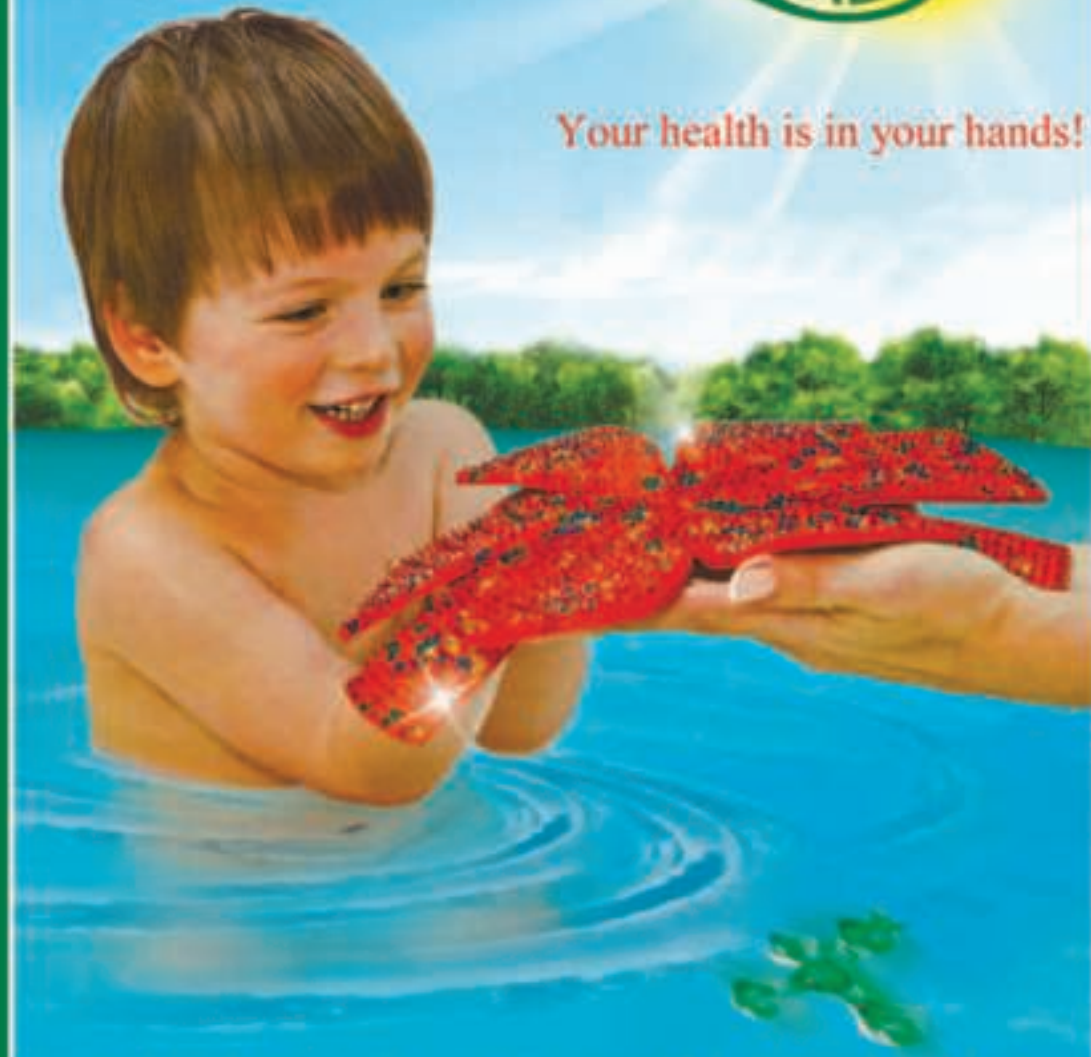


Lyapko N. G.



Your health is in your hands!



LYAPKO APPLICATORS

Methodological recommendations



**LYAPKO Nikolay Grigoryevich,**  
The president of MPC Lyapko, reflexiologist  
of higher category, Ph. D. in medical sciences

*«All patients carry their own doctor inside themselves. They come to us, being unaware of this truth. We achieve greatest results by allowing this doctor to act on his own».*

Albert Schweizer

*For effective inside doctor engagement it is necessary to create trained stress for three the most important systems.*

*Movement – forward increase with the help of physical exercises, even up to the exhaustion. We create this stress with the help of multineedle applicators, which affect by thousands of needles on skin receptors which are connected with person`s systems and vitals.*

*Nutrition – to stop or limit the admission of food by stopping eating. After such purgin it is better to eat vegetarian food. Individual selection of quantity and kind of food is advisable.*

*Stress in the breathing system – to limit the admission of oxygen and use endo-genic breathing. Use Lyapko breathing training device for gymnastics which creates breathing-in stimulation and increasing of pulmonary preasure.*

*The organism enegeges endogenic (inner) sources of nutrition and breathing, enegeges its inner doctor and moves forward the recovery and rejuvenescence processes.*

*Competent trained stress is the true way to the health and longevity!*

Nikolay Lyapko

**Dear readers!**

You handle the issue which is dedicated to your health. We are presenting you a simple but effective way how to forget about the pain and not allow it to occur.

We are presenting you the huge family of applicators produced by Lyapko company and telling you about their usage specification. Our applicators are for wide usage in the complex therapy. They are also can be used for preventive measures. You`ll make sure that these are wonderful devices for health improvement.

The main idea of the book is to teach you to be healthy. The additional aims are to tell you about the Lyapko applicators capacities, to describe the mechanism of their usage, to help to understand the spesification of usage of some kinds of applicators.

I believe that after reading this book you will believe that applicators influence effectivly, give the real power and energy, strenthen the body and the soul, lead to the health, harmony and happiness!

I firmly believe that the book will cause the interest and will be a kind companion for everyone who aims to keep the most valuable thing in our life – health - as long as possible! As wisemen say the health is everything, but everything without health is nothing!

We truly believe that after reading this book you`ll choose your own way to health and happiness! You know a lot of life`s pages weren`t written because of inappropriate attitude to health.

*The president of MPC Lyapko*

*N. G. Lyapko  
Ph. D. in medcal sciences*

## INTRODUCTION

Life is movement. It's movement of body and thoughts. Food and air are necessary for this movement. It's extremely easy, but it's also extremely difficult. Especially in the modern civilised society where these components are irregularly regulated.

Even in ancient times our ancestors moved constantly to live. In motion they searched for food. They were engaged in fighting, hunting, they worked physically a lot. Running, swimming, weight training were a natural part of their life. They did not know what physical inactivity (lack of movement) was.

Having active contact with water, ground, nature our ancestors impacted unconsciously on all the receptors located in skin, including the effect of different muscle groups and nerve centers. As a result, thanks to releasing their own natural internal medicine, active protection from diseases and morbid pathological states occurred.

Modern person, using all sorts of benefits of civilization has unhealthy sedentary lifestyle. In addition the regular environmental stress factors of real-values and an unbalanced diet often lead to overeating.

Today many people forget about the simple but true rule - moderation in eating which is the guarantee of health and longevity. It has been well said by ancients: 'Glutton is digging its own grave with his own teeth.'

Overeating is especially dangerous these days. To spend excessive weight is much harder than to get it. If the amount of food received by the body exceeds its energy needs, food (nutritional) fat does not split and it is not going to cover the cost of energy and it is stored as fat. Physical inactivity contributes to slow the processes of life and leads not only to obesity and fatty rebirth of the organs and tissues, but also to the emergence of a whole range of diseases. Questionable "popularity" of atherosclerosis, hypertension, gastritis and diabetes is forcible proof of that.

It is necessary to use techniques, tools or instruments that provide preventive and therapeutic impact on the body in order to supplement a lack of physical activity and prevent adverse effects of inactivity in the conditions of modern civilization.

Lyapko applicators in their various modifications: plates, rollers, belt applicators, ribbons and costumes are a powerful, unique inactivity compensator with many therapeutic health-improving capacities.

Healing needles of applicators consist of metals which are necessary for a body: zinc, copper, iron, nickel, silver and gold, and if it is necessary, other metals in various useful combinations.

The high therapeutic efficiency can be achieved not only by reflexory and mechanical effects, but also due to galvanic currents which occur in skin, on the needle-points and between them and due to selective microelectrophoresis of metals or metal oxides into the organism internal environment.

Dr. Lyapko's long-term laboratory researches allow to state the healing properties of the applicators which help to deal with various abnormalities and diseases (some of which are caused by hypodynamia). The main condition is a periodic use of 1-2 times a day for 10-25 days.

Another Lyapko's innovative technology is a sanitary method, which reveals person's extracapability. This is technology of intensive engagement of endogenous respiration to produce a large number of immune (protective) agents with the usage of internal



oxygen predominantly in adipose tissue.

This method involves laying the patient on a set of applicators or wrapping him from head to toe (including face) with application ribbons.

In this case the patient should be covered from head to toe with two or three blankets (it's better to put on a head a big transparent plastic bag with a small hole for air exchange, or other limiting supply of oxygen from the air, for example, semi-hermetic Lyapko-Dogody respiratory pyramid).

Other ways: a long delay (breath control) for 3-5 hours by the method of K.P. Buteyko, sleep under two or three blankets and other breathing management practices which are aimed on its slowing. These methods allow you to activate oxygen, which is in the structure of fat, and engage a mechanism of combustion of fat which uses own oxygen of fatty tissue with involving a small number of external oxygen inhaled with the air into reaction.

It is possible only if we delay the breathing or prevent the loss of carbon dioxide (by breathing pyramid, the breathing space suit, a perforated bag, a reservoir of air around the head and soma under 2 - 3 blankets without cracks) and maintain our internal, extremely useful carbon dioxide in the inspired air at concentration of 0.5-3% (instead of the usual 0.03-0.1%), which, respectively, allows to maintain the concentration of CO<sub>2</sub> 6-6,8% in arterial blood, so as a healthy human must have.

With frequent breathing person air's CO<sub>2</sub> and its concentration in blood becomes less, because of this a person can suffer from various diseases. By reducing the concentration of O<sub>2</sub> in the inspired air to 14-15%, as it does in the mountains, you can breathe frequently and without harm to health. In normal conditions it's often harmful to breathe, it's necessary to learn to restrain the breath. There are a lot of different ways and kinds of gipoksikators (for oxygen decrease) in which using the adjustable apertures it's possible to control the level of air exchange in the camera with the outside air: to reduce the concentration of O<sub>2</sub> and increased CO<sub>2</sub>. For example: camera, formed by means of sheltering with 3 - 4 blankets from the head to the toes (without airspace), the pyramid which is on the head, scaphander, package where the air-tightness level is regulated.

If in such conditions the most part of patient's body is in contact with thousands, tens of thousands of needles of different metals, metabolism intensifies, immunity improves, increases the production of the biologically active substances increases. Due to the applicator you can lie under a blanket for a long time (an hour or two), under a pyramid, etc. - until you feel warm in the body (like after taking a bath).

Thus we can obtain the necessary concentration of O<sub>2</sub> and CO<sub>2</sub>. Through the experiment we achieved a limit decrease of O<sub>2</sub> to 7-8% and CO<sub>2</sub> increase to 6-7% in the inhaled and exhaled air. But the most comfortable feeling among the participants of the experiment occurred when the concentration of O<sub>2</sub> was 4-16% and concentration of CO<sub>2</sub> was 1-3% in the inhaled air.

With more significant decrease of O<sub>2</sub> and increase of CO<sub>2</sub>, which are close to the terminal, similar to the state of dying - agony (deep, frequent, growing, declining, with pauses breathing known as Kuss, Maule, Cheyne-Stokes, Biota breathing).

Such breathing is achieved by special breathing techniques or breathing methodologies (chlotropic breathing, "rebirthing").

Hundreds of experiments proved the absolute harmlessness of the method of restricting the exogenous oxygen in the organisms of tested people under the simultane-

ous impact on their skin with needle applicators.

These terminal conditions are a useful friction-regulating harmless stress, which includes the most ancient mechanisms of human survival with a display of its extra-capabilities. You can choose an optimal boundary between permissible, useful accustomed loading and overloading.

In these states a large number of internal substances is released: alcohol, the endogenous opiates (like drugs), nicotinic substances that are not even dreamt to addicts. It is the highest pleasure which does not bring harm to the body.

Therefore, using an applicator we train the body to release active substances, so that it'll be able to release necessary amount of life-support substances in portions, depending on the situation.

Applicators are widely used not only in medical institutions, recreation centers and rest-houses (health resorts). Ease of use, safety, high efficiency with minimum efforts allow us to recommend applicators for self-use at home.

There are no analogues of Lyapko applicators in the world. There are no equal to them in strength and multi-functions, efficiency and effectiveness, ease of use and reliability.

The applicator mobilizes inner resources, stimulates the production of natural medicines within the body in essential physiological portions, compensates the lack of physical inactivity.

Having harmonious influence on the body, the applicator helps to get rid of ailments and improve health. Its validity is unlimited. Millions of people in different countries (Ukraine, Russia, Belorussia, Kazakhstan, the Baltic countries, Eastern and Western Europe, America, Australia) successfully use applicators and they are delighted with their uniqueness.

They became a loyal friend and health defender as to the kids and the elderly.

This method of treatment with Lyapko applicators is recognized not only by millions of ordinary people, but also by leading experts in the field of medicine.

Description of the applicator therapy is included in the educational text-books for students and teachers of higher educational establishments of physical rehabilitation, physical education, as well as for doctors and specialists in sports medicine and kinesiotherapy, which is another authoritative evidence of the recognition of applicators effectivity.

Long-term practice proved that Lyapko applicators effect safely and harmlessly. They have no side effects, complications or allergic reactions. Applicators stimulate mighty release of natural "medicine" in the necessary proportion to a body and activate our "own doctor" for disease prevention and control.

Do not wait until a disease knocks you down, take your health under control. Namely a disease prevention is the most sensible treatment. It has been well said by the folk wisdom that you need to take care of yourself, otherwise other people would have to take care of you.

***The applicator effects efficiently and smoothly, provides real power and energy restitution, builds up spirit and body, leads to health, harmony and happiness! Even the best medicine will finish soon, but Lyapko applicator will be with you forever!***



## FEATURES OF LYAPKO APPLICATOR:

- it increases efficiency and vitality, normalizes sleep and metabolism, improves mood;
- it aids in the treatment and prevention of diseases of gastrointestinal tract, cardiovascular, respiratory and nervous systems;
- it eliminates sexual disorders succeeded by normalization of male and female genetical functions; favors to elimination of phlogistic processes, disorders in ovarian-menstrual period due to psycho-emotional overwork during treatment of gynecological diseases;
- it reduces the time of full recovery after traumatic brain injury, fractures, operations and insults;
- it relieves back pain, arthrosis, muscle pain, headache;
- it helps to normalize hormonal balance, metabolism in endocrine disorders ("fat" people lose weight, drained people gain necessary weight);
- it increases in 2 or 3 times efficiency of such methods as massage, traditional acupuncture, manual and laser therapy, microwave resonance therapy (in a case of combined or preliminary use);
- it helps to get rid of bad habits (alcoholism, smoking);
- it allows to cut the medications intake and in future to yield them up at all.

## THEORETICAL ASPECTS OF SURFACE MULTI-NEEDLE THERAPY MAKING USE OF LYAPKO APPLICATORS

It is well-known that health is invaluable gift of the nature and the important task for each person is to retain it. Looking for health sources in the surrounding world, we forget that the main sources which can win any ailment are in our inner world. According to the philosophical foundations of oriental medicine, the human body has powerful natural resources for conservation and restoration of health, what we see and agree with for many centuries. Ancient concepts about functions of an organism are connected with concept about availability of vital force or energy (Tsi) in an organism which flows through invisible channels (meridians). Vital energy is provided with unity of two beginnings, active and passive, or two polarities.

Active, or positive, polarity which expresses movement, light, exhilaration, happiness, etc. is defined as Yang-state. Passive, or negative, polarity which expresses calm, cold, depression, darkness is defined as Yin-state. Interaction and fight of these inverses are the form of life force display. Balanced combination of In and Yang, complete harmony in their display. Offense of this harmony leads to abnormality which is displayed either in weakening of In and Jan or in extraordinary strengthening of this or that beginning.

Come round to above mentioned theory of oriental medicine N. G. Lyapko puts forward his own opinion about conditions which are necessary for normal energy circulation. Really, the energy (Tsi) comes to the organism with air and

food, it can come into fruition, exchange and transform only in the case of active motion state and only on this condition it can freely circulate in meridians. Lack of movement (hypodinamia) blocks freely energy circulation in the organism and precipitates abnormalities in meridians of Jan and In, this leads to emergence of illness.

In ancient times it was noticed that if a person was ill it was possible to find areas on his body which hurt of pressure. Intervention on those areas led to the recovery. They were called `vital points`. The most important theory which is in the base of surface multineedle therapy method is the study about points and meridians. As Latogusa S. I. said `vital point` or biologically active point (BAP) is a small area of skin and subcutaneous tissue with a complex of interconnected structures (vessels, nevus, cells of connective tissue), due to this biologically active zone is created and it influences on nervous terminals and creation of links between a skin area and vitals.

BAP are located in a proper order, along exact lines which are called `meridians`. There are 12 paired and 2 unpaired meridians. Meridians connect vitals with each other. This provides energetic and informational exchange of internal environment of person's body with external environment and contemporizes organism's work as a unity and adapts its activity to exchange of external environment.

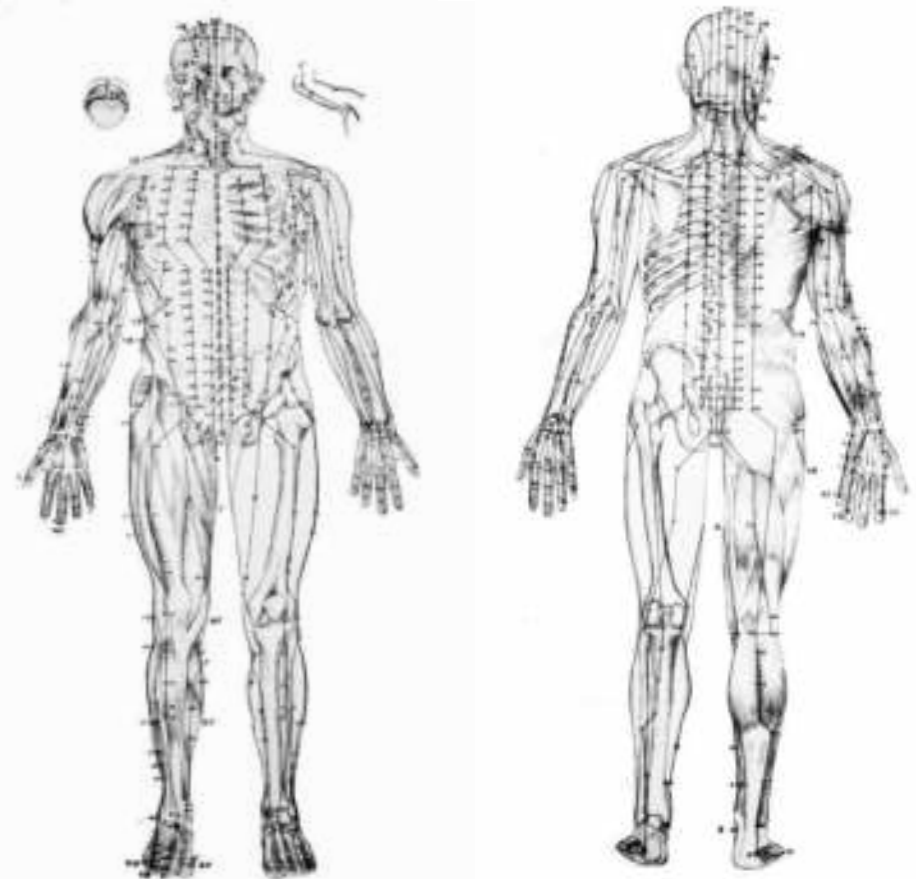
**Acupuncture points are classified into the following groups in consideration of location, direction, action, and innervational ties:**

1. Points of general application that have a reflex effect on the functional state of central nervous system (CNS).
2. Segmental points located in the area of skin metamers corresponding to the area of innervations of certain segments of the spinal cord.
3. Spinal points which are located along vertebral and para vertebral lines accordingly to the exit point of nerve root and vegetal fibre, which innervate certain organs and systems.
4. Regional points located in the area of the projection on the skin of certain vitals.
5. Local points, mainly affected on underlying tissues (muscles, blood vessels, copulas, arthrosis).

**It is stated that biologically active points (BAP) and acupuncture areas differ from surrounding skin by biophysical features:**

- higher electric potential and capacitance;
- electro minimal resistance;
- higher temperature and so on.

Chgu Lyang, the director of Chinese Institute, explains the mechanism of needle reflexo therapy in this way: `Its essence is in the effect on the vitals through the certain active body points. Moderate stimulation of sensitive nerve endings,



which are concentrated in certain points of skin, muscles and other tissues by means of their stimulation rejuvenate nerve regulation in the organism; normalize strength, mobility and equability of exhilaration and suppression processes. Therapeutic intervention of acupuncture effects by reflex way through the nervous system which controls the whole organism, it is not limited only by the area of this or that point or nerve. In most cases it influences positively on organs which are far from stimulated area.

The modern science considers that the main point of the method of surface multineedle therapy is formation of dermic-visceral links during embryogenesis.

It is proved that nervous system and skin have ectodermal origin, vitals have endodermal and mesodermal origin. Connection of vitals, nervous system and skin is provided during oranogenesis by growing nervous system in the internal organs. Initially the principle of innervation has metameasured character, but in process of growth and body development its form and size of segments change; nervous bands are not broken, but they are displaced topografically. Due to these bands



there is an exchange of signals between vital-sand surface of a body and on the contrary. In case of a pathology in vitals signals about this pathology (more often in the form of pain) reach a surface of a body in its certain areas.

Fundamental principle of innervation is metameric in nature, but the body changes its shape, size of segments, their configuration with its growth and development; neural connections are without changes but they shift topographically. Due to these connections there is exchange of signals between vitals and skin and vice versa. In a case of vitals abnormality signals about this abnormality (in most case it is pain) reach the body in its certain areas.

Well-known and widely used in medical practice Zaharina-Geda zones or zones of irradiation of visceral pain can be a good example.

**Multi-needle surface therapy by Lyapko applicators carries out one of the most important recommendations of traditional acupuncture: use two or more differently charged metals (for example, cooper – zinc) for more effective influence on biologically active points and areas.**

## MECHANISMS OF APPLICATOR ACTION

**1. Reflective-mechanical action** is outer multiple needle acupuncture of certain zones and biologically active points (reflex reaction) as well as skin and underneath tissues.

Reflective action of needles on channel active points (receptors) consists of three main interconnected parts: local, segmental and constitutional reactions. Local reaction is stated in changes of temperature, sensibility, hyperemia of skin areas, size of electric potential and resistance in an impact zone. In place of impact of metal-needles applicator between the needles of different metals there is difference of potentials, microcurrents of different power and voltage succeeded by metals iontophoresis, additionally accompanied to pain, haptic and other skin receptors. As a result there should be additional activation of biologically active substances release, improvement of trophism, regeneration and other processes which are also followed by expansion of the capillaries. This helps to unload the work of heart due to capillaries suction effect. They suck blood from arterial zone by osmosis and negative pressure in the postcapillary

venules. Potential difference between needles and electro-galvanic microcurrents appears in skin.

These phenomena increase and improve work of vacuum and personal pump in the system of postcapillary venules, in bigger venules which follow by them and in veins. Such structural elements and mechanisms of the venous vascular system provides relief from the arterial blood flow in the capillary network and then into the venous network by increasing the contractile activity of muscle venules, creating a negative pressure, which develops in applicator impact zones. Due to applicators such local blood circulation improvement emerges not only without additional heart load, vice versa it relieves the work of the heart by an independent action of vacuum and personal pumps in ostcapillary venules and veins. This is very important to all ill people, especially who have coronary artery disease, elderly with circulatory failure of 1 and 2 levels.

Similar processes also occur in the lymphatic system.

Segmental reaction is subjected by segmental-metameric reflex connections between certain areas of skin, internal organs or systems and their corresponding segments of spinal cord, and in some cases, structures of brain. Each of the levels of innervation and the corresponding structures has its own neuro-reflex arc and additional afferent-efferent neural connections with the higher structures. A tactile stimulation of the epidermal layer, exteroceptors and dermy occurs in the process of an outer multi needle therapy procedure. Afferent stream of frequent pulses of low power occurs. These pulses are conducted to the back-keroid spinal cord neurons (conduction velocity of the pulse – 40-70 m / s).

Prolonged afferent impulses in these fibers have the advantage as they cover admission of pain impulses along the fibers with the slow transmission of impulses, which are in the dermis: B (conduction velocity of the pulse - 3-18m / s) and A-delta fibers (conduction velocity of the pulse - 5 - 15m / s). Long-term impulses to the nerve centers affect on the condition of the peripheral receptors and tissue in the affected area.

The constitutional reaction of a body is like adaptation reaction in the result of impulses admission from a spinal cord by special nerve trunks to brain. Participation in work of vegetative nervous system provides ability to mobilize the resources of a body for immediate action (neuro-humoral effects): strongly enhanced production of biologically active substances in the endocrine glands, tissues and in skin facilitated and enhanced the cardiovascular system (due to engagement of an autonomous vacuum-pressor capillary-venous pump), blood flow is redistributed. A large number of substances with energy, immunotropynymi and other useful properties additionally enters the blood. These substances enhance body's resistance to various damaging, pathological factors. In particular, the modulating unit of neuroendocrine reactions is activated with release of pain and stress-limiting factors, neurotransmitter amines, neuropeptides.

We organized and conducted researches on the base of S. I. Georgievskiy Crimean State Medical University, on the base of medical-health center MPC Lyapko `Valencia`, as well as in health centers in other regions of Ukraine. The accuracy of received data has been proven in terms, which are correspondent to the world standards of ISO.

**2. Galvanic - electric action.** Person's body is a complicated biocolloids. It consists of electrolytes, positive ions (cations) and negative ions (anions). Potassium, nair, magnesium are in an organism in a form of cations. They are part of salt, in which phosphorus, sulfur, chlorine are in a form of anions, acid residues. Galvanic coupling occur after contact with applicator Lyapko needles, which are made of different metals with saline.

In the 19th century L. Galvanin hung frog legs on brass hooks on iron fence of a balcony. Paws swayed in the wind and occasionally touch the iron rods. Muscles of legs reduced. A. Volta repeated an experiment and proved that a pair of metal copper and iron forms an electrical element. Foot-conductor is reduced by passing through it current. As a result a chemical current source has been created. It is known as Volta element. Its plate is a copper electrode (positive) and zinc plate (negative), and solution of salt or sulfuric acid serves as electrolyte.

