



***Your health is in your hands!***

**Applicator devices**

**ЛЯПКО**

**Methodological recommendations**



**Lyapko Nikolay Grigorievich**  
**The President of "Lyapko" LLC**

*All patients are carrying the inner physician inside. They come to us not knowing that truth. We do the most successful when we give the chance for this doctor to work.*

*Albert Schweitzer*

*For effective integration of our internal doctor you need to create a positive coaching stress to the three main systems.*

*Movement – upwards with the help of exercises, up to the point of exhaustion. We are creating this stress with the help of multi-needle applicators, thousands, tens of thousands of needles acting on the skin receptors associated with internal organs and human systems.*

*Nutrition – to stop or restrict intake of food by fasting, including the dry one. And after such a treatment it is better to switch to a vegetarian diet, there desirable an individual selection of the number and type of products.*

*Stress in the respiratory system – to limit the flow of external oxygen and include endogenous respiration. Use breathing simulator Lyapko for gymnastics, creating thinning breathing in and an increase of pulmonary pressure breathing out.*

*With these three components, the body switches the endogenous (internal) supplies of nutrition and breathing, switches your inner doctor and takes the path of healing and rejuvenation.*

*Harmonious coaching stress – true path to health and longevity!*

*N.G. Lyapko*

## Dear readers!

You are holding a publication dedicated to your health! In its pages we will show you a simple but effective way to forget about the pain, to prevent its occurrence. We will present you a great family of applicator devices Lyapko (hereinafter – «applicators») and to get acquainted with the specifics of their application. Our applicators are designed for general use in the treatment and prevention of various diseases and pathological conditions. You will make sure it is a great tool for strengthening and preservation of health.

Taking as a basis the Chinese healing method of acupuncture (stimulation of biologically active sites and zones with a bunch of needles), we applied a unique technology for the manufacture of multy-needle applicators of various metals and metal coatings, originally placing them in a specific order on a rubber base. This contributed to increase and variety of factors affecting the skin and increase the therapeutic and healing effect.

To your attention we offer to discuss topics related to the use of rehabilitation techniques and disease prevention, based on the use of applicative therapy.

The main purpose of the book – to teach you to be healthy. Applied problems we consider the need to talk about the possibilities of applicators Lyapko, describe the mechanism of their action and the device, help to understand the specifics of the use of individual types of applicators.

I believe that after reading this book, you will be convinced: applicators operate efficiently and reliably, provide a real return of strength and energy, strengthen the mind and body, leading to health, harmony and happiness!

I nourish the hope that the book will be of interest and will be a good companion for anyone who is committed as long as possible to preserve the most valuable thing we have in life – your health! After all, as the sages say, health – is not everything, but everything without health is nothing!

I sincerely hope that by reading this book, you will choose your way to good health, longevity and happiness! After all, a lot of the main pages of life have not been written because of the neglect of health.

The President of “Lyapko” LLC  
doctor-reflectologist  
of the highest category,  
candidate of medical sciences N.G. Lyapko

## INTRODUCTION

Life is motion. Movement of a body, movement of a thought. To perform this movement one needs food and air. Extremely simple, but also extremely difficult. Especially in today's «civilized» society, where these components are usually misaligned.

Even in ancient times, our ancestors to survive, were constantly moving. While moving, they were getting food – were engaged in fight, hunting, working hard physically. Running, swimming, weight training was a natural part of their everyday life. They, unlike us, did not know what physical inactivity is (lack of movement). Actively contacting with water, earth, nature, our ancestors unknowingly exposed to all receptors located on the skin, including the action of various groups of muscles and nerve centers. As a result, due to selection of their natural own internal «medicines» there was an active protection against illness and disease «pathological» states.

Modern man, using all sorts of «benefits» of civilization, has an unhealthy sedentary lifestyle. Add to that regular exposure to stressful environmental reality and an unbalanced diet, often resulting in overeating. Many now forget the simple but true rule: moderation in eating – guarantee of health and longevity. No wonder the ancients said: «Glutton digging its own grave with his teeth.»

Especially dangerous is overeating today, when to spend the «extra» kilos is much more difficult than to gain. If the amount of food received by the body exceeds its energy needs, the food (nutritional) fat is not broken down and is not going to cover the energy consumption of the body and is stored as fat. Physical inactivity contributes to slowing of life processes and not only leads to obesity and fatty degeneration of organs and tissues, but also to the emergence of a range of diseases. Doubtful «popularity» of atherosclerosis, hypertension, gastritis and diabetes is a weighty proof.

To make up for lack of physical activity and to prevent the negative effects of inactivity in the conditions of modern civilization one simply needs to apply the techniques, tools or devices that have a prophylactic and therapeutic effect on the body.

Powerful, unique and with a lot of improving therapeutic options compensator of inactivity is UAL in its various modifications: plates, rollers, applicator belts, tapes and costumes.

Healing needles of applicators consist of necessary for the body metals: iron, copper, nickel, zinc and silver, and optionally other metals useful in various combinations. The high therapeutic efficiency is achieved not only due to the reflex-mechanical impact, but also due to arise on skin, on edges and between the needles galvanic currents and selective micro-electrophoresis metals or their oxides in the internal environment of the body.

Years of research in the laboratories of the physician of the highest category Nicholay Lyapko allow to ascertain the medicinal properties of the applicators to deal with a

variety of disorders, diseases and disease states (some of which are caused by physical inactivity). The main condition – periodic use 1-2 times a day for 10-25 days.

Another innovative technology Lyapko – wellness method reveals super-abilities of a person. This technology of intensive switching of endogenous respiration to produce a large number of immune (protective) materials using existing internal oxygen, located predominantly in adipose tissue.

This method consists of lying on a patient a lot of applicators or wrapping him from head to toe (including the face) with applicator ribbons. The patient should be covered with head with two or three blankets (the head is better to be covered with a large transparent plastic bag with a small hole for air exchange or other limiting mean of oxygen from the air, for example, semi-hermetic «Respiratory Lyapko pyramid»).

Other ways: a long delay (breath control) for 3-5 hours by the method of K.P. Buteiko, sleep, covered with two or three blankets with his head, and other breathing control techniques with the aim of its slowing down. This makes it possible to activate the oxygen included in the structure of fat and to switch the fat combustion mechanism using its own internal (endogenous) oxygen of adipose tissue involving in response only a small amount of external air inhaled (exogenous) oxygen.

This is possible only if we, delaying (decreasing) of breathing or preventing carbon dioxide loss (via respiratory pyramid, breathing space suit, a perforated bag, the air reservoir around the head and torso, covered with 2-3 blankets without holes), maintain our inner extremely useful carbon dioxide concentration in the inhaled air of 0.5-3% (instead of the usual 0.03-0.1%), which, respectively, allows to maintain the concentration of 6-6,8% CO<sub>2</sub> in the arterial blood as in a healthy individual.

While frequent breathing a person breathes out CO<sub>2</sub>, and its concentration in the blood becomes less, the person suffers from various diseases. At reducing the concentration of O<sub>2</sub> in the inhaled air up to 14-15%, as in the mountains, you can breathe frequently and without harm to health. In ordinary conditions often to breathe is harmful, you need to learn to restrain your breath. For this purpose, there are many ways and forms of hypoxicator (oxygen reducing) and hypercupnicators (CO<sub>2</sub> reducers) in which via regulated holes one can control the degree of air exchange with the outside air chamber: decrease O<sub>2</sub> concentration and increase CO<sub>2</sub> content. For example: the camera, which is formed after covering the head with 3-4 blankets (no windows), a pyramid, worn on the head, the suit, the package, in which the degree of tightness is regulated.

And if most of the patient's body is in contact with thousands, tens of thousands of needles of multy-metal needles applicators, it accelerates metabolism, strengthens the immune system, increases production of biologically active substances. Thanks to applicators, one can lie for a long time (an hour or two) under a blanket, pyramid, etc. – to the feeling of warming-up (as after a bath).

Thus, we can obtain the necessary concentration of O<sub>2</sub> and CO<sub>2</sub>. Experimentally we

achieved marginal decline to 7-8% of O<sub>2</sub> 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 at a concentration of 14-16% of O<sub>2</sub> and 1-3% of CO<sub>2</sub> in the inhaled air.

Applicators are widely applied in the conditions of medical institutions, health centers and sanatoria. Ease of use, safety, high efficiency with minimum effort allow to recommend applicators for self-use at home.

Lyapko applicators have no analogues in the world. They have nothing equal in strength and comprehensiveness, efficiency and effectiveness, ease of use and reliability. An applicator mobilizes domestic resources, stimulates the production of natural medicines in the body in the necessary physiological dosages, compensates the lack of physical activity.

Harmonically acting on the body, the applicator helps to get rid of diseases and strengthens health. Its validity is unlimited. Millions of people in different countries (Ukraine, Russia, Belarus, Kazakhstan, the Baltic countries, Eastern and Western Europe, America, Australia) successfully use applicator and admire its uniqueness. It became a loyal friend and defender of health, for the little, and for older people.

This method of treatment with applicators is recognized not only by millions of ordinary people, but also by leading experts in the field of medicine. Methods of treatment with applicators is included in textbooks for students and higher education teachers in physical rehabilitation, physical education, as well as for doctors and specialists in sports medicine and kinesiotherapy:

Murza V.P. Psychological and physical rehabilitation, recommended by the Ministry of Education and Science of Ukraine, «Olan», Kiev, 2004, chapter 9, «Non-traditional methods of treatment. The method of reflexology by Lyapko N.G.» p. 321-350.

Multi-year medical practice proved that Lyapko applicators are safe and harmless. They stimulate the release of powerful natural «medicines» in the right amount to the body and switch our «own doctor» for disease prevention and control.

Do not wait until the disease knocks you down, take your health under control. The disease prevention – this is the most reasonable treatment. No wonder that the folk wisdom says that you need to take care of yourself, otherwise you have to take care of the other one.

