



Deta  
Elis  
Holding  
Health  
Innovation  
Human

List of  
manual programs

DeVita Ritm+  
Model Mini

Description and application

№ p/	The name of the program	Program description
1	Active protection	<p>The human body exists in an ever-changing environment, to which it is necessary to adapt. It is adversely affected by changes in temperature and atmospheric pressure, electromagnetic radiation from household appliances and office equipment, and frequent stresses. The body is also affected by physical and mental stress, a constantly changing mode of operation. The program normalizes the functioning of the nervous and endocrine systems, increases working capacity, attentiveness, gives tone, relieves from fatigue and irritability. Protects from pathogenic radiation.</p> <p><b>Application:</b> The program is used daily in the morning or afternoon. It is part of the "Healthy Day" and "Complete Cleansing" automatic programs.</p> <p><b>Attention!</b> It is not recommended for use in the evening and at night.</p>
2	Blood circulation regulation	<p>A sedentary lifestyle, bad habits, poor nutrition, stress negatively affect the state of the circulatory system. The program restores local and general blood circulation, regulates oxygen uptake, improves blood supply to all organs.</p> <p><b>Application:</b> The program can be used at any time of the day if necessary.</p> <p><b>Attention!</b> It is not recommended to use the program for 2 months after myocardial infarction.</p>
3	Detoxification	<p>Factors such as a violation of the diet, the transition to unusual foods have an increased load on the gastrointestinal tract. This causes indigestion, flatulence, pain and discomfort. The program has a beneficial effect on the work of the gastrointestinal tract, helps the body absorb food more easily, reduces the risk of eating disorders, reduces the feeling of heaviness and discomfort, and relieves heartburn and intestinal cramps.</p> <p><b>Application:</b> The program can be used at any time of the day, optimally - from 19:00 to 21:00. Reuse if necessary after 0.5 hours.</p>

4	Detox	<p>In the process of life, toxins accumulate in the body. They accumulate both in the intercellular substance and in the cells of organs. Toxins disrupt metabolic processes and create a favorable environment for the propagation of pathogens. The program activates the activity of excretory systems and helps to cope with the removal of toxins from the body, and also regulates the liver and gall bladder.</p> <p><b>Application:</b> The program can be used at any time of the day. Be sure to drink clean drinking water – 1-1.5 liters per day.</p>
5	Antistress	<p>Almost every day we experience stress: at work, on the road, at home. Usually the psyche neutralizes the effects of stress, but with a constant layering of negativity or with a sharp change in the rhythm of life, the body needs help. The program will help in a difficult situation, with psychological or physical stress. It normalizes the functioning of the nervous system, promotes quick falling asleep and good sleep. For severe nervous agitation, use in conjunction with the Healthy Sleep program.</p> <p><b>Application:</b> The program is used before bedtime. The device should be located under the pillow. If at the end of the program sleep does not occur, you must repeat the session.</p>
6	7 Chakra	<p>Humans are complex energy structures, the basis of which are seven chakras located along the spine. Each chakra is associated with certain organs; if the chakras are damaged, the functioning of their corresponding organs is disrupted. The chakras accumulate energy. Negative energy clogs the chakras and has a detrimental effect on the body as a whole. The program restores lost energy, distributes it correctly and thereby restores the functioning of organs and systems.</p> <p><b>Application:</b> The program is used in the daytime.</p>
7	Hormones normalization	<p>The endocrine system regulates the activity of organs with the help of hormones and ensures the constancy of the internal environment (homeostasis). The endocrine system is involved in the development of the body, its growth, reproductive function. It also regulates the mental state and emotional reactions. The program normalizes the function of the hypothalamus – pituitary – adrenal – gonadal system and regulates excretory processes in the body.</p>

