

Body purification and health improvement at the Sanatorium-resort complex "DiLUCH" located in the Resort Town of Anapa: from the basic endoecological rehabilitation to the "DETOX-EFFECT" program

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In the 50-ies of the XX century A.A. Bogomolets drew the attention on the importance of managing the state of the body's internal environment. The urgent need to develop a method for endoecological rehabilitation (ERL) arose after the Chernobyl disaster to eliminate its consequences. In 1999, the authors of the ERL method in spa, among others V.S. Sevryukova, were awarded a government prize for creating the basics and applying methods of general clinical and preventive lymphology. The ERL is an effective medical and health improving technology based on methods of stimulating fluid transport in organs and tissues of the body, purification of the cell space and lymphostimulation. Adverse environmental factors, stress, metabolic disorders, hypodynamia, overeating, bad habits, age-related accumulation of slags in the body, sleep disorders, somatic diseases of the gastrointestinal tract or endocrine system contribute to the special importance of purifying the body for the moment. There is a large endoecological department in the medical and diagnostic center of the Sanatorium-resort complex "DiLUCH", where due to the current trends the ERL became the basis of the DETOX program. The DETOX program includes seven-day procedures, such as: hydro-massage and dry carbonic baths, a swimming pool, a gym, pneumocompression of the limbs, an intravenous laser irradiation of blood; and every second day: liver flush, hydrocolonotherapy. According to the indications a drug infusion therapy or plasmapheresis, a course of skin cleansing in a SPA-salon are prescribed. An evaluation of the effectiveness of treatment in 42 patients before and after the DETOX program was carried out. Improvement of overall health was noted in 100%, half of patients showed a decrease in body weight from 4 to 8% of the original. Stimulation of lymph drainage led to a decrease in the endotoxycosis manifestations, improvement of the excretory function of the kidneys and liver (triglycerides decreased from 2.5 ± 0.1 mmol / l to

1.7 ± 0.7 mmol / l, p <0.05). DETOX activates biological resources, stimulates adaptation mechanisms, which leads to an increase in the rehabilitation capabilities of the patient. The effectiveness of the system of consecutive detoxification measures of sanatorium treatment used in DETOX, aimed at all levels of detoxification, is proved, providing an integrated approach to the treatment of humans as a single biological system.