***THE APPLICATOR OPERATES EFFICIENTLY AND SMOOTHLY, GIVING A REAL RETURN OF STRENGTH AND ENERGY, STRENGTHENS THE SPIRIT AND THE BODY, LEADS TO HEALTH, HARMONY AND HAPPINESS! EVEN THE BEST MEDICINE WILL END SOON, AND THE LYAPKO APPLICATOR WILL STAY WITH YOU FOREVER!***

## POSSIBILITIES OF LYAPKO APPLICATORS:

- Provides health-building effects, increases efficiency and vitality, normalizes sleep and metabolism, improves mood;
- It helps in treatment and prevention of diseases of the musculoskeletal system, gastrointestinal tract, cardiovascular, respiratory and nervous systems;
- eliminates sexual disorders with subsequent normalization of sexual function in men and women; in treatment of gynecological diseases it helps to eliminate inflammation, disorders of ovarian-menstrual cycle because of psycho-emotional overload;
- It reduces the time of a full-fledged recovery after head injuries, fractures, surgeries, strokes;
- It relieves pain in the spine, joints and muscles, headaches;
- It contributes to normalization of hormonal balance, metabolic processes in endocrine diseases («fat» people lose weight, the thinned ones gain the necessary kilograms);
- It increases 2-3 times the effectiveness of techniques such as massage, auricular and classic acupuncture, manual and laser therapy, microwave resonance therapy (with joint or preliminary application);
- helps get rid of bad habits (alcohol, tobacco smoking);
- It enables to reduce medication, and eventually completely abandon them.

## THEORETICAL ASPECTS OF THE SURFACE MULTY-NEEDLE THERAPY WITH LYAPKO APPLICATORS

It is well known that health is an invaluable gift of nature, and to save it is an important task for every person. While searching the health resources in the world around us, we forget that the main reserves, needed to defeat any illness, are laid in ourselves. According to the philosophical foundations of eastern medicine, the human body has a powerful natural resources for preservation and restoration of health, what we have been observing and what we agree for the past thousands of years. The ancient ideas of the whole organism functions are associated with the idea of presence in the body of vitality or energy (Chi), which flows through invisible channels (meridians). Vital energy is provided by the unity of the two principles, active and passive, or both polarities.

Active or positive polarity, expressing movement, light, heat, excitement, life, joy, etc., is defined as the Yang-state. Passive or negative polarity, which expresses the calm, cold, depression, darkness, is defined as the Yin state. The interaction and struggle of opposites is a form of manifestation of the life force. The basis of the normal functioning of the body is a balanced ratio of Yin and Yang, full harmony of their manifestations. Violation of this harmony leads to pathology, which is expressed in either Yin or Yang loosening or excessive amplification of one or another beginning.

Agreeing with the above theory of the oriental medicine, N.G. Lyapko puts forward his

own opinion about the conditions necessary for normal circulation of energy. Indeed, the energy (Chi) comes into contact with air, and food, but it can be realized, converted and transformed only with the active motor mode and only under this condition it can circulate freely through the meridians. Lack of exercise (physical inactivity) blocks the free circulation of energy in the body and provokes a breach of its distribution in the «Yang», and the «Yin» meridians, which leads to emergence of the disease.

In ancient times it was observed that in human disease on the body there can be detected areas, painful on pressure. Exposure to these areas resulted in recovery. They were called «vital points». The most important theory that underlies the method of superficial multi-needle therapy is the doctrine of the points and meridians. «Vital point» or biologically active point (BAP) is a small patch of skin and subcutaneous tissue, which has a complex of interconnected microstructures (vessels, nerves, connective tissue cells), thereby creating a biologically active zone, has an impact on nerve terminals and creation of relations between skin and the internal body.

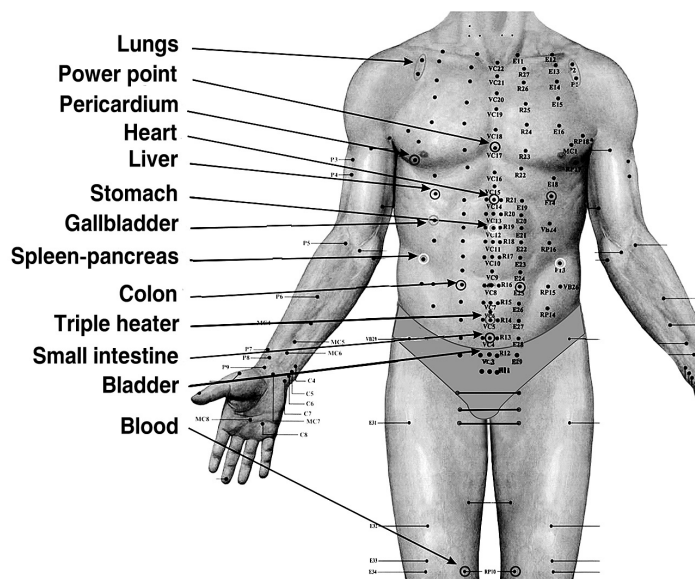
**Given the location, direction, action and innervation links, acupuncture points are divided into the following groups:**

1. Total action points that have a reflex effect on the functional state of the central nervous system (CNS).
2. Segmental points, located in the field of skin metameres, corresponding to the zone of innervation of certain segments of the spinal cord.
3. Spinal points along the vertebral and paravertebral lines according to the place of exit of the nerve roots and the autonomic fibers that innervate certain organs and systems.
4. Regional points, located in the projection area on the skin of certain internal organs
5. Local or close points, mainly affecting the underlying tissues (muscles, blood vessels, ligaments, joints).

**It is found that the biologically active points (BAP), and acupuncture zones differ from the surrounding skin biophysical characteristics:**

- higher electric potential and capacity;
- the minimum electric resistance;
- higher temperature, and so on.

БАТ расположены в определенном порядке, по строгим линиям, получившим название БАТ are arranged in a certain order, according to the strict lines, called «meridians.» There are 12 doubles and 2 unpaired meridians. Meridians connect the internal organs with each other, with other parts of the body and with its surface, providing energy information



exchange of the internal environment of the human organism with the external environment, synchronize the work of the body as a whole and adapting its activities to changes in the external environment.

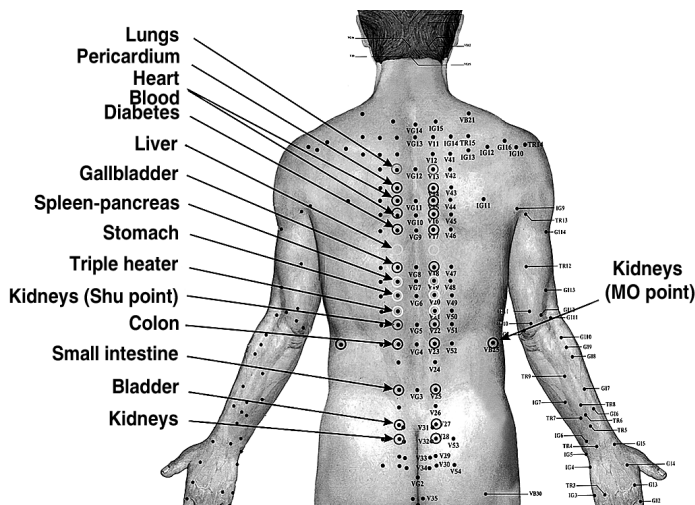
Zhu Liang – the director of China Institute of Zhen-jeou – explains the mechanism of action of acupuncture: «The essence of it is the impact through certain active points of the body to the corresponding internal organs. Mild irritation of

sensitive endings, concentrated in certain points of the skin, muscles and other tissues, and through them – the nerve trunks, restores the nervous regulation of the body, normalizes the strength, mobility and balance of excitation and inhibition. And precisely because the therapeutic effect of acupuncture is performed by reflex, through the nervous system, which controls the activity of the whole organism, it is not limited only to the area of a point, or nerve, and often a beneficial effect on organs distant from the site of exposure.»

Modern science considers the most important position of superficial multi-needle therapy method formation of skin-visceral connections during embryogenesis.

It is proved that the nervous system and skin have ectodermal origin, and internal organs

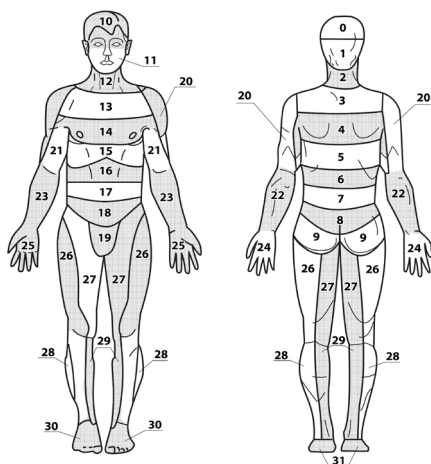
– meso and endodermal origin. Communication of the internal organs with the nervous system, and through it – with the skin is ensured in the process of organogenesis growing of the nervous system to internal organs. Initially, the principle of innervation has metameric character, but with the growth and development of the body it changes its shape, size of segments



and their configuration; neural connections are not interrupted, but are topographically displaced. Through these connections, signals are exchanged between internal organs and the body surface, and vice versa. In the case of disease in the internal organs, the signals of this disease (most often in the form of pain) reach the surface of the body in certain areas of it.

An example of this is the well-known and used in the medical practice Zakharyin-Ged zones or zones of irradiation or visceral pain. Segmental innervation of the principle of the body is one for the body surface and internal organs.

**Superficial multy-needle therapy with Liapko applicators comply with one of the most important recommendations of the classical acupuncture: the use of two or more differently charged metals (eg, silver-gold or copper-zinc) for more effective stimulation of biologically active point and zone.**



## MECHANISMS OF ACTION OF APPLICATORS

**1. Reflex-mechanical effect** is a surface multiple acupuncture of certain zones and biologically active points (reflex reaction) as well as micro skin and underlying tissues.