Potential difference (electromotive force) is established between the electrodes. It corresponds to free energy of redox reactions. The action of a galvanic cell is based on the flow of spatially separated processes in a closed external circuit: a free pass to the electrodes of external circuit (making a discharge current) to the positive electrode. At the same time they participate in reconstruction of oxidant. Consequence of a discharge current in the galvanic pairs of needles of Lyapko applicator is applicator heating.

Gill, an English scientist, found that the electric current flows in nervous system during transmission of impulses. Movable galvanic cell is formed when a wave of activation passes through a nerve. There are two poles in a nerve. "Plus", "+" is outside surface of a thin membrane around the cell. "Minus", "-" is an internal part of a nerve. Electrical pulse conducts on skin by an electrical element Cu - Fe. It changes permeability of a membrane of nerve cells, and current flows from its outer to inner part. This local current violates the permeability of a membrane surrounding areas, and a wave of activation goes on. In initial sections of a path membrane restores integrity and it is ready to accept a new wave of activation. As a result, current proceeds through the nerves by pulses, detached portions. Prolonged exposure by the needles of Lyapko applicator is a source of durable impulses in the nerve centers.

Galvanic couples of needles of Lyapko applicator bring into action the sophisticated mechanisms of metabolism in electrolyte "protoplasm" of a human body. As a result metals of needle-trace enter a body in a form of ions. They participate in biochemical reactions.

Ions in a body are indispensable parts of metabolism. They are involved in the mechanisms that lead to permeability of biological

System	The normal capacity of the 25 °C, B
Al (3+)	-1,67
Tl (3+)	-1,63
Cr (2+)	-0,86
Zn (3+)	-0,761
Cr (3+)	-0,74
Fe (2+)	-0,44
Ni (2+)	-0,25
Fe (3+)	+0,036
Cu (2+)	+0,346
Cu (+)	+0,522
Ag (+)	+0,779
Pt (2+)	+1,2
Au (3+)	+1,5
Au (+)	+1,7

Table. 1



membranes in regulation of muscle contraction, in conduct of the pulse activation in nerve tissue, etc. For a more complete understanding of the ionic mechanisms and their interaction with needles of Lyapko applicator it is necessary to turn to the concept of "electronegativity". Formation of galvanic couples in the needles of Lyapko applicator is based on it. In this case the above metal (Table 1) becomes negative, the under metal - positive.

Metallic properties of elements can be compared by characterizing their electronegativity - ability of atoms in molecules attracts electrons. It is expressed in arbitrary units.

Spacial division of oxidation and regeneration processes is used in chemical current sources and by electrolysis. Dynamic equilibrium is reached at the equilibrium potential. Under dynamic equilibrium a current does not penetrate through an electrode, but a continuous flow of current carriers - electrons and ions - gets through a boundary phase. Long-term current flow requires submission of the reactant from the bulk solution to an electrode surface and removal of reaction products, which is achieved thanks to diffusion. In addition, the charged particles migrate under the influence of electric field.

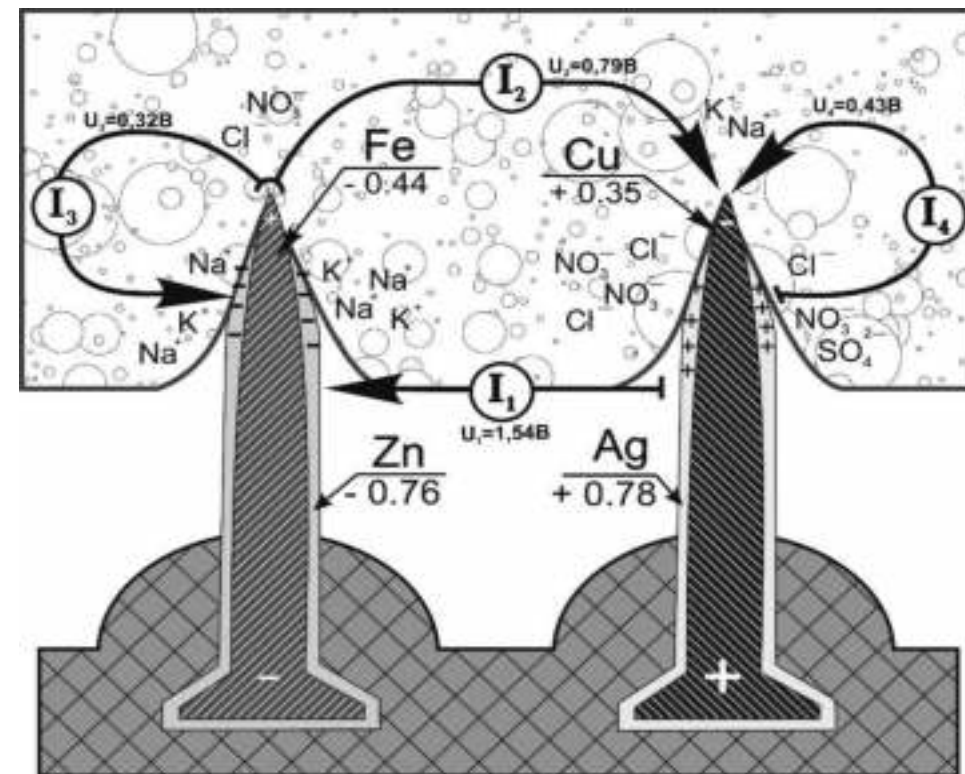


Fig. 1 Scheme of ions orientation as a result of galvanic coupling applicator and skin contact. Schematic representation of electrical ion currents occurring at the tips of metal needles covered with other metals, are accompanied by electrophoresis (diffusion) of these metals in the internal environment.

Figure 1 schematically shows an increase in concentration of anions (Cl, SO<sub>4</sub>, NO<sub>3</sub>, etc.) in the positively charged metal sites and accumulation of cations (Na, K, etc.) near the negatively charged electrode.

The intensity of an electro-electric effect is regulated by a body dependence on the degree of tissue saturation with electrolyte (layers of skin, subcutaneous tissue, the underlying structures.)

Painful, inflamed area of skin is puffy, there is a lot of fluid and reaction in contact with the applicator is intense, with the release of great amount of energy. Sometimes this process is accompanied by skin effusion. Upon the contact of an applicator and skin on the surface of a needle applicator and skin a lot of physical and chemical changes occur. As a result, an effect of galvanizing and oxide film occur on the needles. At that point galvanic currents of maximum value occur on the needle-points (as a potential difference is formed between the base metal of needles and fringe metal cover that short circuited with each other (I3, I4) (Fig. 1).

In addition, between the needles of different metals inter-needle galvanic currents (I1, I2) occur in skin, whose magnitude depends on skin conductivity, its saturation with electrolytes (Fig. 1).

#### **Electro-galvanic microcurrents:**

- cause diffusion of trace substances from which needles are made, assist their deposition in fabrics. These trace substances play an important role in maintenance of normal functioning of different organs and systems;
- activate respiratory enzymes of cells ;
- normalize PH of fabric liquids;
- activate exchange processes in fabrics;
- stimulate regenerative processes.

**3. Immunologic reactions.** Stimulation of humoral and fabric link of immunity raises a level of immune protection and adaptation to pathogenic influences.

Stimulation of a fabric link of immunity: an increased number of activated lymphocytes T-helpers and F-suppressors occur after each procedure, to a lesser degree natural killer and circulating immune complexes are observed.

Stimulation of humoral link of immunity: applicator effect stimulates humoral link of immunity. Increased level of activated B - lymphocytes in peripheral blood is the evidence of this.

**Explanation of mechanisms of the action which occur at the effect by means of multineedle Lyapko applicators on extensive zones of a person's body, their specific features and difference from acupuncture by separate several needles in separate points of a human body**



Multineedle effect by Lyapko applicators on extensive areas of person's skin includes more ancient universal mechanism of life maintenance of all alive on the Earth (in comparison with younger differentiated approach in a form of influence on a body by separate several needles — acupuncture: Chinese, Korean, Tibetan. At Lyapko applicator effect on extensive areas of human body skin from 10 % up to 90 % (100 %) of the area, we engage not only «the inner doctor», «inner laboratories and drugstores». Effecting greater areas of peripheral nervous structures, we also engage universally as all peripheral and central structures of nervous system, such as: spinal cord, oblong brain, kernels, subcrustal structures and bark of the brain, initially "from above" programmed for independent, perfect nervous and power interrelation, regulation of all person's organs and systems!!!

### **BASES OF REFLEX DIAGNOSTICS**

The diagnostic method is based on the fact that at pathological process skin areas react differently on effect of roller-applicator.

The norm: skin is pink and warm.

The first degree of damage (partly compression, the process is relatively 'fresh'): reaction on irritation is excessive, skin is red and temperature is increased.

The second degree of damage (more deep): reaction on irritation is low, skin has a slightly pinkish color, temperature is hardly changed, it can be slightly increased.

The third degree of damage (deep damage): there is no reaction on irritation, temperature is reduced, skin is dry, thinned or scar altered, it is pale.

After an applicator effect the normal tissue remains normal. In modified organs and on the parts of the skin regenerative processes occur. They are reflected on skin areas in a form of normalization of color and other characteristics. Micro-currents magnitude between needles is determined by skin conductivity. Conductivity depends on concentration of electrolyte composition of sweat and intercellular fluid. The different state of energy in the meridians can also be reflected on skin as pale areas and redness.

Symptoms of 'excess' (trauma, acute inflammation, colds, etc.):

- high temperature;
- redness;
- swelling;
- severe local pain;
- intensive, sharp pain.

In these cases, an effect of an applicator (15 – 20 min) or a roller (7 – 10 min) is needed. This helps to get rid of extra energy and leads a body to normal state.

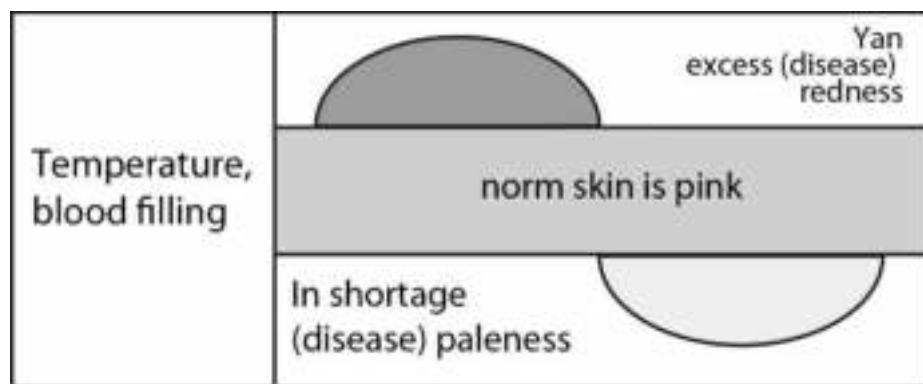
Symptoms of 'shortage' (chronic degenerative processes, trauma sequels, radiculitis, etc.):

- aching;
- fever;



- pale skin;
- deep numbness;
- reduced sensitivity.

The effect of an applicator at the 'lack' syndromes is directed at saturation of missing energy. The recommended time of an applicator effect is 30 – 40 minutes, a roller effect is for 10 - 15 minutes.



**Consequently, the same applicator operates universally: it 'puts out' energy in skin areas with a high reactivity which corresponds to irritated organs in a state of 'excess', leading it to normal state with release of powerful pleasant warmth; it 'wakes up' weakened, degeneratively altered areas with a shortage of energy, leading them to normal state (restoring lost functions).**



## MACRO-AND MICROELEMENTS AND THEIR ROLE IN HUMAN BODY

All living and nonliving bodies on Earth are constructed of the same micronutrients. Living bodies are constructed of the same amino acids. Minerals are indispensable part of the nutrition ration. Plants and animals contain almost all the chemical elements that are an integral part of biological fluids and tissues. There are 105 elements in Mendeleev periodic table and 81 elements of it are found in a human body. A human body is 60% of water, 34% of organic substances and 6% of non-organic substances. The main components of organic substances are carbon (C), hydrogen, oxygen (O). They also contain nitrogen, phosphorus and sulfur (S). There are 22 vital chemical elements in non-organic substances of human's body: calcium (Ca), phosphorus (P), oxygen (O), nair (Na), magnesium (Mg), sulfur (S), boron (B), chlorine (Cl), vanadium (V), manganese (Mn), iron (Fe), cobalt (Co), nickel (Ni), copper (Cu), zinc (Zn), molybdenum (Mo), chromium (Cr), silicon (Si), iodine (I), fluorine (F), selenium (Se).

Minerals are divided into macro- (iron) and micronutrients (zinc, copper) depending on their containment in a body and foodstuffs. Nutrients are contained in a body in large amount. These are nickel, titanium, chromium and other. The main role of minerals is support of acid-base balance in a body which is necessary for ensuring constancy of internal environment and normal conditions of metabolism. Potassium, sodium, magnesium are in a body in a form of cations. They form a base and can change pH in an alkaline side; phosphorus, sulfur and chlorine are in a form of anions, they form an acid, changing the pH in an acid side. Minerals regulate water-salt metabolism, maintain osmotic state in cells and intercellular fluid, providing circulation of nutrients and metabolic products between them. Minerals participate in a construction of various body tissues, especially bone tissue. The normal function of nervous, endocrine, cardiovascular, gastrointestinal, hematopoietic, musculoskeletal systems is impossible without the minerals.

It is known that many biological catalysts-ferments contain ions of transition metals (d-elements). For example, it is known that manganese is a part of 12 different ferments, iron – 70, cooper - 30, zinc – more than 100.

### Zinc

Microelement zinc is essential for functioning of DNA and RNA polymerases controlling the processes of transfer of genetic information and protein biosynthesis and thus the reparative (regenerative) processes in a body, as well as a key enzyme of heme biosynthesis reaction, which is in the structure of hemoglobin, cytochrome respiratory chain of mitochondria, cytochrome P-450, catalase and myeloperoxidase. Zinc is a part of superoxide dismutase which is a key antioxidant enzyme structure and it induces the biosynthesis of cell protective proteins - metallothionein, whereby zinc is an antioxidant of reparative action.

Zinc plays an important role in the hormonal functions in the body. It directly affects the production and functioning of insulin and most insulin-

dependent processes.

In men's organisms zinc takes part in the synthesis of testosterone and the functioning of sex glands, which can be traced by an inverse relationship between levels of zinc in the body and potency. As an inhibitor of 5 alpha-reductase, zinc regulates the level of the metabolite of testosterone - dihydrotestosterone, which causes an excess of prostate hyperplasia. Zinc is an essential factor for the female body, as part of the structure of receptors for estrogen, thus regulating all estrogen-dependent processes.

Zinc is vital for the functioning of the thymus and the normal state of the immune system. Moreover, as a component of retinal transferring protein, zinc with vitamin A (and vitamin C) prevents the formation of immune deficiencies, stimulating the synthesis of antibodies, and providing antiviral effect.

Zinc has a vulnerary effect, it is involved in the processes of taste and smell perception, it is essential for the functioning of the central nervous system, including processes of remembering.

Zinc is in all human organs and tissues. The highest concentration is found in cells of pancreas that produce insulin. Insulin crystals contain 0.36% zinc. Zinc is also involved in fat, protein and vitamin metabolism, in process of hematopoiesis and synthesis of several hormones. Children are behind the development, suffer from pustular diseases of the skin and mucous membranes because of lack of zinc. A daily norm for adult is about 10-15 mg.

### **Ferrum**

Microelement ferrum is a component of 70 the most important iron proteins and enzymes. The main amount of iron in a form of heme is contained into hemoglobin. In addition, iron is a part of cytochrome P-450, cytochrome G5, cytochromes of mitochondrial respiratory chain, antioxidant enzymes (catalase, myeloperoxidase). Therefore, this microelement is important not only to provide a body with oxygen, but also provide functioning of respiratory chain and ATP synthesis, processes of metabolism and detoxification of endogenous and exogenous substances, DNA synthesis, inactivation of toxic peroxides. Iron compounds play an important role in functioning of immune system, especially cellular level. A daily ferrum requirement for adults and teenagers is about 10 mg for men and 18-20 mg for women. Increased need of iron for women is due to its loss with blood during menstruation, at a rate of fetal growth in pregnancy, in breast milk for feeding a child.

### **Copper**

Copper plays an important role in biosynthesis of heme and consequently, hemoglobin. Therefore, its deficiency, as iron's one, can cause anemia.

Copper is a part of the cygokhromoksidaza which is a terminal enzyme of mitochondrial respiratory chain and, therefore, it is necessary for the processes of energy generation in a cell. Copper plays an important role in antioxidant protection, as together with zinc is a part of tissue antioxidant enzyme - superoxide dismutase and antioxidantplasma proteins - tserruloplazmina, which transports the metal. Copper has anti-inflammatory and antiseptic properties (probably



due to antioxidant action). It regulates the exchange of catecholamine, serotonin, tyrosine, melanin and enhances insulin activity and more complete utilization of carbohydrates.

This microelement is involved in formation of protein structures of connective tissue - collagen and elastin, which are structural components of bone and cartilage, skin, lungs, blood vessel walls. Therefore, copper deficiency can lead to the formation of an aneurysm of aorta and cerebral vessels. For this reason, lack of copper leads to bone demineralization and osteoporosis. Daily copper norm is 2 mg per day.

### **Silver**

Silver has bactericidal, antiseptic, anti-inflammatory, astringent affect. Silver is a natural bactericidal metal. It can be effective against 650 species of bacteria that do not acquire resistance to it, in contrast to most antibiotics. For comparison, the spectrum of any antibiotic is 5-10 species of bacteria. Silver has antibiotic effect against many bacteria and even viruses. It is believed that silver inhibits the enzymes that control energy metabolism. It is interestingly, that the beneficial bacteria are not killed, so dysbiosis doesn't develop.

In this regard, the uniqueness of all living creatures, including a man, is that the natural, "healthy" bacterial environment and the human organism is a symbiotic relationship.

Bacterial flora of a person is in close connection with mucous, skin and body, so "peculiar" is protected from damage by silver ions, which in this case are just wonderful activators of bacteria in «environment" of skin and mucous of our body, and they are activators of immune complexes and immune cells that are directly in the tissues of the human body.

In this case silver is not just metal that can kill harmful bacteria, but also a microelement, which is a necessary part of any living organism tissues. There should be in average of 80 micrograms of silver in the daily human diet. As it was mentioned earlier, use of ionic silver solution not only eliminates harmful bacteria and viruses, but also activates the metabolic processes in the body and increases immunity.

When bactericidal properties of silver have been studied, it appears that decisive role is played by positively charged silver ions Ag<sup>+</sup>. The ionization silver process proceeds actively in aqueous solutions. Cations of silver inhibit the activity of enzyme, providing oxygen exchange in the simplest organisms of pathogenic bacteria, viruses and fungi (about 700 species of pathogenic "flora" and "fauna"). The rate of destruction depends on the concentration of silver ions in solution: for example, colibacillus is destructed after 3 min at a concentration of 1 mg / l, after 20 minutes - at 0.5 mg / l, 50 minutes - at 0.2 mg / l, in 2 hours - at 0.05 mg / liter. At the same decontamination capability of silver is higher than of carbolic acid, mercuric chloride, and even such strong oxidants such as chlorine, bleach, sodium hypochlorite.

Silver is an important microelement for a body, it is necessary for normal functioning of endocrine glands, brain and liver.

High biological activity of trace metals in a body is connected, first of all,

with their participation in synthesis of some enzymes, vitamins and hormones. Brain, endocrine glands, liver, kidneys and bones of skeleton are most rich of silver.

Silver ions are involved in the metabolism of the body. Intensity of oxidative phosphorylation in mitochondria of the brain increases in a half under the affect of silver, as well as nucleic acid content also increases, which improves brain function .

In recent years, scientific literature sources have reported that silver is a potent immunomodulator, which is comparable with steroid hormones. It is established that depending on a dose, the silver can both stimulate and inhibit phagocytosis. Under the influence of silver the amount of immunoglobulin of A, M, C classes and percentage of absolute number of T-lymphocytes increase.

**Thus, in the light of modern ideas, silver is considered as a microelement which is necessary for normal functioning of internal organs and systems, as well as a powerful tool that improves immune system and actively affects on bacteria and viruses.** At a concentration of 0.05-0.1 mg / l silver has a rejuvenating effect on blood and favorably affect physiological processes in a body. This just confirms, in fact, a general rejuvenating effect on an entire human body, which is manifested in engagement and improvement of all regenerative, trophic, reparative, immune processes that trigger mechanisms for rejuvenation, rehabilitation and strengthening of all human tissues and systems. These properties are achieved more actively and become stronger by joint, simultaneous effect of other essential metals and microelements, which were previously described and which will be presented to you.

### Nickel

Nickel compounds comes to a body with food. A great amount of nickel is in tea, cocoa, buckwheat, carrot and lettuce.

It is believed that the optimal volume of nickel in a body is 100-200 mg/day. Nickel deficiency in a body can develop when you receive this item in quantities of 50 mg /day or less.

The boundary of nickel toxicity for a human body is 20 mg/day. Toxic nickel effects appear at inhalation of nickel dust from household and industrial reasons. It is described so-called "allergy cooks," in most cases cooks and housewives have it because of the contact with nickel-plated utensils.

At the beginning of the XX century it was established that pancreas is rich in nickel. When insulin is injected after nickel, action of insulin is prolonged and thereby hypoglycemic activity also increases. Nickel has an effect on enzymatic processes, the oxidation of ascorbic acid and accelerates the transition of sulfhydryl groups into disulfide. Nickel can inhibit the action of adrenaline and keep blood pressure down. Under the influence of nickel in the body increases the excretion of corticosteroids with urine is doubled, antidiuretic action of pituitary extract increases.

The source of minerals for humans is food of animal and vegetable origin. Minerals in plants form complexes with substances of organic nature; bio-



logical forms of minerals are well absorbed in a body. Rational use of natural products of plant origin contributes to proper exchange of minerals and promotes health.

The above properties of metals, that the needles of Lyapko applicators contain, as well as other properties of other metals and minerals show critical importance of these elements (agents) for a normal human life. In most cases they enter a human body through gastrointestinal tract, usually in a form of food or with it, and even with inhalation!

**Feature of different metal needles Lyapko applicator therapy is that the metals are in contact directly with a skin surface and partially (isothermally) with extracellular and intracellular fluid.**

**Due to this there is differentiated (intelligent) absorption of (electrophoresis) necessary amount of trace elements from different metals of applicator needles by skin. During this a person experiences extremely pleasant feelings that last for as much time as your body really needs to interact with a surface of needle applicators. After removing an applicator, its action and pleasant sensations in a body store for a long time.**

An example of a differentiated (selective, controlled by the body) increased need of any metal is the states after operations, injuries, broken bones, when a body needs large quantities of copper.

A patient skin during 25-30 minutes of applications allocates a fairly large number of enzymes which are in contact with a surface of copper needles. Than it rapidly absorbs trace elements of copper in a form of oxides in amounts, which are in ten times higher than normal rate is. We observe this as blue dots in a contact zone of copper needles. By this example, we proof experimentally a well-known method of drinking powdered metallic copper to accelerate the merging of bones .

We have seen cases of increased demand for metals such as iron, silver and others - when the skin ingested visually apparent dose of metals which were determined by an appropriate color of the metal oxide.

## HOW IS LYAPKO APPLICATOR ORGANISED?

Applicator is made in a form of elastic rubber plates and rollers. They are made of medical rubber (only with use of natural rubber) with the originally fixed needles of metals which are necessary for the body (zinc, copper, iron, nickel, silver).

Base metals of needles` basis are copper (brass) and iron. Some or all of which have a coating of another metal (only a tip of a needle is free). For example, such options can be: iron needles uncoated or coated with nickel or zinc, copper needles uncoated or coated with silver.

In response to numerous questions about some of undesirable properties of needles, which are coated with nickel, we announce: needles coated with nickel have only positive attributes. Moreover, Chinese and any other needles for

acupuncture which are manufactured in countries apart from China, also contain nickel. Small doses of nickel in combination with other microdoses of metals of needles in contact with skin, subcutaneous tissue, muscles and other tissues of a human body have only a beneficial effect on life activity and other functions of a human body. Conventionally nickel compounds in the preparation or storage of food in a dish containing nickel can be regarded as harmful. At the request of customers we can make an applicator with absence or presence of not just nickel and other metals mentioned earlier.

There are restrictive protrusions in rubber-base around needles and at the edges of an applicator which increase stability and reliability of needles fastening and protect patient's skin from damage.

The 'Family' of applicators combines a variety of applicators of different size, shape, step (a distance between the needles), a set of metals and ways of applicators fixing. A distance between the needles in our applicators is from 3.5 to 7.0 mm.

Step of applicator is adjusted depending on individual sensitivity of the skin and the necessary degree of intensity of exposure, focusing on comfort sensation when it is applied.

For children, patients with hypersensitivity or a small layer of subcutaneous fat it is recommend the use of applicators with a denser step (3,5-4,9 -5.0 mm).

Adults with normal physique - 5,0-5,8 mm.

Patients with a large layer of subcutaneous fat - 6,2-7,0 mm.

## VARIETY OF LYAPKO APPLICATORS

[www applicatorlyapko.com](http://www.applicatorlyapko.com)

## THE DIFFERENCE BETWEEN PLATE APPLICATORS AND ROLLER-APPLICATORS

Plate Applicators are designed for static affect mainly on the areas of a body with a large radius of curvature: back, abdomen, chest area, lumbar-sacral region, limbs, hands and feet. It is possible to lie on plate applicators or lay them on the problem areas of a body, evenly pressing it with a bag filled with sand or fixing with an elastic bandage. Work with the plates does not require outside help. It is necessary to remember that the larger area of a body is covered with applicators, the less time is required to achieve a therapeutic effect.

Rollers are applicators for dynamic applications ("needle shower"). They are applied on all parts of a body. Roller requires an assistant's participation in a processing of some body parts. It is possible to warm up the whole family with a roller after supercooling in 10 minutes. Kids really like it when they are "rolled of" with a roller, they just laugh with delight.



## HOW TO WORK WITH AN APPLICATOR?

A step of an applicator is adjusted depending on individual skin sensitivity and required degree of exposure intensity, focusing on the comfort sensation when it is applied. Applicators with a denser step is usually recommended for children.

Plate applicators and roller applicators have a common mechanism of affect and can be used both independently and simultaneously, enhancing effect of each other. Indications for use are the same, the main principle of choice is the convenience of use.

