

## The role of complex body cleansing in the treatment of type 2 diabetes mellitus (non-insulin dependent diabetes)

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Disorders of carbohydrate metabolism are one of the most important problems of modern medicine. The aggregate of syndromes, united in the concept of "diabetes mellitus", is the cause of death in almost 50% of cases today; in 86% of cases it causes loss of vision, in 30% of cases - chronic renal failure, in 50% - amputation of limbs.

To identify disorders of carbohydrate metabolism, it is customary to examine the level of fasting glucose. If the index in whole venous blood during repeated examinations exceeds 6.1 mmol / l, the doctor has the right to diagnose diabetes mellitus. The sad thing is that diabetes mellitus becomes clinically evident only after 80–90% of pancreatic cells have died!

Very often, the disease is detected "unexpectedly", for example, in preparation for surgery, or at the stage of complications that have already developed. The development of microangiopathies in patients with type 2 diabetes mellitus usually occurs after 5–8 years, in patients with type 1 diabetes mellitus - after 10–12 years from the onset of the disease (the period of latent disorders). Consequently, a fairly long period of time of disturbance of carbohydrate metabolism - the state of prediabetes - is the "iceberg", the "top" of which is practically not paid attention.

Modern medicine faces certain difficulties in early detection of predisposition, specification of etiological factors, and detection of early symptoms of impaired carbohydrate metabolism. Such an opportunity is provided by the use of the ART method (vegetative resonance test) using the hardware-software complex "IMEDIS-EXPERT". The device is designed to analyze the functional state of all organs and systems.

The ART method allows you to identify etiological factors of damage to the pancreas, assess the state of the endocrine system, the mental status of the patient, the presence of external loads (radiation, geopathogenic, electromagnetic), identify the adequacy of nutrition, trace element and vitamin status, autoimmune and allergic predisposition, the state of early manifestation of diabetes (prediabetes ) 1 and 2 types, that is, using the ART method, you can detect a predisposition to diabetes mellitus and during the prevention of a serious disease. Identify and eliminate risk factors for diabetes. Very often, the cause of the development of diabetes mellitus is parasitic, viral, bacterial burden

pancreas.

Over the past 3 years, doctors of the Eliseeva Medical Center have examined 3000 patients over 40 years of age using the ART method, 150 of whom were tested for prediabetes. In the study of blood sugar with a load in these patients, the indices were slightly increased by 5–7 U. Based on the results of patient testing by specialists of our center, a program is being built

correction of the identified violations, and additional studies are assigned to clarify the preliminary diagnosis.

Based on the results of a study using the ART method of 150 patients, we found that the presence of a viral load is the leading etiological factor in the onset of type 2 diabetes mellitus. Most often, the effect of viruses of the herpes group (Epstein-Barr herpes virus, Cytomegalovirus, infectious mononucleosis), as well as Coxsackie B4 virus, mumps, measles, rubella, chickenpox was detected.

In addition to viruses, the simplest parasites are a risk factor for damage to the pancreas: toxoplasmosis, giardiasis; bacterial infections: salmonellosis, staphylococci, streptococci, *Pseudomonas aeruginosa*; as well as the presence of helminthic invasions in the pancreas (eurythema pancreaticum, hookworm, opisthorchiasis, clonorchiasis, fascioliasis).

According to the statistics of our center, in 80% of patients with type 2 diabetes mellitus, along with the viral load, helminthic invasions - opisthorchiasis and clonorchiasis are found.

The development of type 2 diabetes mellitus in opisthorchiasis and clonorchiasis is associated with the vital activity of parasites in the bile ducts of the liver and pancreas. There is a close relationship between the organs of the duodenocholecho pancreatic zone. The main pathological process is chronic proliferative cholangitis and pancreatic canaliculitis, accompanied by varying degrees of fibrosis of these organs. In the pathogenesis of diffuse cholangiectasia and retention canaliculoectases of the pancreas, hyperplastic and inflammatory-sclerotic processes in the wall of the ampulla of the greater duodenal papilla and at the mouth of the main pancreatic duct are of importance. As a result, all this leads to the destruction of the beta cells of the islets of Langerhans of the pancreas, their replacement with fat cells and, as a consequence, to a violation of insulin production.

In the study by ultrasound, diffuse changes in the tissue of the pancreas, fatty degeneration of cells are found.

