles at the site of exposure, a frequency of 45.5 Hz is used (E169).

This is the minimum set of frequencies. The set of frequencies can be expanded, but it must be borne in mind that this increases the recording time of the drug on the sugar

grits.

An additional possible set of frequencies when conducting therapy at this level:

2.0 Hz (E154) - body fat;

4.0Hz (E18); 4.9Hz (E22); 32.0 Hz (E257); 35.5 Hz (E285) - fat metabolism, obesity;

46.0 Hz (E120) - metabolism;

10,000 Hz (E14); 465.0 Hz (E5) - obesity, obesity.

Recommended points of application for therapy at this level: abdomen, buttocks, thighs, chin and so on.

The duration of the session is 5-10 minutes.

This therapy should be carried out with caution in persons with essential hypertension (blood pressure control is necessary and it is not recommended to exceed the amplitude and time of exposure), since a "trace" increase in blood pressure is possible.

Treatment according to this scheme at this level is carried out 1-2 times a week.

The duration of the general minimum course of the proposed obesity therapy method is 3 months, the optimal course is at least 6 months.

After achieving the desired effect on reducing body weight and a lasting effect on reducing appetite, it is rational to carry out supportive therapy, which allows you to maintain the achieved result. The type and amount of maintenance therapy depends on the patient's response. For example, further use of only Level 3 drugs is possible.

Conclusions:

1. The proposed method for the treatment of various forms of obesity allows to form a stable psychological and physiological stereotype of eating behavior.

2. According to our observations, in the treatment of overweight, it is possible as independent use of the proposed therapy method, and in combination with other methods.

3. Only isolated use of this BRT technique in treatment obesity gives the effect of weight reduction: weight loss in the first month of therapy is 3-4 kg.

4. When using this BRT technique in combination with other methods aimed at reducing weight, the potentiation of the effect of all the methods used is noted.

5. In the presence of obesity caused by organic diseases, the proposed therapy can be used as an adjunct against the background of the main pathogenetic therapy.

6. The proposed scheme for the treatment of obesity is most effective in alimentary forms, especially in patients prone to overeating in the evening.

7. In dietetics and cosmetology, this BRT technique can used as one of the elements of a general program for weight loss.

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