Reflecting action of needles on active points of the channels (receptors) consists of three main interrelated parts: local, segmental and general reactions. Local reaction is expressed in the blood supply to an area of skin change, temperature sensitivity, the electric capacity and resistance in the target area. In place of the impact of the set of the applicator needles between the needles made of different metals having potential difference, different micro-currents and voltage micro-electrophoresis followed by metal ions, further contributing to the annoyance of pain, tactile, chemoreceptors and other skin receptors. The result is additional activation of release of biologically active substances, improve of trophism, regeneration and other processes involving also the expansion of capillaries, giving heart unloading through suction action of capillary blood from the arterial network by osmosis and negative pressure in the area of post-capillary venules. There is the potential difference between the needles and electro-galvanic microcurrent in the skin, subcutaneous tissue between the differently charged needles.

These effects increase and improve work of the pressor vacuum pump in the system of post-capillary venules and in following them larger venules and then veins. These structural elements and mechanisms of venous vasculature provide relief of arterial blood flow in the capillary net, and then to the venous net by strengthening the muscle contractile activity of the venules, creating a pre-capillary negative pressure, developing in the impact zones of the applicator. Thanks to applicators such local blood circulation improvement is not only without any additional load on the heart, but, on the contrary, facilitates the work of the

heart by independent action of vacuum-pressor pump in the post-capillary and subsequent venules and veins, which is very important for all categories of the sick people and, especially, coronary heart disease, circulatory insufficiency of 1-2 degrees in the elderly people. Similar processes also take place in the lymphatic system.

Segmental reaction is caused by segmental-metameric reflex connections between certain areas of the skin, internal organs or systems and their corresponding spinal segments, and in some cases, and brain structures. Each of these levels of innervation and the corresponding structures has both its own nerve reflex arc and additional afferent-efferent neural connections with the higher structures. During the surface multi-needle therapy there occurs tactile exteroceptors of the epidermal layer and part of the dermis stimulation. There is a frequent flow of afferent pulses of low power, which are high-speed myelin A-beta fibers (speed of the pulse – 40-70 m / s) are held to posterior horn neurons of the spinal cord. Long afferentation to these fibers has the advantage, as it overlaps flow of painful impulses along the fibers with a slow transfer pulses located in the dermis: B (speed of impulse conduction – 3-18 m / s) and A-delta fibers (speed of the pulse – 5-15 m / s). Long-term impulses to the nerve centers and arising after this reflected body reaction, in turn, influence the state of the peripheral receptors and tissues in the affected area.

The general reaction of the body passes by the type of adaptation reaction due to proceeds from the spinal cord pulses at special nerve trunks to the brain. Participation in the vegetative (responsible for internal organs) nervous system provides the ability to mobilize the resources of the body for immediate action (neuro-humoral effect): a sharp increase in production of biologically active substances in the endocrine glands, tissues, and, above all, in the skin becomes easier and therefore enhances the cardiovascular system (due to inclusion of an autonomous vacuum-pressor capillary venous pump), the blood supply is redistributed. Additionally, blood obtains a large number of substances with energy, immunotropic and other useful properties, enhancing the body resistance to various damaging, pathological factors. In particular, there activated the unit, modulating neuroendocrine responses to discharge of analgesic and stress-limiting factors (cortisol, ACTH, beta-endorphin), neurotransmitter amines, neuropeptides.

We have organized and carried out investigations on the basis of the Crimean State Medical University by S.I. Georgievskiy, on the basis of SIC IPC Liapko «Valencia», as well as in medical research institutes of other regions of Ukraine. The data, which validity was proved in terms of complying with international standards of WHO.

**2. Galvano-electric effect.** The human body is a complicated biocolloids consisting of electrolytes containing both positive (cations) and negative (anions) ions. Potassium, sodium, magnesium in the body are in the form of cations included in the salts, in which phosphorus, sulfur, and chlorine are present as anions acid residues. As a result of contact with the Liapko applicator needles salt solution, consisting of different metals, there formed galvanic couples, immersed in the electrolyte solution on the contact surface.

Back to the XIX century L. Galvani on copper hooks hung frog legs on the iron fence of his balcony. The legs were swaying in the wind and occasionally touching iron rods. The muscles of the legs immediately contracted. A. Volta repeated the experiment and proved that a pair of metals Copper-Iron forms the electric element, and the leg-conductor reduces

the current passing through it. The result is a galvanic source of current – Volta element which electrodes – plates of copper (positive) and zinc (negative), and the electrolyte is a solution of salt or sulfuric acid.

Between the electrodes is set a potential difference – electromotive force (EMF), corresponding to the free energy of a redox reaction. The action of the cell is based on the flow of the closed external circuit spatially separated processes: on the negative electrode is oxidized reductant generated free electrons pass through an external circuit (making the discharge current) to the positive electrode, which are involved in the reduction reaction of the oxidant. The investigation of the discharge current in the galvanic pair of needle applicators – heating applicator

Between the electrodes there set the potentials difference – electromotive force (EMF), corresponding to the free energy of a redox reaction. The action of the galvanic electrode is based on the flow at the closed external circuit of the spatially separated processes: on the negative electrode the reductant is oxidized, generated free electrons pass through an external circuit (making the discharge current) to the positive electrode, which are involved in the reduction reaction of the oxidant. The result of the discharge current in the galvanic pair of needle applicators is a heating applicator.

English scientist Gill found that in nervous system while impulses transmission pulse there flows the electric current. When the excitation wave passes along the nerve, there formed a mobile galvanic element. The nerve has two poles. «Plus» – outdoor, dressing the surface of a thin membrane around the cell. «Minus» – the inner part of the nerve. Under the influence of the electric element Cu (+) – Fe (-) there is an electrical pulse in the skin. It alters the nerve cell membrane permeability, and from its outer to the inner part there is current. This local current violates the permeability of the membrane surrounding areas, and the wave of excitation is sent on. At the same time in the initial sections of track the membrane restores its integrity and is ready to receive a new wave of excitation. As a result, the current pulses through the nerves, in individual portions. Prolonged exposure to needle applicators, consisting of different galvanic couples, is, therefore, long-term source of impulses in the nerve centers.

Galvanic couples of needles of Lyapko applicators operate the complex mechanisms of metabolism in the electrolyte of «protoplasm» of the human body. As a result, the body gets metals in the form of needles micronutrient ions participating in biochemical reactions.

Ions in the body are indispensable participants of metabolism. They, in particular, are involved in the mechanisms

System	Normal potential at t 25°C, B
Al (3+)	-1,67
Ti (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

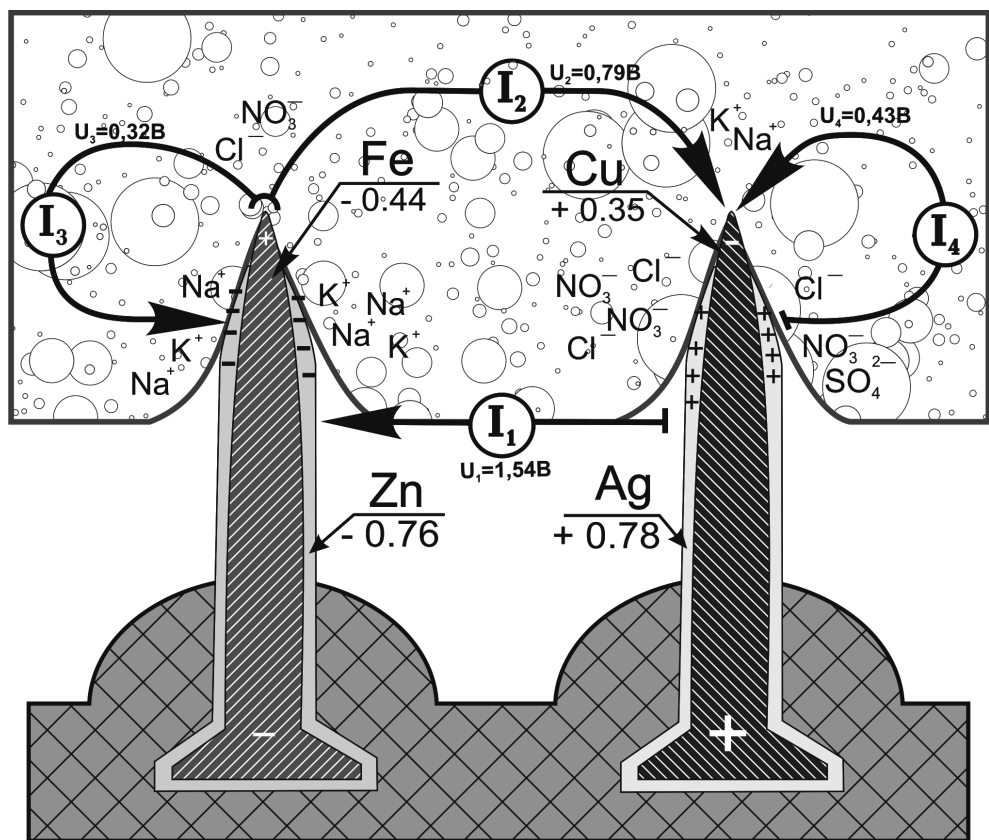
**Table 1**

that determine the permeability of biological membranes, in the regulation of muscle contraction, in the conduct of the excitation pulse along the nerve fiber, and so on.

For a more complete understanding of the ionic mechanisms and their interaction with the needles of Lyapko applicators should apply to the notion of «electronegativity». On it there based formation of galvanic couples in needles of Lyapko applicators. In this case the major metal (Table 1) is negative, the minor one is a positive electrode.

Metal properties of elements can be compared by comparing their electronegativity – the ability of atoms in molecules (in a covalent bond) to attract electrons, expressed in units.

Spatial separation of the oxidation and reduction processes is used in chemical current sources and by electrolysis. At the equilibrium potential there reached a dynamic equilibrium in which the current through the electrode does not occur, however, through



**Fig. 1**

**Scheme of orientation of ions as a result of contact of the galvanic applicator with the skin.**

*Schematic representation of the electric ionic currents arising on the tips of the metal needles, accompanied by electrophoresis (diffusion) of these metals in the internal environment.*

the phase boundary there is a continuous exchange of charge carriers – electrons or ions. It requires prolonged passage of current flow from the volume of the reactant solution to the electrode surface and removing the reaction products is achieved through diffusion. Besides, there is migration of charged particles under the influence of an electric field.