Flat static applicators and roller applicators are used to effect basic, additional and auxiliary zones. Rollers also affect the areas along spine (zone location of sympathetic points) for the diagnosis of reflex. As with an applicator or with a roller you can rent for short term pain, recover, transfer stress from nervous system to normal state, to obtain a therapeutic effect in various pathological conditions.

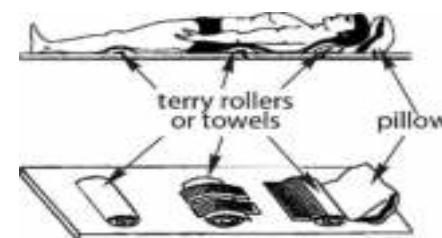
In 90% it is necessary to affect a zone, which is concerned (a zone of pain) and to improve the effectiveness of treatment it is necessary to affect additional and auxiliary zones. A main zone (area of spine) should be always included to the general formula. Additional and ancillary areas should be used in a case when for some reasons it can not be effected the main zone. Additional and ancillary areas may be in areas which are opposite to the location of a primary zone. For potentiation (strengthening) of therapeutic effect it is advisable to include to a formula the impact on symmetric areas of the unaffected side. To achieve the optimal therapeutic effect it is necessary:

1. To choose, modes and effect methods, correctly.
2. To position applicators, correctly.

The main condition of correct positioning is the even distribution of a body weight on all surface of an applicator. Never position an applicator on the absolutely flat surface. To position applicators correctly it is necessary to model carefully all the flexures of vertebral column in neck and waist parts with the help of cushions and rolls.

During the first five minutes of applying an applicator, relatively pecking feeling comes into the comfort feeling of powerful warmth, pleasurable 'vibration', slight pricking. Later the feeling of drowsiness, general relaxation comes into healthy full sleep.

If there is discomfort, remove an applicator and use it only after 5-10 hours or next day, capturing a smaller area. Causes of discomfort feelings may be incorrect position of applicators, i.e. uneven load on the needles and slide from an applicator down, accompanied by scarring of skin. To eliminate these phenomena you should rise above an applicator and dip it again by placing a soft knee roll under knee joints.



## DURATION OF APPLICATORS` EXPOSURE

Exposure time of applicators` usage depends on available symptoms and specific aim you want to achieve. With intense pain, high blood pressure, irritability, agitation, insomnia it is recommended to use applicators in the afternoon or at bedtime. Duration of affect is 15-30 minutes, for a roller - 10-15 minutes.

At hypotonia, drowsiness, weakness, decrease of sensitivity, as well as for weak and elderly patients it is more effectively to use applicators in the morning and the first half of a day. Duration of session for an applicator is 7-10 minutes, for a roller - 5-7 minutes.

In some cases pronounced positive effect is achieved by prolonged exposure from 30 minutes to 1 or 2 hours. The course of treatment is 1-2 weeks. Treatment can be recured in 2-4 weeks.

There is a practical experience of regular daily applicator usage during several months. After this a steady improvement of health, the removal of chronic pain, increase of vitality and health are observed.

Table2 . Exposure time with Lyapko applicators and rollers.

<i>Prescription</i>	<i>Roller</i>	<i>Applicator</i>
Tonic action, anesthesia, increase of working capacity (in the morning, in the afternoon)	3 – 7 minutes	7 – 10 minutes
Relaxing, relieving of chronic pain, hypnotic effect (mostly in the evening)	8 – 15 minutes	20 – 30 minutes

***Applicators should cause only pleasant feelings!***



## INDICATIONS FOR USE OF APPLICATORS

### **Diseases and injuries of the locomotorium:**

a) The strain of the neuromuscular system; b) myositis; c) myodynia; d) tendovaginitis; e) damage of the ligaments of the spine and joints of the extremities; e) scoliosis; g) injuries, fractures, post-operative conditions.

### **Diseases of the nervous system:**

a) recovery from brain injuries and strokes; b) neurological manifestations of osteochondrosis; c) lumbago; d) neuritis; e) neuralgia; myasthenia; f) sluggish and spastic paralysis; g) hysteria, neurasthenia, insomnia; h) sexual neuroses; i) nocturnal enuresis; g) migraine, k) Renault disease; l) cerebral palsy.

### **Diseases of heart and blood vessels:**

a) hypertension; b) hypotension; c) coronary heart disease (angina, cardio); d) Varicose veins of lower extremities; e) hemorrhoids.

### **Respiratory diseases:**

a) cold; b) sore throat; c) laryngitis; d) bronchitis; e) pneumonia; e) bronchial asthma, including allergic origin.

### **Diseases of the digestive system:**

a) gastritis; b) gastric hypotonia; c) gastric ulcer and duodenal ulcer; d) intestinal dyskinesia; e) colitis (astrictions); e) diskinesis of the gallbladder; g) hepatic colic; h) pancreatitis.

### **Tocology:**

a) early toxicosis; b) hypo - and hyperlacty; c) maintenance of the pregnancy; d) anesthesia and adjustment of activity, recovery and postpartum after cesarean section.

### **Female diseases:**

a) disruption of ovarian-menstrual cycle (amenorrhea, dismeno-yard); b) adnexitises; c) infertility; d) menopause.

### **Urology:**

a) glomerulonephritis, pyelonephritis; b) renal colic; c) cystitis, cystalgia; d) prostatitis; e) prostatic hypertrophy.

### **Skin diseases:**

a) atopic dermatitis; b) urticaria; c) itching; d) eczema.

### **Stomatology:**

a) periodontal disease, stomatitis; b) anesthesia in dental procedures; c) toothache.

### **Endocrine diseases:**

a) hypothyroidism, hyperthyroidism; b) diabetes c) alimentary obesity.

**Applicators help to relieve the withdrawal syndrome at alcoholism and tobacco smoking. It also helps to restore the vitality, good mood and efficiency.**

## CONTRAINDICATIONS FOR USE OF APPLICATORS

Relative contraindications to the use of applicators and rollers are:

- acute infectious diseases;
- exacerbation of chronic illness with high fever of a body;
- state of decompensation in diseases of cardiovascular system, lungs, liver, kidneys;
- acute thrombophlebitis;
- diseases of blood and blood-forming organs in the stage of decompensation;
- acute surgical conditions;
- drastic depletion;
- violation of the integrity of the skin: wounds, burns, frostbite.

In presence of benign and malignant disease, multineedle Lyapko therapy is used only to treat individual symptoms (method of analgesic effect, removal of emotional stress, improving sleep, etc.) and only after an oncologist consulting.

## RECOMMENDATIONS FOR USE OF LYAPKO APPLICATORS

- **When experiencing osteochondrosis** it is necessary to lie back on applicators, you can place them on an entire area of neck, back, lumbar-sacral area.
- **When experiencing headaches, pains in the neck, shoulder girdle, arms, in the domain of the heart, in the upper and middle parts of the chest** it is necessary to place applicators under head, neck, shoulders, upper and middle sections of chest, complete by exposure on hands and plantae.
- **When you have injuries, fractures** an applicator should be placed on the area of spinal cord that matches the damaged segmental innervation of injured extremity for 15-30 minutes, then it should be placed above or below a fracture.
- **When experiencing diseases of gastrointestinal tract, liver, kidney** they applicators affect by applicators on middle or lower areas of back and on lumbus. To enhance the effect you should effect on stomach, clutching the applicator with a bag of sand. It is also possible to effect with the the Travel Mate Applicator-belt and Little One Applicator-belt.
- **When experiencing gastric ulcer, pancreatitis** such areas as lower thoracic and lumbar spine should be effected, with recrudescence - above and below a zone of pain (back, stomach, or as a belt).
- **When there is pain in abdomen, sacrum, lumbus, lower extremities** applicators are used on lumbar and sacro-gluteal or underbelly areas.
- **To speed up the healing and restoration of intestinal function** after surgery applicators are placed above or below the surgical area.
- **In case of disorders of pelvic organs to induce urination or its normalization, as well as in inflammatory diseases of alvus, bladder, prostatitis, adnexas, prostate adenoma** applicators are used under lumbar and sacro-gluteal areas.
- **When you suffer from colds, chronic lung and bronchial diseases** an applicator is used as a "mustard plaster". Application areas: back, neck-collar area,



front surface of chest, sternum area.

- **For the removal of bronchial asthma attacks** lie on applicator with neck-collar area of middle chest or use an applicator as a belt. With a roller or small applicator make "painful" clamps on sternum zone and upper anterior front surface of chest. At the same time it is necessary to restrain breath following Buteyko method.
  - **At blennorrhinia, allergy or cold** you must lie on an applicator with back of the neck area and affect with small applicators on projection sinuses areas.
  - **When you suffer from hypertension, severe headaches** applicators should be applied for cervical-collar zone, middle thoracic spine, an area of the neck, head, sacral region, plantae.
  - **At CHD, angina pectoris, rhythm disturbances and other diseases of cardiovascular system** it is necessary to capture upper and middle sections of thoracic spine, an area on a hand which is corresponded to a heart, a zone of the nail bed thumb with an applicator.
  - **When you suffer from varicose veins of lower extremities** the decomposition zone is area of lumbar spine, lower-thoracic spine and chest area to the right (the projection area of the liver). Exposure time is 15-25 minutes. It is better to have about 3 treatments per day. For example: in the morning after a walk, when you feel tiredness in legs. You need to lie down, put legs on the single applicator, foot on the soles, foot should be elevated to improve the outflow of blood, exposure time is 15-20 minutes. In the afternoon it is necessary to roll with a big or universal roller along the interior and outer surfaces of thighs and shins.
- In the evening ointment therapy should be hold paravertebrally on the area of lumbar, lower-thoracic spine and on the right chest area (projection area of the liver). Camomile Applicator, Pad Applicator, Magic Ribbon Health Applicator-belt can be used. Exposure time is 15-20 minutes.
- Magic Ribbon Health Applicator-belt can be wrapped around two legs at once, or alternately, you can lie when do this. You can walk, but after removing the Ribbon you should lie down with legs elevated to improve the outflow of blood. Exposure time is 15-20 minutes.
- In a day instead of a procedure on your lower back and lower-thoracic spine you should hold ointment therapy on cervical-spine collar to relieve spasm of head vessels to prevent spasm of peripheral capillaries, including legs. All these procedures improve blood circulation, relieve feelings of "heaviness" in legs, relieve leg swelling, pain and improve overall health.
- In addition to this technique it is recommended: feet moistening, gauze pads with therapeutic herbal extracts and substances that enhance blood circulation and trophic. Gauze, cloth bandages soaked in tincture of herbs, medicinal solution of salt and other medical solutions can be placed under the applicator. Applications can be obtained in the baths (trays) with herbs, minerals and salts. In this case, the application can last for 1-1.5 hours with the same interval and it can be renewed 2 to 4 times a day during 5-7 days, then the usual methods can be applied for 1-2 times a day. There are other options, selected individually, in combination with other treatments: physiotherapy, exercising, massage and so on.
- **At strokes.**  
It is desirable to make alternately (starting with the sick side) deep punctures

on tips of fingers and toes with scarifier or a sterile needle to deal with complications and sometimes to prevent stroke. After each of two or three punctures carry `milking` movement of the fingers, trying to squeeze as much blood as possible. This procedure prevents reflectory bleeding from burst blood vessels of the brain, making it possible to eliminate bleeding, lowering pressure in them by redistributing blood to the periphery (hands, feet) and succeeding ample blood release from the fingers.

Simultaneously there should be very intensive effect on surface of foot and hands within 30-50 minutes. Applications are made with flat applicators with intense clips for 5-10 minutes, alternating with intensive affect with a roller within 3-7 minutes alternately sick and healthy side.

Effect on other parts of a body is also applied (a forearm, shins, area of a back-bone, head, neck) with smaller intensity and it is less on duration. More time is necessary to influence on a sick (diseased) side.

For rehabilitation stage at home an applicator is used in turn on all the diseased areas of backbone and extremities. It is necessary to start with a healthy side. Applicators are dispensed along back bone, on cervical or, for example, lumbar area. Simultaneously a sick hand or a leg is rolled with a roller, starting with finger tips then rising higher (for restoration of nervous conductivity). Treatable therapy should be done easily, the blood circulation improves on a sick side - capillary tubes widen and the skin turns pink. Manual massage and rolling the head with a roller-applicator is also applied. It is desirable to finish the procedure with applicator effect on foot, at sitting or standing position. Exposure time is 7-10 minutes for healthy side, 10-20 for a sick one. As patients quickly get tired, such procedures can be applied 2 times a day during 30-40 minutes.

- **In order to burn depot fat effectively** applicator (step is 6.8 mm) is applied for 7-10 minutes on areas of most obesity in turn and on spine - lumbar - for 15-20 minutes. Use Magic Ribbon Health Applicators: two with 5-7-segments and one with 9 segments can be applied with gauze pads (1-2 layers thick gauze), moistened?very important to learn how to breathe properly (or more precisely - hardly breathe!). For example, learn to make a breath-holding on one and a half - two minutes, 5-15 times a day. After each breath-holding try to breathe "not visibly, not audibly" - like a picture where you are photographed (select a beautiful photo, stay with it in front of a mirror and try to breathe as picture "breathes") or try to breath as "sleeping baby" breathes, that is the same. In hypothyroidism (myxoedema) try to breathe intensively, deeply, often during 3-7 minutes 2-3 times a day. Simultaneously with the help of applicators, Magic Ribbon Health Applicators affect cervical spine. It is effective to impact on additional areas: sacral-coccygeal and adrenals areas. The procedure should be completed with the affect on the foot. Particular attention should be paid to the junction of second phalanx of thumbs of hands and feet (metatarsus - phalanx joint of thumb) - with sole and back of feet, exposure time is 3-5 minutes, or longer, 2-3 times a day. At hyperthyroidism influence on neck and thyroid gland exposure time is longer - 15-30 minutes, 1 -2 times a day; at myxoedema short-term an impact is short-term - 3-7 minutes, 4-6 times a day. Other ancillary areas can be also used.

- **When you suffer from alcoholism and tobacco smoking** smoking it is necessary to affect with applicators zones, which are responsible for release of a large



number of biologically active substances: head-hind, neck and collar zone, the whole back along spine, the lumbar-sacral segment. On a human body there are thousands of not only vital points, but tens of thousands of other equally important areas and points through which you can influence positively on both vitals and the whole body.

So point E 36 is below a knee (Tsu-san-li), it is considered that it is from "a hundred of diseases," and slightly above it at 1 -2 cm there is a new point. Some authors call it Tsu-li-pan - a point for treatment of alcohol and other addictions.

Attach Little One Applicator to the zone of these points, this contributes to the general release of internal medicine, which normalizes metabolic processes in a body. It is also necessary to effect with the Little One Applicator on a point of an ear, abdomen, chest. Simultaneously with positioning on applicators use a method that reveals person's extra abilities - the method of endogenous respiration engagement with using of already existing oxygen, which is predominantly in adipose tissue. To do this, put the patient on a set of applicators, as well as put applicators on his body or wrap him with ribbons from head to toes, including face, cover him with four - five blankets (it is better to put on his head a large clear plastic bag or semi-hermetic respiratory pyramid). Treatment time is 30-50 minutes, 1 or 2 times a day. During such procedures body protective system engages, toxins and extra fat burn and remove.

## LYAPKO APPLICATORS AND PREGNANCY

**To maintain pregnancy**, as well as to improve the conditions of its course it is recommended to use applicators with small step (3.5-5.0 mm). Using them feelings must be only comfortable. Applicators and rollers are attached on paravertebral (along the spine on both sides) zone, forearms and shin zones, as well as hands and feet. The roller impact should be soft and delicate.

### **Gestational toxocosis**

During pregnancy the sensitivity threshold decreases and a women begins to respond to any stimuli, she has increased sensitivity to odors, words and so on. **At early toxocosis** (nausea, vomiting) it is necessary to affect with applicator on the bottom third zone of the thoracic, on top of the lumbar spine during 10-20 minutes, you can position yourself on applicators, use a thin diaper for comfort.

Rolling abdomen clockwise helps to **regulate the bowel**.

Applicators can be used **at colds**. In this case they are used as a "mustard plaster".

### **Back pain, heaviness in legs.**

One of the most notable changes a pregnant woman has is a change in body weight. By the end of pregnancy women's weight increases by 10-12 kilos. At this time the spine is experiencing a double burden. At various stages of pregnancy pain in back causes discomfort. Feeling of fatigue, heaviness, feet aching, swollen at the end of the day, a burning sensation can also appear. In future varicose veins may appear.

In this case roll back, capturing the lower thoracic and lumbar spine zones and legs with a Big or Universal roller. Exposure time in the morning is 5-7 minutes and 10-15 minutes in the evening. Then you can position an applicator on the

lower-thoracic and lumbar spine zones, recommended needle step is from 4.9 to 5.0 mm ('Droplet', 'Camomile'). Procedures can be carried out 2 times a day.

It is very effective to use Magic Ribbon Health Applicator through gauze pads wetted with treatment solution or without them during 15 - 40 minutes.

**At the pain syndrome in lumbosacral**, to improve blood supply to the uterus and for full fetus development - the lumbar and sacral area should be affected; the impact should be soft and delicate, it is desirable to use applicator with a small step (4.9 mm - 5.8 mm). Feelings must be comfortable.

#### **Prevention and treatment of stretch marks.**

It is easier to prevent stretch marks than get rid of them. It is important to control the rate of weight gain. The rapid increase in body mass would inevitably lead to the emergence of stretch marks.

In order to prevent the emergence of stretch marks it is necessary to use special bandages.

Every day, from the very beginning of pregnancy roll the "dangerous" places with a Big or Universal roller until the appearance of light redness and pleasant warmth. Put on Travel Mate Applicator-belt or Little One Applicator-belt, Magic Ribbon Health Applicator on the area of hips and buttocks (according to the previously mentioned methods). Exposure time is 10-20 minutes. Feelings should be pleasant. You can massage problem areas with masseur Pharaoh, exposure time is 3-7 minutes.

#### **Maternity.**

In early labor, when intervals between parodinia are long and duration of parodinia is small: during the parodinia massage lumbosacral area with masseur Pharaoh and massage the whole back in circular and longitudinal motions between parodinia.

At increased pain during labor run with a roller (with someone's help) the lumbar-sacral zone with the capturing of a lower-thoracic spine. The level of roller pressure should be regulated independently.

Many pregnant at this moment want a strong impact and high-amplitude motion of a roller.

It is effectively to use the applicator along with correct breathing during parodinia and between them. Inhale through your nose, breathe out with your mouth, breath must be longer than the exhalation.

#### **Puerperal period.**

For pain removal during uterus involution roll a bottom of abdomen with a Big or Universal roller, exposure time is 10-15 minutes. Roll easily, feelings should be pleasant. It is possible to put on a Travel Mate Applicator-belt or Magic Ribbon Health Applicator-belt.

These procedures will also help to restore skin elasticity.

#### **Lyapko Applicators and your child**

In first three months of life more than 70% of children have functional tormina. In overwhelming majority these colics are not a pathology (disease), but they are adaptation of baby's gastrointestinal tract (GI tract) to new conditions.

Such picture is familiar to all parents: on a background of feeding or soon



after it a baby suddenly starts to screw legs up to a tummy, to show qualm, then it suddenly turns red and begins crying. This situation can proceed long enough. This is 'functional tormina'.

**To remove colic** it is possible to use Facial Roller or Little One Applicator. Procedures should be conducted through a cotton fabric. Easily roll a tummy with a roller clockwise during several minutes up to the emergence of light hyperemia (reddening). Then put the baby on a tummy and roll middle and low areas of a back. According to the same scheme affect with Little One Applicator: in turn (clockwise!) applying it to a tummy around omphalus so that to create a square. Applicator pressing should be gentle, effortless. The procedure should be conducted between feedings or before feeding. Massage with applicators is very effective before bathing.

The main thing is to remember that all these are passing, at proper use of all recommendations this period can pass easily enough and not to sadden the happiness of the first months of maternity!

#### **We are for breast feeding!!!**

For maintainance and stimulation of lactation an applicator ('Pad', 'Camomile', etc.) should be applied on all thoracic section of back in the morning and in the evening during 15-20 minutes. Before each feeding roll both mamills, circuiting mammillas with the Universal roller during 3-5 minutes. To use Magic Ribbon Health Applicator is effectively and pleasantly. Have more rest and eat healthy.

#### **Mastitis**

At indurations and mastitis durable application of Little One Applicator is possible. You can position it through two-layer gauze moistened in a hypertonic solution or thin cotton fabric. Sensitive clamps are made on a zone of induration during 10-15 minutes, 3-4 times a day, it is possible to do this more often until manifestation of a disease disappears.

Positive experience of urinetherapy application is known: they used own urine extinguished with sodium bicarbonate instead of hypertonic solution.

Did a compress: on the moistened two-layer gauze they imposed the applicator, above it they put paper for compress or a film. Thus it is recommended to say grace, it is possible to mark a zone of a mastitis with the cross. Exposure time is 30 minutes.

### **DIAGRAMS OF INFLUENCE WITH APPLICATORS AND ROLLERS TO HEAL DIFFERENT ILLNESSES**

**The basic areas are located on a back surface of trunk, head, neck.** They are named basic because skin areas from both sides of back-bone and directly above it are located closely to outputs of roots of cranio-cereberal and spinal nerves and other structures. Peripheral (animal) nervous system consists of cranial and spinal nerves, their roots, textures and joints (Fig.2).



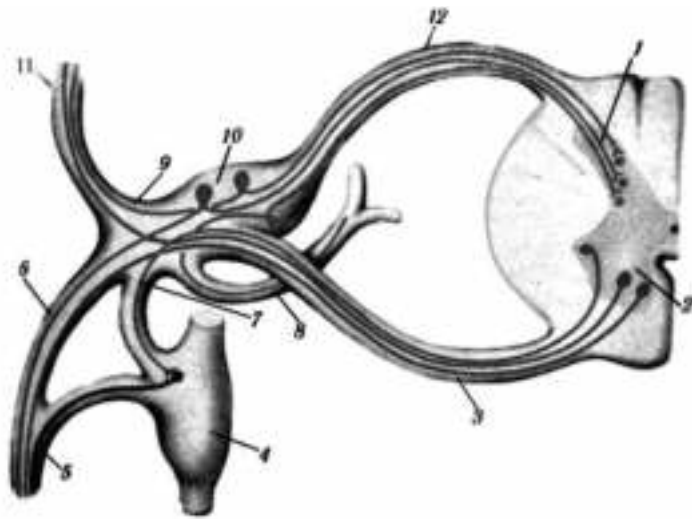


Fig. 2. Spinal nerve and its rami:

1 – cornu dorsale; 2 – cornu ventrale; 3 – ventral root of spinal nerve; 4 – joint of sympathetic chain; 5 – grey connecting branch; 6 – anterior branch; 7 - white connecting branch; 8 – menigeum branch; 9 – spinal nerve; 10 – spinal joint; 11 – posterior branch; 12 – dorsal root.

Within the central channel of a spinal cord ventral (motor) and dorsal (sensitive) roots move gradually closer to each other, then merge and form nerve root along to spinal joints and then they form spinal nerve. Thanks to such merging spinal nerves are mixed as contain motor (efferent) fibres from cells of cornu ventrale, sensitive (advehent) fibres from cells of spinal joints and vegetative fibres, from cells of cornu laterale and joints of a sympathetic chain.

Having left central channel, spinal nerves are divided into anterior branches, which innervate skin, muscles of extremities and trunk front surface; posterior branches, which innervate skin, muscles of extremities and trunk back surface; meningeal branches which tend to dura mater spinalis, and connecting branches, which contain sympathetic pregnaglionic fibers moving to joints of a sympathetic chain.

Anterior branches of spinal nerves form cervical, humeral, lumbar, sacral and coccygeus plexuses. Anterior branches of thoracic section give birth to intercostal and subcostal nerves.

Peripheral skin and muscular nerves stem from plexuses in formation of which several segments of a spinal cord usually take part.

The gray matter together with ventral and dorsal roots refer to a segmental device of spinal cord which carries out motor, vulnerable, reflex and vegetal- trophic functions.

A segment of spinal cord is a part of a body metomere. A certain skin area (dermatome), muscles (myotome), bones (sclerotome) and interior organs (splanchn-

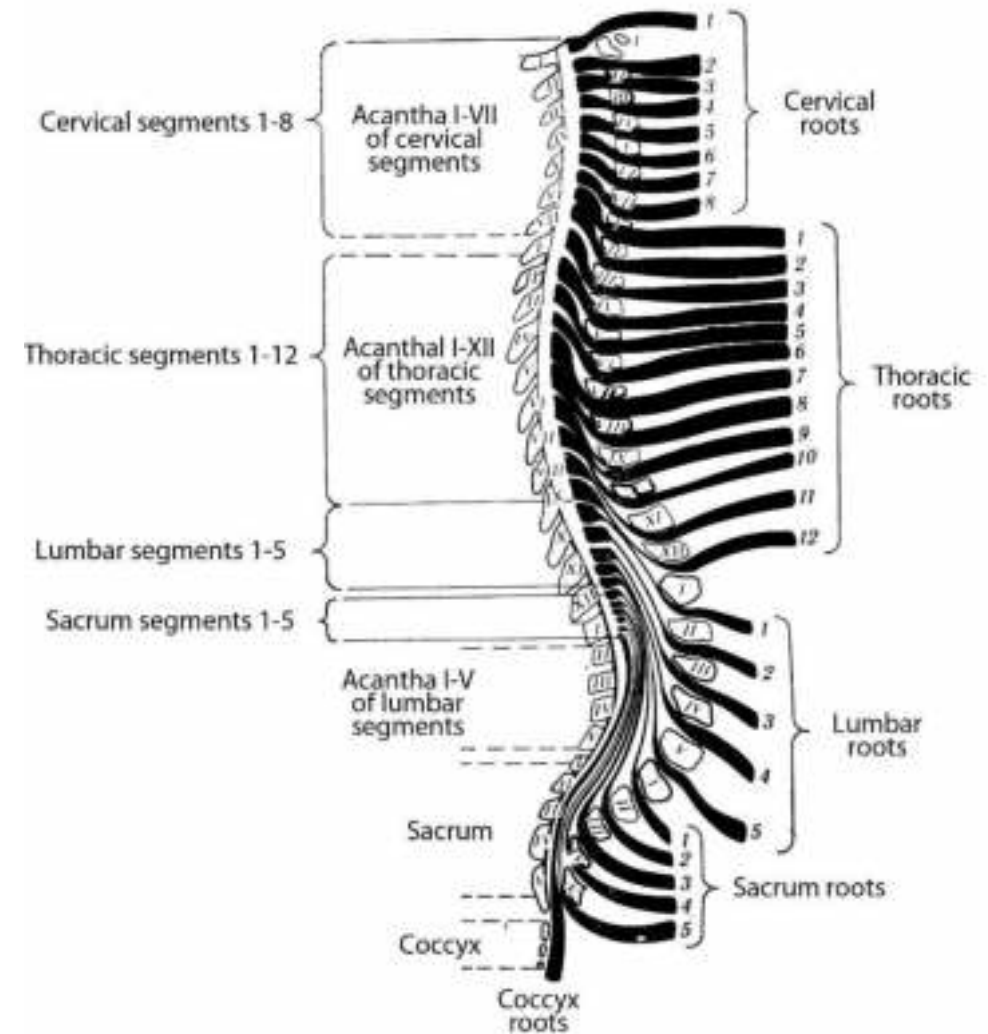


Fig. 3 Vertebral spine structure

notom) are also refer to it. A body metomere is innervated with a segment of a spinal cord.