In chronic opisthorchiasis, symptoms of pancreatic involvement are observed in 2/3 of patients. This is explained not only by the presence of opisthorchus in the ducts of the pancreas glands, but also a close anatomical functional connection of the gland with hepatobiliary system and gastroduodenal zone. In sick opisthorchiasis functional and morphological changes in the duodenum, as well as characteristic morphological changes in the Vater nipple contribute to the development pathological biliary-pancreatic and pancreatobiliary reflux.

Complaints of patients with lesions of the pancreas for pain of a shingles nature with irradiation to the left half of the chest, back, left shoulder. The involvement of the pancreas in the process is evidenced by an increase in fasting serum glucose, an altered curve under sugar load, a decrease in trypsin, amylase and lipase in the duodenal contents and an increase in their content in the blood, an increase in diastase in urine. In half of the patients, there is a decrease in gastric acidity.

The elimination of parasitic loads can be carried out using resonance-frequency therapy at the identified frequencies on the device "MINI

EXPERT-T "and bioresonance therapy (BRT) on the device" IMEDIS-BRT-A ", always with the use of drainage and detoxification programs, as well as with the use of homeopathy, herbal medicine (antiparasitic drugs based on medicinal herbs): Metosept, Vitanorm, Eksorsol.

When a large area of the pancreas is damaged, anthelmintic drugs are also tested and prescribed: biltricide, praziquantel, nemosol. Ozone therapy and complex body cleansing are also used (tubazhs, hydrocolonotherapy, diet therapy, juice therapy, therapeutic fasting).

In addition, the statistics of a study of patients with prediabetes and diabetes in our Center showed that there is a direct relationship between a deficiency of essential trace elements and impaired carbohydrate metabolism. The most important trace elements for the prevention and treatment of diabetes mellitus are zinc, chromium, magnesium, selenium, vanadium, cobalt, potassium.

Zinc is essential for the synthesis, secretion and utilization of insulin (one insulin molecule contains 4 zinc atoms). Zinc deficiency is one of the predisposing factors for the onset of diabetes mellitus. Zinc protects the insulin-producing islets of Langerhans' beta cells from destruction. With a decrease in zinc levels, the functions of all endocrine glands are also impaired, which often leads to obesity. And being overweight increases the likelihood of diabetes.

The main role of 3-valent chromium in the body is the regulation of blood sugar as a "factor of glucose tolerance" of the chromium-insulin complex. With a chromium deficiency, diabetes-like conditions can form, type 2 diabetes mellitus: the flow of glucose into the cells is disrupted, the cells experience an energy hunger, despite the sufficient level of insulin and sugar in the blood. Chromium is involved in all types of metabolism; its deficiency can lead to obesity, fluid retention in the body, an increase in the concentration of triglycerides and cholesterol in the blood (factors that aggravate the course of diabetes mellitus).

Magnesium is involved in the metabolism of glucose, fatty acids, amino acids. With a decrease in magnesium levels, the permeability of cell membranes is impaired. The concentration of magnesium in the blood is significantly reduced in patients with type 2 diabetes mellitus complicated by obesity and hypertension. Magnesium deficiency increases the excitability of the nervous system, the accumulation of toxins, leads to the development of chronic pancreatitis (risk factors for diabetes-like diseases).

Selenium deficiency leads to dystrophic processes of the pancreas, impaired fat absorption, lack of fat-soluble vitamins, and the development of autoimmune processes (one of the causes of diabetes mellitus is an increase in autoantibodies to insulin and insulin-producing cells of the pancreas).

Manganese is essential for normal insulin secretion, stimulation of gluconeogenesis, glycogen synthesis, enhances hypoglycemic and lipolytic effect of insulin. In cells, it is concentrated mainly in mitochondria, participating in the processes of energy production. With manganese deficiency, insulin-resistant diabetes mellitus occurs, an increase in the level of serum cholesterol, fatty hepatosis.

Vanadium has an "insulin-like effect", enhances the effect of insulin by acting on its receptors, and reduces the atherogenic coefficient (in case of combined diabetes mellitus and atherosclerosis).

Cobalt activates methylmanonyl-CoA mutase, an enzyme involved in the exchange of fatty acids when they are utilized instead of glucose in diabetes mellitus.