Figure 1 schematically shows an increase in the concentration of anions ( $\text{Cl}^-$ ,  $\text{SO}_4^{2-}$ ,  $\text{NO}_3^-$ , etc.), in the area of the positively charged areas of metals and accumulation of cations ( $\text{Na}^+$ ,  $\text{K}^+$ , etc.) near the negatively charged electrodes.

The intensity of the galvanic electrical stimulation is regulated by the body, depending on the degree of electrolyte tissue saturation (layers of the skin, subcutaneous tissue, the underlying structures).

Painful, inflamed skin area is swelled, there is a lot of liquid, and the reaction in contact with the applicator is intense, with release of large amounts of energy, sometimes accompanied by skin effusion. Upon contact of the applicator with the skin on the surface of the applicator needles, in the skin there is a set of physical and chemical changes, characteristic for changes under the influence of a direct current. As a result, oxide films are formed on the needles and a galvanizing effect occurs. Thus the tips of needles point have a maximum value galvanic currents (since the potential difference is formed between the base metal of the needle and the peripheral metal of the coating, which shortly locked together (I3, I4) (Fig. 1).

Furthermore, between the needles of various metals in the skin there are galvanic inter-needle flow currents (I1, I2), the value of which depends on the conductivity of the skin, its intensity with electrolytes (see. Fig. 1).

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

- They cause diffusion of microelements, of which the needles are made (Cu, Fe, Zn, Ni, Ag), promote their depositing in the tissues, these microelements play an important role in ensuring the normal functioning of the various organs and systems.
- Activate the respiratory enzymes of cells.
- Normalize PH of the tissue fluids.
- Activate metabolism in tissues.
- Stimulate regenerative (recovery) processes.

**3. Immunological reactions.** Stimulation of humoral and tissue (cell) immunity increases the level of immune protection and adaptation to pathogenic influences.

Stimulation of tissue immunity chain: after each procedure, there is increase in the number of activated T-helper lymphocytes and T-suppressors, to a lesser extent natural killer cells and circulating immune complexes.

Stimulation of humoral immunity chain: the applicator exposure stimulates the humoral immunity, as evidenced by the increase in the peripheral blood level of activated B lymphocytes.

### **Explanation of mechanisms of action arising from the impact of using a multy-needle multy-metal Lyapko applicators on extensive areas of the human body,**

## **their peculiarities and differences from pricking with several individual needles at specific points of the human body.**

Multy-needle multy-metal action of Lyapko applicators on large areas of human skin contains more ancient universal mechanism for the maintenance of life of all living things on the Earth (compared to younger differentiated approach in the form of effects on the body with separate multiple needles – acupuncture: Chinese, Korean, Tibetan. When exposed the Lyapko applicators on extensive human body skin area from 10% to 90% (100%) of the area, we switch not only the «inner doctor» on, but also «internal laboratories and pharmacies.» While working on large areas of peripheral nerve structures, we also universally include all the peripheral and central nervous system structure, such as the spinal cord, the medulla oblongata, the nucleus, subcortical structures and the neocortex, initially «over» programmed for autonomous, perfect nervous and energetic relationships, regulation of all human organs and systems!!!

## **BASICS OF THE REFLEX DIAGNOSTICS**

The diagnostic method is based on the fact that in the presence of a pathological process, areas of the skin, which are a projection of the internal organs, the projection of «sympathy points» zone (along the spine) and «spokesmen» points (on the front surface of the body), react differently to the impact of a spiked roller:

- norm: pink skin, warm.
- 1st degree of damage (partial compression, the process is relatively «fresh»): reaction to irritation is excessive, skin is red, increased temperature.
- 2nd degree of damage (deeper): reaction to the irritation is reduced, the skin is of slightly pink color, the temperature is hardly changed, slightly increased.
- 3rd degree of damage (deep injury): reaction to stimulation is absent, the temperature is reduced, the skin is dry, thinned or scar changed, has a pale color.

Under the influence of the applicator normal tissue remains within norm, and in modified organs and areas of the skin regenerative processes, displayed on the areas of skin in the form of normalization of color and other characteristics. The amount of micro-needles is defined between the skin conductivity, depending on the concentration of the electrolyte composition of sweat and interstitial fluid. Various state of energy in the meridians can also appear on the skin as pale areas and areas of redness.

### **Symptoms of «excess» (in trauma, acute inflammation, colds, etc.):**

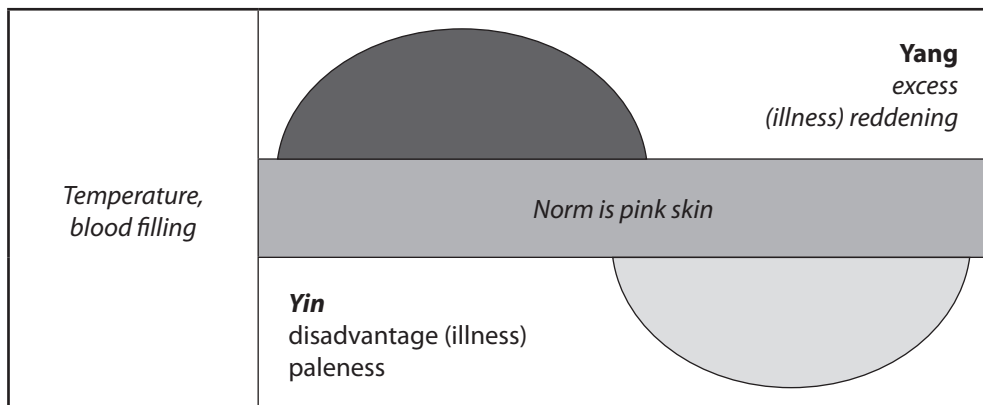
- fever;
- redness of the skin;
- swelling;
- sharp local pain;

- intense, sharp pain.

In these cases – activity of applicators (15-20 min) or roller (7-10 min), which helps get rid of excess energy and brings the body to norm.

**Symptoms of «lack» (chronic degenerative processes, effects of trauma, radiculitis and so on.):**

- aching, spilled pain;
- low temperature;
- pale skin;
- deep numbness («goose bumps»);



- decrease in sensitivity, lack of reaction.

The impact of the applicator in syndromes of «lac» is aimed at saturation of the missing energy. For this use the applicator over a longer time (30-40 min.), and with the roller – 10-15 min.

**Consequently, one and the same applicator operates universally: energy in skin areas with increased reactivity, matching with irritated organs, which are state of «excess» it «removes», leads to normal with release of powerful pleasant warmth, and weakened, degenerative modified zones with lack of energy «wakes up», boosts with energy, thereby leading to the norm (restoring the lost function).**

## HOW DID THE LYAPKO APPLICATOR DESIGNED?

Applicator is made in the form of elastic rubber plates and rollers made of rubber for medical purposes (using only natural rubber) with the original fixed-in needles of metals necessary for the body (copper, iron, zinc, nickel, silver).

Base metals of the needles basis – is copper (brass) and iron needles, all or part of which are coated with another metal (only the tip of the needle is free). May for example be such variants: iron needle uncoated or coated with nickel or zinc; copper needle uncoated or

coated with silver.

In response to numerous questions about some of the allegedly undesirable properties of needles, coated with nickel, we inform: a needle coated with nickel has only beneficial properties. Moreover, Chinese needles or any other needles for acupuncture, produced in countries other than China, also contain nickel. Nickel micro-doses in combination with other metals micro-doses from needles, contact with the skin, subcutaneous tissue, muscles and other body tissues have only a beneficial effect on life of other functions of the human body. Conventionally, nickel compounds can be considered harmful in the preparation or storage of food in a dish containing nickel. At the request of customers, we can produce applicators with absence or presence of not only nickel but also other different previously mentioned metals, in their various proportions.

In the rubber base near and around the and at the edges of the applicator are restrictive edges, which increase the stability and reliability of the needle securing and protecting the patient's skin from damage.

«Family» of applicators combines a variety of different size, shape, step (distance between the needles), a set of metal applicators and methods of fixation. The distance between the needles in our applicators from is 3.0 to 7.0 mm. Step of the applicator needle is adjusted depending on individual skin sensitivity and the required degree of intensity of exposure, focusing on the comfortable feeling, when applied.

Children, patients with hypersensitivity or a small layer of subcutaneous fat are recommended to use the applicators with a thick step (3.0-4.9mm).

Adults with normal physique – 5.0-6.2 mm.

With a large layer of subcutaneous fat – 6.2-7.0 mm.

Using any applicator, you can get intense or delicate effects through self-regulation of the pressing and pressure force.

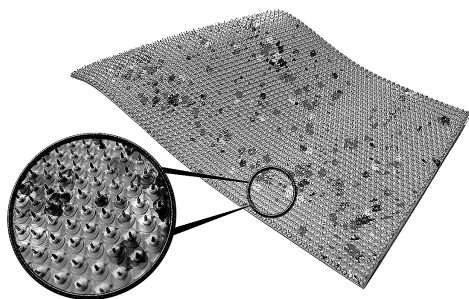
In order to reduce the pressing force – use of an applicator folded in 2-3 layers cheesecloth or other fine cloth.

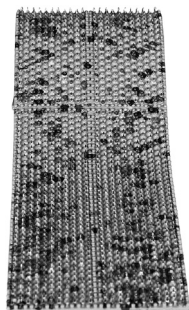
## A VARIETY OF LYAPKO PRODUCTS

### «Big carpet»

(needle step 7.0 mm; size 275 x 480 mm) has a larger area of impact and the greatest distance between the needles, and therefore the greatest pressure on each needle, whereby it has a higher exposure intensity and efficiency. Recommended for applications on the back, as a carpet

under the feet (standing, sitting, lying down), on the stomach – for prevention and treatment of diseases of the digestive system and obesity.