The spinal cord has 31 - 32 segments and it is divided into 5 sections: cervical — C1-C8, thoracic Th1-Th 12, lumbar — L1-L5 and sacral — S1-S5. One or two rudimentary coccygeus segments (Co1-Co 2) are at the very bottom (Fig. 3).

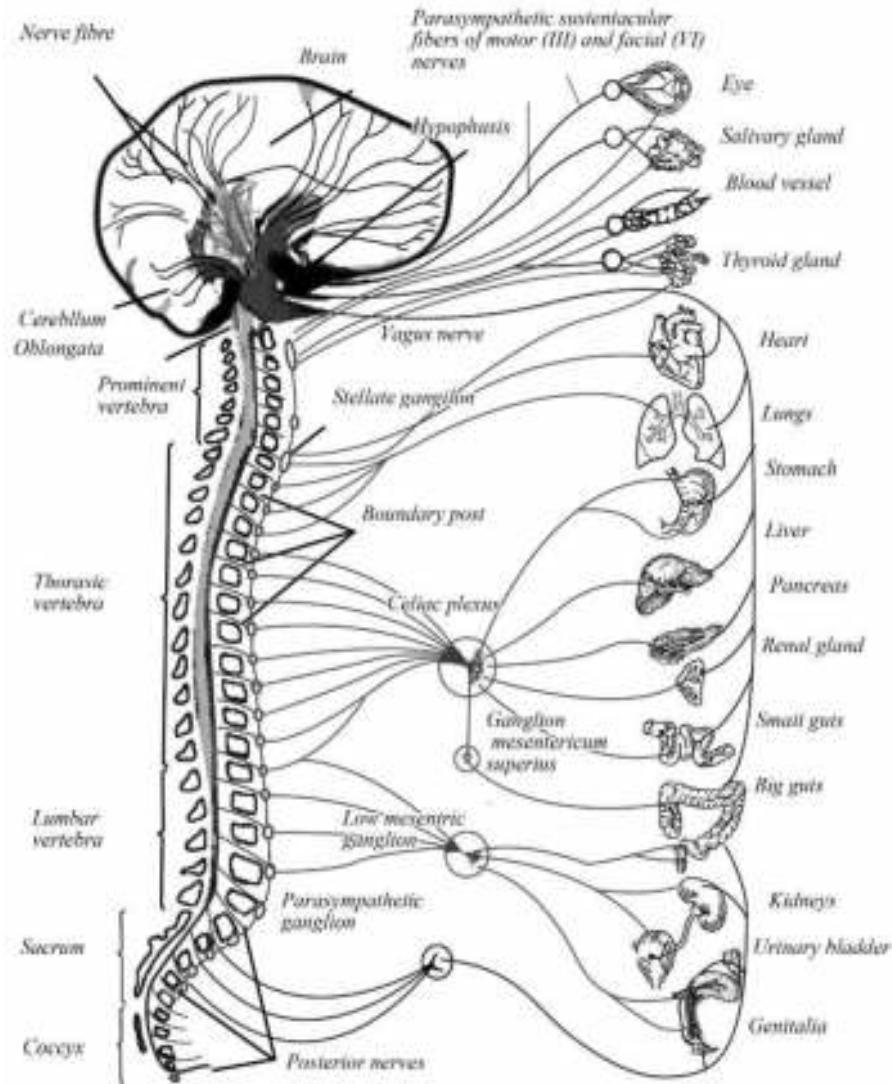


Fig. 4 Scheme of vegetative nervous system (Jarosh A.A.)

Formations of the central and vegetative nervous systems (Fig.4,5) are most close located to a back surface of a trunk of a person, a head, a neck and that is why at the affect of reflex application they activate more effectively through the skin on the back surface of the trunk, head, neck. To use the term 'basic areas', from our point of view, is the most accurately, as

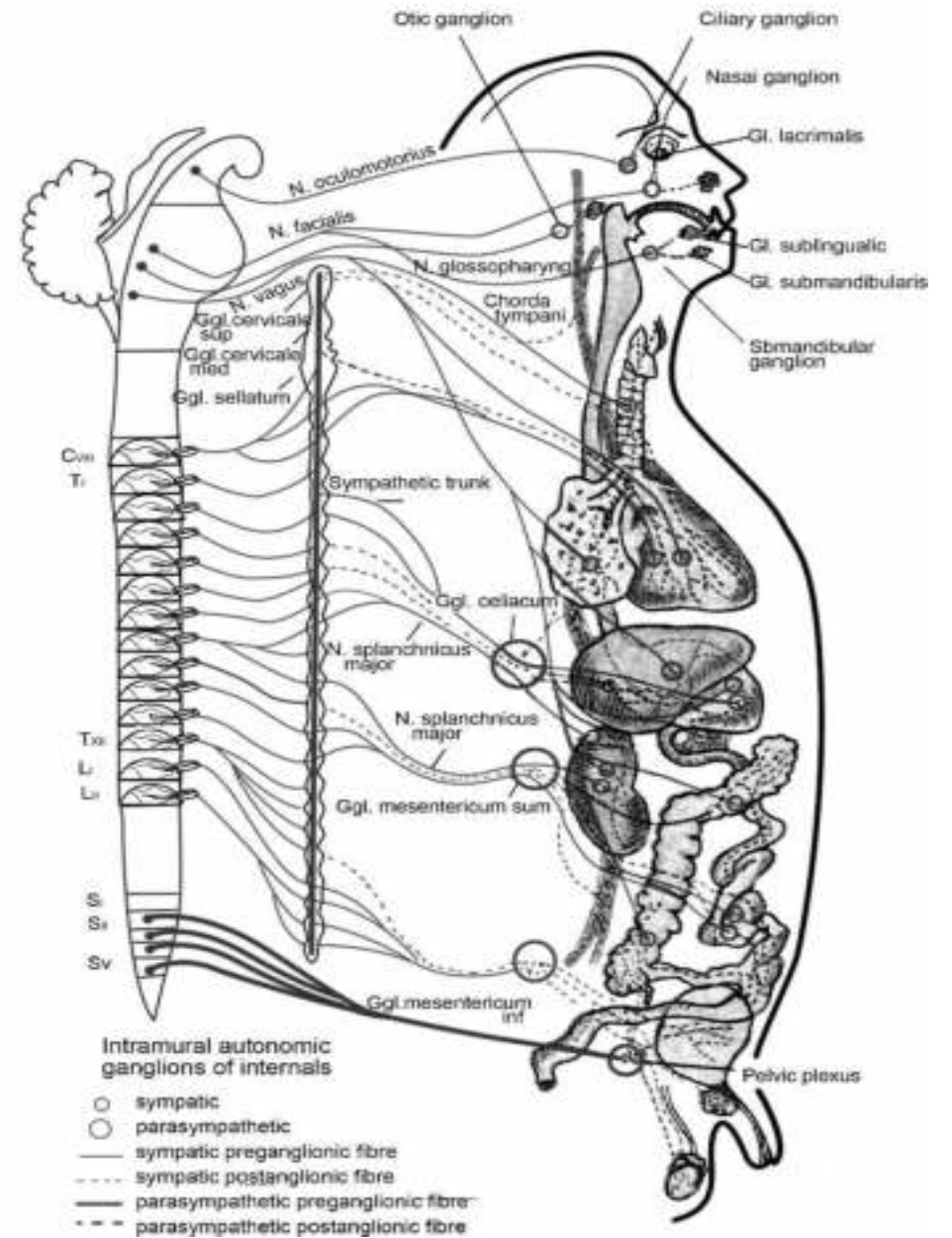


Fig. 5 Segmental level of vegetative nervous system

it shows the greatest functional activity of these areas for more effective normalization of vital activity processes in organs and systems of a person in



comparison with other areas, which are auxiliary areas: front surface of trunk, head, neck. As well as additional areas: skin areas of upper and lower extremities, which are secondary (peripheral) in relation to (central) structures of spinal medulla and brain.

From preceding we draw a conclusion: effect with a lot of needles of different metals is desirable and the most effective on skin area above a backbone both to the left and to the right of a spine column and on a back surface of trunk, head and neck.

Needless to say, that a choice of the most important area (a zone, a strip, a segment) on a back surface of a body will depend on the main diagnosis, pathology, a zone of damage of those or other bodies, a level of segmentary innervation of these organs, skin metometers which correspond them and so forth. It also depends on a type and a method of reflex affect and other methods, treatment programs, which are applied jointly or separately and other conditions.

**Auxiliary areas.** Vitals and glands of internal secretion are directly under a front abdominal wall, under a thorax, in a field of neck. They are influenced through separate skin areas (metameres) in these zones by means of metal-needles applicators. This influence promotes regulation, improvement or activation of the organs activity thanks to reflectory-mechanical and galvanic-electrical applicator affect on receptors of somatic and vegetative nervous system. For example, influence on painful skin areas, zones of reflected pain, Zaharjina-Geda zones assist pain control, recovery and normalization of organs functions, which are correspond these zones. The result is achieved quicker, if auxiliary, main and additional areas are used simultaneously (Fig.6).

**Additional areas:** skin areas of upper and lower extremities, which are secondary (peripheral) in relation to (central) structures of spinal medulla and brain. They are described in details in acupuncture. On the front there are zones of 'Inn' (female – centripetal - afferent ) groups of channels – meridians of organs, which are on the internal surface of legs and hands. They have different groups of points which differ on functions (strengthening of "toning up" properties, relaxing, calming 'sedative' properties - points 'allies'; points 'lo-points' - specific 'go-outs,' pushers of energy from one channel 'organ' to another (for example, from channel 'In' to channel Jan)).

On back bilateral surface of legs and hands there are zones of 'Jan'(male centrifugal efferent) groups of channels – meridians of organs with groups of points of similar functions.

Using applicators and influencing on various groups of points of different channels of meridians, we have a possibility to adjust (change, strengthen or decrease) activity either of organs or systems (the general action) additionally. Thus, during imposing Lyapko applicators on main and auxiliary areas we strengthen work and in addition we have (local) medical affect exactly on an application zone.

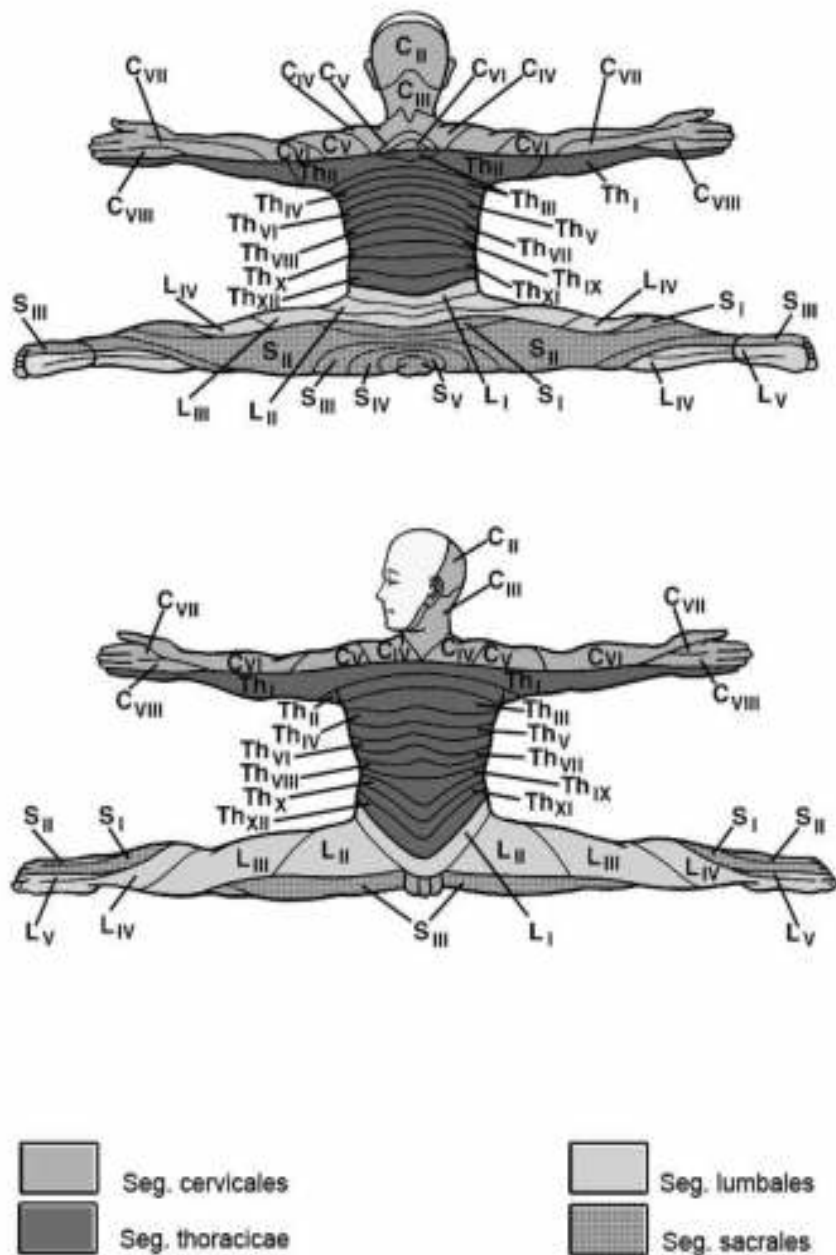


Fig. 6 Segmental level of skin sensitivity

**Headaches, neuralgia of trigeminal nerve, Bell's palsy, facial sympathalgia, hearing and vision disorders, toothache, catarrhal diseases.**

Recommended areas (Fig.7) for choosing application effect: main 0, 1; additional 2, 10, 11; auxiliary 3, 8, 22, 24, 25, 31 (28), 20.

**General recommendations.**

On hands the additional areas are better to be taken in crisscross manner. With any pain on the right side of face, for example, in point (p) A: it is necessary to influence on point A, point B on the right, p. C on the left and p. D on the right with a small applicator within 7-30 min.

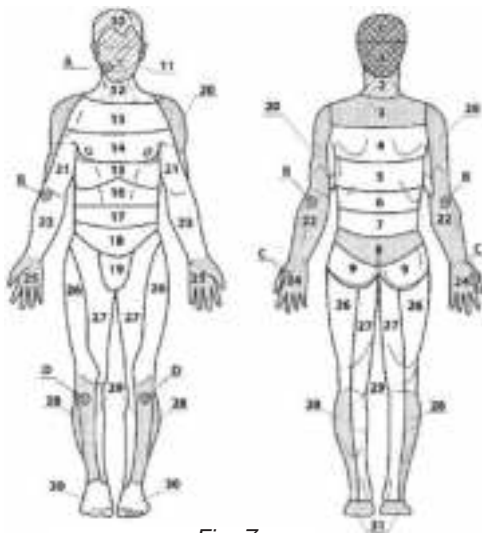


Fig. 7

**Additional recommendations.** When trigeminal neuralgia, facial simpatal-giyah and dental pain additionally use a small applicator in the areas of acute pain for 10-30 minute and short-term (2-5 minutes) on symmetrical areas. To increase efficiency you should also impact on the earlobe of a healthy part of face during short-term period (1 – 2 min). To relieve the pain after tooth extraction it is recommended to influence on the earlobe with a small applicator on the point B on a side of pain and on the point C on an opposite hand. With facial neuritis the recovery is very effective by means of a Facial roller. The treatment starts from a healthy side – 3-5 minutes, then affect a sore side during 7 – 10 minutes.

**Pharyngitis, laryngitis, sore throats, colds, bronchial and lung diseases, neurological syndromes of degenerative disc disease, cervical and thoracic spine, neck and shoulder plexitis arthritis, arthritis, neuritis.**

The application areas (Fig. 8): main 2, 3, additional 1, 4, 12, 13, auxiliary 20, 22, 28, 31.

**General recommendations.**

They use an applicator on main, additional areas and on areas of acute pain, but with a very intense pain it is recommended to apply an applicator above and below a painful area or use the points and areas of an opposite side. The exposure time is 10-30 minutes.

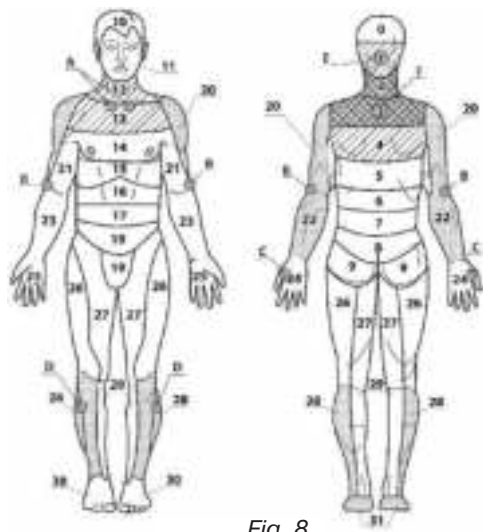


Fig. 8



When experiencing colds, asthma it is recommended to affect with small applicators continuously in crisscross manner. For example, a point D on the left, a point C on the right, a point B on the left, in the center of area A and E or F (Fig. 8).

All respiratory diseases, especially allergic in nature, require correction of breathing. It is necessary to regulate breathing by decreasing its intensity, holding it (breathing should be silent, invisible). K.P. Buteyko method, pranayama of yoga system with long pauses after inhalation and exhalation, breathing through Frolov apparatus, breathing under a dense blanket are more suitable methods for this. All these methods are aimed at the preservation and accumulation of carbon dioxide (CO2) to normal values of 6.5% in blood. This concentration of CO2 is maintained in the blood of healthy people, and only under such conditions, atmospheric oxygen (O2) is fully delivered to all tissues of a body. The concentration of CO2 in value of 6-6,8% in comparison with other gases in blood is a condition that promotes the maximum release of bioactive substances and lead all organs and systems of a human body to the most vital activity. It also promotes reliable protection from diseases.

**Additional recommendations.** When experiencing colds, chronic diseases of bronchi and lungs an applicator is used as a "mustard plaster". Treatment is always terminated by feet applique. Before application feet can be warmed and moistened (usually at colds accompanied by fever, foot are cold and dry). In such cases affect with an applicator or a roller applicator during 5 – 10 minutes 3 – 7 times a day.

You can put your feet on an insole or on any applicators you like, it can be done sitting on a chair and pressing on an applicator needles with feet. To fix the effect after usage of applicators it is useful to use rubbing with cedar, fir oil and other herbs.

To remove an asthma attack it is recommended to lie on an applicator with the main area (1, 2, 3), or use an applicator belt; with a roller applicator or small applicator affect the upper parts of a front surface of the thorax in areas 12 and 13 for 10-20 minutes. It is necessary to restrain the breath, or at least breathe with a long expiration through pursed lips.

When experiencing cold, allergic or catarrhal rhinitis it is recommended to lie on an applicator with area 1 or bandage it to the back 2-5 times a day for 10 -20 minutes. You can apply a circular whipping with 2 - 3 turns of the ribbon applicator ("Magic Ribbon Health Applicator") with occipital region, upper jaw and upper lip, additionally it is good to use the front and back neck areas, as for the impact with individual applicators, and for the circular wrapping with ribbon applicators.

All these areas can be processed with a roller for 15-20 minutes. It is extremely important during the procedure and within 30-60 minutes to restrain the breath maximally (breathing should be invisible and inaudible).

With steady and persistent pain syndromes of upper extremities it is advisable to use an applicator or a roller to an opposite symmetrical areas of (healthy) side.

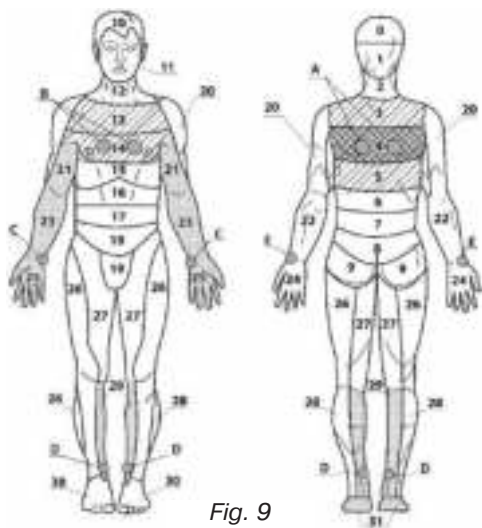


Fig. 9

**Stenocardia, cardialgia, osteochondrosis (as well as radiculitis, myositis, neuralgia) of the medium and thoracic spine, bronchitis, mastitis, weak lactation with nursing mothers.**

The application areas (Fig. 9): main 4, additional 3, 5, 13, 14, auxiliary 21, 23, 25, 29, 31.

**General recommendations.**

Applicators are to be applied on areas 3 and 4 within 15 – 20 minutes; to influence with a small applicator for 2 – 3 minutes on the front area of the thorax to the right or to the left (selectively) and inner surfaces of the wrist in turn (to be influenced with vibration).

**Additional recommendations.**

Cardialgia (pain in the heart area) as a rule is accompanied with osteochondrosis of cervical or thorax areas of vertebra column. The pain areas are to be influenced in the area of chest and paravertebrally along the thorax areas of vertebra column, as well as projection areas of foot and hands with small applicators or roller-applicators. To potentiate an affect the symmetrical points and the areas of the opposite side should be also involved into the procedure. For example, if a pain area is on the left you should apply it on the right side.

Stenocardia manifestation is pain behind thorax or in heart area. It has squeezing, pressing character and it is felt more often in a left shoulder, hand, neck. To relieve the attack a small applicator is to be used on the area of periungual bed minimus firstly to the left and then to the right, the correspondence area of the heart on hand and feet (Su-Jock therapy). It is possible to search for cute sore and sensitive areas and affect them (it is possible to do this intensively). To treat and prevent stenocardia applicators are used on cervical and medium areas of vertebral column, areas of forearms, hands and foot. It is also possible to wear small applicators in crisscross manner, for example, in point A to the left, point B to the left, point C to the left, point E to the right, point D to the left and vice versa. The additional treatable therapy of the said areas is possible with a roller-applicator.

If nursing mothers have mastitis, an applicator is applied to the inflamed mammary gland area and area 4 for 10 – 15 minutes 1 – 3 times a day. This area can be treated with a roller for 5 – 7 minutes 1 – 3 times a day. It is possible to affect the area of mammary gland sustainably with small applicators, fixing them by elastic bandages for 30 – 60 minutes. Magic Ribbon Health Applicator can be also used, fixing it with circular bandaging.

*We pay Your attention to the fact that any local induration or unusual elaboration of mammary gland must be examined by a doctor!*

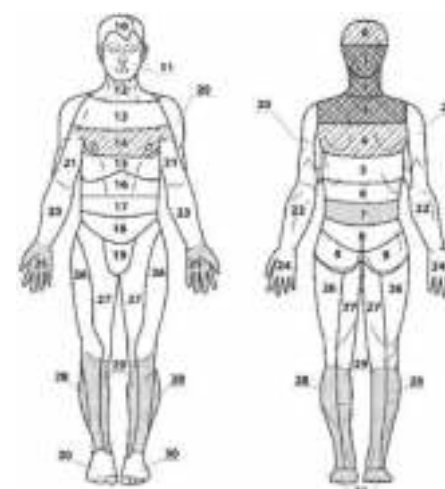


Fig. 10

**Hypertonic illness, hypotonia, recovery after cerebral crisis.**

The application areas (Fig. 10): main 1, 2, 3; additional 0, 4 (14); auxiliary 7, 25, 28, 29, 31.

**General recommendations.** When experiencing hypertensia (hypertension) affect areas 1, 2, 3 (fig. 10) sustainably, 20-30 minutes, gradually increasing an area of influence (paravertebral points along vertebral column, sacrum area, shins, feet). When there is artery decompression (hypotony) affect bounded areas 1, 2, 3 during short time – 5-10 minutes.

Arterial hypertension and hypotensia can be accompanied or mesh with syndromes of osteochondrosis of cervical region of vertebral column. If there are areas of acute pain in nape, head, neck zones affect them

with applicators for 20 – 30 minutes or fix small applicators for 30-60 minutes.

To rehabilitate patients after cerebral crisis applicators are applied on all parts of the vertebral column, extremities, areas of head and neck. A session should be started with a healthy side. The procedure must be finished with influence on feet (sitting or standing position). Treatment must be provided with a glance to the patient arterial blood pressure.

**Additional recommendations.** When experiencing hypertony it is possible to begin treating with affecting feet and gastrocnemius muscles with a roller for 2 - 5 minutes or with applicators for 7-10 minutes. Then affect sustainably main areas 2, 3, 4 and gradually involve above mentioned and further mentioned areas 1, 5, 6, 7, 13, 14 (an applicator – 20 – 30 minutes; a roller – 10 – 15 minutes).

When experiencing hypertony the influence only on upper part of vertebral column is ineffective. It is also necessary to influence for short time (7 – 10 minutes) on sacrum and adrenal gland areas and to end a session with a foot application for 3 – 5 minutes. To strengthen blood outflow from head and to low arterial blood pressure more effectively, a session should be finished with an application on feet and gastrocnemius muscles (roller 2 – 5 minutes, applicator 5 – 10 minutes).

In case of hypotony the same areas are should be taken in the same order, but for a short period of time (3-5 minutes) up to emergence of liveliness, increase of general tone and normalization of arterial blood pressure. To improve the efficiency of treatment of hypertony it is recommended to regulate breathing by restraining and slowing it according to K. P. Buteyko method and also follow asana and pranayama from yoga system with slowing of breathing, etc. It is extremely important during a day (month and more) to control breathing in "side" of its restraint, and at night time to sleep in «breathing pyramid» or under a blanket.

At high blood pressure (hypertension) it is recommended to use Lyapko applicator in parallel to medicamental treatment, controlling arterial blood pressure.