7	Hormones normalization	<p><b>Application:</b> The program can be used at any time of the day, daily for at least a month. Included in the automatic programs "Healthy Day" and "Complete Cleansing".</p> <p><b>Attention!</b> Not recommended for use by children under 13 years of age.</p>
8	Clean kidneys	<p>The functions performed by the kidneys are diverse. The main one is the regulation of water and electrolyte metabolism in the body, maintaining a constant volume and pressure of blood and other fluids. The kidneys also regulate the acid-base balance in the body. They excrete products of nitrogen metabolism - urea, creatinine, uric acid, etc. Nutritional disorders (especially excessive meat consumption), metabolism, vitamin A deficiency, hypothermia, and infection cause contamination of the kidneys, the formation of sand and stones. The program promotes the active removal of toxins from the body, regulates the functioning of the kidneys, and prevents the formation of kidney stones.</p> <p><b>Application:</b> The program can be used at any time of the day, optimally - from 17:00 to 19:00. In case of toxic or infectious lesions of the body - repeat after 0.5 hours. For the normal functioning of the kidneys, be sure to use clean drinking water - 1-1.5 liters per day.</p> <p><b>Caution:</b> During this program, increased urination may be observed.</p>
9	Clean lymph	<p>The lymphatic system is around the clock guarding the purity of the body. It plays an important role in the removal of metabolic products, as well as in maintaining immunity. Naturally, lymph is cleansed by passing through the lymph nodes, but sometimes this is not enough. In violation of the functions of the lymphatic system, up to 83 harmful substances accumulate in the intercellular space. This increases the load on all organs of excretion: liver, intestines, kidneys. The program helps to liquefy the lymph, remove toxins and excess water from the body, improves metabolism in cells, normalizes blood pressure, and boosts immunity.</p> <p><b>Application:</b> The program can be used at any time. During the operation of the program, it is recommended to carry out a light massage in the form of stroking (without effort).</p>

9	Clean lymph	<b>Caution:</b> For the most effective removal of toxins, use clean drinking water – 1-1.5 liters per day.
10	Healthy eye-sight	A constant load on the eyes (reading, working on the computer), as well as a change in conditions and rhythm of life, cause eye fatigue and irritation, and reduced vision. The program reduces eye strain, relieves from fatigue and pain, and helps normalize vision. <b>Application:</b> Use before bedtime daily for 7 days. After 7 days, use it every second day. Repeat sessions until the desired result is obtained. After the end of the program, do not strain your eyes. For best results, combine with exercises for the ciliary muscle.
11	Female sexuality	Sexual desire is an indicator of different conditions of a woman. If a woman ceases to be interested in sexual life, it can be assumed that the disease has arisen. In most cases, a decrease in sexual desire develops with a combination of several factors - somatic, mental and microsocial. The program will help in the absence or decrease in a woman's sexual desire, weaken the feeling of emotional stress, mental discomfort, and strengthen sexual desire. <b>Application:</b> daily 1 time per day.
12	Male sexuality	The manifestation of male attraction depends on age, physical exertion, nervous and mental state, external stimuli, etc. Stress, problems at work, various complexes lead to psychological impotence in men. As a result, they become wary of the appearance and "quality" of an erection, compare, analyze. And the more a man prepares for this "event", the less chance he has of success. The program is aimed at psychological correction, regulation of the 6th chakra, relieves anxiety and strengthens confidence in the favorable completion of intimacy. <b>Application:</b> daily 1 time per day.
13	Recovery from injuries	Injuries, dislocations, fractures lie in wait for both supporters of various sports and ordinary people. In combination with medical care, the program speeds up the healing process, reduces pain, relieves swelling, eliminates hemorrhages, and restores muscle elasticity. <b>Application:</b> for injuries daily 2-3 times a day until the desired result is obtained. If necessary, combine with the "Joints without inflammation" and / or "Joints without pain" programs.