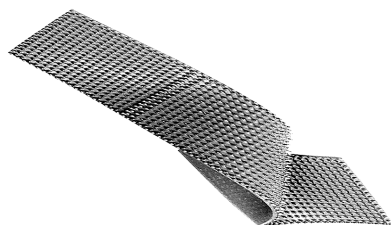
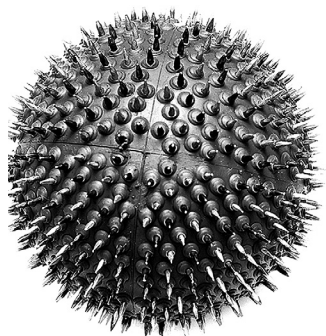
### «Quadro»

(needle step 6.2 mm; 5.8 mm; 4.9 mm; size 118 x 470 mm; 118 x 470 mm; 106 x 460 mm), and a universal applicator can be used in any area. If desired, can be cut longitudinally and / or transversely into two or four of the applicator (2 «Duets» 2 «Chances» or 4 «Satellites») for selective action on specific areas of the body with the individual duration of each applicator.

### «Needle ball»

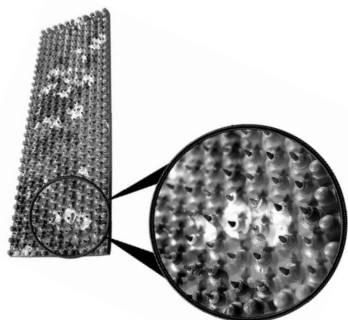
(needle step 4.0 mm) is a rubber balloon for medical purposes from  $\approx 55$  mm in diameter, with a fixed needle on it with four metals (copper, iron, silver, zinc).

Specificity of the applicator is that it is a means of more pronounced, selective effect on pain or trouble spots on the human body. Rolling palms, feet, develops fine motor skills and tactile sensitivity of the limbs, contributes to the development and rehabilitation of brain function in children and adults, is used for injuries, fractures, joint and ligament apparatus hands and feet.



### «Duet»

(needle step 4.9 mm; 5.8 mm; 6.2 mm; size 53 x 460 mm; 59 x 470 mm; 59 x 470 mm), two «Duets» on the impact area can replace the applicator «Quadro». The best is to use for back pain. It can be fixed in the form of a belt or along the spine.



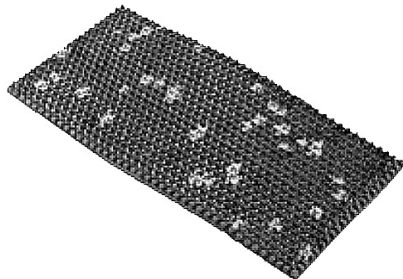
### «Sputnik plus»

(Needle step 6.2 mm, 5.8 mm, 4.9 mm, size 59 x 235mm, 235mm x 59, 53 x 230 mm) has all the properties of large and small applicators. For colds it can be used instead of mustard plasters. Perfect for travel and trips.



### «People»

(Needle step 7.0 mm, size 95 x 320 mm). Due to its size and large distance between the needles, it has increased intensity of action. Recommended for applications on any areas of the body, especially effective when exposed to the spine – a single device alternately or simultaneously enable to cover its entire length. The applicator device is convenient to carry and is affordable for everyone.



### «Chance»

(needle step 6.2 mm, 5.8 mm; 4.9 mm; size 118 x 235 mm; 118 35 x2 mm 105 x 230 mm). It can be used alone or with other applicators to any zone.

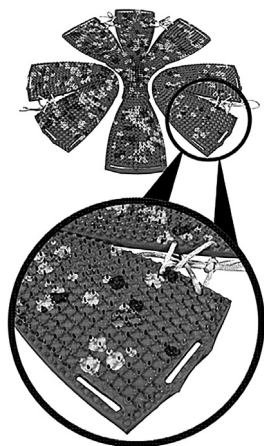


### “Drop”

(needle step 3.5 mm; size 33 x 33 mm). Designed for care of skin of face, neck and décolleté. Convenient for massages, it helps to activate the metabolic processes in cells and tissues, helps against mimic wrinkles, improves lymph and blood circulation, relieves edema of various origins, improves firmness and elasticity of the tissues.



Can be used as a «first aid» and is used in case of emergency: fainting, insect bites, for removal of heart attacks, bronchospasm, reduction of acute pain, for extended wearing in chronic pain syndromes.



### “Chamomile –M”

(needle step 5.0 mm; diameter 314 mm). Set of the package: flat applicator – 1 piece, locking lacing – 2 pieces, gum clasp (fastex) – 5 pcs. Multifunctional applicator, its distinctive features are: the unusual shape, a large area of influence, presence of «moving petals» that allow repeating the relief of any area of the body. After cutting (division) «Chamomile -M» on these lines, one can get segments for all sorts of options of pilings and fixations on different hard accessible parts of the body.



### **“Facial roller M”**

(with rubber bushings)

(needle step 3.5 mm; size 40 x (51) mm. Specifically designed to affect the face and scalp area. Also it provides the ability to handle virtually all areas of the body (zone of the small joints of limbs, hands and feet), to relieve pain and spasms. Recommended for use in cosmetics and for accurate reflex diagnosis.



### **“Facial roller MK”**

(cosmetologic, with an oblique bracket)

(needle step 3.5 mm; size 40 x (51) mm. Thanks to the oblique bracket, which is fixed on the roller, it is convenient to use when exposed to the face, neck, décolleté. It tones the muscles of the face and neck, promotes lifting effect, improves the face oval, removes double chin. It activates metabolism in tissues and cells.



### **«Multifunctional roller M»**

(with rubber bushings)

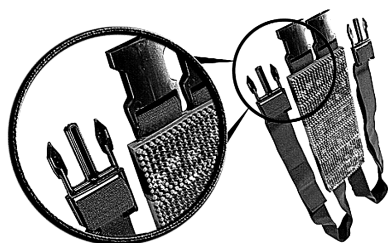
(needle step 3.5 mm; The size 72 x (51) mm). Optimal dimensions of the working surface and the needle step of the applicator roller allow you to apply it to all areas of the body and head. The roller can be used in the treatment and diagnosis of people of all age groups.



### **“Large roller M”**

(needle step 5.0 mm; size 111 mm x (61) mm).

It has the largest working surface and the needle step, which allows to work on extensive areas of the body: the back, waist, sacrum, buttocks area, chest, abdomen, extremities.



### **«Little Boy» Belt**

It consists of 6 plates and 2 controlled zones (the size of each plate is 36 x 80 mm, needle step 3.5 mm). Thanks to reliable retainers it is mounted on problem areas: the area of pain directly, the area of the diseased organ projection, BAT and meridians zone. One can fix the applicator-belt on his own, without help.

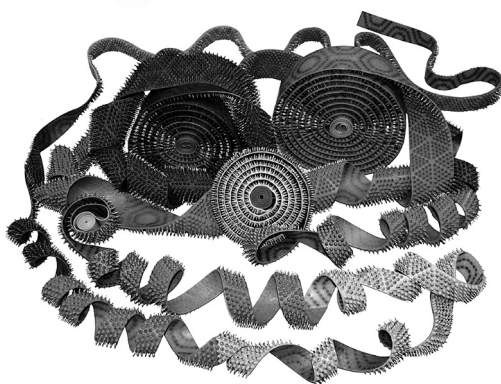
### Belt "Multifunctional M"

(five plates in size: 140 x 65 mm, 140 x 65mm, 90 x 65mm, 68 x 65mm, 77 x 65mm; needle step 4.3 mm). Plates of the device are located on two adjustable belts, which allow them to move by choosing a convenient position for exposure on small areas of the head, trunk, upper and lower extremities. And also work on any areas of the face: the forehead area, eyebrows, eyes, sinuses, mouth area, chin, neck, scalp and the ears (impact on the points on the ears reflexively affects all organs and systems).



### «Magic Tape» Health «

There are 10 types, depending on the length, width and number in the package. Due to the flexibility, elasticity of the tapes, it is much easier to achieve results in treatment and prevention of various diseases: pain in the spine, joints, muscles, headaches, varicose disease of the lower extremities, injuries, fractures.



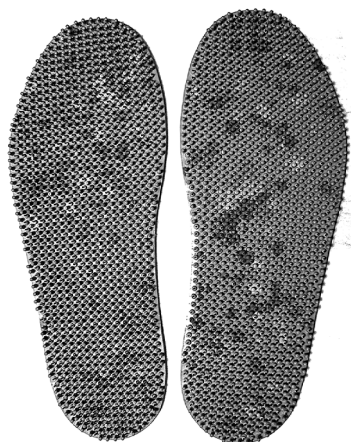
### «Insoles-plus»

(with slippers)

(Needle step 5.0 mm, size: 37-40, 40-43, 43-46). The original and special applicator. Specially selected magnitude of restrictive rollers doses and adjusts the power of the needle impacts on the reflex zones of the soles, preventing and eliminating the possibility of damage to the skin. On foot, there are acupressure points – projections of all organs and systems. Acting on them, «Insoles» restores and normalizes the function of all organs and systems.

One can accurately step on the insoles stand, walk, run, jump, dance.

Having put the insole inside the cotton sock (size 27-29) and wearing it on foot, while in a sitting position, they can be rolled along the floor objects, such as a rolling pin or glass bottle to optimize the





action.

Easy to use, you can put cotton wool between the insole-applicator and slippers at the zone level, which must be activated; to enhance the effect, you can put on the insole a fabric layer – 2-3 layers of cheesecloth or thin cotton cloth dampened with a solution of medicinal products, a decoction of herbs, salt solution. «Insoles» can also be used on any areas of the body.