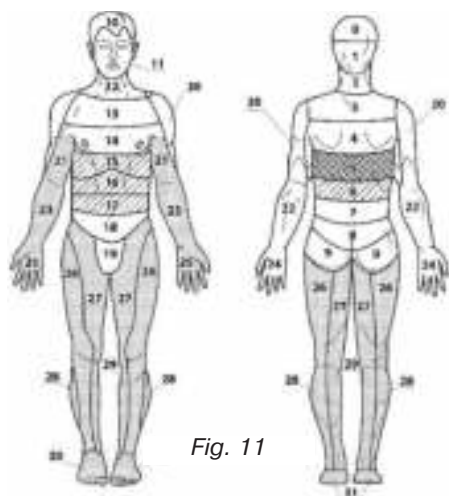


Fig. 11

**Diseases of gullet, stomach, liver, bladder; neurological syndromes of osteochondrosis in bottom thorax area of vertebral column (as well as myositis, radiculitis in the same area), obesity.**

*The application areas (Fig. 11): main 5; additional 6, 15, 16, 17; auxiliary 21, 23, (25), (28), 29, 30, 31 (26 at obesity).*

**General recommendations.** At abnormality of bile-expelling flows, gullet, stomach which is followed by dysorexia, dyskinesia and other symptoms of incompetency of digestive system, it is recommended to affect the areas of stomach, back, waist with the applicators or rollers after taking meal in order to activate and stimulate enzyme systems and improve digestion. With obesity the

affect is more often before the meal (on a hungry stomach). Such applicator usage reduces appetite, reduces the amount of consumed food and engages the mechanism of unnecessary stocks of fat ignition, transforming it into active energy which is necessary for an organism.

At osteochondrosis of the low thorax part of vertebral column, hepatitis, cholecystitis it is sometimes enough to influence on areas 5,6,15,16,17 (fig. 11), additionally on outer surface of 26-28 areas (area of a knee joint and outer anklebones), as well as influence on area 22, upwards on an elbow side. An applicator must not be applied on areas of acute pain during the recrudescence period. In such cases it should be applied on the adjacent areas, for example, higher or lower.

**Additional recommendations.** At chronic cholecystitis, dyskinesia of bladder an applicator can be applied as a 'hot-water bottle' on the area of right hypochondrium, at the same time applying 'blind probing' with the usage of olive oil, lemon juice, honey, etc. Malahov methodology can be also used.

When experiencing liver, stomach secretory function, pancreas abnormality the affect should be short-termed – 5 – 7 minutes; on points of tenderness 15 – 16 (epigastrium area) and areas 5 – 6 the affect should be until you feel warmth, relax and pain relief.

Auxiliary points: the bottom of area 23 to the right (on hands), the bottom of area 29 to the left and vice versa.

**At obesity,** cellulitis affect should be on big surfaces of a body, legs and abdomen. Recommended areas for applications are 5, 6, 7, 8 (15 – 20 minutes), the effect is more desirable before a meal. Additional areas to be effected on are 15, 16, 17, 18. The criterion of affect ending is occurrence of warmth in a stomach. After that drink some water (filtered) and take «Nutrikon» or «Litovit», «Katalitin» or «Hitolan».

At vitals abnormality, which is accompanied with obesity, an applicator is to be used on shin, hip areas – 27 – 29, brahium and shoulder areas – 21 – 23.

For elimination of superfluous fatty tissue on separate areas it is necessary to influence additionally with a roller within 3-5 minutes on each of the listed areas up to occurrence of pleasant warmth.

At the phenomena of cellulitis, after use of a roller-applicator (5-7 minutes) it is recommended to rub in ointment in the same areas («Venerom», «Flurenta») and once again to process the areas with a roller within 2-3 minutes. It is also necessary to affect points of 5-6 areas 2-3 times a day with an applicator or a roller .

At adiposity (additional process of areas 26, 27, 7, 8, 9, 16, 17, 18, other versions are also admissible), durable overwrapping with belt-applicators (25-40 minutes and more) or affecting with a roller for 20-30 minutes and more are recommended.

These actions strengthen metabolism processes, promote ignition of a superfluous fatty tissue of subcutaneous fat cholesterol (cholesterol plaques) in vessels. Efficiency and productivity are significantly higher at simultaneous engagement of endogenic respiration, which contains processes of superfluous fatty combustion by restriction of delivery of external oxygen to an organism with the help of Lyapko-Dogoda 'respiratory pyramid' (other ways: long breath-holdig (management of breath) within 3-5 hours according to K. P. Butejko method, sleeping under 2-3 blankets and other methods of breath management). It allows to make the oxygen active and to engage the mechanism of combustion of this endogen (internal) oxygen together with a fatty tissue with a small amount of external, exogenic (inhaled with air) oxygen.

It is possible only in a case when we save our internal very useful oxygen in concentration of 0,5 – 3% (instead of usual 0,03 – 0,1%) in inhaling air by the breath-holding or by preventing CO2 deprivation. It helps to keep the concentration of CO2 6 – 6,8% in aerated blood, as a healthy person has.

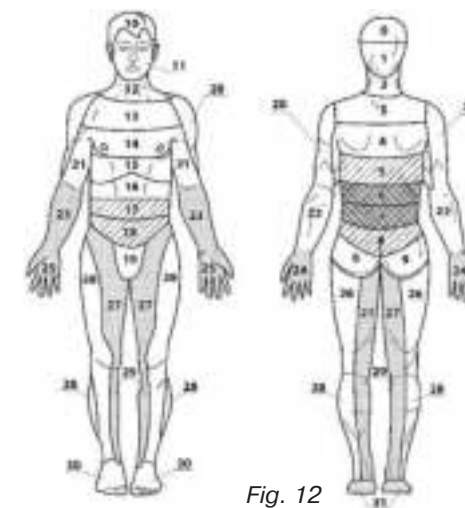


Fig. 12

**Peptic ulcer of stomach and duodenum, small intestinal disease, kidney disease, nephrocolic.**

*The application areas (Fig. 12): main 6, 7; additional 5, 8, 17, 18; auxiliary 23, 27, 29, 31 (1, 2).*

**General recommendations.** Peptic ulcer of stomach and duodenum are usually accompanied by hypersecretion of gastric juice. An applicator should be used for long periods of time – 20-30 min. If pain is acute, an applicator is placed on the area of spine above and below the pain projection. Small applicators or applicator- belts can be attached to areas 17-18 for 30-40 min. These areas can be acted upon with an applicator roller for 10-15 min and more.

The main condition is the onset of comfortable sensations, disappearance of pain. If pain persists, it is necessary to act on more distant areas: feet, outer surface of area 29 (ankles) and areas 23-25 (hands). Sometimes it is effective to affect neck and back of the head areas (areas 1-2) with the applicators.

**Neurological symptoms of osteochondrosis of thoracic and lumbar sections of the spinal column, myositis, radiculitis, arthritis and arthrosis of the joints of upper extremities.**

The application areas: main 6, 7; additional 8, 17, 18, 27; auxiliary 22, 26, 28, 30, 31.

**General recommendations.**

In case of neurological symptoms of osteochondrosis of spinal column, generally it is necessary to lie down with your back on the applicators placed along the whole length of spinal column. If treatment with applicators does not bring you any trouble, the applicators can be placed on the whole area of neck, spine, lumbar spine and pelvis. If there is pain in thoracic and lumbar sections of spinal column, these areas are to be acted upon (areas 6, 7), and additionally, in order to enhance the efficiency of treatment, the applicators should be placed under arms, legs or on the corresponding parts of thorax, abdomen. They should be pressed down with small sand bags. In case of acute, concentrated pain, for example, in point **A** on the right, additional action with a roller, rubbing in of Esobel, Florenta ointments (or others which have warm, analgize effects of natural, vegetant origin) are recommended. Carrying small fixed applicators in point **A** on the right, point **B** on the left, point **C** on the left, point **D** on the left or on the right is also recommended (Fig. 13).

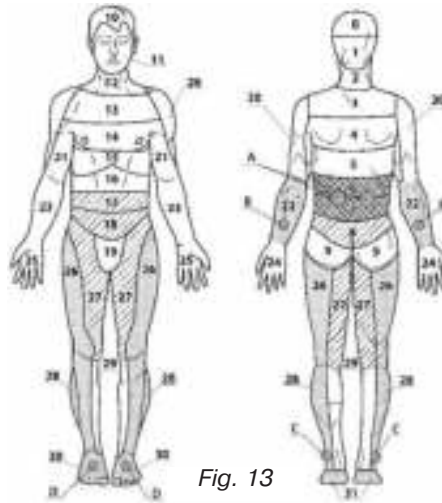


Fig. 13

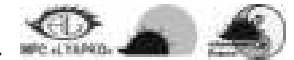
**Additional recommendations.**

In case of neurological symptoms of osteochondrosis of thoracic and lumbar sections of spinal column, complex treatment is the most efficient. Thus, it is recommended to combine use of metal-needle applicators on mentioned areas and points with the use of ointments, with common massage or massage with Pharaoh masseur. In addition to this, you can act on painful areas and areas adjacent to them with the help of an applicator roller, or carry small applicators on the areas of maximum pain (lumbar spine, along the sciatic nerve) – areas 26-28, 7, 8. You can act on symmetrical areas of a 'healthy' side for short periods of time. Above areas can be affected with new products in a form of belts, belts with adjustable applicator segments, 'Magic Ribbon Health Applicator-belts'.

If there are no contraindications, it is advisable to combine application with a treatment session of manual therapy which is provided by an expert in this field.

In case of arthritis, arthrosis of upper extremities 'Magic Ribbon Health Applicator-belts' bandage is recommended for 10-15 minutes to the areas of inflamed joints; additionally, you can act on the areas of an opposite side.

Chronic radiculitis with persistent complications and failure of functions require long-time treatment for several months, in 3 courses with one- or two-week breaks. After applications it is recommended to use ointments with warm, analgize effects of natural, vegetant origin. It is recommended to use sensitive products of Argo company such as Artipa, Florenta, Esobel, ARTRO-khvoya, Raritet, ArgoVasna siren). Multi-needle therapy



with Lyapko applicators is compatible with any kind of physiotherapeutic treatment.

If there is a feeling of numbness, it would be useful to act with a roller on areas 5-6 and areas of arms, legs, neck.

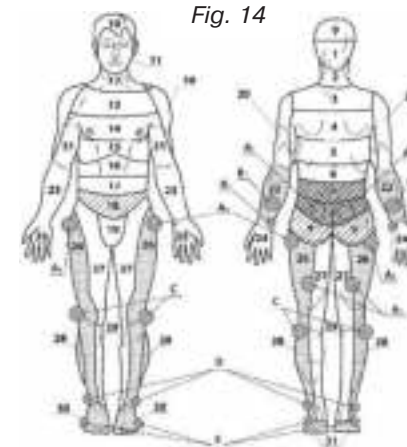


Fig. 14

**Neurological symptoms of osteochondrosis of lumbosacral section of the spinal column (and also radiculitis, myositis in the same section)**

The application areas (Fig. 14) main 7, 8; additional 9, 18; auxiliary 22, 26, 28, 30, 31.

**General recommendations.**

In case of neurological symptoms of osteochondrosis of lumbosacral section of spinal column you should lie down with your lumbar spine on properly placed applicators and arrange applicators along the whole length of the spinal column. If an applicator treatment does not cause you any trouble, you can arrange the applicators across the whole area of back, lumbar spine and pelvis. For example, in case of acute persistent pain on the left in point **A1, A2** or **A3** (Fig. 14), it is not recommended to act on these points during the first days of treatment; it would be advisable to act on the opposite areas or areas located below: first you should act on **A1, A2, A3 + C** on the right, and in two or three days – on all areas for 20 - 40 minutes using an applicator or using a roller for 10 - 15 minutes.

In treatment sessions a good result can be obtained by carrying small applicators for 1-3 hours on areas **A1, A2, A3** on the left, **B1** on the right, **B1** on the left, **D** on the right, **E** on the left (Fig. 14).

Remember! Good therapeutic effect can be achieved only by strict adherence of these recommendations and individual selection of areas and methods of influence.

In case of chronic osteochondrosis of lumbothoracic, lumbosacral sections of spinal column and for preventing purpose of this disease, it is recommended to carry small applicators and applicator belts on areas of maximum pain (lumbar spine, sciatic nerve) – areas 26-28, 7-8.

In case of ischioreadulitis it is useful to act on symmetrical area of the opposite leg for short periods of time – areas 26-28 on the left, the corresponding areas on hands and feet (methods of Su Jok therapy).

**Additional recommendations.** In case of pain in lower abdomen, sacrum, lumbar spine, lower extremities, and also in cases of diseases and disorders of small pelvis organs functions, the applicators should be placed on lumbar spine, sacrogluteal region – areas 7, 8, 9 (Fig. 14) for 15-30 min. The treatment efficiency can be enhanced by placing an applicator under the shins. It is better to end a treatment session by acting on feet (5-10 min).

In case of lumbosacral radiculitis success of treatment greatly depends on an approach (it must be individual and complex), selection of points and method of action.

**PROMINENT HEEL.** Prominent heel is one of symptoms of osteochondrosis of lumbosacral section of spinal column and inborn or nonheretable disorder, which is con-

nected with an incomplete dislocation or wrong formation of relationships of a joint with a foot, which are always connected with structurally functional features of lumbosacral section of spinal column and roots, passing in these areas. Therefore firstly it is necessary to affect lumbus area with Little One Applicator belt for 12-25 minutes up to sensation of pleasant warmth.

1-st procedure: it is necessary to start with rolling an area of a heel with a big roller (if severe pain disturbs, it is possible to use Universal or Facial Roller), turning heel to the right, to the left for 3-5 minutes in order a heel gets used to an applicator, then roll the whole heel for 5-7 minutes.

After the procedures to bandage a small applicator or wear a belt-applicator on the area of the greatest pain are advisable. Exposure time is 20-60 minutes.

2-nd procedure: always start all the following procedures with a heel, moving to the feet, gradually increasing time of influence with each procedure, leading up gradually for 30 minutes.

In following procedures it is advisably to try to influence on areas with an applicator in standing position with small pressing.

After the first session, more often after the third one, pain in a heel strengthens — you mustn't be afraid - it is natural sanogenetic (sanatory) reaction of an organism.

For pain control it is necessary to put a warm compress for 15-30 minutes: bishofite 30 % (2 table spoon of water + 10 drops of dimexidum or compress with 1,5 % of sea-salt: 100 ml. of water + 1,5 mg of sea-salt, you can use Shli-line (Argo).

Treatment session is 7 – 9 – 12 procedures up to reduction of painful sensations. Treatment can be repeated in 2 - 4 weeks.

It is also desirable to add physiotherapeutic procedures (ultrasound on a heel, amplias-pulse on lumbus, laser therapy, etc.) after therapist's consultation and prescription.

**Urolithiasis, renal colic, colitis, constipation, assistance in maintenance of pregnancy (delicate action).**

*The application areas: main 6, 7, 8; additional 9, 18; auxiliary 23, 27, 29, 31.*

**General recommendations.** In case of urolithiasis, renal colic, colitis, constipation it is strongly recommended to use a combination of applicators placed on spine area and on main areas 6, 7, 8 (Fig.15), with concurrent action on the area of abdomen, areas 18, 17, 16 utilizing either a small applicator or a roller. In case of colitis,

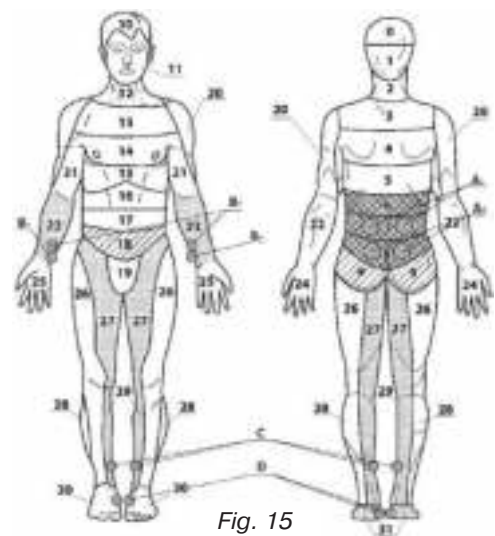


Fig. 15



intestinal dyskinesia, constipation you should begin treatment with acting on areas which help to achieve a good therapeutic effect as soon as possible (16, 17, 18) – to remove pain syndrome, to remove flatulence and tension, to normalize peristalsis and stool. Durable wearing of 'Magic Health Ribbon Applicator' with occasional pressing, clamping the applicators to a body with the hands for 15 – 30 minutes is recommended.

**Additional recommendations.** In case of urolithiasis, renal colic, an applicator can be placed on a hot bottle, on areas 6-7, at the same time applying a roller in the direction of pain irradiation to the anterior surface of abdomen until the pain subsides. Additionally, you should act on the inside surfaces of shins and thighs. It would be also beneficial to take corresponding food additives – Litovit-U, Nutrikon-Fito and others.

After operation, in order to facilitate healing and recuperation of intestinal functions, it is recommended to place applicators above and below the site of operation (pressing them down with small sand bags), at the same time (or prior to it) acting on the corresponding area of spine, lumbar spine or sacrum. 'Magic Health Ribbon Applicator' can be also applied. If there are no contraindications, in order to "switch" the intestines more effectively, you can lie down with the whole your stomach or with a corresponding area of the stomach on an applicator for 15-20 minutes (the same can be indicated for constipation, dyskinesia and atony of intestines).

In all above mentioned cases it is possible to use small applicators on the areas of inside surfaces of shins, thighs (e.g., points **A, B, C, D**).

For the purposes of maintaining pregnancy and facilitating its progress, it is recommended to use applicators with small needle spacing (3.5-4.9 mm). Sensations must necessarily be comfortable. Applicators and rollers are to be placed on paravertebral areas, areas of forearms and shins, hands and feet. Action of a roller must be gentle and delicate.

In case of early toxemia of pregnancy (vomiting, nausea) an applicator or a roller should be used to act on the area of upper sections of lumbar spine (area 6), area above navel (area 16), a lower section of thorax (area 15) for 10-20 minutes, on hands and feet – for 3-5 minutes.

In order to remove pain syndrome in lumbosacral section during pregnancy, to improve blood supply to uterus and to ensure proper development of fetus, it is recommended to affect areas 7, 8, 9. The action must be gentle, careful; an applicator can have small or normal needle spacing; it is possible to place an applicator on a thin diaper for 10 - 15 minutes. Light, tingling action on a region of abdomen with a roller which recedes pain and removes spasms of abdomen and uterus, is recommended.



**Disorders of small pelvis organs, inflammation of uterus and uterine adnexa, cystitis, urethritis, prostatitis, sygmoiditis, haemorrhoids, cracking of anus, impotence, frigidity, nocturnal enuresis.**

*The application areas (Fig.16): main 8, 9; additional 7, 8, 19; auxiliary 27, 29, 30, 31, (23, 25).*

**General recommendations.** It would be beneficial to combine static applicators with rollers or small applicators (Fig.16) in a region of lower abdomen and also to carry applicators continuously ( 1 - 3 hours) on areas **A, B, C, D, E, F, G** in various combinations.

To treat the pathology in question, the best choice is a set of static applicators, a roller and small applicators.

**Additional recommendations.** In cases of disorders of small pelvis organs, in order to induce or normalize urination the applicators are to be used for 10-20 minutes on lumbar spine and sacrogluteal region (areas 7, 8, 9). The effect is enhanced by concurrent or subsequent application on the urinary bladder projection area for 5 - 10 minutes, or by acting on this area with a roller for 3 - 5 minutes. Applicator-belts, 'Magic Health Ribbon Applicator', 'Camomile' are also can be used. The same method can be applied in cases of inflammation of uterus and adnexas, urinary bladder, prostatitis, adenoma of prostate gland.

In order to enhance an effect and to improve functioning of urinary organs additional affect with a small applicator on the region of crotch (between anus and scrotum) for 5 - 15 minutes is also necessary. Hereafter, this applicator should be used only for this area. To treat children's nocturnal enuresis, you should involve the following main application areas: lower abdomen, sacrogluteal region, inside surface of shins and thighs. The use of an applicator for 10 - 15 minutes or of a roller for 5 - 7 minutes is recommended.

**Allergy, neurodermitis, skin itch**

*The application areas (Fig.17): main 3, 5; additional 6, 12, 15; auxiliary 22, 28, 30, 31.*

**General recommendations.** In case of the above mentioned pathology in areas **A, B, C, D, E, F, G, H, L-M, O** durable use is possible (for 1 - 2 hours) of 2 - 4 applicators alternately, one after another or in a crisscross pattern (1-2 on the left, 1-2 on the right). It's better to combine the points of spine, neck, back of the head and the points of posterior-external surfaces of arms and legs. Next day you should affect points of thorax, abdomen with points of anterior-internal surfaces of arms and legs. Simultaneously with this it is recommended to ingest Litovit-M and make applications with Ricinol, Tselitel, ArgoVasna propolis.

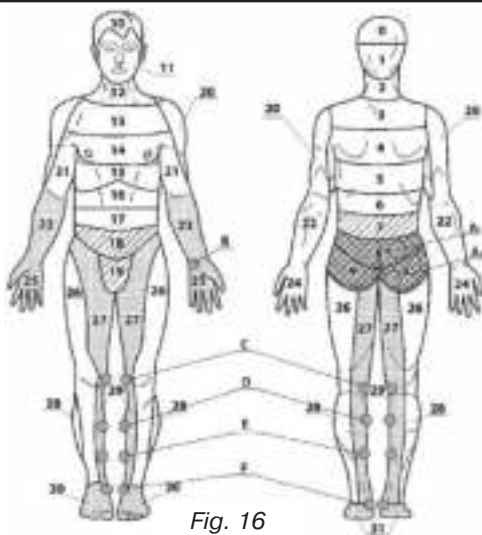


Fig. 16



**Additional recommendations.**

While treating any allergic diseases, it is absolutely necessary to control your breathing and try to reduce its rate by using Buteyko method, yoga techniques, etc. For prevention purposes we recommend jogging with correction of breathing (slowing it down). For example, during jogging an inhale lasts for 6 (8) steps, an exhale lasts for 6 (8) steps, then comes a pause (breath-holding) for 6 (8) steps; this cycle must be repeated 4 (6) times, after that you should have free, very quiet, superfluous, non-intensive breathing for 100-250 meters, and so on. During such jogging you are going to experience an increased (2 or 3 times more profuse than normal) sweating. Together with sweat, toxic substances

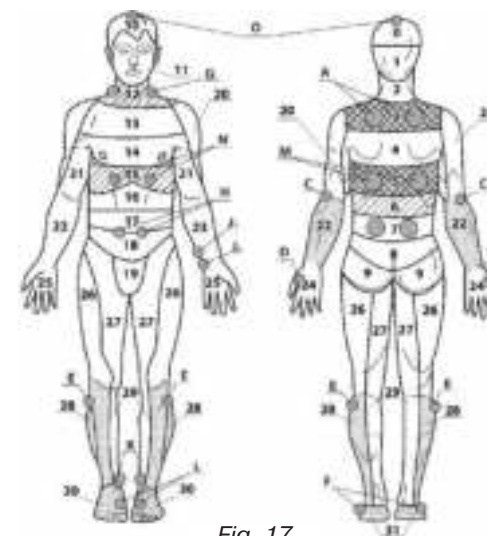


Fig. 17

which cause irritation of receptors are expelled from a body. It should be noted that the running speed should be not higher than 70-80% of physical abilities of a runner. With the correct breathing and optimal running speed your sensations should be comfortable.

**Traumas and fractures of the upper extremities, symmetric gangrene.**

*The application areas (Fig.18): main 2, 3; additional 4, 13; auxiliary 20, 22, 24, (28, 30).*

**General recommendations.** In case of fractures you should act on all free surfaces of arms on a side of a fracture above and below of a fracture site (gypsum cast). You can act with either an applicator or a roller. Duration of action on a side of a fracture is 2 times longer than on an unaffected arm. For example, duration of action with static applicators on a cervical area and an affected arm should be 15-20 minutes, while on an unaffected arm – 5 to 7 minutes. In case of traumas the same method is to be applied.

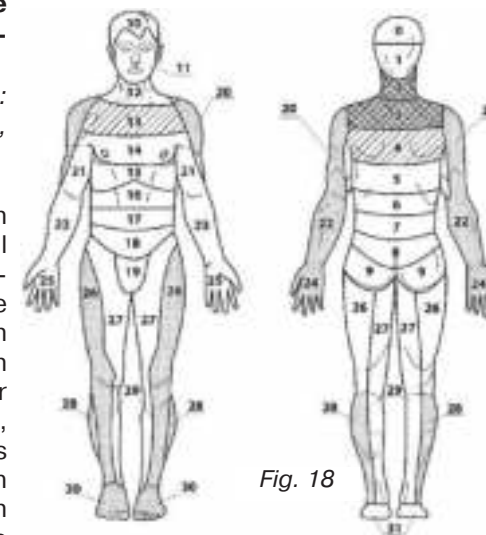


Fig. 18

**Additional recommendations.** Good results are obtained by short-term

action on symmetrical areas of unaffected extremities, the corresponding areas on hands and feet (Su Jok therapy). If pain areas or areas of unusual sensitivity are detected with the help of a facial or universal roller, small applicators should be attached to them for 1-2 hours. Applicators with increased number of copper and zinc needles stimulate and facilitate processes of healing and formation of osteotylus.

It is advisable to use mumijo internally and externally (in solution) on a region of a fracture.

Suffering from symmetric gangrene affect with the applicators cervicothoracicus section of spinal column (main areas: 2,3; additional – 4, 13; auxiliary – 20, 22, 24, 28, 30). You can affect with a roller areas along spinal column and hands, wrap hands with 'Magic Health Ribbon Applicator-belt'. Exposure time is 15 – 30 minutes.

It is absolutely necessary to control your breathing and try to reduce its intensity by holding it (breathing must be quiet, invisible). K.P. Buteyko method, pranayama of yoga system with long pauses after inhalation and exhalation, breathing through Frolov apparatus, breathing under a dense blanket are more suitable methods for this. All these methods are aimed at preservation and accumulation of carbon dioxide (CO<sub>2</sub>) to normal values of 6.5% in blood. This concentration of CO<sub>2</sub> is maintained in blood of healthy people and only under such conditions, atmospheric oxygen (O<sub>2</sub>) is fully delivered to all tissues of a body. The concentration of CO<sub>2</sub> in value of 6-6,8% in comparison with other gases in blood is a condition that promotes the maximum release of bioactive substances and lead all organs and systems of a human body to the most vital activity. It also promotes reliable protection from diseases.