14	Warm-up	<p>Often, gym visitors lack energy and motivation, especially after a working day. The Warm-up program energizes, increases the intensity of training, helps to overcome fatigue, increases metabolic processes in muscles and makes training more effective.</p> <p><b>Application:</b> before each workout.</p>
15	Workout	<p>Successful and active training often leads to fatigue and muscle pain, which do not make it possible to achieve greater results. The program increases muscle strength, relieves muscle fatigue, strengthens muscles, improves the supply of blood and oxygen to muscles, increases endurance, and allows you to achieve maximum results with minimal cost to the body.</p> <p><b>Application:</b> The program is used during training.</p> <p><b>Attention!</b> It is not a doping program.</p>
16	Healthy Heart	<p>The supply of organs with oxygen and nutrients depends on the work of the heart, which means the effective work of the whole organism. Malfunctions in the activity of the heart are caused by an improper lifestyle, stress, and physical overload. The program regulates complex blood circulation and blood pressure, provides normal blood supply to the heart muscle, and promotes self-regulation of the heart and its stable operation.</p> <p><b>Application:</b> Use at any time, once, twice, if necessary (optimally – from 11:00 to 13:00).</p> <p><b>Attention!</b> It is not recommended to use the program within 2 months after myocardial infarction.</p>
17	Cardiac rhythm normalization	<p>When the heart beats as it should, we do not notice its work. But if it begins to stray from its rhythm, it brings great discomfort. Arrhythmias can occur in healthy people for various reasons – as a reaction to tight clothing, insect bites, certain medications, stress, plentiful food, and problems with bowel movement. The program restores the heart rhythm, improves blood circulation to the heart, normalizes the nervous system.</p> <p><b>Application:</b> The program is used for heart rhythm disturbances 1 time per day.</p>

18	Anti-Cold	<p>The first signs of a cold are a stuffy nose and a sore throat. Often we do not pay attention to these symptoms which leads to complications, the most common of which are upper respiratory tract infections - sinusitis, bronchitis, and otitis media. The program activates the immune system, increases resistance, reduces the likelihood of complications, reduces swelling, promotes better discharge of mucus from the sinuses of the nose, and helps to recover in a short time.</p> <p><b>Application:</b> The program can be used at any time of the day, during the off-season or epidemic of colds, use daily. It alleviates the condition with allergies.</p>
19	Free breath	<p>Bronchospasm (cough) is a protective reaction of the body to an irritant, respiratory tract infection, and may also be a consequence of the effects of certain drugs on the body. Bronchospastic syndrome is characteristic of people with a tendency to allergies and those suffering from bronchial asthma. The program restores the functions of the bronchopulmonary system, normalizes lung function, regulates blood supply and oxygen absorption, and relieves from spasms.</p> <p><b>Application:</b> daily as needed at any time of the day. With cramping and severe coughing – up to 2-3 times in a row.</p>
20	Women's Health	<p>Bad ecology, bad habits, the sun adversely affect the female body, accelerate the aging process and cause problems in the female body. The program covers a wide range of women's issues and is useful at any age. Reduces premenstrual tension, pain, corrects menopausal disorders.</p> <p><b>Application:</b> Girls at puberty are recommended to use it 1-2 times a week. For women experiencing pain and discomfort during menstruation – daily during this period. For the effectiveness of the impact in the correction of problems in the sexual sphere and / or in violation of the organs of the female reproductive system – daily in combination with the program "Female sexuality".</p> <p><b>Attention!</b> It is not recommended to use the program during pregnancy or if a woman wants to become pregnant.</p>

21	Men's Health	<p>Man's health is not only a healthy potency, but also the proper functioning of the rest of the internal organs. It is necessary to take care of male health from youth. The program is designed to harmonize the male genitourinary system. It regulates the processes of urination, the work of the male sex glands, including the representative. The older the man, the more useful this program.</p> <p><b>Application:</b> The program is used once a week, optimally from 21:00 to 23:00. For problems with potency and / or prostate every day in combination with the program "Male sexuality", "Without prostatitis".</p>
22	Healthy sleep	<p>Healthy sound sleep is an important component of the life of any person. During sleep, the body restores the energy spent during the day. However, any psycho-emotional upheaval can serve as an impetus for the development of sleep disorders. Which, in turn, provokes the development of both physiological and mental disorders. Irritability, fatigue, inability to concentrate are the very first signs of a sleep disorder. The program helps to reduce the excitability of the nervous system, quickly fall asleep, normalizes sleep phases.</p> <p><b>Application:</b> daily at night, it is possible to reuse the program up to 2-3 times.</p>
23	Good mood	<p>Depression, anxiety, fear - these concepts are interconnected. Anxiety and fear are a signs of depression. Very often, this condition leads to psychosomatic diseases, emotional exhaustion, self-dissatisfaction. Fears are powerful factors that prevent a person from discovering his abilities and achieving success. The "Good mood" program allows you to stop a depressive state, reduce anxiety, normalize sleep, and improve mood and mental activity.</p> <p><b>Application:</b> daily, 1 time, during the day..</p>
24	Joints without pain	<p>Joint or spinal pain can have several causes. Most often, this is a pinched or inflammation of the nerves, which occurs due to a sedentary lifestyle, bruises, falls, being overweight, spinal disc herniation, hypothermia, active physical exertion, and destruction of cartilage tissue or inflammation of the joint bag. The program helps to reduce pain, improve blood microcirculation, normalize muscle tone, ligaments, cartilage, activates metabolic processes in damaged tissues.</p>