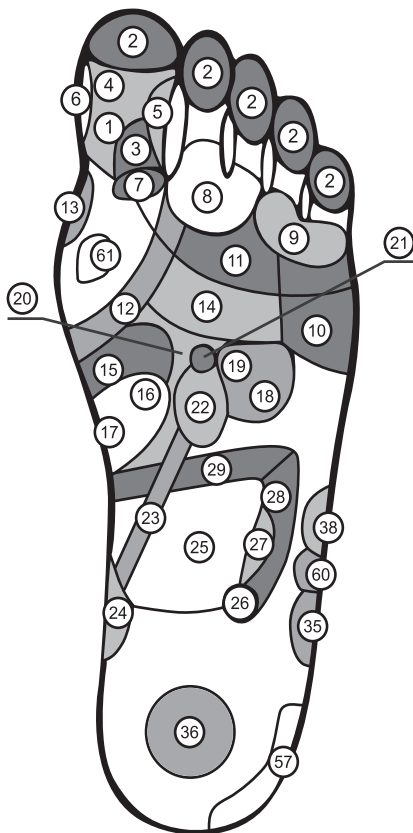
Time of impact of «Insoles» is determined by the desired effect:

- stimulating (tonic) impact 5-7 minutes in an active motor mode (walking, running); standing on the insoles or intensive «laminating» foot with the insoles.
- calming (sedative) effects – 15-30 minutes of smooth, progressive, wave-like motion of the foot with the insole, at the initial sitting position in a chair or lying in bed.

## **SCHEME OF REFLEX ZONES AND POINTS ON FEET**

### **LEFT FOOT**

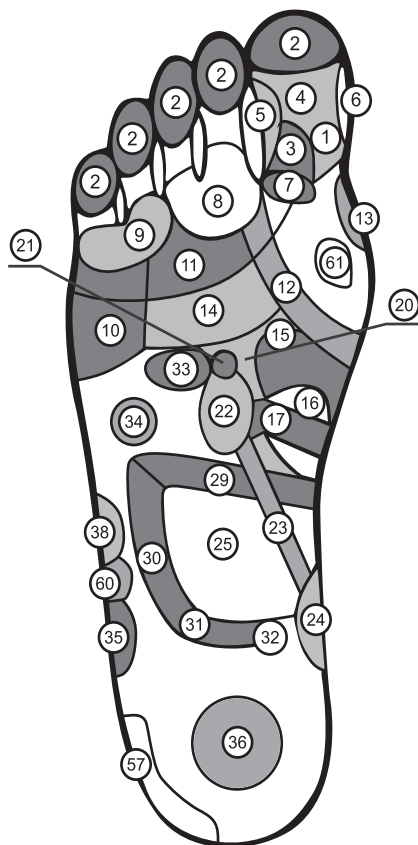
1. The head, brain (right side)
  2. The frontal sinus (right side)
  3. Cerebellum, brain stem
  4. Pituitary
  5. The trigeminal nerve, to the right temple
  6. Nose
  7. Nape
  8. Right eye
  9. Right ear
  10. Right shoulder
  11. Trapezius muscle on the right
  12. Thyroid
  13. Parathyroid
  14. Lungs and bronchial tubes on the right
  15. Stomach
  16. Duodenum
  17. Pancreas
  18. Liver
  19. Gallbladder
  20. Solar plexus
  21. Right adrenal
  22. Right kidney
  23. Urinary tract on the right
  24. Bladder
  25. Small intestine
- 20



26. Appendix
27. Ileum
28. Ascending colon
29. Transverse colon
- 35. Right knee**
- 36. Sex glands, ovaries on the right**
- 38. The hip joint on the right**
- 57. Nervous system**
- 60. Knee joint on the right**
- 61. Throat**

### RIGHT FOOT

1. The head, brain (left side)
2. The frontal sinus (left side)
3. Cerebellum, brain stem
4. Pituitary
5. Ternary nerve, the left temple
6. Nose
7. Nape
8. Left eye
9. Left ear
10. Left shoulder
11. Trapezius muscle on the left
12. Thyroid
13. Parathyroid
14. Lungs and bronchi on the left
15. Stomach
16. Duodenum
17. Pancreas
20. Solar plexus
21. The adrenal glands on the left
22. Kidney on the left
23. Left urinary tract
24. Bladder
25. Small intestine
29. Transverse colon
30. Descending colon
31. Rectum
32. Anus
33. Heart
34. Spleen



- 35. Left knee**
- 36. Sexual glands**
- 38. The hip joint on the left**
- 57. Nervous system**
- 60. The knee joint on the left**
- 61. Throat**

## **THE DIFFERENCE BETWEEN THE FLAT APPLICATOR DEVICES AND ROLLERS**

Flat application devices Lyapko (plates) are designed for static impact mainly on the areas of the body with a large radius of curvature: back, abdomen, chest area, lumbar-sacral region, limbs, hands and feet. On the flat applicators one can lie down or lay them on the problem areas of the body, evenly pressed with a bag with sand or fixing with elastic bandage. Working with plate requires no outside help. It should be remembered that the greater the area of the body include applicators, the less time is required to achieve a therapeutic effect.

Rollers are applicators for dynamic application (one million «needle shower»). Used in all areas of the body. Roller requires the involvement of an assistant in the processing of hard accessible body parts. With help of a roller one can in 10 minutes warm up the whole family after cooling. Kids really like it when they are «rolled», they just laugh with delight.

## **HOW TO WORK WITH AN APPLICATOR?**

Applicator needle step is adjusted depending on individual skin sensitivity and the required degree of intensity of exposure, focusing on comfort sensation when applied. For kinds it is usually recommend the use applicators with a more thick step.

Applicators-plates and applicator rollers have the same mechanism of action and can be used both independently and together, potentiating (enhancing) effect of each other. Indications for use are the same, the main principle of choice is the comfort of use.

Flat static applicators and applicator rollers are used to influence the basic, additional and ancillary areas. Rollers also affect areas along the spine (sympathetic points location zones) for reflex diagnosis. As with an applicator, and using a roller, one can in a short time relieve pain, recover, transfer stress from the nervous system to the normal state, obtain a therapeutic effect in various pathological conditions.

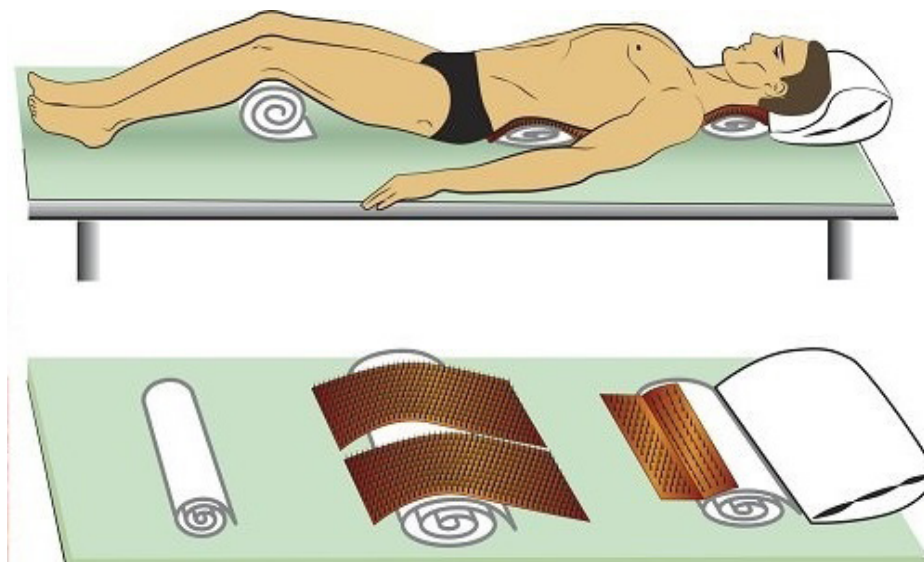
In 90% of cases it is necessary to influence the area, which disturbs (pain zone), and to increase efficiency of treatment, one should act on additional and supplementary zones. In total formulation there should always be included the main zone (area of the spine). Additional and auxiliary areas are to be used in the case when for some reason it is impossible to influence the primary zone. Additional and secondary zones may be in areas opposite in location to the core zone. For potentiation (increase) of the therapeutic effect it is advisable to include the formulation of an impact on the healthy zones of the symmetric side. In order to achieve optimal therapeutic effect it is necessary:

1. Choosing the right zone, modes and methods of influence.
2. To carry out the correct laying on applicators.

**The main condition for a correct placement** – even distribution of body weight over the entire applicator surface. In no case place the applicator on a completely flat surface. To properly put the applicators, one need most accurately simulate the spine curves in the cervical and lumbar spine using the pillows and folded towel rolls.

During the first five minutes of «dialogue» with an applicator relatively uncomfortable stinging sensation are transformed into a comfortable feeling of a powerful heat, pleasant «vibration», tingling, subsequently it may be a feeling of drowsiness, general relaxation, turning into a healthy restful sleep.

If there is discomfort for 10-15 minutes, remove the applicators and use only after 5-10 hours or the next day, capturing a smaller area. The causes of uncomfortable sensations may be incorrect use of applicators, i.e. uneven load on the needle and slide of applicators, accompanied by skin scarring. To eliminate these phenomena, one should rise above the applicator and lie down it again, putting a soft roller under the knees.



## DURATION OF EXPOSURE

Exposure time depends on the available applicators in this case, the symptoms and the particular task that you set for yourself.

At intense pain, hypotension, drowsiness, weakness, reduced sensitivity and efficiency, as well as in immune-compromised patients and the elderly people, the impact is effectively carried out in the morning and the first half of the day. Duration of treatment is for an applicator – 7-10 minutes, for roll – 3-7 minutes.

In chronic diseases, increased blood pressure, irritability, agitation, insomnia it is

recommended to use applicators in the afternoon or before bedtime. Duration of exposure – for the roll – 15-20 minutes, for flat applicator – 20-30 minutes. In some cases a pronounced positive effect is achieved by prolonged exposure from 30 min. to 1-2 h.

The course of treatment is 1-2 weeks. The treatment can be repeated after 2-4 weeks.

There is a positive long-term practical experience, for several consecutive months of daily use of applicators. There was a sustained improvement of health, removal of chronic pain, increase vitality and work ability.