### Traumas and fractures of the lower extremities.

The application areas (Fig.19): main 7, 8; additional 18; auxiliary 26, 28, 30, (22, 27, 29).

**General recommendations.** In cases of fractures you should act on a side of a fracture on all free surfaces above and below a fracture site (excluding gypsum cast). Both an applicator and a roller can be used. It is also possible to use various dynamic applicators – belts, ribbons which should be fixed on necessary areas for longer time of 30 – 60 minutes 2 – 3 times a day. Duration of an action on a side of a fracture is 2 times longer than on an unaffected leg. For example, duration of action with static applicators on the lumbosacral area and an affected leg should be 15-20 minutes and symmetrically – on an unaffected leg – 5-7 minutes.

In case of traumas the same method is to be applied.

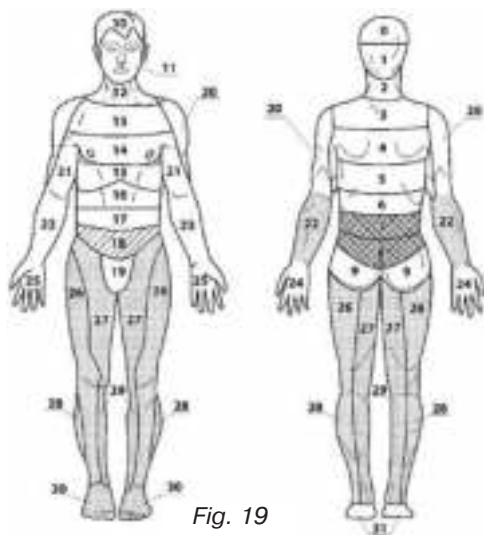


Fig. 19



**Additional recommendations.** In order to treat traumas and fractures, an applicator should be placed on a section of spinal column which corresponds to segmental innervation of an affected extremity for 15-30 minutes, and then above or below a fracture site for 15-30 minutes.

If there is no injured skin in a zone of trauma, it must be affected with an applicator for 15-20 minutes or with a roller for 10-15 minutes. To enhance a treatment effect you should periodically irritate (for 3 to 5 minutes) a zone on an unaffected extremity which is symmetrical to a site of a fracture on a zone on an affected extremity, with an applicator or a roller.

### Diabetes mellitus.

The application areas: (Fig.20): main 5, 6; additional 16, 17; auxiliary 1, 2, 23, 29, 31.

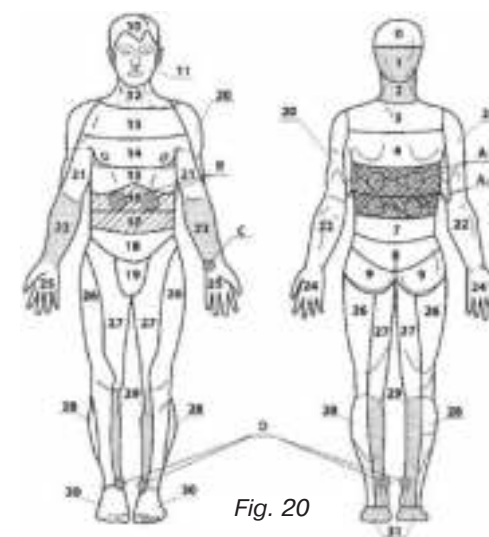


Fig. 20

**General recommendations.** Besides the above mentioned areas where the applicators can be used, satisfactory results are obtained by attaching small applicators for rather long periods of time (30-60 minutes) to areas **A, B, C, D** one after another, in a crisscross pattern, alternating a foot day by day. The applicator 'Droplet' on adjustable belts can be used in this case.

For example, **A1, A2** on the right, **B** on the right, **C** on the right, and next day – vice versa. Most noticeable efficiency of treatment is achieved by combining an

action of applicators with Litovit-O, Nutrikon, etc.

**Additional recommendations.** It is very important to avoid skin injuries. That is why the needle space must be smaller (3,5 – 4,9 mm or use insole applicators as there are additional limiting rolls on them).

You shouldn't lie down on your back. The applicators' positioning is at lying on abdomen position. Use gauze pad soaked in water or analgin to enhance galvanic effect. Put a small bag with sand on the back.

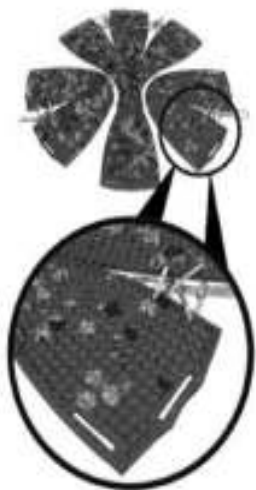
Feelings must be pleasurable, painless. Exposure time is not longer than 20 -30 minutes.

It is compulsory to affect feet, legs through a fiber with a roller (many people suffer from polyneuropathy of low extremities). It is good to use Insole Applicators at sitting position to avoid traumatism.

In case of diabetes mellitus the multi-needle therapy stabilizes glucose level in blood. In insulin-dependent cases the applicators can be added to the effects of insulin therapy; it is also possible to reduce insulin dosages while constantly monitoring the glucose level in blood. Remember! You must consult a specialist!

## LYAPKO CAMOMILE APPLICATOR

Lyapko Camomile Applicator is designed for complex therapy and prevention of various disorders and pathological conditions. It is a universal applicator, as it can be used in static and dynamic variants. Its characteristic features are unusual shape, large action area and movable "petals". It can be placed on the back, shoulder girdle, thorax, lumbosacral region, stomach, major joints. By attaching an applicator to various zones with the help of elastic bandages, a patient gets possibility to move actively during a treatment session.



Duration of a treatment session is :

- for alleviation of acute severe pain, increasing arterial pressure (in case of hypotension), vitality and working efficiency – 7 - 10 minutes;
- for elimination of continuous chronic pain, relaxation, diminishing arterial pressure in case of hypertension, obtaining soporific

effect – 15 - 30 minutes.

Selection of application zones must be based on the patterns described above.

When Camomile Applicator is being used on the hairy side of the head, e.g. to get rid of a headache, it is necessary to check arterial pressure prior before and after the treatment. For patients with high arterial pressure the duration of action is 15 -30 minutes, for patients suffering from hypotension it must not exceed 7 - 10 minutes.

## LYAPKO CAMOMILE M APPLICATOR



Lyapko Camomile M Applicator is a universal, multifunctional applicator. Its characteristic features are unusual shape, big area of influence, availability of 'flexible petals' which can easily adapt to any body area. Moreover, you can divide Lyapko Camomile M Applicator according to the existed lines in order to get different segments. These segments can be used for applications on different hard-to-get body areas. There are some holes in several segments. Lace is passed through them in order to join 'petals' and get neces-



sary shape. There is a hole at the end of each petal. Elastic with fastex closures are passed through the holes. Due to this Lyapko Camomile M Applicator can be fixed and the power of pressure can be regulated. Intensity of influence is chosen by each patient individually.

Applicator which is divided into segments can be easily transformed to its primary form with the help of lace. Some of possible variants are demonstrated on the package.

Availability of Lyapko Camomile M Applicator in several modifications expands opportunities of its appliance.

Different body areas can be effected with Lyapko Camomile M Applicator: head (headache, problems with hair growth), cervical-collar zone, back, pectoral arch, thorax, vertebra zone, sacrolumbar zone, areas of abdomen, clunus, perineum (diseases of pelvic organs, inflammation of uterus and adnexas, cystitis, urethritis, prostatitis, sigmoiditis, hemorrhoid, anal fissure, astysia, frigidity, enuresis), etc.

Large joints and feet can be also successfully effected with Lyapko Camomile M Applicator due to its flexibility, which allows it to be in close contact with the skin without its damage. A patient can move actively during treatment session due to applicator fixation on areas of large joints, back, pectoral arch, thorax, abdomen, clunus, perineum with the help of elastic.

Duration of treatment session is defined by the intended effect:

- toning effect, pain relief, increase of working efficiency and blood pressure: 7 – 10 minutes;
- relaxation, pain control at chronic diseases, decrease of blood pressure, soporific effect: 15 – 30 minutes.

The main condition of successful treatment is correct positioning on the applicator.

At proper positioning the relative discomfort of the first 5 minutes comes into sensation of pleasant heat, vibration, pulsation. It's good if a treatment session finishes with healthy sleep. To place an applicator properly it is necessary to simulate bends of a backbone as exact as it is possible by means of the laid pillows and/or by the towels which are curtailed in rollers.

At discomfort within 10–15 minutes an applicator should be taken away and it can be used again only in 5 - 10 hours or next day.

The reasons for uncomfortable sensations can be: wrong positioning of applicator, (inequality of pressure on needles, slipping off an applicator, accompanied with skin damage).

For elimination of these phenomena it is necessary to rise above the applicator and lay on it once again, having enclosed a soft roller under knee joints.

Duration of treatment session: 1–2 weeks.

Treatment session can be repeated in 2–3 weeks.

There is positive practical experience of durable applicator appliance during several months. Constant health improvement, pain control at chronic diseases, weight loss, increase of working efficiency are observed.

**INDICATIONS FOR USE OF LYAPKO CAMOMILE APPLICATOR and LYAPKO CAMOMILE M APPLICATOR**

- Diseases and damages of locomotor apparatus: defatigation of the neuromuscular apparatus; myositis, myodonia; tenosynovitis; damage of ligamentous apparatus of spine column and joints of extremities; scoliosis; traumas, fractures, postoperative conditions.
- Diseases of nervous system: recovery after craniocerebral traumas and insults; neurologic displays of an osteochondrosis of backbone; lumbargo, neurosis, neuralgia, myasthenia; hysteria, neurasthenia, insomnia; sexual neurosis; night enures; hemicrania; Raunaud disease; infantile cerebral paralysis.
- Diseases of heart and vessels: hypertension, hypotonia, ischemic heart disease (cardiac angina, cardiosclerosis); varicosity of lower extremities, hemorrhoids.
- Respiratory diseases: nasal catarrh, angina, laryngitis, bronchitis, pneumonia, bronchial asthma (of allergic origin too).
- Digestive organs diseases: gastritis; stomach hypotonia; stomach ulcer; dyskinesia of intestinal canal; constipation; renal colic; gall-bladder dyskinesia; pancreatitis.
- Tocogynecology: early toxicoses; hypogalactia; maintenance of pregnancy; anesthesia and regulation of labor contraction, restoration in the postpartum period and after cesaren section.
- Gynecopathies: menstrual disorder (menolipsis, dysmenorrhea); adnexitis; climacteric syndrome; infertility.
- Urology: glomeruniphritis, pyelonephritis; renal colic; cystitis, cystalgia; prostatitis; adenoma of prostata gland.
- Skin diseases: neurodermatitis; nettle rash; skin itch; eczema.
- Stomatology: toothache; anesthesia at stomatologic manipulations.
- Endocrine diseases: hypothyroid; diabetes; alimentary obesity.
- Relieve of abstinence syndrome at alcoholism and smoking.
- Cosmetology, pediatriy.
- Rejuvenescence of vitality, good mood and working capacity.

**LYAPKO APPLICATOR-BELT**

***Curing while moving – double effect!***

*Lyapko Travel Mate Applicator-belt*

*Lyapko Little One Applicator-belt*



Are you very busy and have no time to use an applicator? Can't you give up watching your favourite TV show or playing computer game? Would you like to use an



applicator, but you've got no time to lie on it? The applicator-belt will solve all these problems.

Now a surface acupuncture procedure has become even simpler, convenient for patients and widely accessible. Reliable fixing locks an applicator-belt directly to a pain area, an area of reflected pain, an area of pain irradiation or a projection area of an affected organ, an area of biologically active points and meridians. Proposed patterns allow to act on main, additional and auxiliary areas in turn, alternately or selectively.

The fixing locks ensure equal applicator pressure against a surface of a body and enable a person to move freely, to go on with his/her work and to be treated at the same time. You can attach an applicator yourself, without any help from outside – an attachment process is simple, quick, reliable; the applicator belt can be fastened to any part of a trunk of a body, extremities, joints. This is facilitated by adjustable length of a belt.

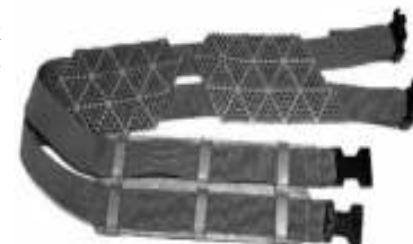
Duration of a treatment session depends on a type of an action required:

- toning – 7 to 10 minutes;
- relaxation – 20 minutes to 2 hours;
- elimination of acute pain – 10 to 15 minutes;
- alleviation of chronic pain – 30 minutes to 2 hours.

**LYAPKO UNIVERSAL APPLICATOR-BELT**

Universal Applicator-belt is Lyapko applicator which is produced in a special way.

Universal Applicator-belt consists of 3 plates and 2 adjustable belts, which allow you to move a plate, choosing a comfortable position to influence any part of a face, scalp, neck, ears and it can be also used for other parts of a body: knees, elbows, hips. This allows to use an applicator not only in ophthalmology, but also in cosmetics, dentistry, otolaryngology, neurology and it's possible to have reflex action effect on all organs and systems through the points on ears, including the liberation of alcohol, nicotine and other addictions.



It is recommended for children and adults. The Universal Applicator-belt appliance is possible individually and in combination with other treatment methods. Systematical Universal Applicator-belt

attachment on different areas of face and on pilous part of a head helps to get rid of headache, to remove tense anxiety, to improve eyes metabolic processes and nerve conduction of visual nerve, to improve memory and quality of sleep, to improve circulation of blood in the areas of brain and eyes, enhancing oxygen supply to tissues.

Use of Universal Applicator-belt provides a comprehensive curative effect on eyes and area around the eyes. It helps to relax the eyeball muscles, relieve eye tension, improve the functional regulation of the ocular muscles and optic nerve, increase oxygen delivery to tissues of eyes and brain, improve blood supply to vessels and metabolic processes in the shells of eyes. It helps to restore accommodative function of lens, the physiological elasticity of ciliary muscle relax and train eye muscles, making them more supple and elastic.

It is used **to maintain and improve vision**, as well as to treat and prevent nearsightedness, farsightedness of mild or moderate severity, pseudomyopia, treatment of glaucoma, cataracts, muscular asthenopia, optic nerve atrophy, diabetic retinopathy. It is used for children in a complex treatment of mild and moderate amblyopia. It is aimed to prevent computer oculopathy, remove wrinkles and improve skin elasticity around the eyes.

In **children practice** the Universal Applicator-belt is recommended to be used on eye area since 5 to 16 years old under adults control. It is advisable to apply it during the treatment of amblyopia of light and middle extent.

Firstly, a child should be encouraged with your own example: a mother puts the Universal Applicator-belt on her closed eyes. By this she shows that it is safely and painless. It is important to describe your pleasurable feelings and usefulness of this procedure. All these can be as a game, at a sitting or lying position. After this a mother should put carefully the Universal Applicator-belt on child's closed eyes several times without fixing the locks. When a child is calm, he gets used to new feeling and understands that it is safely, the Universal Applicator-belt can be fixed for a minute. During this a mother must keep child's hand and speak to him (read fairy-tales, remind something pleasurable for a child or draw visual images) in order he feels mother's physical presence. You should always remind a child that the **eyes must be closed** and he shouldn't try to open them.

Applicators should be applied on closed eyes 1 – 2 times a day, gradually increasing the time of a procedure up to 5 – 7 minutes. A treatment session is 7 – 10 days, it can be renewed in 10 – 12 days.

**Otorhinolaryngology:** wearing Universal Applicator-belt for 10-15 minutes improves blood circulation in frontal, maxillary, ethmoid cavities, reduces edema, improves nasal breathing and restores; at the same time you can be sheltered with a blanket or lie under the pyramid for better effect.

**Cosmetology:** an applicator impacts on face, cheeks, chin area; it improves the skin blood supply, skin turgor, oval face, removes wrinkles. Universal Belt can also be applied to any problem areas of a body.

To get rid of alcohol, nicotine and other addictions it is necessary to affect areas which are responsible for the release of a large number of biologically active substances: head, neck and collar, the whole back of spine, lumbosacral, ears. There must be simultaneous effect with an applicator on ear and neck points, abdomen and chest correspondingly.



## LYAPKO MAGIC RIBBON HEALTH APPLICATOR-BELT

It is elastic and skin permissive ribbon with fixed `combs` of needles. Wrapping with the ribbon can be as under doctor's control as individually at home.

Large action area provides the unique sanatory effect on a body during a healing process of practically all acupuncture points. After wrapping with an applicator you feel airiness, warmth, relaxation with complete restitution and energy restitution of an organism. Intensity of pressing of the Ribbon needles to a skin integument is regulated during a wrapping process. Due to these features it is easier to achieve good results in treatment and prevention of different diseases: at pain in vertebral column, joints, muscles, at headaches.



In sport, thanks to complete application affect on the whole surface, it helps to recover faster after physical activity.

- Provides accelerate recovery (after trauma, crick, fracture, operation) by means of biochemical, redox processes in an organism;
- Increases the efficiency of massage, acupuncture in 2 – 3 times.
- Increases sportsman's speed and power endurance;
- Increases working efficiency.

Duration of a treatment session depends on a type of an effect, you have chosen:

- toning – 7 to 10 minutes;
- relaxation, alleviation of chronic pain – 20 minutes;
- elimination of acute pain – 10 to 30 minutes;
- increasing of working efficiency, endurance – 8 – 12 minutes;
- recovery after training session, sport games 15 – 30 minutes;
- recovery after trauma, operation, etc. - wrap yourself 2 – 3 times a day for 2 – 10 minutes above or below an injured area. If there is access and skin integration, an injured area is also affected. In cases of legs and hands traumas the area of a healthy extremity which is symmetrical to an injured area must be wrapped. It is advisably to affect simultaneously or gradually area of vertebral column in a zone which suits to innervation of roots of spinal nerves.

For extra abilities, additional adaptation mechanism of a treatment session can be prolonged up to 40 – 60 minutes with additional forced breath-holding with the help of conation or breathing pyramid. Light massage or infriktion of oil in combination with medicinal herb is advisable after applicators usage.

## LYAPKO NEEDLE BALL APPLICATOR

Development of fine motor skills and pselaphesia is a great motivation to improve perception, attention, mentality, speech, coordination of movements, imagination and memory. There are a lot of different methods which are focused on the development of fine motor skills. All of them require additional facilities and devices. One of them is Lyapko Needle Ball Applicator. Lyapko Needle Ball Applicator is presented in the form of sphere. It is made of medical rubber with fixed needles in it. The needles are made of necessary for person's body metals (cooper, iron, silver, zinc). Needle step is 4 mm. Applicator's diameter is 55 mm.



Particularities of construction, reflexive mechanical and galvanic-electric properties of Lyapko applicators allow to achieve good therapeutic effect. Application of Lyapko applicators help to activate nervous, cardiovascular, skeletal, digestive, immune and other systems.

### How to use Lyapko Needle Ball Applicator

At disorders of nervous system conduction and psychic activity it is recommended to influence on palms and feet, which are projection zones of all vitals ans systems of a body. Such local influence helps to develop fine motor skills and pselaphesia, promotes development and repairment of brain functions.

Lyapko Needle Ball Applicator is good for use in `finger gymnastics`. It is widely used by pediatric psychologists, valeologists, logopedists, recreation therapists, neurologists and speech pathologists. In other words it is used by doctors who work with children suffering from speech delay, psychomotor development, neurodevelopmental and neuromuscular delays, logospasms, ICP and other diseases.

### Indication for use of Lyapko Needle Ball Applicator

- at injury of articular-ligamentous apparatus of feet and hands for repairment of movement function of feet, hands and fingers;
- at cranium-brain traumas, insults on the stage of home recovery;
- at disease of peripheral nerve;
- at stress condition of vegetative nervous system, dominance of sympathetic part of vegetative nervous system (evidence of this is cold hands, asleep fingers);
- to treat psycho-speech disorders;
- to prevent and eliminate tiredness of fingers, to get ready hands for writing, to increase working capacity, to reveal nervous tension (a sign of nervous tension is cold hands), to use as a sanative technology in the process of education (gymnastics for fingers in schools for children);
- to prevent carpal syndrome (disease which is caused by durable improper



positioning of a hand at work with such manipulative devices as a computer mouse and a keyboard);

- to reduce hankering to smoke and to replace a bad habit of holding a cigarette in hands by influencing with Lyapko Needle Ball Applicator on palms;
- to get ready hands for playing musical instruments by revealing woodiness, toning minuscules, eliminate the coldness of fingertips which is caused by thrill, to reveal tiredness and pain of brachium which are caused by long training;
- to cope with stress (there are a lot of teleneurons and biological active points in the palms; influencing on them the feel of relaxation is usually achieved).

To reveal pain and to achieve the effect of inhibition influence with Lyapko Needle Ball Applicator on pain areas and problem points from the center to the periphery. Influence counter-clockwise during 15 – 20 minutes.

To achieve the effect of stimulation influence the points of gross spectrum. Influence clockwise during 7 - 10 minutes from the center to the periphery.

Lyapko Needle Ball Applicator is a device of intense influence on the pain areas and on problem points of the person's body.

If there is a point of tenderness is in lumbosacral of spinal cord, you can lie with all your body on Lyapko Needle Ball Applicator. Put bolster or roller under opposite symmetrical side to reduce the pressure.

It is possible to carry out orthopedic alignment influencing the cramped muscles.

For toning effect influence with Lyapko Needle Ball Applicator in the direction of the energy movement along the channels. Effect during 7 – 10 minutes until light hypermia appears. To get sedative effect influence against energy movement along the channels. Effect during 10 – 15 minutes until strong hypermia appears.

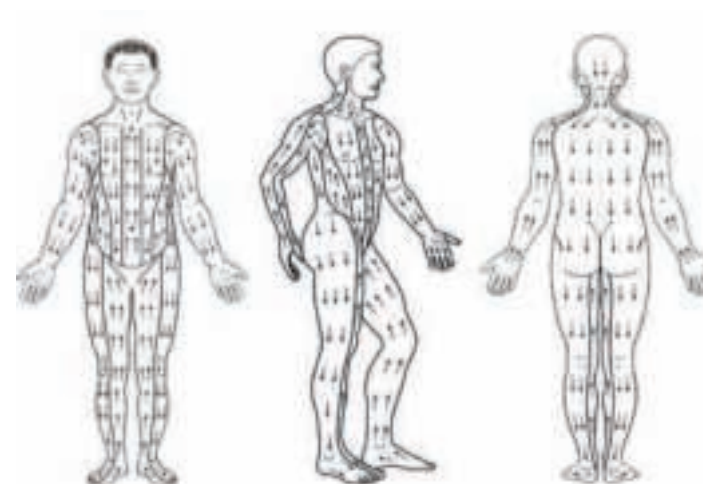


Fig. 21. The scheme of direction of energy channels for influence with Lyapko Needle Ball Applicator on them.

The path of energy channels is described in reflexotherapy manuals.

**First aid.**

At emergency (loss of consciousness) influence with Lyapko Needle Ball Applicator on tips of the fingers of hands and legs, on earlob and on a tip of the nose. Procedure duration is 20 seconds with a pause of 15 seconds. Carry this procedure out 2 or 3 times.

At pain syndrome Lyapko Needle Ball Applicator should be applied on the point of tenderness or on the correspondent to the problem point (follow the schemes of acupoints placement). Procedure duration is 5 – 10 – 20 minutes.

At trifacial neuralgia, sympathalgia and toothache use Lyapko Needle Ball Applicator additionally on the most painful zones (10 – 30 minutes) and on symmetrical zones (2 – 5 minutes). Influence also on the earlob of the healthy side.

Cardialgia (heartache) as a rule is followed by osteochondrosis of cervical and thoracic spines. Influence on points of tenderness in the zone of breast, paravertabral zone, projection zone of hands and feet. In order to enhance the effect symmetrical zones and points of opposite side should be also influenced. For instance, pain zone is on the left – influence on the right.

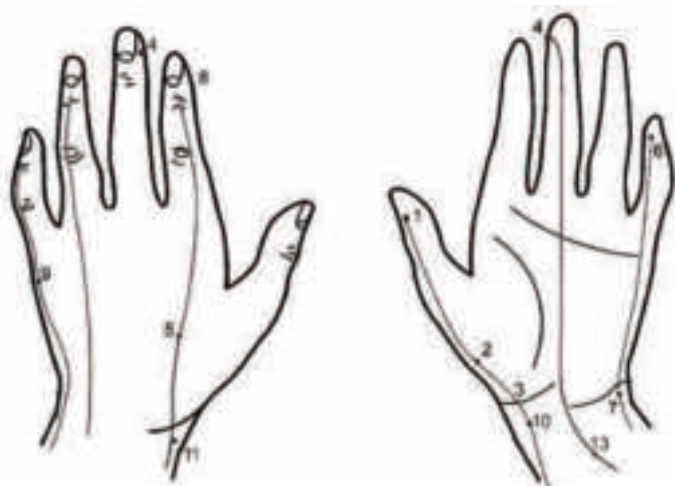


Fig. 22. Zones and points of upper extremities for appliace of Lyapko Needle Ball Applicator at different diseases and states.

1. Shao-shang (P11) – is a biologically-active point, it is influenced at medical emergency. Indications: respiratory affection, coughing, coma, faintness, laryngitis, pharyngitis, fever, exanthema, itch.
2. Yu-li (P10) - indications: coughing, apleuria, sore throat, chest pain, back pain, fever, headache, insomnia.
3. Tai-yuan (P9) - indications: dyspnea, apleuria, dry mouth, pain in shoulder joint, intercostal neurolgia, insomnia, headache, depression, low blood pressure.



4. Chzhun-chun (MC9) – indications: heat apoplexy, heartache, headache, psychic tension, athenia, faintness, memory disorder.
5. He-gu (GI4) – indications: Bell’s palsy, noise in ears, headache, toothache, sore throat, nosebleed, a point of first aid at low pressure (not recommended during pregnancy).
6. Shao-shung (C9) – indications: heartbeats, asphixy, headache, arrhythmia, disorder of brain blood circulation, a point of first aid at faintness.
7. Shen-men (C7) – indications: asphixy, headache, memory disorder, insomnia, fever.
8. Hou-si (IG3) - indications: coma, faintness, throat edema; eyes pain at glaucoma; noise in ears, deafness; pain in shoulder joint and back, numbness of fingers, fever.
9. Hou-si (IG3) - indications: headache in the hind head, muscle tension in the hind head, conjunctivitis, nosebleed, noise in ears; pain in shoulder muscles; palsy of upper extremities; epileptiform spasmus.
10. Le-tsue (P7) - indications: headache in the temple, heartache, coughing, asphixy; trifacial neurolgia.
11. lan-si (GI5) - indications: headache, toothache; noise in ears, deafness; rhinitis, sore throat; pain in wrist joint and hand.
12. Nej-guan (MC 6) - indications: heartache, stenocardia, tachycardia; diseases of thoracic organs, coughing, laryngitis; high blood pressure; eructation, vomiting, stomachache; sleep disorders.