24	Joints without pain	<p><b>Application:</b> in case of exacerbation, use the regimen a support to the main therapy and in combination with the «Joints without inflammation» program. Daily, at any time of the day, for 2 weeks, then every second day, then repeat the course until the desired results are obtained.</p>
25	Joints without inflammation	<p>Every third inhabitant of our planet experiences pain or a crunch in the joints and spine. The causes of this problem may be infections, injuries, allergic reactions, being overweight, professional sports, improper nutrition, etc. The program improves blood supply to the damaged area, relieves from inflammation, swelling and pain. It has established itself as a supportive and restorative means during the period of "active successful work", as well as in sprains and severe muscle fatigue.</p> <p><b>Application:</b> daily for a month, starting 2 weeks before active actions in the country or sporting events. Then 1-2 times a week until the end of the season. For people with periodically worsening problems of the back and joints, in order to maintain health 2 times a year daily for 1 month. If an exacerbation occurs, combine with the Joints Without Pain program.</p>
26	Intestine without problems	<p>How many of us have experienced symptoms such as bloating, nausea, bowel problems, decreased appetite, and abdominal pain? All these are indicators of intestinal abnormalities. These symptoms appear not at the initial stage, but when the disease has turned into a chronic form. To reduce pain, remove nausea and bloating, and normalize bowel movement, use the Intestine Without Problems program.</p> <p><b>Application:</b> daily as needed and depending on the condition 1-2 times a day.</p>
27	Digestion normalization	<p>Metabolism is a combination of chemical reactions that ensure the normal functioning of the body. The main factors of metabolic disorders are: malnutrition, the use of certain medications, stress, a sedentary lifestyle. Due to metabolic disorders, diseases such as diabetes, gout, obesity, allergies, cardiovascular disorders, growth retardation and development in children can occur. The program is aimed at the balanced functioning of the thyroid and pancreas, the proper assimilation of potassium, calcium, magnesium, sodium, and the alignment of acid-base balance.</p> <p><b>Application:</b> as needed 1-2 times a day.</p>

28	Beautiful skin	<p>Skin problems arise due to a malfunction of the internal organs – in this case, the skin takes on the function of cleaning. Acne, vascular defects, pigmentation, etc. appear on the face. This is faced by adolescents experiencing hormonal changes, and people suffering from disorders of the endocrine and digestive systems. The program normalizes the work of the skin glands, enhances the barrier function of the skin, improves the metabolic processes in the cells.</p> <p><b>Application:</b> 1-2 times a day until the desired result.</p>
29	Beautiful hair and nails	<p>Hair loss, dandruff, brittle nails - indicators of disorders of the body or the negative impact of the environment. The program helps improve blood microcirculation, enhance cellular metabolism and cell regeneration. This leads to the strengthening of hair follicles and nails, stimulating hair growth, increasing the protective functions of the skin.</p> <p><b>Application:</b> daily, until the desired result is obtained.</p>
30	Without allergens	<p>Allergens are substances to which the body is hypersensitive due to a disturbed immune response mechanism. They surround us everywhere: on the street, at home, at work. Common allergens are plant pollen, dust, animal hair, medicines, household chemicals, etc. The body can respond to these substances with symptoms such as lacrimation, swelling of the mucous membranes, skin rashes, etc. The program alleviates allergy symptoms, normalizes the functions of the immune system.</p> <p><b>Application:</b> daily as needed. People allergic to flowering plants are advised to start using 1 month before flowering.</p>
31	Immune protection	<p>The immune system is a very complex, self-regulating, self-learning and multi-level complex. Thanks to its well-coordinated work, biological protection is ensured. The program reduces the load on the liver, activates the work of the thymus, spleen and lymphatic system, and promotes rejuvenation and longevity.</p> <p><b>Application:</b> daily or every other day, at any time of the day. It is part of the "Health" automatic program.</p>

