

Application of the device "MINI-EXPERT-TsT" in a health resort
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Today, color light therapy occupies an important place among other medical methods. In parallel with the identification of the healing properties of light, a study of its nature is underway. It is scientifically proven that due to its electromagnetic nature, light affects not only the receptors of the iris of the eye, but also penetrates the skin. The domestic developer of color light therapy equipment is Yuri Valentinovich Gotovsky together with the technical group of the IMEDIS Center. He is also the author of the monograph "Color Light Therapy", which sets out the main approaches and principles of application of this method of therapy. The advantage of color light therapy proposed by Yu.V. Ready and embodied in the device "MINI-EXPERT-CT", is that in the modes of internal and external modulation, light penetrates into tissues to a significant depth.

In the conditions of sanatorium and resort provision, the equipment and methods of the IMEDIS Center are widely used in health-improving and preventive measures. Those staying in the sanatorium undergo procedures within the framework of appropriate programs for endoecological restoration. Strength and relaxation trainings are also used in a special gym, spa procedures, diet therapy and a number of other techniques aimed at active rehabilitation in the shortest possible time (7-10 days).

The developed program is strictly individual for everyone and is based on the results of in-depth diagnostics of the body. Control over the changes taking place in the body during the entire period of stay in the sanatorium is carried out at the APK "IMEDIS-EXPERT". Laboratory studies and other instrumental diagnostic activities are carried out on the first and final day of stay in the sanatorium.

In a comprehensive program, one of the elements of rehabilitation is the use of color light therapy. Procedures with the use of the "MINI-EXPERT-CT" company "IMEDIS" apparatus are carried out under the control of diagnostics by the method of vegetative resonance test (ART). With endoecological recovery of the body on the third day, the state of health subjectively worsened. This is due to lymphotropic therapy - due to the use of a special methodology that allows you to cleanse the lymph from a significant amount of free radicals coming from organs and tissues during therapy. Color light therapy successfully helps in detoxification and lymphatic drainage. The impact on the zones along the meridians and biologically active points makes it possible to expand the possibilities of color light therapy in the treatment of pathologies of various origins. The advantages of color light therapy are associated with the short duration of exposure (from 30 seconds to 2 minutes) and the course of therapy for 3-5 sessions, which is much faster than using other methods of treatment and is comparable to the duration of a guest's stay in a sanatorium. For more

of a lasting effect, the color was recorded on the homeopathic grits. The resulting drug was recommended to be taken sublingually or applied to the corresponding points of the meridians.

In addition to correcting the condition in the short term, color light therapy was used in relaxation procedures. The combined use of color light therapy and endogenous bioresonance therapy is very effective in the treatment of psychosomatic conditions.

When carrying out color light therapy, reference data of the software "IMEDIS-EXPERT" were used, which contain color combinations for zone light therapy according to Dinshah, color light-puncture therapy according to P. Mandel, chakra and meridian color therapy. In this version, color light therapy was used in a psychological relief room. Such procedures accelerate the elimination of the asthenic state and emotional lability, thereby creating a favorable background for the physiological recovery of all organs and systems.

Based on the results of work for the period from 2012 to 2015, color light therapy in combination with other procedures was performed in 416 patients and showed high efficiency in detoxification support in the endoecological program, as well as in correcting the state of uncomfortable sensations.

Thus, the method of color light therapy, as the main one and in combination with other therapeutic and prophylactic procedures, can be used in a sanatorium with the achievement of high efficiency in a short period.

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