

Homeopathic concept in approach to work with young athletes
Olympic reserve schools

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Homeopathic concept uses principle likeness in diagnostic selection and therapeutic use of homeopathic medicines. The diagnostic approach involved, first of all, the definition of a constitutional homeopathic remedy (type)

athlete. Verification of this drug was carried out using the ART method on the APK "IMEDIS-EXPERT". This was the initial state of the athlete, which required adjustments to achieve high sports results. It turned out to be interesting that one or another homeopathic personality type is essential for a particular sport.

Therapeutically, the implementation of the set goal of improving sports results required a change in certain established stereotypes of the athlete. This approach provided for the appointment of a complex complex of drugs and the use of bioresonant endogenous and exogenous therapy, when, at the same time, constitutional therapy was the main one.

To achieve a positive effect, 2 main ways were used:

1. Destabilization of the stereotype.
2. Stabilization.

Destabilization was understood as the destruction of an athlete's existing stereotype with the subsequent imposition of positive attitudes to achieve the sports goals set by the coach. For this, Bach Flowers, Guna preparations, programs of brain rhythms - Children's program, Overcoming fear, etc. were used together with constitutional preparations.

Stabilization meant the strengthening of the existing positive attitudes of the young athlete. For this, along with the constitutional homeopathic remedy, means were used that eliminate external and internal loads, including psycho-vegetative loads, which constituted the main problem for young athletes (fear of public performance, fear of foreign athletes, fear of sports injury, fear of high responsibility, fear of disqualification, fear loss of the achieved standard of living, various illusions, etc.). In addition, in the stabilization mode, the standard programs of the main brain rhythms were used - alpha, beta, delta, theta.

It should be emphasized that the reference point for testing and selection of therapy was the athlete's homeopathic constitution.

Example

Athlete B., 20 years old. Fencing with sabers. Homeopathic constitution - Mercurius solubilis.

Test results: external factors - electromagnetic load, psycho-vegetative load. Internal factors - cicatricial interference fields. BI are age-appropriate. The adaptation reserves are good. Selected drugs -

Mercurius solubilis 3X, 3, 6, 12, 30, as well as Bach Flowers - horse chestnut, monofilament sunflower, life-saving remedy. To stabilize a program of brain rhythms - alpha rhythm was carried out.

The result is a victory at the Moscow championship, 3rd place at the European Championship among juniors, 1st place at the Russian championship.

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