32	Healthy kidneys	<p>The program is used to remove excess fluid from the body, as well as salts that have the ability to retain it in the tissues. The program has a pronounced diuretic effect, and also helps to restore the physiological function of the kidneys and reduce swelling.</p> <p><b>Application:</b> daily as needed for a month.</p>
33	Vegetative regulation	<p>The autonomic nervous system controls many of the body's life support functions. Problems in its work can be expressed in violation of the heart rhythm, changes in blood pressure, excessive sweating, fatigue, weakness, brittle hair and nails, etc. The program is aimed at restoring the ANS functions, activating the brain, normalizing metabolism, heat transfer, appetite, cell regeneration.</p> <p><b>Application:</b> daily or every other day, at any time of the day. It is part of the "Health" automatic program.</p>
34	Cellular respiration	<p>Hypoxia - oxygen starvation, which may be caused by a lack of oxygen entering the body or the termination of its absorption by body tissues.</p> <p>The program helps to improve the blood supply to the head, heart and lungs, the active absorption of oxygen by the blood, relieve vasospasm, reduce acidification, and eliminate toxins.</p> <p><b>Application:</b> daily or every other day, at any time of the day. Included in the automatic program "Health".</p>
35	Healthy joints	<p>Pain in the joints can occur not only in older people, but also in young people. Pain is associated with inflammatory reactions, accompanied by swelling, redness of the skin, restriction of movement. The causes of this problem can be: infections, metabolic disorders, injuries, being overweight, large mechanical and functional loads. The program helps to improve the condition of damaged joint tissues, and to reduce pain.</p> <p><b>Application:</b> daily for a month. It is recommended to be used in conjunction with the "Joints without pain", "Joints without inflammation" programs. The most effective program for performing light exercises on a problem joint.</p>

36	Stop prostatitis	<p>The prostate gland is an organ that performs a number of necessary functions: reproductive, secretory, and barrier; controls the outflow of urine, and affects the psychoemotional state. The gland is very vulnerable to various types of pathological processes. Factors that disrupt the functioning of the prostate can be both external (poor ecology, ionizing radiation, stress, passive lifestyle, exposure to infectious agents), and internal (genetic predisposition, concomitant chronic and acute diseases, bad habits). The program is aimed at reducing inflammatory processes and normalizing the gland.</p> <p><b>Application:</b> daily for 1-3 months. It is recommended to combine with the "Health, Male" program.</p>
37	Balanced nervous system	<p>Nervous overexcitation is a consequence of stress accumulated over a certain period of time. This can occur in the form of: insomnia, depression, muscle or headaches, irritability, mood instability, etc. The program removes nervous excitement, harmonizes the work of the nervous system.</p> <p><b>Application:</b> with great psychological stress every day at the end of the working day and / or before bedtime.</p>
38	Recovery after training	<p>During training, the body activates the metabolism, which leads to the accumulation of metabolites. The load on the autonomic system increases, microtraumas of muscles, their soreness, etc. can be observed. Not everyone can withstand such discomfort, and as a result, they stop further training. The program relieves muscle fatigue, promotes the rapid withdrawal of metabolites and the maintenance of the nervous system.</p> <p><b>Application:</b> after any kind of training.</p>
39	Healthy venous system	<p>We pay attention to the problem with veins when blue protruding "snakes" are formed on the legs (most often), delivering, initially, aesthetic discomfort. And further leading to other functional disorders. Most often, the cause of this problem is a person's lack of mobility, lack of training or regular walking, hours of sitting behind the wheel or at a computer monitor, and long-term wearing high-heeled shoes. The program helps to relieve pain and swelling, strengthen the venous wall and increase its tone, reduce inflammatory reactions, improve blood circulation in the capillaries.</p>