Indications	Roller	applicator
<b>Toning effects (morning, afternoon)</b>	<b>3-7 min.</b>	<b>7-10 min.</b>
<b>Harmonization (at any time)</b>	<b>8-15 min.</b>	<b>12-18 min.</b>
<b>Sedative (calming) effect (in the second half of the day, it is better for the night)</b>	<b>15-20 min.</b>	<b>20-30 min. And more</b>

***Table 2. Time use of Lyapko applicators***

***APPLICATORS SHOULD CAUSE ONLY PLEASANT SENSATIONS!***

## **INDICATIONS FOR USE**

### **I. Diseases and injuries of the musculoskeletal system:**

1) tension of the neuromuscular system; 2) myositis; 3) myalgia; 4) tenosynovitis; 5) damage of ligamentous apparatus; 6) scoliosis; 7) injuries, fractures, post-operative condition; 8) low back pain; 9) joint diseases (arthritis, arthrosis, coxarthrosis); 10) intervertebral hernia; 11) protrusion etc.

### **II. Nervous system diseases:**

1) neuroses; 2) neurological manifestations of osteochondrosis; 3) lumbago; 4) neuritis; 5) neuralgia; 6) myasthenia; 7) sluggish and spastic paralysis; 8) neurasthenia, insomnia; 9) vascular dystonia; 10) enuresis; 11) migraine; 12) Raynaud's disease; 13) cerebral palsy; 14) recovery from traumatic brain injury and stroke; 15) plexitis; 16) sciatica; 17) sympathalgia, etc.

### **III. Diseases of internal organs and systems:**

- of cardio-vascular system:

1) hypertonic disease; 2) hypotension; 3) coronary artery disease; 4) angina; 5) arrhythmias; 6) atherosclerosis; 7) myocardial infarction; 8) rheumatism; 9) varicose veins; 10) hemorrhoids; 11), heart failure and others.

- Respiratory system:

1) rhinitis; 2) sore throat; 3) laryngitis; 4) bronchitis; 5) pneumonia; 6) tracheitis; 7) pleurisy; 8) asthma, including allergic and other origin.

- Digestive system:

1) gastritis; 2) duodenitis; 3) gastric ulcer and duodenal ulcer; 4) atony of the stomach and intestines; 5) colitis, enterocolitis; 6) dyskinesia of the gallbladder and biliary tract; 7) hepatitis, cholecystitis, hepatic colic; 8) pancreatitis; 9) flatulence (bloating) and others.

- Urinary System:

1) glomerulonephritis, 2) pyelonephritis; 3) kidney stones, renal colic; 4) cystitis, cystalgia; 5) urethritis; 6) prostatitis, prostate adenoma, etc.

- endocrine system:

1) hypothyroidism, hyperthyroidism; 2) diabetes mellitus; 3) alimentary obesity, etc..

#### **IV. Obstetrics and gynecology:**

1) Early toxicosis; 2) violation of lactation, hypo- and hypergalactia, mastitis; 3) preserving of the pregnancy; 4) anesthesia and regulation of labor activity, recovery in the postpartum period and after cesarean section; 5) infertility; 6) violation of ovarian-menstrual cycle (amenorrhea, dysmenorrhea); 7) adnexitises; 8) diseases of the pelvic organs; 9) menopausal syndrome, etc.

#### **V. Dermatology and cosmetology:**

1) atopic dermatitis; 2) urticaria; 3) eczema; 4) itching; 5) psoriasis; 6) cellulite etc.

#### **VI. Stomatology:**

1) gingivitis; periodontal disease, stomatitis; 2) pain relief during dental procedures; 3) toothache, etc.

**Removing of abstinent syndrome when alcohol and tobacco consuming.**

**Restoring of vitality, good mood and labor performance.**

## **CONTRAINDICATIONS TO THE USE OF APPLICATORS**

Relative contraindications to the use of applicators and the rollers are:

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

In the presence of benign and malignant diseases, multy-needle therapy with Lyapko applicators is only used for treatment of individual symptoms (method of analgesic effect,

removal of the psycho-emotional stress, improve of sleep, etc.) and always after consulting an oncologist.

## **DISINFECTION OF APPLICATOR DEVICES LYAPKO**

Applicator devices Lyapko (ADL) in use is in contact with the skin without damaging it, and have no contact with blood. In hospitals after the session of applications they need to be disinfected in accordance with the Standards of disinfection of medical devices, by their total immersion in a disinfectant solution.

To do this, there used chemicals for rubber and medical goods and for non-corrosion metals permitted for use in Ukraine. The concentration and exposure time according to the guidelines of disinfectants. For example: «Gigasept AF Forte new», «Korzoleks basic», «Korzoleks Extra» and others.

After treatment with disinfectants and washing under running water, disinfected unit is dried with a hair dryer with a stream of hot air.

Processed application Lyapko devices are stored under a clean diaper.

When individually using, ADL needs no disinfection. Hygienic care treatment involves periodic cleaning with solution (shampoo, liquid soap), with a brush, wash with running water and drying with a stream of hot air (with a hair dryer) maximum close to the pins.

Applicators needles are made of non-corrosion metals that is subject to their oxidation.

## **RECOMMENDATIONS FOR USE OF LYAPKO APPLICATORS**

- At osteochondrosis one lies on applicators with his back, one can have them all over the area of the neck, back, lumbosacral region.
- For headaches, pain in the neck, shoulder girdle, arms, in the heart, in the upper and middle parts of the thoracic, the applicators should be placed under head, neck, shoulders, upper and middle sections of the chest, to complement with action of hands and feet.
- For injuries, fractures, the applicator is applied to the spine, corresponding segmental innervation of the affected limb, for 15-30 minutes, then above and below the fracture.
- In diseases of the gastrointestinal tract, liver, kidneys, applicators affected by medium or low back and under the waist, and to enhance the effect – on the stomach, pressed with a bag of sand. You can work on the same zone with the applicator belt «Little Boy».
- At gastric ulcer, pancreatitis the applicator is applied to the lower thoracic and lumbar spine, at an aggravation – above and below the zone of pain (back, abdomen).
- At pain in the abdomen, sacrum, lower back, lower extremities, and in diseases and disorders of functions of the pelvic organs, the applicators are used in the lumbosacral region, the gluteal region and abdomen.
- To speed up the healing and recovery of bowel function after surgery, applicators are

placed above or below the site of the operation.

- If violation of the pelvic organs function, to normalize urinary functions, as well as in inflammatory diseases of the uterus, appendages, bladder, prostatitis, prostate adenoma, applicators are used for lumbosacral and gluteal areas.
- For colds, chronic diseases of the lungs, bronchi, the applicator is used as a «yellow card». Application area: back, cervical region, the anterior surface of the chest, sternum.
- To remove the asthma attack, lie on the applicator with a neck area with capture of the middle of the chest or use an applicator belt, and a spiked roller or a small applicator to carry out «painful» clamps of zone of the sternum and the upper sections of the front surface of the chest. Necessarily restrain breathing by Buteiko method.
- At colds of allergy or cold etiology one should lay on the applicator with nape area and small applicators affect the projection area of the maxillary sinuses.
- At arterial hypertension, severe headaches apply the applicators to the neck and collar area, the middle thoracic spine, the neck area of head, the sacral area, feet.
- At coronary artery disease, angina, rhythm disorders, and other diseases of the cardiovascular system applicator captures upper and middle sections of the thoracic spine, the corresponding area of heart on the bone, the nail bed area of the little finger.
- At varicose veins of the lower extremities the application area is lumbar spine with the capture of the lower thoracic spine and chest on the right (liver area projection) for 15-25 minutes. It is better to hold three treatments per a day. For example: in the morning after a walk when there is fatigue in legs. It is necessary to lay down, put shins on the applicator, under feet «Insoles Plus», legs are in elevated position to improve blood flow, the exposure time is 15-20 minutes. In the afternoon to roll the applicator along the outer and inner surfaces of the thighs and shins.

In the evening the application therapy is carried out on lumbar paravertebral with capture of the lower thoracic spine, and on chest on the right (liver projection area), you can use the applicator «Chamomile M», «Big mat» or wrap yourself with a «Magic tape «Health». Exposure time is 15-20 minutes.

«Magic tape» Health «can be wound on the lower leg on two legs at once or alternately, you may be lying. You can walk, but after removing the tape to lie with raised legs to improve the blood flow. Exposure time is 15-20 minutes.

In a day one should instead of procedures on the lower back and thoracic-inferior spine carry out the therapy on cervical spine to relieve spasm of blood vessels of the head to prevent spasm of peripheral capillaries, including the legs. All these procedures help to improve blood circulation, relieve feelings of «heaviness» in the legs, relieve leg edema, pain, and improve overall health.

In addition to his technique it is recommended: feet moisturizing, gauze pads with therapeutic herbal extracts and substances that improve blood circulation and trophism. Under the applicator one can put gauze, bandage cloth soaked in tincture of herbs, medicinal salt solution and other medical solutions. Applications can be obtained in the baths (tubs) with herbs, minerals and salts. In this case, the application may take 1- 1.5 hours and with the same repeat interval 2-4 times a day for 5-7 days, then conventional techniques may be

applied 1-2 times a day. There may be other options, selected individually in combination with other methods of treatment: physiotherapy, exercise, massage, etc.

- At strokes

At strokes in the acute stage to remove complications and sometimes to prevent stroke it is desirable to make in turn (starting from the side of the patient) deep punctures with tips of fingers and toes using scarifier or a sterile needle. After each of the two or three punctures, conduct milking finger movements, trying to squeeze out as much blood as possible. This procedure prevents the reflex bleeding from ruptured blood vessels of the brain, making it possible to eliminate the bleeding of them, lowering the pressure in them by redistributing blood to the periphery (hands, feet) and followed by extensive discharging the blood from fingers. At the same time carry out a very intense effect on the surface of the feet and hands for 30-50 minutes. Applications are held with flat applicators with a strong clamp for 5-10 min alternating with intensive exposure of the roller for 3-7 min, alternately sick and healthy side. There is an impact on other areas of the body (upper arm, lower leg, spine region, head, neck) with less intensity and less time. More time should be to influence the sick (diseased) side.