Potassium regulates intracellular and water-salt metabolism, activates a number of enzymes and participates in the synthesis of glycogen, proteins, glycoproteins, energy production, in the regulation of the process of insulin secretion by beta cells of the pancreas.

Revealing the deficiency of these microelements during ART allows detecting the earliest disorders of carbohydrate metabolism, makes it possible to correct dyselementosis at the preclinical stage and significantly improve the quality of life in case of manifested pathology. Along with resonance-frequency therapy, patients are tested and prescribed drugs that compensate for the identified deficiencies: Chromocin, Tsimed, Maxifam, Fomidan, Transferfactor Glucoch. In the future, patients are given nutritional recommendations in accordance with the content of trace elements in certain foods.

The doctors of our Center supplement hardware diagnostics and therapy with such methods of traditional medicine as ozone therapy, back and abdominal massage - visceral techniques that stimulate the cleansing and treatment of the internal organs of the abdominal cavity. We also use intravenous drip of drugs to normalize metabolism.

Diabetes mellitus is accompanied by a change in the metabolism of both carbohydrate and fat, therefore, not only hyperglycemia is observed, but also lipidemia, hypercholesterolemia. Good results when used give alpha-lipoic acid preparations, such as: Berlition, Lipamid; Lipoic acid, Octolipen, Thiogamma, Thioctic acid, Thioctacid, Thiolepta, Espalipon.

Thioctic acid (alpha lipoic acid) is an endogenous antioxidant (binds free radicals). In the body, it is formed during the oxidative decarboxylation of alpha-keto acids. Thioctic acid, as a coenzyme of mitochondrial multienzyme complexes, is involved in the oxidative decarboxylation of pyruvic acid and alphaketo acids. It helps to reduce the concentration of glucose in the blood and increase glycogen in the liver, as well as to overcome insulin resistance. By the nature of its biochemical action, it is close to the B vitamins.

This acid is also involved in the regulation of lipid and carbohydrate metabolism, stimulates cholesterol metabolism. Improves liver function, reduces the damaging effect of endogenous and exogenous toxins on it. In addition, it has a hepatoprotective, hypolipidemic, hypocholesterolemic, hypoglycemic effect, and also improves the trophism of neurons.

In addition, with diabetes mellitus, a failure occurs in the body's energy system. The energy-rehabilitating effect of CFS plates (functional state correctors) has been proven. Therefore, the use of FSC in the treatment of diabetes mellitus and other metabolic syndromes is quite reasonable. FSC plates, folded in a pyramid, are applied in the projection of all energy

centers (they also correspond to the location of the endocrine glands - pancreas, sex glands, thyroid gland, thymus, pituitary gland), for "pumping" energy, removing power units. Particular attention is paid to the liver as the main detoxifying organ. FSC No. 2 "Detox" and FSC No. 5 "Rehabilitation" are applied to the skin of the liver area. And also appoint the intake of water structured on FSC No. 2 and No. 1 (antiparasitic) - up to 2-2.5 liters per day.

Mandatory held recovery normal microflora intestine, which will already be able to cope with many opportunistic microorganisms that have recently acquired a pronounced pathogenicity. For this purpose, we use drugs: Normoflorin B (bifidobacteria) and Normoflorin L (lactobacilli), Bactrum. Ozone insufflation into the intestines and the intake of ozonized olive oil are also used: 1 tsp each. 3 times a day for 20 minutes. before meals for 1 month.

Ozone therapy is also necessary for already existing complications of diabetes mellitus, such as micro- and macroangiopathies. It can significantly improve the rheological properties of blood, increase the elasticity of the walls of blood vessels, reduce trophic disorders in tissues, improve microcirculation, metabolism and reduce the risk of heart attacks and strokes.

Visceral therapy of the abdomen helps to identify functional disorders in the early stages, eliminate spasms of smooth muscles of internal organs, restore their energy relationships.

All of the above methods are successfully used in the hospital of our center for a comprehensive cleansing of the body and the fight against many diseases. Over the past 3 years, 35 patients aged 40 to 70 years have been treated with a significant improvement in all indicators.

#### Clinical example

Patient K., 65 years old. He was admitted to our hospital with complaints: general weakness, rapid fatigue, bad mood, insomnia, headaches, pain in the heart, pain in the right and left hypochondrium of a shingles nature with irradiation to the left half of the chest; excess weight, constipation, thirst and dry mouth, recurrent allergic reactions such as urticaria, hay fever. Notes an increase in blood pressure up to 160-180 / 90-100 mm Hg. Art. The blood sugar level for the last 2 years has been kept at elevated figures - 10-13 units. Takes antihypertensive and hypoglycemic drugs. A year ago he had an ischemic stroke.