39	Healthy venous system	<p><b>Application:</b> if necessary (with severity, leg fatigue), or daily (in the presence of varicose veins). It is advisable to use the program at night or before bedtime. In the second case, put a folded blanket or pillow under your feet so that your legs are in a raised state. After the session, do not get up for 30 minutes.</p>
40	Without headache	<p>A headache can cause a lot of problems. The causes of a headache are different: blood pressure drops, intoxication, autonomic dysfunctions, osteochondrosis, etc. The program is aimed at eliminating pain, relieving vascular spasms, improving blood supply and nutrition of brain cells.</p> <p><b>Application:</b> as needed at any time of the day. If at the end of the program the pain persists, repeat the session after 20-30 minutes.</p>
41	Normal blood sugar	<p>Elevated blood sugar can be observed in humans under the influence of a number of factors: hard physical or intense mental work; carbohydrate-rich foods; severe stress, panic attacks; taking medications, functional circulatory disorders. Monitor your blood sugar regularly. To prevent the development of a more serious disease, use the "Normal blood sugar" program, which will help normalize the pancreas.</p> <p><b>Application:</b> daily for a month, then as needed. It can be combined with the programs "Digestion normalization" and "Healthy Pancreas".</p>
42	Functional memory +	<p>The human brain contains a large amount of knowledge. With age, as well as with great mental stress, a decrease in the process of memorization can be observed and memory is not always capable of issuing the necessary information. The program activates brain activity and the process of memorization, and, in combination with a healthy lifestyle, sets up the psycho-emotional component of a person to be positive.</p> <p><b>Application:</b> The program is recommended to be applied daily in the morning and afternoon, preferably in the process of studying the necessary material.</p>

43	Nervous System - General	<p>After tick bites, very often there may be signs of a malfunction of the nervous system, expressed as headache, fatigue, insomnia, depression, impaired movement of the facial muscles, malfunctions in the functioning of the optic nerve, etc. The program maintains the nervous system in a harmonious state, brings all its departments are coordinated to work together, establishes the functional and psychological state of a person, and regulates mental processes and mood.</p> <p><b>Application:</b> within 1-6 months. See the "Lyme Disease" complex.</p>
44	Healthy Ears	<p>Inflammation and pain in the ears can occur as a result of injuries, damage to various infectious agents: viruses, bacteria, fungi. The problem can occur at any age, more often observed in children and the elderly. The program is aimed at restoring the mucous membrane of different parts of the hearing organ, reducing discomfort in ear diseases, and improving hearing.</p> <p><b>Application:</b> daily for 1-2 weeks. Alternation with the De-Vita AP program "Ears without inflammation" is desirable.</p>
45	Throat Without Problems	<p>Sore throat is a problem that occurs in both adults and children in different periods of the year. The reasons may be: decreased immunity, infectious diseases of the upper respiratory tract, carious teeth, gum disease. The program helps maintain local immunity, restore the nasopharyngeal mucosa, reduce pain, swelling, and hoarseness.</p> <p><b>Application:</b> daily for 1-2 weeks. Alternation with the De-Vita AP program "Throat without pain" is recommended.</p>
46	Strong teeth	<p>Gum disease is a very big problem for a person, causing not only discomfort, but also capable of leading to tooth loss. The reasons are often: decreased immunity, impaired blood circulation, bad habits. The program helps to normalize blood microcirculation, strengthen gums, and repair damaged mucous membranes, thereby improving the condition of the oral cavity and teeth.</p> <p><b>Application:</b> daily for 1 month, see the complex «Healthy teeth».</p>

