Algorithm for regulating the weight of an athlete in the pre-start period using bioresonance effects

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One of the pressing problems in sports is the "overweight" or overweight of an athlete that does not meet the requirements of performance in competitions. At present, there is experience in the complex application of bioresonance effects with a fixed frequency from external sources of electromagnetic fields and radiation (exogenous BRT) using induction programs "brain rhythms" to correct the weight of athletes members of the national team of Moscow and Russia in Greco-Roman wrestling [1, 2].

This article proposes a developed algorithm and criteria for the regulation of an athlete's weight in the pre-start period using bioresonance effects. Bioresonance effect is understood as the combined use of exogenous BRT for dissolving fats and endogenous BRT for adaptive regulation of the body to external sources of influence [3].

Purpose of work: regulation of an athlete's weight within the weight category on the example of Greco-Roman wrestling.

Material and research methods

The research involved 29 athletes from among the participants in the training camp held at the Olympic Village in Moscow.

The studies used the hardware-software complex (HSC) "IMEDISEXPERT", the apparatus for adaptive bioresonance therapy "IMEDIS-BRT-A" and the apparatus for electropunctural diagnostics "MINI-EXPERT-DT", approved for production and use [4, 5].

In the author's algorithm, the complex homeopathic preparation of the company "GUNA" was used as an indicator of the athlete's weight regulation within the framework of ART. Fats - fat metabolism. This drug, developed by Dr. Roy Martin, refers to Endotoxotherapy, aimed at removing toxins and products of fat metabolism produced by the body itself during the accelerated decomposition of fats, which in our case occurs during bioresonance exposure [6].

The problem of excess weight is a problem of today, which is associated either with overeating, insufficient physical activity and metabolic disorders in the human body, or with the presence of pathological factors in the development of obesity.

The problem of overweight in sports practice is an artificially created procedure aimed at meeting the requirements of competitive activity and dividing athletes by weight categories. This means that athletes are healthy people and weight loss is the regulation of weight within a weight class.

Research results and discussion

Table 1 shows the data of the body mass index (BMI) of 29 athletes in the pre-start period (overweight) and within the weight category (normal weight) at one of the training camps held at the Olympic Village in Moscow.

Table 1

Body mass indices of athletes in the pre-start period

Weight category, kg / quantity athletes	Body mass index (BMI), kg / m$_2$	
	Overweight	Weight norm
60/4	21.85 ± 1.75	21.50 ± 1.40
66/7	$23,45 \pm 2.15$	22.50 ± 1.90
74/9	24.85 ± 1.95	23.65 ± 1.95
84/3	$25,95 \pm 1.85$	$25,10 \pm 1.80$
96/3	$29,80 \pm 2.10$	29.50 ± 1.65
120/3	$34,15 \pm 1.55$	$34,15 \pm 1.55$

Body mass index is calculated by the formula:

BMI = weight (kg) / (height (m))$_2$. The normal BMI for men is 19–25. BMI 26-30 corresponds to overweight. From table. 1 shows that in the categories 60, 66, 74 kg with a normal BMI, athletes must reduce weight in order to be in the weight category. In the weight category 84 and 96 kg, the BMI indicator corresponds to "overweight". However, in this case, "overweight" in athletes in terms of BMI is associated with an increase in muscle mass. In weight

Overweight is observed at 120 kg, but it is gained either due to muscle mass or body fat - the specifics of this category.

Metabolism or metabolic process is an integral part of the body's life. In each cell, chemical reactions take place in an ordered sequence (metabolic pathways) due to the presence of specific enzymes in the cells. A number of major metabolic pathways are common to most cells, resulting in the synthesis, destruction and interconversion of the most important metabolites, as well as the accumulation of chemical energy. Metabolic processes are constantly regulated, which ensures that the synthesis and degradation (catabolism) of metabolites correspond to the physiological needs of the body. One of the common metabolic pathways for most cells is metabolism in liver cells, which is involved in the metabolism of almost all classes of substances, including lipids. The lipids group includes fatty acids that are synthesized and included in the composition of fats that enter the blood in the form of lipoproteins, and then are deposited in the form of adipose tissue, fatty deposits in the subcutaneous tissue and around various organs. Under natural conditions, the dissolution of fats (lipolysis) in adipose tissue is catalyzed by hormone-dependent lipase with the formation of glycerol and fatty acids. Fatty acids in the liver break down as a result of oxidation to acetylacetic acid (acetyl - CoA) and are synthesized into ketone bodies (products of incomplete oxidation of fatty acids, including acetone). These are potentially harmful toxins, and they require elimination [7, 8]. In the algorithm for the regulation of the athlete's weight, a homeopathic drug was used to identify and remove ketone bodies - potentiated Acetone D5,