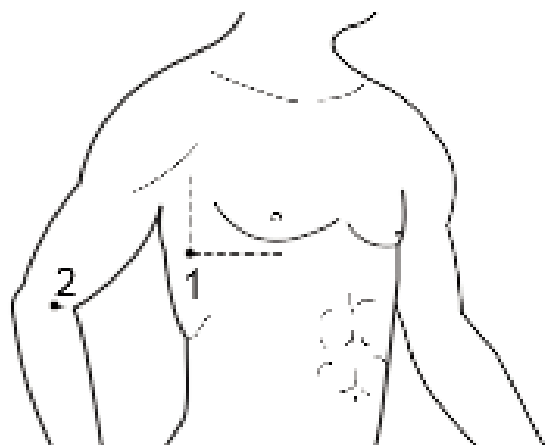
Fig. 23. Zones and points of lower extremities for appliace of Lyapko Needle Ball Applicator at different diseases and states.



1. Tszu-san-li (E36) – indications: borborygmus, flatulence, eruction, distention, diarrhoreal disease, pain in abdomen, enuresis, fever.
2. Sun-in- tsao (RP6) – indications: stomachache, loss of appetite, alvine flux, vomiting, pain in abdomen, impotency, enuresis, stranguria, defatigation.
3. Kun-lun (V60) - indications: headache, faintness, pain in eyes; nose bleed; muscle tension in the hind head; ischias, back pain; high blood pressure, hemorrhoid.
4. Jan-lin-tsuan (VB34) - indications: diseases of liver and gall bladder; gonitis; ischias, lumba-

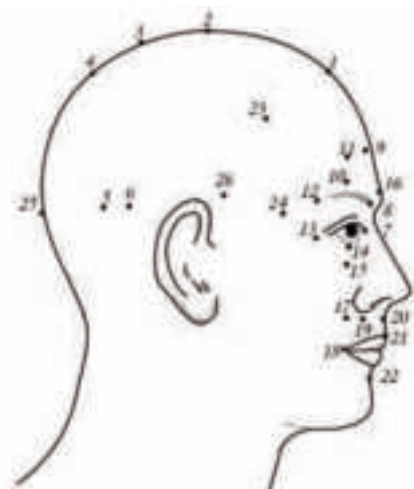
go, eructation, habitual constipation; faintness, atherosclerosis.

Fig. 24 Zones and points of body for appliance of Lyapko Needle Ball Applicator at different diseases and states.



1. Da-bao (RP 21) - indications: pain in chest, dyspnea; muscle spasmus.
2. Tsuj-chi (GI 11) - indications: pain in joints of upper extremities, paraplegia; fever; pulmonary tuberculosis; laxation disorder; nettle rash, eczema, neurodermatitis; nervous debility; high blood pressure.

Fig. 25. Zones and points of head area for appliance of Lyapko Needle Ball Applicator at different diseases and states.



1. Shen-tin (VG24) - indications: nervous debility of the first ramus of traficial, faintness, pain in eyes, bleary-eyedness, otolaryngologic diseases, emotional instability, sleep disorder, qualm.
2. Tsan-din (VG21) - indications: headache, faintness, pain in vertical zone of



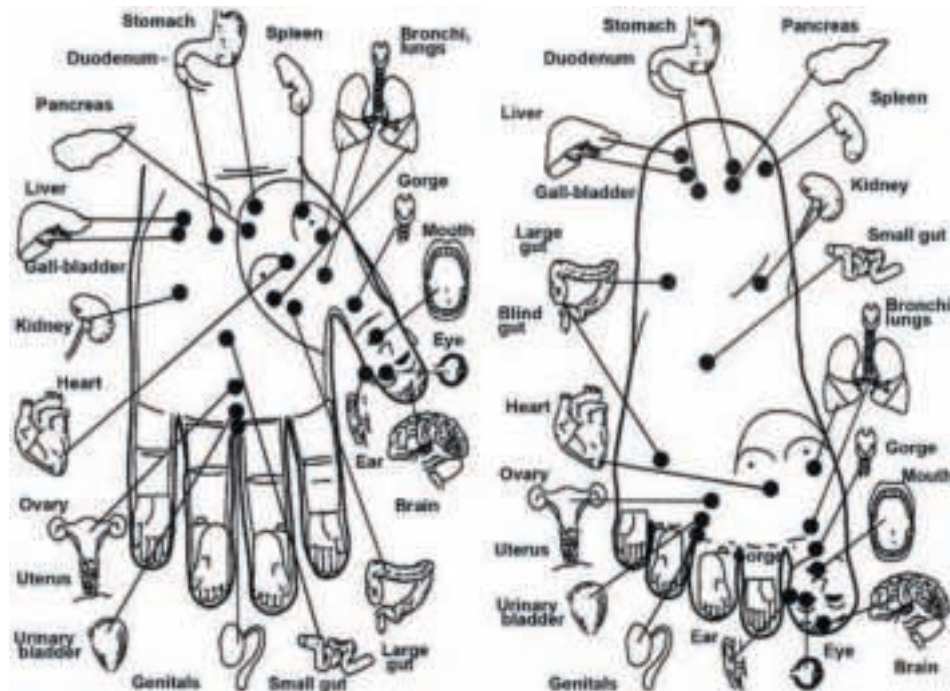
head, cerebro-vascular insufficiency; rhinitis, nosebleed, otolaryngologic disease, spasmus.

3. Baj-huei (VG20) – indications: headache, faintness, nasal blockage, hemorrhoid, convulsive attack, noise in ears.
4. Hou-din (VB19) – indications: visual loop, nosebleed, pain in neck and hind-head, dyspnea, rigidity of hindhead muscles; bronchial asthma.
5. Nao-kun (Vb19) - indications: dyspnea, nosebleed, fever, cervical radiculitis, nerve pain of hindhead nerves, contracture of neck muscles, ophthalmology.
6. Fu-by (VB10) - indications: headache, noise in ears, contracture of neck muscles, numbness.
7. Tsin-min (V1) - indications: conjunctivitis, bleary-eyedness.
8. Tsuan-chzhu (V2) - indications: headache, nervous debility of the first ramus of traficial, bleary-eyedness, palpebra spasm.
9. May-chun (V3) - indications: headache, faintness; otaringologic disease, frontal sinusitis; ophthalmopathy.
10. Yuj-yao (PC6) - indications: himecrany, ophthalmopathy.
11. Yan-by (VB 14) – indications: headache, faintness, vomiting; mimic spasm; neuralgia and Bell's palsy.
12. Si-chzhu-kun (TR23) - indications: faintness, himecrany, conjunctivitis; spasmus of facial nerve.
13. Tun-tsi-lao (VB1) – indications: headache, ophthalmopathy, bleary-eyedness, optic atrophy, glaucoma; Bell's palsy, procolgia.
14. Chen-tsi (E1) - indications: nearsightedness, farsightedness, bleary-eyedness, astigmatism, optic neurotis, retinitis, cataract, myaparesis of eyeball.
15. Si-by (E2) – conjunctivitis, glaucoma, keratitis; nervous debility of the second ramus of traficial, blepharoptosis, downturning mouth, spasmus; headache, faintness.
16. In-tan (PC3) - indications: headache, faintness; otaringologic disease; ophthalmopathy; high blood pressure.
17. Tsuj-lyao (E3) – indications: glaucoma, bleary-eyedness, nervous debility of the first ramus of traficial, ptosis of bleharon, downturning mouth, spasmus of bleharon muscles; nosebleed; toothache, pain in chicks and lips.
18. Di-tsan (E4) - indications: nervous debility of traficial, Bell's palsy, ptosis and spasmus of bleharon, downturning mouth, drooling.
19. He-lyao (Gi19) – indications: hyposmia, nosebleed, vasomotor rhinitis, palsy of mouth facial muscles, lockjaw, asthma.
20. Zhen-chzhun (VG26) – indications: faintness, hysterics with spasms.
21. Duj-duan (VG27) - indications: faintness, nosebleed, nervous debility of the first ramus of traficial.
22. Chen-tsyau (V24) – indications: nervous debility of the low ramus of traficial and facial nerve, spasms, facial oedema, hysterics with spasms.
23. Tou-way (E8) - indications: nervous debility of the low ramus of traficial and facial nerve, himecrany, conjunctivitis.
24. Taj-yan (PC9) – indications: himecrany, pain in temporal zone, nervous debility of the low ramus of traficial and facial nerve, facial spasm, contracture of facial muscle.



25. Nao-hu (VG17) - indications: headache, pain and tension of head hind muscles; pain in eyes, poor vision; neuralgia.  
 26. Suan-li (VB6) – indications: pain in temporal zone of head; ophthalmopathy; toothache; facial oedema.

Fig. 26. Lyapko Needle Ball Applicator and Su Jok therapy.



Lyapko Needle Ball Applicator can be successfully used for supporting of body by influencing with it on biologically active zones of organs correspondence on palms according to Su Jok therapy.

Have you any problems with any vitals? Examine carefully a picture with the scheme of points on the hands and feet and vitals correspondence. Identify zone with a point which is correspondent to the aching vital. Apply Lyapko Needle Ball Applicator to this zone and press it, influence with massaging actions. If you massage regularly chosen zone no hands and feet, you can significantly improve the state of aching vital.

## VARIETY OF LYAPKO ROLLER APPLICATORS

Rollers are applicators for dynamic use. All parts of the body can be effected by them: back, chest, abdomen, extremities, zone of backsides. Using rollers the therapeutic effect can be reached quicker in comparison with the appliance of static applicators. The galvanic current occurs in skin, on tips of the needles and between needles. An assistant is necessary to process back and other hard-to-get-to areas



of a body with a roller. Lyapko Roller-applicators are available in different variants:

**Lyapko Facial Roller M Applicator** (cosmetological) is intended for treatment and diagnostics. Its width is 70 mm, its diameter is 36 mm, its needle step is minimal. The influence on skin is sensitive enough due to soft sidelong rubber plugs which a roller has.

**Lyapko Facial Roller M Applicator** is especially effective when it is used to effect body areas with sharp: neck, head, face, legs and hands. It is also used for therapeutic effect on small body areas: back, chest, abdomen, zone of backsides.

**Lyapko Universal Double Roller Applicator** consists of two rollers (width is 90 mm, diameter is 52 mm, needle step is 3,5mm). Availability of two rollers provides a bigger area of a body which should be processed. Reversible property of the device provides smooth rotation of a roller. The influence on skin is sensitive enough due to soft sidelong rubber plugs which a roller has.

Using a roller it is possible to render calming (sedative) or activate (toning) action. For achieving calming effect (for example, at pains in sacrolumbar areas or in lower extremities) a treatment session should last 10-15 minutes. A big body area should be effected at the same time.

For achieving toning effect (for example, at myoparesis) a treatment session should last 5 – 7 minutes. Quick and strong excitation of skin must be achieved during the session. Needles of the roller are in contact with skin but they do not damage it. The method is effective and noninvasive, so it completely excludes an infection carry (virus hepatitis, AIDS). Reflex diagnostics of manifesting and deep-seated diseases can be run with the help of the mentioned type of rollers. The diagnostic method is based on the fact that there are certain projection zones of visceral organs on person's body. In case of disease different changes (hyperaesthesia, hyporaesthesia, fervescence, hypothermia, appearance of local edema) appear in correspondent organs.

**Lyapko Universal Roller Applicator** (with rubber plugs and curved drop rod) is intended for treatment and diagnostics. Its width is 72 mm, its diameter is 51 mm, its needle step is 3,5mm. The influence on skin is sensitive enough due to soft sidelong rubber plugs which a roller has. The availability of curved drop rod makes it possible to process your body with this kind of roller applicator without anybody's assistance.

**Lyapko Facial Roller M Applicator** (with rubber plugs and curved drop rod) is intended for treatment and diagnostics. Its width is 36 mm, its diameter is 45 mm, its needle step is minimal. The influence on skin is sensitive enough due to soft sidelong rubber plugs which a roller has. Lyapko Facial Roller M Applicator is especially effective when it is used to effect body areas with sharp: neck, head, face, legs and



hands. It is also used for therapeutic effect on small body areas: back, chest, abdomen, zone of backsides.

**Lyapko Universal Roller Applicator** (size is 72x51 mm, step of needles is 3.5 mm). Thanks to the optimal size of the working surface and space between the needles it can be used for treatment and diagnosis on any parts of the body in all age groups.

**Lyapko Big Roller Applicator** (size is 111x61 mm, step of needles is 5.0 mm) has a maximum space between needles and maximum working surface. With its help you can quickly and efficiently affect on large areas of the body. It is recommended for patients with a large body constitution and weight.

**Lyapko Facial Roller Applicator** (size is 40x51 mm, step of needles is 3.5 mm) makes it possible to impact on any areas of the body, but it's the most convenient to affect on the face zone for relieving pain and spasms, an area of the scalp, zones of small joints of the limbs, hands and feet. It is recommended in cosmetology, it is very convenient for accurate reflector diacrisis.

**Lyapko Universal Roller M Applicator** (size is 72x51 mm, step of needles is 3.5 mm). Thanks to the optimal size of the working surface and space between the needles it can be used for treatment and diagnosis on any parts of the body in all age groups. The influence on skin is sensitive enough due to soft sidelong rubber plugs which a roller has.

#### INDICATIONS FOR USE of different types of LYAPKO ROLLER APPLICATORS

1. Diseases and damages of locomotor apparatus: defatigation of the neuromuscular apparatus; myositis, myodonia; tenosynovitis; damage of ligamentous apparatus of spine column and joints of extremities; scoliosis; traumas, fractures, postoperative conditions.

2. Diseases of nervous system: recovery after craniocerebral traumas and insults; neurologic displays of an osteochondrosis of backbone; lumbargo, neurosis, neuralgia, myasthenia; hysteria, neurasthenia, insomnia; sexual neurosis; night enures; hemicrania; Raunaud disease; infantile cerebral paralysis.

3. Diseases of heart and vessels: hypertension, hypotonia, ischemic heart disease (cardiac angina, cardiosclerosis); varicosity of lower extremities, hemorrhoids.

4. Respiratory diseases: nasal catarrh, angina, laryngitis, bronchitis, pneumonia, bronchial asthma ( of allergic origin too).

Digestive organs diseases: gastritis; stomach hypotonia; stomach ulcer; dyskinesia of intestinal canal; constipation; renal colic; gall-bladder dyskinesia; pancreatitis.

5. Tocogynecology: early toxicoses; hypogalactia; maintenance of pregnancy; anesthesia and regulation of labor contraction, restoration in the postpartum period and after cesaren section.

6. Gynecopathies: menstrual disorder (menolipsis, dysmenorrhea); adnexitis; climacteric syndrome; infertility.

7. Urology: glomeruniphritis, pyelonephritis; renal colic; cystitis, cystalgia; prostatitis; adenoma of prostata gland.

8. Skin diseases: neurodermatitis; nettle rash; skin itch; eczema.

9. Stomatology: toothache; anesthesia at stomatologic manipulations.

10. Endocrine diseases: hypothyroid; diabetes; alimentary obesity.

11. Relieve of abstinence syndrome at alcoholism and smoking.

12. Cosmetology, peditry.

13. Rejuvenescence of vitality, good mood and working capacity



## PHARAO MASSAGER

*If a person cares about his health himself, it is difficult to find a doctor who would know what is useful for a person's health better than a person himself knows*

*Socrates*

Ancient doctors were convinced that massage can set even hopelessly sick people on their legs. Throughout the history of mankind it kept people's spirits up and helped them to stay agile. In ancient times masseurs were made of silver, gold and fine woods. Such gift was a sign of special goodwill; it was affordable only to privileged.

"Movement is life" – this saying has been used from immemorial time, and it is really so: health of musculoskeletal system is critical for general health of a person. The benefit of a good massage lies in the fact that it helps to restore blood circulation and lymph flow in skin, muscles and bones, improves self-regulation of a body as a whole. Massage awakens that power with which nature endowed us and which helped the human race to survive in harsh conditions of the ancient world.

Today it is hard to imagine an ideal healthy way of life. People have to be specialized in something which leads to a situation when some of the body's systems are not required and they cease to play their role in keeping a person alive and healthy. If a certain element of a system does not take part in a general process, any self-regulating system will be out of order sooner or later.

It is known that many illnesses are caused by disruptions in the movement of energy along energy channels and meridians, when in some places the energy is in excess and in other places there is a shortage of it. In the places with accumulated excessive energy the muscles get overtaxed, functions of other systems of the body are disrupted, which leads to the pressure on the upper receptors of nerve trunks. It causes degeneration of neuromuscular system. The area in question then becomes the area where the energy is lacking. This area is incapable of expelling harmful substances and slags from the body. This leads to creation of pre-conditions for edemas, benign tumours that frequently become malignant. If excessive energy is accumulated in the internal secretion glands, the hormonal balance of the body is ruined.

Altered energy conditions can provoke an appearance of nodes in the thyroid gland.

The mission of massage is to restore harmony in the system.

The essence of the method lies in putting the stagnating energy into action, restoring connections with other, normally functioning systems, regulating balance of energy and introducing the information about the fact that they can work in harmony again in the normal, 'healthy' mode into the main information centre of the nervous system.

All these problems are quickly, reliably and efficiently can be solved by your "home doctor" – Pharaoh Masseur!

Pharaoh Masseur implements the idea of a cathedral pyramid, which being a prototype of a tetrahedral pyramid, shares its healing properties. Trihedral pyramid is a symbol of harmony, since its edges and facets are at equal angles to each other.

Made of ecologically pure wear-resistant polymer which is not electrified in the result of friction, the massage allows to maintain a favourable structure of the field which is especially important for massage of the head.

Pharaoh Masseur is an experimentally selected geometrical figure, proportions of which practically comply with the principle of the golden section. Structurally the massager resembles a molecule of methane gas which is the building block of universe. Additional protrusions on massaging surfaces – small bulges of various shapes (semi-spheres and cones with tops rounded off) – transform each sphere into a well-balanced pyramid. These protrusions improve utilization efficiency of the masseur properties. The protrusions form a combination of complex lenses which, in their turn, focus light energy bunches and direct them to the treated area.

On top of the masseur there is a `crown` which makes it still more unique. Its shape in miniature resembles a tetrahedron, one of the legs of which is turned so that all protrusions have the same direction.

Unlike other existing masseurs, the Pharaoh has more massaging properties; its four planes with different curvature radii of the working protrusions enable it to give four kinds of general and segmental massage and five kinds of pointillage massage.

Alternate use of each of the masseur's sides gives different sensations, which makes the masseur a universal massaging tool. You can select its properties for any particular age, body weight, threshold of sensitivity, and for any specific problem, which is impossible to do when using other masseurs.

The Pharaoh provides beneficial effect on the energy condition of a person which positively effects the immune system, and this, in its turn, normalizes general health conditions.

During massage and after it the tissues generate good vibrations of high intensity which correct negative and weak vibrations of the impaired tissues making them vibrate with a `healthy` rhythm.

#### **Application methodology**

The masseur can be applied with varying degrees of intensity. For this purpose it should be turned in such a way that the protrusions selected by you were in the region of the working surface. The sharper the protrusions are, the deeper and the more intensive massage can be given.

#### **Four degrees of massage intensity:**

1 - light massage – it is delicate superficial massage with large-radius spheres (base of the pyramid) ;

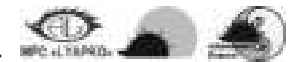
2 - more pronounced massage – it is given by making use of large semi-spheres located on the main spheres; the surface layers of the muscles are affected;

3 - deep massage – it is given with cone-shaped protrusions with sphere-shaped tops. Muscles are massaged to the full depth;

4 - high efficiency massage – it is the most intensive massage which is designed for deep treatment of muscles, tendons and also for massage up to periosteum; it is given by making use of the sharpest cone-shaped protrusions.

With superficial massage with cone-shaped protrusions an effect of light, very pleasant, tingling action is achieved. It eventually becomes sheer ecstasy.

Duration of massage and its intensity are determined by the required effect. Continuous (up to 15 minutes and longer) massage is instrumental in relaxing the muscles, creating sedative (relaxing) effect.



Short-time (3-5-7 minutes) massage has toning (stimulating) effect.

During a treatment session it is necessary to do rotary clockwise movements or longitudinal movements of `up – down` type. To facilitate smooth gliding movement, massage should be given through thin fabric or a light garment. For massage it is necessary to use various ointments and creams. Pharaoh Masseur assists their uniform distribution over the skin and efficient absorption of medicinal ointments, balsams, anti-cellulites creams. A wide range of such ointments is produced by ARGO Co. Esobel and Florenta creams, Pikhtovy and Kedrovoy balsams, Artro-khvoya cream-balsam and others. Complex use of cream and masseur makes it possible to enhance the efficiency of cream application in 3- to 5-times and to utilize it more sparingly.

By using Pharaoh Masseur it is possible to give general, segmental and pointillage massage.

General massage acts beneficially on the whole body bringing harmony to all its systems. For toning, it is recommended to give the deep or high-intensity massage (3rd and 4th degrees of intensity) for 5 to 7 minutes, and for relaxation – 1st and 2nd degrees of intensity for 15 minutes.

Segmental massage acts beneficially on certain body systems, normalizes functioning of internal organs, depending on reflexosegmental connections of the areas of the body to which the massage is given.

Pointillage massage is one of the acupuncture methodology. It acts on biologically active points, providing therapeutic or preventive effect.

Massaging with one sphere or any of its protrusions is used for massage of certain groups of muscles (muscles between the ribs, muscles in hands and feet).

Using the spikes of the "crown" it is possible to give more accurate massage of areas of correspondence which are used in Su Jok therapy on hands and feet.

Simultaneous massaging with 2 spheres is used for massage of long muscles of the back and the muscle groups of shin, thigh, shoulder, paravertebral muscle groups.

It is possible to give anti-cellulites massage by moving the masseur upwards from knee to thigh and on other trouble areas. The best results are achieved by involving 3rd and 4th intensity regimes. This kind of massage destroys cellulitic deposits and stimulates blood circulation, energizes the cells of skin, muscles, assists in their regeneration. As a result, conditions for inducing metabolic processes and disintegration of fat are created. Before a session of anti-cellulites massage it is important to get warm (with the help of a bath, shower or sauna).

Pharaoh masseur is a universal body weight regulator. To lose weight, you have to treat the region of abdomen, spine, lumbar spine, thighs for 20 - 40 minutes before meals using 3rd and 4th types of protrusions.

Some users are happy to skip a meal after such massage. In order to gain weight it is recommended to use massage for 5 - 15 minutes after a meal making use of 1st and 2nd types of protrusions.

Pharaoh manual masseur is recommended for use at home, in massage and manual therapy centres, rehabilitation centres, cabinets of therapeutical physical culture, other medical institutions and centres.

Pharaoh masseur enables a professional manual therapist not only to add an original and patient-friendly method of massage to his/her arsenal, but also to enhance (thanks to ergonomic design of this masseur) his/her working efficiency in 2- or 3 times.

#### **Precautionary measures**

Prior to massage check whether the spheres of the masseur are not damaged. If

there are mechanical damages, they have to be polished by a needle file or sand paper.

It is not recommended to give massage in case there are abscesses (furuncles) and other major skin damages, and it is not indicated to treat the areas of enlarged lymphatic nodes and in case of diseases accompanied by high temperature.

Pharaoh masseur is to be kept in its original packaging, as it is manufactured in the shape of a pyramid. The pyramid corrects the structure of space bringing it closer to the state of harmony within the area of its action. When the masseur is placed inside the pyramid, it cleans of negative information fields and receives a positive charge of three most powerful field structures –  $\Omega$  and  $\mu$ .

Combined use of Lyapko applicators, needle rollers and Pharaoh masseur enhances their therapeutical effect. Besides, massage after the use of applicators allows to improve diffusion of useful metals from the skin via blood throughout the whole body. Comfortable, easy-to-handle and, most importantly, affordable Pharaoh masseur will spare you from many troubles, it will become your good friend and loyal protector of your health!



## PHARAO - M MASSEUR

Unlike existing masseurs, "Pharao - M" possesses much more expressed massage properties. By means of 4 plain surfaces with various curvature radiuses of working protrusions four types of the general and segmentary massage and 5 types of pointillage massage can be provided.

Alternate use of each of sides of a masseur causes various sensations of patients that provides omnitude of its application. This is a possibility of selection of intensity and depth of massage for any age, weights of a body, a sensation threshold, a specific problem. You can not do this using any other masseurs. For strengthening medical effect the magnet is built in the basis of a masseur Pharao - M. It creates a constant magnetic field of the size adapted for a human body.

Availability of a magnet allows to render complex medical influence on a patient organism — massage + magneto therapy.

Magneto therapy is a method based on the influence on person's body with magnetic fields for achieving therapeutic effect. The maximum effect of magnetic field can be achieved if a magnet is directed on the massaged area.

The low-power magneto therapy renders anti-inflammatory, decongestive, soothing, calming effect. It possesses capacities of spasmolysis of bronchopulmonary structures, reduction of arterial pressure, improving brain, regional blood circulation and microcirculation, stimulation healing of wounds, raising immunity.

### Examples of indications for masseur use

«PHARAO - M »:



1. **Orthopedy.** When using the the given masseur there is stimulation of proliferative processes in cellular and pileous elements of a bone fabric which assist more faster healing of fractures. You observe decreasing of constraint, pain, edema an increasing of amplitude of movements in joints.

2. **Cosmetology.** Application of a masseur «Pharao — M » increases the efficiency of lymphatic drainage in fabrics of all organism. It is possible to use at a cellulitis, skin ageing, insufficiency of blood circulations, for correction of the form of a body, at hematomas (bruises), skin itch, cheloid scar, face and extremities hypostases.

3. **A cerebrovascular pathology.** Short-term low-power magneto therapy improves a condition of blood system of brain and superficial vessels, stimulates nutrition for brain tissu, first of all, due to delivery of oxygen, increases brain resistance to hypoxia, normalizes arterial pressure, reduces a rhythm of cordial reductions.

4. **Sabacute and chronic diseases of urinogenital area.** Use of a masseur "Pharao- M" as one of means of recovery at inflammatory diseases leads to improvement of the general condition, decreasing of pain and dysuric syndrom, normalization of a endocrine profile at hypoestrogenic and climateric conditions, increasing of a potentiality, reduction of leukocytal and hematological indexes, improvement of immunological factor.