47	Healthy Pancreas	<p>The pancreas performs two main functions in the body: externally and intracretory. An imbalance in the functioning of the gland can lead to serious problems in terms of the functioning of the digestive system and metabolic disorders. The program helps to normalize the functions of the gland in various disorders.</p> <p><b>Application:</b> daily for 1-6 months. It can be combined with the programs "Digestion normalization" and "Normal blood sugar".</p>
48	Healthy Thyroid	<p>The thyroid gland is part of the human endocrine system, which plays a very large role in the body. If its functioning is disturbed, an imbalance in the work of the cardiovascular, respiratory, urinary, reproductive systems, as well as metabolic and fluid disorders may appear. The program provides support to the thyroid gland under various stresses, normalizing its functioning and metabolic processes in the body.</p> <p><b>Application:</b> daily for 1-6 months. It can be combined with the program "Digestion normalization".</p>
49	Nerve restoration	<p>Certain infectious diseases, injuries, use of medications, alcohol consumption, and working in hazardous industries can cause problems with the peripheral nervous system. To support the nervous system and restore nerve endings use the Nerve Restoration program.</p> <p><b>Application:</b> daily for one month. If necessary, the cycle should be repeated regularly 2-3 times a year.</p>
50	Recovery after infection	<p>After suffering from infectious diseases, including coronavirus infection, various problems may occur in the cardiovascular, and nervous systems. The program helps to restore the functions of the nervous system, reducing such manifestations as insomnia, anxiety, irritability.</p> <p><b>Application:</b> daily for a month after infections, in conjunction with the programs "Restoration of blood supply" on DeVita Ritm and "Deep sleep-automatic" on DeVita AP.</p>

51	Restoration of blood supply	<p>A large number of people face circulatory problems especially after suffering from infectious diseases including coronavirus infection. This can cause not only risks of developing cardiovascular problems, but also deterioration of the general condition of the body. The program helps to improve blood circulation, restore hematopoietic function, and strengthen blood vessels.</p> <p><b>Application:</b> daily for a month after infections, as regular restoration of blood supply constitutes an essential process to support own health. Can be combined with "Recovery after infection" program.</p>
52	Healthy Stomach	<p>Signs of gastric disease manifest as pain, nausea, feeling of rapid satiety, heaviness in the stomach, and belching, etc. Stomach problems can be triggered by stress, poor diet, GI problems, and taking certain medications. The program helps to relieve pain, restore mucous membranes, and normalize stomach function.</p> <p><b>Application:</b> daily for a month, in conjunction with the "Healthy stomach" program on DeVita AP and the "Stop stress" or "Digestion without problems" complex programs on DeVita Ritm. In order to prevent exacerbations, the cycle is carried out 2-3 times a year.</p>
53	Healthy spine	<p>"A healthy spine means a healthy body." This expression emphasizes the importance of the spine, as it performs many very important functions related to maintaining the health of both individual organs and the entire body. The program helps relieve pain, improves the ligamentous apparatus, increases blood supply, and restores metabolic processes in the tissues.</p> <p><b>Application:</b> daily until recovery, combining with the "Muscles without pain", "Joints Without Inflammation" program on DeVita Ritm and "Healthy back - automatic" on DeVita AP. It is advisable to apply appropriate exercises to strengthen the skeletal muscles.</p>
54	Muscles without pain	<p>Muscle pain can be caused by several factors: increased physical activity, injuries, infectious diseases, sedentary lifestyle, chronic fatigue. The program helps to relieve muscle spasm, reduce pain, improve blood supply, and increase the elasticity of muscle fibers.</p>



54	Muscles without pain	<b>Application:</b> daily until recovery, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Healthy back" and "Movement without pain").
55	Stop asthma	Asthma is a chronic inflammation of the airways that has its own symptoms. It can develop at any age, especially if there are risk factors: allergies, heredity, smoking, harmful working or living conditions. The program helps relieve allergic symptoms, bronchial spasm, and improve well-being. <b>Application:</b> daily for a month or as needed, in conjunction with the "Without toxins" program on DeVita Ritm and "Without allergy" on DeVita AP.
56	Stomach and intestines	Statistically, one in two persons have problems with their stomach, or intestines, or both at the same time. Proper functioning of the GI tract is essential to a person's overall health. This is why it is essential to keep your digestive system working properly. And that's where the "Stomach and Intestines" program can help. <b>Application:</b> daily for a month, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).
57	Normal intestines	Civilized lifestyle, unfortunately, is not favorable to facilitate the work of the stomach and intestines - office work, fast food and limited mobility lead to intestinal problems in the form of pain, disruption of microflora, peristalsis and others. The program reduces spasms and pain, improves peristalsis, and stimulates recovery of mucous membranes. <b>Application:</b> daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).
58	Without constipation	The disturbance of the process of defecation is a fairly common phenomenon and can be manifested by a feeling of incomplete emptying of the bowel, abdominal pain. Constipation causes the development of intestinal dysbiosis, chronic colitis and intoxication of the body. The program improves intestinal motility, stimulates mucosal recovery, improves blood supply to the given area, and reduces pain.