According to the well-known literature data [9], within the framework of ART there is an algorithm for the correction of fat metabolism, in which the authors chose an organopreparation of the company "OTI" - Adipose tissue as the main index. The level of anabolic processes and all functional disorders caused by obesity were tested through this organopreparation. After that, endogenous BRT was performed under control as part of the autonomic resonance test, which is based on the identification of metabolic disorders in the organ with maximum metabolic disorders and their relationship with the state of the tone of the autonomic nervous system on this organ, as well as the state of acid-base balance, hormone balance, microelements, vitamins, enzymes, infections, etc., contributing to the emergence of identified metabolic disorders.

The author's algorithm for diagnosing the regulation of an athlete's weight in the framework of ART

is based on an increase in the degree of catabolism to the 5th degree of intensity in adipose tissue and its dissolution under the influence of exogenous BRT (Paul Schmidt frequencies). Initially, the algorithm used a complex preparation of the firm "GUNA" Fats - fat metabolism, through which the level of change in the degree of catabolism was tested: the higher the degree of catabolism, the more intensive the process of dissolution of fats. In this regard, the effect of a fixed frequency of exogenous BRT allowed discretely with an interval of 1 to enhance catabolic processes up to the 5th degree of intensity. In this case, the triggering mechanism for activating catabolism of the 5th degree of activity was considered the exposure time of the bioresonance effect, at which, during the diagnosis, there is no indication of the feedback response at a fixed frequency on the ART equipment [10].

To regulate the athlete's weight, he was exposed to an external magnetic field with the maximum physiologically permissible intensity in the range of 30–100 units. by placing a magnetic therapy device (UMT) on the belt and other areas of the body, a "loop" to dissolve adipose tissue. At the same time, endogenous BRT was used to enhance adaptive responses and regulate homeostasis using weak electromagnetic oscillations inherent in the body, while the UMT "loop"

positioned on the athlete's head and limbs. Within the framework of ART diagnostics in the feedback mode, the degree of intensity of the processes of catabolism and anabolism, adaptation reactions, biological index, etc. were constantly tested. [4, 10]. The time, regimen and optimal intensity of exposure for dissolving adipose tissue were selected individually by testing using the ART method, taking into account the tolerance of the procedure.

The criterion for the exposure of exogenous BRT to adipose tissue was the moment when the resonance response of the frequency or the program of bioresonance influence on the fat dissolution index - the complex preparation Fats - fat metabolism and its correspondence with the 5th degree of catabolism intensity within the framework of ART - began to decay. Exposure time 55 ± 10 min.

The criterion for the regulation of the athlete's weight is the state of the body's stress load of 3-5 levels (the minimum test kit for ART according to Dr. Schimmel), which corresponds to the 5th degree of catabolism intensity and represents physiological stress in the target organisms of adipose tissue.

The processes of catabolism of the 5th degree of intensity were diagnosed and exposed for 3 days due to the fact that the body itself regulated metabolic processes and sought to restore its state to the initial level. The combined bioresonance effect made the body activate the dissolution of fats at the cellular level. The regulation time, depending on excess weight, was 3–7 days.

The author's algorithm and criteria for regulating the weight of an athlete in the pre-start period are schematically presented in the following form:

‖ Complexone Fats - fat metabolism ‖ + ‖ catabolism of the process No. of degree ‖ + ‖ Program E286 / I = 30–100 units, Texp = 55 ± 10 ‖ + ‖ stress load of 3-5 ur. ‖ + ‖ add. diagnostics of catabolism of the 5th stage. intensity. ‖ + ‖ BI, RA, KShR, VNS, hormones, etc. (according to ART technology [4]) ‖ .

The algorithm and criteria for weight regulation were tested in the period 2005–2010. when members of the national team of the city of Moscow perform at competitions of different levels. The algorithm and criteria for weight regulation were tested at the 2010 Russian Championship. At the 2010 World Greco-Roman Wrestling Championship in Moscow, Honored Master of Sports, member of the Moscow and Russian national team Ambako Vachadze took first place and won the gold medal of the World Greco-Roman Wrestling Champion in 66 kg weight.

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