The patient was born and raised in the Astrakhan region, lived and worked in Siberia for a long time, now lives in the Rostov region. (endemic areas for opisthorchiasis.)

On ultrasound of the abdominal organs: diffuse changes in the liver and pancreas, fatty degeneration of the pancreas, fatty hepatitis. Signs of chronic cholecystopancreatitis.

Examination by the ART method at the APK "IMEDIS-EXPERT" revealed:

- geopathogenic load 4 tbsp. from 4 tbsp.;
- electromagnetic load 3 tbsp. from 4 tbsp.;

- tension of the endocrine system 5 tbsp. from 5 tbsp. on the pancreas and thyroid glands;
- extremely high art. tense. the immune system;
- psychovegetative tension 5 cu out of 5;
- the presence of autoimmune allergic processes;
- dysbiosis of the small and large intestines;
- lack of trace elements: zinc, chromium, magnesium, potassium, selenium;
- lack of vitamins: group B, vitamin E, vitamin A;
- inadequacy of food 4 tbsp. from 4 tbsp.;
- tension of the lymphatic system 6 tbsp. from 8 tbsp.;
- type 2 diabetes mellitus;
- F394, F395 (opisthorchis felineus) in the pancreas, liver, gallbladder, bile ducts;
- F62, F63 (Staphylococcus aureus) in the large intestine, pancreas;
  
- F263, F264, F265 (candida albicans) in the small and large intestine;
- F143 (eurythema pancreaticum) in the pancreas;
- F93, F94 (Epstein-Barr virus) in the lymph, spleen, thyroid and pancreas.

A 7-day course of complex cleansing of the body was carried out in conditions round-the-clock hospital, which included:

- diet therapy (protein-free, herbal-cereal, saltless fasting diet with the exception of sugar, bread);
- therapeutic fasting for 3 days out of 7 (relative hunger);
- juice therapy - 3 days on hunger, (a mixture of freshly squeezed citrus juices: lemon, grapefruit, orange in certain proportions);
- drinking water structured at FSC No. 1 and No. 2 - 2-2.5 liters per day;
- herbal medicine: decoctions laxatives choloretic, diuretic, sedative herbs;
- back and abdomen massage;
- cleansing the liver with a tubage (2 days during hunger), 1 day with mineral water with sorbitol, 2 days with rosehip broth with sorbitol;
- hydrocolonotherapy with intestinal ozonation - 4 procedures;
- resonant frequency therapy on the device at the "MINI-EXPERT-T" by selected frequencies - 7 days;
- BRT on the device "IMEDIS-BRT-A" on to all meridians, general harmonizing - 7 days;
- induction therapy P10, P5 - every other day, P18 at night - every day - 7 days;
- ozone therapy - intravenous drip according to the scheme - 7 days;
- in / in drip Berlition, Mexidol, Mildronat - 7 days;
- homeopathic drainages of the ONOM firm;
- Metosept, Vitanorm, Eksol by scheme for amplification antiparasitic therapy;
- Normoflorin B and L to eliminate dysbiosis.

Against the background of a comprehensive cleansing of the body, there was an improvement in the patient's general well-being, normalization of sleep, mood, blood pressure.

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stabilized at 130/90 mm Hg. Art .; blood sugar has returned to normal - 4.2-5.3 U, pains disappeared, weight decreased by 4 kg.

A control study using the ART method revealed a decrease in all previously identified loads, the parasites were not tested. Recommendations for further nutrition and intake of herbal remedies and homeopathy are given.

Based on our own observations of the patients of our center, there is a stable positive effect after a comprehensive cleansing of the body. Blood sugar returns to normal. For patients, doctors at the place of residence cancel antihyperglycemic drugs. To maintain health, patients, as a rule, come to us again once a year to carry out cleansing of the body in our center.

Conclusions:

1. The ART method allows you to timely identify a predisposition to the development of prediabetes and diabetes in patients who go to doctors with various complaints.

2. BRT, homeopathy in combination with body cleansing, ozone therapy, herbal medicine, visceral practices give good results in the treatment of type 2 diabetes.

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