58	Without constipation	<p><b>Application:</b> daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).</p>
59	Stop pain (head)	<p>Everyone has experienced headache attacks at least once in their lives. It has a different nature and origin. Whatever the origin of the headache, the program will help you deal with it and make you feel better.</p> <p><b>Application:</b> as needed. In the presence of triggering diseases, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP.</p>
60	Healthy skin	<p>Inflammation of the skin is a very unpleasant sensation manifested by burning, itching, and tissue damage. It provokes the appearance of dermatitis can cause skin infections, allergic reactions, physical or mechanical damage. The program relieves inflammatory conditions, itching, accelerates the regeneration process and helps to restore the immune barrier.</p> <p><b>Application:</b> daily for a month or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Healthy skin", "Stop allergies" complexes).</p>
61	Eye rest	<p>Visual discomfort or fatigue that occurs quickly during visual work - does this sound familiar to you? This feeling is especially common when the eye is working at close distances from the object of attention. Prolonged work on computer; prolonged driving in poor visibility; professional activities requiring significant eye muscle strain; prolonged reading, especially in poor lighting; watching TV programs for hours. All of this leads to eye fatigue. The "Eye rest" program will help relieve fatigue.</p> <p><b>Application:</b> at any time of day, as needed. In addition to using the program, it is advisable to take breaks and do eye exercises</p>
62	Attention	<p>Attention determines successful orientation of a person in the surrounding world and more complete assimilation of the studied material. The "Attention" program helps you concentrate at the right time and achieve great results in various activities.</p> <p><b>Application:</b> as needed at any time of the day.</p>

63	Accurate calculation	<p>The "Accurate calculation" program is designed to help you develop your counting skills. Confident counting, like any other skill, is acquired through practice. Using the program during such training (for example, learning the multiplication table, solving mathematical problems) activates the function of specific areas of the brain, removes the syndrome of uncertainty and thus contributes to a good perception and memorization of the material.</p> <p><b>Application:</b> as needed, in the process of learning the relevant material.</p>
64	Fast Reading	<p>Today's world offers us a gigantic amount of information and knowledge from different fields that must be able to be absorbed quickly and efficiently. But it happens that psychological barriers cause not only difficulties in reading for both children and adults, but can become the reasons for the formation of emotional stress in the assimilation of material. The "Fast Reading" program, in conjunction with exercises, helps to completely eliminate the fear of reading and assimilate the material completely.</p> <p><b>Application:</b> as needed, in the process of learning the relevant material.</p>
65	Smoothing of wrinkles	<p>We perceive the appearance of wrinkles on the face as signs of aging. To eliminate this problem, different methods are used: massage, masks, creams, etc. To enhance the effect of these products and prevent the appearance of new wrinkles, use the "Smoothing of wrinkles" program. It helps to address the weakened collagen matrix, the main cause of wrinkles.</p> <p><b>Application:</b> daily for a month, then 2-3 times a week. Preferably in conjunction with the "Facial Tonus" program.</p>
66	Facial Tonus	<p>Daily facial skin care requires products with active action to improve skin complexion, deep moisturizing and toning. Regular use of the "Face Tone" program helps restore the natural processes of cell regeneration, prevents further aging of the skin, as well as eliminates fine wrinkles and smoothes deeper ones. In addition, the program gives energy to the whole body that will enable it to resist negative environmental influences.</p>

66	Facial Tonus	<p>Daily facial skin care requires products with active action to improve skin complexion, deep moisturizing and toning. Regular use of the "Face Tone" program helps restore the natural processes of cell regeneration, prevents further aging of the skin, as well as eliminates fine wrinkles and smoothes deeper ones. In addition, the program gives energy to the whole body that will enable it to resist negative environmental influences.</p> <p><b>Application:</b> daily in the morning or afternoon for a month, then 2-3 times a week. Preferably in conjunction with the "Smoothing of wrinkles" program.</p>
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