Bioinformatic medicine methods as a health improvement tool human in modern conditions Z.S. Teregulova (GBOU HPE "Bashkir State Medical University" of the Ministry of Health of the Russian Federation, Center "Endoecological Medicine", Ufa, Russia)

At present, attention is drawn to the concept of preventable loss of health of the population, reflecting the idea of an effort to focus on those health issues that can be dealt with at the current level of development of science, technology and health care. In the context of the current ecological crisis, social and psychological stress, it becomes more and more obvious that individual and population health depends on the environment and mechanisms that ensure the integrity of the organism and its adaptive ability, as well as on the attitude of each person to their health.

The intensive development of chemical, petrochemical, pharmaceutical and other industries has led to global pollution of environmental objects with various chemical substances, and more recently - neo-toxins and nanotoxins, belonging to the category of "endocrine destructors" that can destroy the neuro-endocrineimmune system and affect reproductive health and fertility of the population. It should be noted that chemical products of the medical industry are increasingly among the toxicants that avalanche fell on a living cell. The human body does not have a specific mechanism for neutralizing many chemical substances and does not "recognize" toxicants that have entered the body again. In this regard, it becomes impossible to remove them from the intercellular space and cells, the body cannot cope with maintaining the stability of the internal environment. Industrial technologies in general and medico-pharmaceutical technologies in particular are becoming more and more dangerous. The pollution of the habitat, toxic loads have significantly increased the level at which the human body evolved, the body of which now cannot cope with maintaining homeostasis. Environmentally dependent pathology is rapidly growing. Ecopathogenic effects have led to the emergence of new, previously unknown diseases, including chemical asthma (sulfite, isothiocyant), Kirishi syndrome (asthma in children sensitized by emissions from factories for the production of semi-synthetic animal feed), Chernivtsi syndrome, dioxin syndrome, total allergy syndrome, unhealthy syndrome buildings, chronic fatigue syndrome,

The level of exposure to harmful factors is ahead of the body's ability to eliminate and adapt to the changed conditions of the external and internal environment. Under these conditions, one of the uncontested approaches and effective methods is the periodic cleansing of the body from toxins, accumulated products of incomplete metabolism, as well as toxins of infectious, bacterial and parasitic origin, etc. Practical doctor everything it becomes more difficult to make a correct diagnosis (here the aphorism is legitimate: "He who diagnoses correctly, heals correctly").

In the real conditions of modern life, for the early detection of environmental pathology, correction of health disorders, diagnostic methods based on energy-informational principles are becoming uncontested approaches in clinical medicine. The generally accepted methods and laboratory diagnostics do not allow to determine the entire list of toxins and their level contained in human biological media. Chronic intoxicosis is formed with prolonged intake of subtoxic doses of toxins into the body (the aphorism is appropriate: "New diseases are ineffective to diagnose and treat with old methods.").

Paracelsus said about this: "Toxicity determines the dose." If the dose is insufficient for acute symptoms and / or cannot be detected by modern methods, the toxic effect, which is often weakly expressed in clinical practice, is ignored. Another important concept is the individual tolerance to toxins, or individual susceptibility to them. This characteristic of an individual biological system is partly genetically predetermined, and partly an acquired property, depending on the enzymatic systems (the balance of induction and inhibition), the functionality of this organ and the capacity of the functional reserve of a particular system.

A different metabolic status of the body arises, accumulation diseases develop (microelementosis, uric acid diathesis, latent chronic acidosis, chronic subclinical inflammation and other conditions).

In addition to the effects of toxic substances, technogenic physical radiation plays an important role in disrupting homeostasis. Today it is impossible to imagine any sphere of human activity without information technology. They involve people of different professions and ages. At the same time, more and more data appears on the negative impact of electromagnetic radiation on the body of children and pregnant women.

WHO experts distinguish among the global environmental factors in addition to chemical, man-made physical impacts and biological factors. These are chronic persistent infections, biocantomination of food products, recurring epidemics, and the emergence of new microorganisms. A great contribution to the activation of the biological factor is made by pendulum migrations of the population, the massive arrival of migrants from countries with an unfavorable epidemiological situation to our territory, etc. And all this requires diagnostics at a new methodological level.

Our more than 10 years of experience with the devices of the Center for Intelligent Medical Systems "IMEDIS" shows that the methods of ART, BRT make it possible to use them in the diagnosis of toxic, technogenic physical exertion and infectious and parasitic burdens in a single time continuum, which cannot be done in the generally accepted official clinical practice. The next important point is the possibility of assessing integral indicators (psycho-vegetative loads, biological index, immune status, etc.), without correction of which it is difficult to achieve recovery

organism.

When working with bioinformation technologies in improving the human body, as shown by clinical experience, one should take into account the phases of development of diseases according to Reckeweg and the three pillars of homotoxicology: detoxification and drainage with the rehabilitation of the extracellular matrix; immunocorrection and regulatory therapy. At all stages of the body's recovery, we use bioresonance technologies, antihomotoxic therapy and other naturopathic methods.

The results of our work using complementary therapies indicate the effectiveness of treatment in 76–93% of cases. As evidenced by the literature and scientific publications, the same results are achieved by specialists who use ART, BRT and other naturopathic methods in their practice. These data make it possible to widely recommend the methods of bioresonance, multiresonance therapy in the practice of doctors. An important issue is the change in thinking and the adoption of a new paradigm by doctors, taking into account new environmental realities in the face of ever-increasing risk factors for public health.

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