

ART and BRT in the prevention and delay of  
premature accelerated aging

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Aging is a multifaceted, complex process that every person encounters after 25-30 years, proceeding in two ways. The first is when "old age is joy"; for many years a person maintains high mental, physical and sexual activity, enjoys life, has good health and high efficiency, joins the ranks of long-livers. Second, when "old age is a burden"; illness, malaise, decrepitude, dull gray days, depression, early death. The first path is physiological aging, the second is premature accelerated aging.

It is known that human aging in the overwhelming majority of cases occurs according to a premature (accelerated) type.

Premature accelerated aging (PRS) should be understood as any partial or more general acceleration of the rate of aging, leading to the fact that an individual is "ahead" of the average level of aging of that healthy group of people to which he belongs.

In other words, with premature aging, biological age a person is ahead of his calendar age.

A characteristic feature of premature aging is an more pronounced limitation of adaptive opportunities organism, a significant decrease in resistance and adaptation to adverse factors and influences.

PUS is caused by the influence of both internal factors (including genetic) and environmental factors.

The prevention and slowdown of PUS (ANTI-AGING) is one of the main directions in the Wellness Industry.

The unique diagnostic capabilities of ART allow identifying markers of premature accelerated aging:

- changes in hormonal levels (decrease in the level of DHEA, melatonin, endorphins)
- decrease in the rate of protein synthesis, metabolic disorders;
- damaging effects of free radicals;
- autointoxication;
- violation of acid-base balance;
- violation of biorhythms;
- high biological indices;
- low reserves of adaptation.

ART allows not only to assess the integrative indicators of health (the state of the nervous, immune, endocrine systems, the state of connective tissue, biological and photon indices, adaptation reserves), but also identify the factors causing premature accelerated aging.

This can be environmental stress (geopathogenic, radioactive, electromagnetic, toxic), chronic stress (psycho-emotional stress), inadequate nutrition, food intolerance, bad habits (smoking, alcohol, drugs), accumulation of heavy metals, parasitic

load, the presence of functional disorders and diseases of the cardiovascular system (atherosclerosis, arterial hypertension), chronic nonspecific lung diseases, chronic diseases of the stomach and liver, pathology of the nervous and endocrine systems (diabetes mellitus, hypo-hyperthyroidism, obesity).

According to our data, combined effects are more common. That is why we, Wellness Laboratory, use an integrated approach to slow down the aging process.

The capabilities of exogenous and endogenous BRT make it possible to draw up an individual program to slow down PUS. We create and assign OBR and BER. We restore biorhythms by selecting induction programs. We actively use the situational modeling program (creating an image of youth and longevity), we use photographs. From the selector we select, record and prescribe drugs for drainage, elimination of autointoxication, restoration of metabolism and acid-base balance, normalization of the nervous, immune and endocrine systems, for regeneration and rejuvenation.

ART makes it possible to individually select geroprotectors and their dose. Complex geroprotectors VILAVI, Novosibirsk, have proven themselves excellently, targeting three pathogenetic factors of aging: hormonal imbalance, decreased antioxidant potential and disturbed biorhythms.

The basis of the program to prevent and slow down premature accelerated aging is lifestyle correction client, which is based on three principles:

1. Healthy thinking, positive outlook (ART allows identify psychosocial stress, patterns, stereotypes, complexes, fears, and BRT helps to eliminate them).
2. Healthy behavior, healthy habits (physical activity, normalization of sleep, balanced nutrition - selection of food products by ART).
3. Healthy environment (ART monitoring of living quarters and workers places see the report at the VIII International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy").

Wellness systems of NPO Microecology, Perm, are of great help in preventing and slowing down PUS. ART allows individual selection of wellness systems for each client (see the report at the XVII International Conference of the International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy").

The most important thing is ART allows us to see the dynamics in the PUS deceleration and demonstrate this to the client, thereby strengthening their faith and willingness to continue to prevent and slow down CCP.

We would like to draw the attention of colleagues that the unique equipment of the company "IMEDIS" can be actively used in the Wellness Industry, not only for the sick, but also for healthy people, for those who want to live a long, healthy, happy life, who want to live in the wellness style.

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