5. **Chronic obstructive bronchites and bronchial asthma.** Sessions of a magneto therapy are recommended to asthmatics as effective broncholytic action and more intensive absorpion of oxygen occur in magnetic field.

6. **Hypofunction of thyroid gland.** Necessary for the patient iodine is not enough digested, even if you fill a diet with seafood which is rich with iodine. This a micro-element can be well digested in magnetic field.

7. **Osteoporosis.** This disease is characterized by decrease in bone weight and infringement of microarchitecture of a bone tissue. These lead to increase of its fragility and increase of risk of fractures. At application of a masseur "Pharao-M" there is activation of a local blood-flow, improvement of microcirculation and transcapillary exchange, increase of blood supply of vitals and tissues, reduction of inflammatory process in them .

8. **Sports medicine and traumatology.** High efficiency of a masseur "Pharao-M" applications allows to restore biological rhythms after intersection of several time zones, to remove stressful loads before start, to raise physical and mental working capacity.

Masseur "Pharao-M" is an effective solution of the problems connected with treatment and preventive maintenance of sport traumas and posttraumatic complications, as a rule, connected with locomotorium: degenerate diseases of joints and backbone, inflammatory diseases of joints and vertebral column, bruises and fractures, etc.

9. **Traumas of peripheral nerves.** The spinal cord, especially its grey substance, also shows high magnetic sensativity (activation of regenerative endocellular processes, decrease in sensitivity of peripheral receptors, improvement of conductivity function).

Therefore the magnetic field of a masseur "Pharao-M" influences favorably

on restoration of functions of injured peripheral nerves.

**The masseur "Pharao-M" can effectively be applied in case of neurocirculatory dystonia on hypertonic type, neuroses, insomnia, symmetric gangrene, obliterating endarteritis, diabetic angiopathy, varicose disease and others disease of vessels of extremities, degenerately-dystrophic diseases of backbone and joints (osteochondrosis, spondylosis, osteoarthritis), etc.**

### PRECAUTIONS:

The magneto therapy, despite of all naturalness of a method, has precautions:

1. Availability of the artificial driver of a rhythm (cardiostimulator).
2. Acute thrombosis, aneurysm of heart and large vessels.
3. Expressed hypotonia.
4. Complex infringements of a cordial rhythm. The lowered pulse frequency (bradycardia).
5. Hyperfunction of thyroid gland (thyrotoxicosis).
6. Oncological diseases.
7. Epilepsy.
8. For children younger than 2 years old.

It is not recommended to give massage in case there are abscesses (furuncles) and other major skin damages, and it is not indicated to treat the areas of enlarged lymphatic nodes and in case of diseases accompanied by high temperature.

So, therapeutic indications of massage and magneto therapy must be individual.

## APPLICATOR IN QUESTIONS AND ANSWERS

**- What should I begin with if I decided to start treatment with the applicator on my own?**

• Set your goal: "I want to have sound health." Remember that a person can be as healthy as he wants to be. Each of us is accustomed to entrust somebody else with solving our problems and fulfilment of our duties. For example, the mission of a doctor is to restore our health to us; his duty is to conduct treatment diligently, efficiently and in the required scope. But only doctor's efforts are not enough. Remember: "Your health is in your hands!"

• Read carefully Lyapko applicator's operation manual, underline information which is important for you and make marks in the drawings supplied. Take on an obligation to follow the procedures strictly and to comply fully with the given instructions.

• Take a separate notebook to record your sensations in, both during the treatment and after it. Write down your purpose and your duties in big letters. Divide the notebook into columns: date, time, place of treatment, its duration, sensations during treatment and after it, duration of therapeutic effect. Afterwards, analyzing your notes, you will be able to see real results of the treatment and to select the method of



the use of Lyapko applicators which suits you best.

**- When is it possible to use applicators and rollers?**

• If you do not feel well, if you have pains in muscles or joints, if old traumas remind you of themselves, if you experience headache, nervous tension, if you are stressed out, you can rely on the applicator. Place it under your back or press it against the part of the body where you feel the pain. The applicator will help you to forget about it!

"Needle rain" which you experience when you are using the roller will revitalize worn-out nervous system, "wash away" tension from your muscles, give you good complexion and make your skin fresh. Use the facial roller when you are standing in front of the mirror - and you will feel a desire to smile to yourself, because it is always nice to see a fresh-looking and healthy person in the mirror.

If prior to a session of massage your back will be pre-conditioned by lying on the applicators or using the roller on it for a few minutes, the therapeutic effect of the massage will be achieved much sooner, it will be more durable, and the pleasure which you get will increase.

The applicator can be used at any time suitable for you; it is also possible to carry it attached to the affected part of the body for so long as it is needed for you to feel improvement.

**- What does a patient feel when he uses Lyapko applicator?**

• From the first minutes of the applicator use the patient feels prickling, vibration, tingling. After that he/she feels an influx of warmth, disappearance of painful sensations, pleasant relaxation which can lead to a normal refreshing sleep.

**- What happens during the use of the applicator?**

• The applicator affects skin receptors, points, reflex areas, inducing adequate reactions of the body. It switches on the immune system, gives it additional power to efficient fight with illnesses. The applicator causes drastic redistribution of energy, creates galvanic currents due to potential difference of metals which the applicator needles are made of, and, as a result, it induces microelectrophoresis of these metals into internal organs of the body.

**- What makes pain subside?**

• The applicator restores the energy balance in meridians which goes through the painful area or in the projection area of the organ that needs treatment.

Pathogenic (stagnating) energy is actively redistributed (eliminated) and the impaired area (where the energy is lacking) is recharged.

Thus, when our body gets in contact with the applicator consisting of needles which are made of different metals, it operates (using skin) as an accumulator battery: it refunds the energy which was lacking and removes excessive energy. The area of inflammation - edemic, with strong influx of blood - is discharged, the pain subsides, and the impaired area (in case of dystrophic processes) receives the required energy.

Besides, the mechanism of multiple point acupuncture of biologically active

points located on the skin is switched on; this instructs hypophysis (pituitary gland) to generate endorphin, i.e. natural analgesic substances of the body.

**- How to use the applicator and the roller correctly?**

• At first you should decide which result you want to achieve. Then you have to determine application areas (main, additional and auxiliary). After that you have to select the tool you need – applicator or roller, or both. You can lie down on the applicators making sure you do it correctly, or place the applicator pressing it down with a small sand bag. The roller can be used to treat the required areas with or without help from outside covering all parts of the body. Acting on separate points and areas, the applicator assists restoration and normalization of functions of separate organs and the body as a whole.

**- What effect does the applicator-roller have on a person?**

• The action of the roller is similar to the action of the applicator, but the result is achieved much sooner; besides, the roller can access practically all parts of the body. 2 to 3 minutes are enough to treat the whole body with the roller: the body will “burn”, you will receive several million pricks – the so-called “needle shower”. 10 minutes are enough to warm up the whole family after under-cooling. While working with the roller, you will need an assistant to treat areas which are hard to reach.

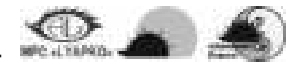
**- How does the roller work?**

• The range of action of the roller is very wide, and the efficiency of its application is unbelievably high. Besides the fact that the roller is your home acupuncturist and diagnostics helper, it will enable you to detect all points which act beneficially on your body, normalize its condition in the most efficient way. Not every therapist would be able to find these points as unmistakably as it is done with the help of the roller. We are speaking about the points and areas of various configurations located on the surface of the body trunk which, when acted upon, give unusual sensations not only in a given point or area, but also irradiate them to other parts of the body.

In addition to general recommendations in accordance with which it is necessary to act on main, additional and auxiliary areas recommended for specific diseases and disorders similar to your complaints and diagnosis, it is also required to act with the roller on the detected areas – hypersensitive areas – for a short period of time (5 to 10 min). Naturally, as a result of such action the patient feels significant improvement, pains disappear, working efficiency and vitality soar; all these are accompanied by pleasant, comfortable sensations in the application area and throughout the whole body. You have to act with the roller on face, neck, head or on the pain area on the trunk or on the extremities. In some cases it is very efficient to act on the areas situated opposite to the pain areas, for example, if you have pains in your right leg or arm, you should act with the roller on the symmetrical area on the left leg or arm.

**- How to use the applicator in cases of thyroid gland disorders?**

• Pathology of thyroid gland is always accompanied by pathology of cervical section of the spinal column. Therefore, it is necessary to act on this section of the spinal column with the applicator or the roller. Good results are obtained by acting on



the secondary areas: sacrocaudal area and adrenal gland area. The procedure should be ended by acting on the feet with the applicator.

Special attention must be paid to the region of articulation of the second phalanx of the hallux and the foot (phalangometatarsal articulation of the hallux) both on the side of the sole and on the back side of each foot.

**- If a child has a weak arm, can Lyapko applicator help in this case?**

• Yes, undoubtedly. One of the possible causes is a birth trauma, or a trauma inflicted afterwards which resulted in dislocation of the joint and nerve entrapment. Even if the reason lies deep in genetics, it is still possible to correct condition of the joint and the nerve, to help the muscles and the nerves to develop normally. The condition of the body is always connected with the condition of the spinal column. It is necessary to act on areas located paravertebrally in cervical and thoracic sections of the spinal column, and then lengthwise, starting with the hand and proceeding to the forearm and the shoulder of the affected side. In order to enhance the therapeutic effect, you should additionally act on symmetrically located areas of the unaffected extremity and foot. The treatment session can be ended by massage of cervical area and both arms using Pharaoh masseuse. Treatment should be conducted regularly and continuously, until positive developments are in evidence.

**- Following a trauma of the elbow joint, the arm partially lost its ability to move. Can the applicator be used in this case, and if so, how is it to be done?**

• The applicator must be used for rehabilitation and here is why: the trauma causes paresis (palsy) of the ulnar nerve and the radial nerve. The integrity is restored and the bones are knitted, but it is frequently the case that pathological areas automatically form in the shoulder and elbow joints, cervical section of the spinal column which is already impaired, since there are dislocations on congestive (hypostatic) processes as a result of enforced limitation of mobility.

Only by acting on all pathological areas, you can normalize and restore functions of the defective organ, joint, section of the spinal column. The applicator provides only positive effect, as the method is based upon one of the basic principles of medicine – do not harm, use protective powers of the body.

It is necessary to act with applicators (rollers) on the cervicothoracic section of the spinal column, area of cervicobrachial plexuses. The treatment should involve the regions of the joints (shoulder joint and elbow joint), the forearm and the hand. In order to enhance the therapeutic effect, it is advisable to use applicators on symmetrically situated areas of the unaffected side and foot.

**- Is there any harm from using the applicators?**

• No, there is none. Moreover, by using Lyapko applicators you mobilize protective powers of the body to fight the disease and conquer it. All you need to do is to listen to your sensations and use the applicator properly. During application the sensations should be only pleasant. Read the section on “How to work with the applicator?” once again, pay attention to the correct positioning and your actions in case of continuous unpleasant sensations. Treatment must bring you relief, peace and relaxation, give you the charge of energy, enhance working efficiency, restore harmony.

**- What should I do not to make a mistake buying a counterfeit product?**

• Lyapko applicator has become hugely popular with various clusters of people, in medical institutions – from district hospitals to science-cum-research centres, medical universities, etc. This led to appearance of non-certified products of substandard quality which are sold by unscrupulous wheeler-dealers who use our registered logo, promotional materials and, what is more important, popularity and efficiency of the authentic applicators.

The manufacturing process of Lyapko applicators is labour-consuming and very costly, since original high-precision technology and raw materials of the highest quality are being used.

The authentic Lyapko applicator has a base made of high quality medical rubber which is easy to distinguish from the common industrial-purpose rubber by its appearance, smell and elasticity. Rubber used is of various colours. Every applicator is motley-coloured.

The main part of the applicator is solid which ensures its reliability and long service life. Special bulges in the base of the plate make it possible to fix needles reliably and keep them from falling out or tilting. Besides, they prevent skin against being punctured. All Lyapko applicator needles and their coating are made of the purest metals in full compliance with the requirements of the Ministry of Health set for medical items. The authentic Lyapko applicators can be purchased from ARGO Co. consultants, in the shops of Lyapko representatives offices, in chemist's chain, in shops of medical equipment.

**- How to disinfect the applicator properly?**

During their use applicators get in contact with skin without damaging it; they do not contact with blood. In medical institutions after each application session they must be disinfected. For disinfection it is possible to use: boiling (distilled water – 98°C – 30 minutes); air method (air sterilization unit – 120°C during 45 minutes); chemical method (chlorine-free agents, e.g. Lysophormin 3000. Concentration and exposition time is according to instructions). In case of personal use the applicator does not need any disinfection. Hygienic cleaning of the applicator includes treatment with a detergent solution, rinsing in running water and drying by means of hot air (with the help of a hair drier) located as close to the needles as possible.

## RESULTS OBTAINED BY USING LYAPKO APPLICATORS

“My husband had a traumatic brain damage in May 2003. He was discharged from hospital on June 3, 2003 with a “verdict”: his right arm would hardly work ever again. To be frank, the arm flexed in the elbow but it was so weak that he could not hold anything in his hand. We resorted to using Lyapko applicator roller several times daily to affect all parts of the body – from the tips of his fingers to the top of his head; after that he was lying down with all sections of the spinal column in turn on travel Mate applicator, placing his palm over the roller as far as his hand allowed it. As a result – the first attempt



to sign the payroll for his pension – 3.07.03. Today my husband does 10 push-ups, writes in a clear handwriting, does chores about the house without any restrictions and now he is getting himself ready for the gardening season. Thank you very much!”

**Elvira Ivanovna Matveyeva, Barnaul, Russia**

Many thanks to you for Lyapko applicators! For us, veterans, these applicators are as balm for a soul and a body. Radiculitis has started to disturb since 1976, the further, the worse. With retirement insomnia, locks, itch has begun. Legs began to refuse. I became nervous.

I have made inspection on a tomograph. Pictures have shown cervical, chest and lumbar intervertebral hernias. These are echoes of the Vietnamese latent war. In 2008 I learned about Lyapko applicator and bought «Quadro» applicator. I started to use, as the book recommends. I even did not notice, how insomnia, locks disappeared, and hernia does not so disturb.

And in fact, I didn't move for 6 months. Now I move, sit, I am engaged in gymnastics. The normal life has begun. Many thanks to your applicator!

**U. I. Bajdatskiy, Sevastopol, Ukraine**

“Following a traumatic brain damage to the large area of the head, we were warned by the surgeon that hair would not grow again. Various methods of hair growth stimulation yielded no results. Three weeks after the roller was used, “stubble” appeared on the affected area”.

“The woman had severe inflammation of nerve radices of coccyx. A month-long stay in hospital brought no improvement. Doctors suggested an operation and she agreed but asked to postpone the operation a little. At home she used the applicator and after 2 weeks of treatment her pains vanished completely and did not return any more. The operation became unnecessary.”

**Grigory Mikhailovich Sidorenko, Dnepropetrovsk, Ukraine**

“Since 1985 I had had problems with my spine – osteochondrosis. Two times a year I visited a neurologist in the local hospital. As a result, all those injections and pills damaged my kidneys. In 2002 I started using a single applicator in accordance with your recommendations. Since then I have never visited a doctor, I've got no pains and feel very well”.

**Yuri Klementyevich Rekhtin, Biysk, Russia**

“After I fractured big protuberance of humerus, I began to use Little One applicator continuously (2 to 3 hours) attaching it to the pain area. I didn't take any analgesic drugs – there was no need for them, Little One coped itself”.

“In case of constipation I use the roller to treat lower abdomen, lumbar spine, feet and hands. It helps a lot, I do not use laxatives”.

**Natalia Mikhailova, Omsk, Russia**

"A knuckle on my big toe hurt a lot. The joint was deformed and showed signs of inflammation. Doctors suggested an operation, but I didn't want to make hasty decisions. Every day before going to bed I put my feet into a tub with hot water and then attached two Little One applicators to the knuckle with the help of bandages, after the treatment applied some cream (Ricinol, Artro-khvoya, Esabel). Six months passed, I forgot about the pain, the knuckle diminished in size, joints became more flexible."

**Tamara Fedorovna Taran, Odessa, Ukraine**

"Several years ago I woke up in the middle of the night from acute toothache. No matter what I did – I rinsed my mouth with potions, took analgin pills, used Eplir – nothing helped. Then I placed Little One applicator under my cheek and within a few minutes the pain was gone! I slept till morning and then, of course, went to see a dentist. And I showed him my "savior". Thank you for the Little One applicator!"

**Galina Petrovna Grekova, Biysk, Russia**

"My child of 1.5 years old did not speak a word, though his physical development was quite normal. My mother bought the facial roller, and the child played with it all day long, wheeling it around. And imagine the surprise of my relatives when several days later the child started to speak clearly and even formed sentences".

**Valentina Vasilyevna Myasnikova, Biysk, Russia**

"I used the facial roller in cosmetology. After 15 treatment sessions there was a noticeable improvement in the condition of the skin, complexion, emotional state. Rejuvenation – 3-7 years."

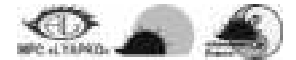
**Elena Borisovna Ivantsova, acupuncturist, Tomsk, Russia**

"The girl is 16 years old. Diagnosis is infantile cerebral paralysis with impairment of locomotor functions and functions of pelvis organs. The kid had no feeling in her legs, she could not relief herself without help. Her mother started using the single applicator on the lumbar spine area, lower abdomen and under feet. As a result, legs became warm, the feeling returned, there was no need for laxatives. Now they continue with this practice, and the legs gradually move better and better".

**Yana Sagaidachnaya, Kharkov, Ukraine**

"The man is 70. Ultrasound imaging showed an enlarged adenoma, 3/2 cm. Every day, 30 minutes 2-3 times a day for 1.5 months, Little One applicator was used on projection area of urinary bladder and on the crotch. Another ultrasound imaging revealed no pathology, prostate gland has normal size. Urination has normalized, general condition improved".

**Irina Molnovskaya, Sumy, Ukraine**



"Lyapko's Travel Mate applicator is always (right now, too) in my bag instead of analgesic pills. Once I had meetings with the consultants in the town of Kirovskoye. One of the meetings was held in a mine's laboratory. When I was on my way out, in almost complete darkness I struck a door jamb with my head. It was winter time, there was a lot of snow around, so I put it on the area that hurt for about 40 minutes – bleeding stopped, there was no apparent edema. Three hours later, having come back home, I was appalled to see an enormous edema across my forehead almost reaching my brows. I placed Travel Mate applicator on the forehead – in 40 or 50 minutes there was no sign of any edema or bruise. I am absolutely sure that no other method could have achieved the same effect and in such short time. Thank you!"

**Elena Alekseyevna Demchenko, Donetsk, Ukraine**

"I am 76 years old. I've had problems with my heart for quite a while, suffered two heart attacks. Stenocardia seizures was gripping me during day and night. I couldn't step outside without nitroglycerin and validol (menthol valerate). Two years ago my daughter gave me two applicators – Double applicator and Little One applicator – as a gift. I use the large applicator on a regular basis placing it along the spinal column and under my feet. I feel fine, work on my vegetable patch, and even our district doctor said that mycardiogram became almost normal. Sometimes, when I begin to feel some heaviness or pain behind sternum, I apply the Little One applicator: I press it against my small finger and the so-called "heart triangle" on the palm. I can easily do without drugs and wish you could, too".

**Nikolai Andreyevich Savchenko, Maryinka, Ukraine**

"Briefly about myself. I have worked in rehabilitation for 26 years (18 years in Canada, before Canada – the 4th management division of the Ministry of Health of USSR).

I served a student's university game in Buffalo (1993), the world championships on track and field athletics, squash, gymnastics, struggle. I worked a lot with hockey players of NHL. I have certain experience.

I have applied Lyapko applicators for last three years, and "Magic Ribbon Health applicator" for last 10 months. Results are eminent!

1. For increasing of speed-power endurance (and it is very important parameter) I wind legs and hands: for stimulation of nerve-muscular system for 8-10-12 minutes

It is possible to wrap and waist, and neck, and head.

2. For restoration after heavy or wearisome trainings and games I wind the athlete for 20-25-30 minutes And then short massage is preferable. The result is available. Athletes tell me, that they have added in speed, force, endurance. Restoration passes much easier and more quickly. Couches in a shock and full surprise, but are very grateful.

3. Working capacity has increased at all of 100 % of athletes. I enter gyms – athletes clap – welcome, already wait. There is a good example: the boy of 12 years is engaged in football. On the average he scored 1-2 balls in



3-4 games. I wound both legs for 12-15 minutes and then give massage on each leg for 7-8 minutes .

In following game the boy scored five balls. In 2 weeks we renew procedure. In following game 4 (four) goals. Parents of two commands were in shock. Because of such situation he was under rigid pressure. Two strong football-players of commands of competitor's team blocked him. And, despite of it, he scored three goals in that game.

Due to such unique results 4-6 sportsmen spend daily windings...

So, it is assured, each sportsman can raise very decently the parameters and results if he makes friends with Lyapko applicator! If in Canada people have accepted (and people here are very avaricious on an acception), believe me, effect from Lyapko applicator application is very big. Many thanks to Nikolay Grigorevich personally from me and from everyone who uses them.

Respectfully,

**Sergey Litosh. Toronto, Canada`.**

### LIST OF REFERENCE

1. Gorlov A. A., Kaladze N. N., Lyapko N. G., Lyapko-Arshinova U. N. Influence of a level stress-associated hormones on immunological parameters after treatment with multineedle Lyapko applicators. Materials of the first Russia congress of doctors of regenerative medicine «ReaSpoMed 2007». - M. - 2007. - 356 p.
2. Kukushkin U. N. 1998, `Chemical elements in person`s body`. Sorosovskiy educational magazine, №5, - p.p. 54 - 58
3. Latoguz S. I. 2003, Practical guidance on reflexotherapy and accupuncture, Rostov-na-Donu, `Fenix`, 416p.
4. Mihaylov V. V. Analisis of macro and micro-elements of the hair in doctor`s practice <[http:// eyecenter. com. ua/ doctor/ discus\\_ club/ stol /miopia /0.4.htm](http://eyecenter.com.ua/doctor/discus_club/stol/miopia/0.4.htm)>
5. Mosin O. Medicine: about physiological nanosilver influence on person`s body <[http:// nauka. izvestia.. ru/blogs/ article83905.html](http://nauka.izvestia.ru/blogs/article83905.html)>
6. Nekrasov B. V. 1973, Elements of general chemistry, 3rd edn., vol. 1 – 3, Moscow
7. Yarosh A. A. 1985, Diseases of nervous systems. A textbook for Medical Institute students, Kiev `Chemistry`
8. Obuhova L. A. 2008, Protein-vitamin complex `Cedran grove` 3rd edn, Novocibirsk `Delfa`
9. Ripan R., Chetyanu I. 1972, Inorganic chemistry, vol. 2, Moscow `World`
10. Samosuk I. Z., Lisenuk V. P. 1994, Acupuncture. Encyclopedia., Kiev `Ukrainian enciclopedia by M. P. Bazhan`, Moscow `AST-press`
11. Tikochinskaya E. D. 1979, Elements of acupuncture, Moscow `Medicine`
12. Hodzhkin A. 1965, Nervous impulse, Moscow
13. Ekl Dzhi 1959, Physiology of nerve cells, Moscow `Foreign literature`



### CONTENT

Introduction.....	2
Features of Lyapko applicator.....	5
Theoretical aspects of surface multineedle therapy with Lyapko applicators.....	5
Mechanisms of applicator action.....	8
Bases of reflex diagnostics.....	13
Macro- and microelements and their role in human body .....	15
How is Lyapko applicator organized?.....	19
Variety of Lyapko applicators.....	20
The difference between plate applicators and roller applicators.....	30
How to work with an applicator ?.....	30
Duration of applicator exposure.....	32
Indications for use of applicators.....	33
Contradictions for use of applicators.....	34
Recommendations for use of Lyapko applicators.....	34
Lyapko Applicators and pregnancy.....	37
Diagrams of applicators and rollers affect to heal different illnesses.....	39
Lyapko Camomile Applicator.....	60
Lyapko Camomile M Applicator.....	60
Lyapko applicator belt.....	62
Lyapko Universal applicator belt.....	63
Lyapko Magic Ribbon Health Applicator belt.....	65
Lyapko Needle Ball Applicator.....	66
Variety of Lyapko Roller Applicators.....	72
Pharaoh masseur.....	75
Pharaoh - M masseur.....	78
Applicator in questions and answers.....	80
Results obtained by using Lyapko applicators.....	84

NOTES



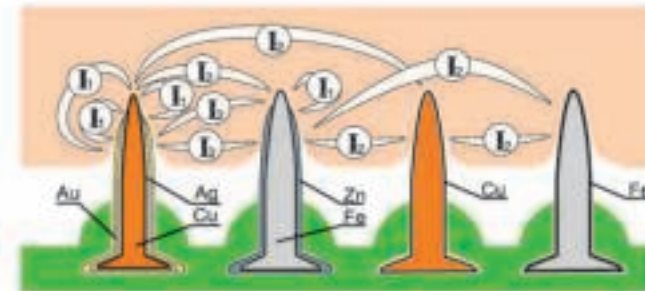
**Nikolay Lyapko**  
The president of Lyapko  
Medical Production Company,  
Ph. D. in medical sciences,  
author of metal needle  
applicators concept.



## LYAPKO APPLICATORS

Lyapko applicators are elastic plates, rollers and belts with needles comprised of metals necessary for human organism: iron, silver, copper, zinc, nickel.

The high sanitation efficiency is achieved due to combination of intensive reflex-mechanical, electric and biochemical effect on skin in application area. Electrical ion currents in the skin occur on the points of multilayers needles and between needles of different metals. Currents are followed by the microelectrophoresis (transporting) of these metals into the organism: skin, intercellular fluid, etc.



Unlike medicines applicator never stops working and it does not require any additional power sources. It makes use of its own sources and natural sources of your organism.

Lyapko applicators and masseurs are protected by patents:  
In Ukraine № 54480 and 48423, in Eurasia № 003202, 003785,  
in Russia № 2220698 and in SEZ № 36 VC.21.846П.00063.09.04

QUALITY MANAGEMENT SYSTEM OF WORLD STANDART:  
ISO 9001:2008  
№ ПООС RU.0503 ТСМО/ГОС 05.03.2010



Lyapko Magic  
Ribbon Health  
Applicator



CERTIFIED BY MINISTRY OF  
HEALTH IN UKRAINE