For the stage of rehabilitation at home there used the applicator in turns on all the affected sections of the spine and limbs. We must start with the healthy side. The applicators are placed along the spine, on the cervical spine, or, for example, in the lumbar. At the same time the patient is rolled with a roller arm or leg, starting at the fingertips, then rise above (for restoration of nerve conduction). Running should be carried out easily: on the sick side it improves circulation – expanding capillaries, the skin turns pink. Also there carried out a manual massage and subsequent rolling of head with a roller. The procedure is desirable to complete the action of applicators on the foot while sitting or standing. Exposure time is 7-10 min. on the healthy side, 10-20 on the sick one. Since patients quickly get tired, these procedures can be carried out 2 times a day for 30-40 minutes.

For effective burning of fat the applicator (needle step 6.2 – 7.0 mm) is applied for 7-10 minutes, to areas of most obesity in turns, and the spine area (lumbar) – 15-20 minutes. There used «Magic Tape» Health «: 5-7 two-segment or one 9-segment, can be used in conjunction with the gauze pads (1-2 layers thick gauze) moistened with a solution of minerals, salts, decoction of herbs, etc. The applicator is applied over the gauze pads.

- In diseases of the thyroid gland with its hyperfunction (hyperthyroidism) it is very important to learn how to breathe correctly (or rather – hardly breathe!). For example, learning to do breath holds for one or two minutes, 5-15 times a day. After each breath to try to breathe «not seen, not heard» or breathing of a «sleeping baby», which is the same. In hypothyroidism (myxedema) try to breathe heavily, deeply, often for 3-7 minutes 2-3 times per a day. Simultaneously with applicators, application tapes 'Health' to impact on the cervical spine. Effective is the effect on the additional zones: sacrococcygeal zone and the adrenal glands. The procedure should be completed on the impact of feet. Particular attention should be paid to the area of junction of the second phalanx of the thumbs of the hands and feet (metatarsus phalanx joint of the thumb) from sole and back of the feet, the exposure time is 3-5 minutes, can be longer, 2-3 times per a day. In hyperthyroidism impact on the neck and thyroid long – 15-30 minutes, 1-2 times a day, at myxedema the impact is short-term 3-7 min, 4-6 times a day. Other auxiliary zones may be used.

- At alcohol and tobacco consumption applicators should be used on the areas responsible for release of large quantities of biologically active substances: back head, neck-collar, the whole area of the back along the spine, the lumbosacral region. In the human body there are thousands not only vital points, but also thousands of other equally important areas and points, through which there can be made a positive impact on both internal organs and the entire body as a whole. So E 36 point (Zu-san-li) is located below the knee for «a hundred diseases» and slightly above it, 1-2 cm is a new point. This point (zone) is often called by the authors Ju-li-pan – point for treatment of alcohol and other addictions. Onto the area of these points attach the belt «Little Boy,» which contributes to the overall emissions of internal medicine, normalize metabolic processes in the body. It is also necessary to act with an applicator on points in the ear cavity, application therapy on the stomach, on the chest. In parallel with laying on applicators, use a method that reveals the human super powers – a method of incorporating an endogenous respiration using existing internal oxygen, located predominantly in adipose tissue. To do this, the patient is put with a set of applicators, as well as put them on top of him or wrap him with tape from head to toe, including face, cover his head with four – five blankets (on head it is better to wear a large transparent plastic bag or semi-hermetic respiratory pyramid). Treatment time is 30-50 min., hold 1-2 times a day. During these procedures the body switches its own defense system, there burnt and removed not only toxins but excess body fat.

## APPLICATION THERAPY DURING PREGNANCY

To save the pregnancy, as well as to improve conditions of its course it is recommended to use the applicators with small step (3.5-5.0 mm). The feeling at this must be comfortable. Applicators and rollers are used on the paravertebral (along the spine on both sides) zone, zone of forearms and lower legs, hands and feet. Roller impact should be soft and delicate.

### GESTOSIS OF PREGNANT

During pregnancy, the threshold decreases and the woman begins to respond to any stimuli, there increased sensitivity to odors, words and so on. In early pregnancy toxicosis (nausea, vomiting) applicator affect the lower third of the thoracic to the top of the lumbar spine, 10-20 minutes, can be placed through a small diaper for comfort.; roll the upper abdomen above the navel, forearms, hands for 15 min., the procedure is carried out gently, feeling should be comfortable.

Rolling belly clockwise helps regulate the bowels.

You can use the applicators as a «mustard plaster» for colds.

### BACK PAIN, HEAVINESS IN THE LEGS

One of the most noticeable changes, manifested in a pregnant woman, – change in body weight. By the end of pregnancy, women weight increases by about 10-12 kg. At this time, the spine experiences a double load. At different stages of pregnancy a woman is concerned about pain in the back. You may also receive a sense of fatigue, heaviness, pain in the legs, swelling by the end of the day, a burning sensation. Further there may appear varicose of veins.

Rolling the region of the back, with capture of the lower thoracic, lumbar spine and legs. Exposure time in the morning is 5-7 min., in the evening is 10-15 minutes. You can then carry out laying on the applicator with thoracico-inferior and lumbar spine, the needles step is smaller, from 4.9 to 5.0 mm. («Chance», «Chamomile-M»). The procedures are carried out 2 times a day.

Very effective is the use of «Magic tape» Health» through soaked with a healing solution (broth) gauze pads or without them, for a time from 15 to 40 minutes.

At the pain syndrome in the lumbosacral region, to improve blood supply to the uterus and a complete development of the fetus (the lumbar and sacral areas); the impact is soft, delicate; it is desirable to use an applicator with a small step (4.9-5.8 mm). Feelings need to be comfortable.

### **PREVENTION AND TREATMENT OF STRETCH MARKS**

It is easier to prevent appearance of stretch marks, than to fight them. It is very important to control the rate of weight gain. Rapid weight gain will inevitably lead to appearance of stretch marks.

To prevent stretch marks you need to use the special bandages.

Every day from the beginning of pregnancy to roll the «dangerous» places with roller applicators until light redness and sensation of pleasant warmth. In the area of thighs and buttocks to wear a belt «Baby», «Magic tape» Health «(by previously mentioned methods).

Exposure time is 10-20 min., the feeling should be comfortable. It is possible to massage problem areas with a massager «Pharaoh» (exposure time is 3-7 minutes).

### **DELIVERIES**

At the beginning of delivery activities, when the intervals between contractions are long, and the duration of bout is short: during the contraction to massage the lumbosacral region with s massager «Pharaoh», and in between all back is massaged in circular and longitudinal movements. With increasing pain during contractions run with a roller (with assistance) the lumbosacral region with seizure of the lower thoracic spine. The degree of the roller pressure one can regulate on his own.

Many pregnant at this point want a strong impact and high amplitude of the roll motion.

It is effective to use applications with the correct breathing during contractions and in between. Inhale through the nose, exhale through the mouth, the breath in should be longer than the breath out.

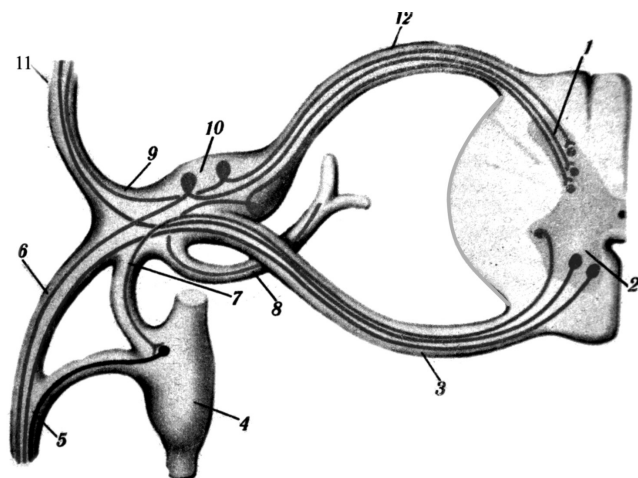
### **POSTPARTUM PERIOD**

To remove the pain during uterus contractions, roll the lower abdomen with applicator rollers, the exposure time is 10-15 minutes, roll easily, the feeling should be comfortable. «Magic tape «Health» can be wound.

These procedures will also help to restore the skin elasticity.

### **LYAPKO APPLICATORS AND YOUR CHILD**

In the first three months of life more than 70% of children have functional intestinal colic. In most cases, these gripes is no pathology (disease), but adaptation of the gastrointestinal



**Fig. 2. Spinal nerve and its branches:**

1 – posterior horn; 2 – anterior horn; 3 – ventral root; 4 – sympathetic trunk node; 5 – gray connecting branch; 6 – anterior branch; 7 – white connecting branch; 8 – brain membrane branch; 9 – spinal nerve; 10 – cerebrospinal node; 11 – posterior branch; 12 – dorsal root.

tract (GIT) of the baby to the new conditions.

All parents know this picture: against feeding or shortly after the baby suddenly starts to draw legs to the tummy, becomes restless and then rapidly turns red and starts to cry. Continuation of this situation can be quite long. This is the «intestinal colic».

To remove the colic, one can use facial or roller applicator «A little drop». The procedure is performed through a cotton cloth. Gently run the tummy with a roller in a clockwise direction for several minutes until a light hyperemia (redness). Then put the baby on his tummy and ride with a roller middle and lower back sections. As per the same scheme we are working with an applicator «A little drop»: alternately (clockwise!) by applying it to the tummy around the navel, so to obtain a square. Pressing with an applicator should be gentle, without effort. Perform the procedure between feedings or before feeding. It is very effective to do the massage with applicators before bathing.

The main thing to remember that it all passes away, when used properly all the recommendations of this period, one can pass it quite easily and not overshadow the joy of the first months of motherhood!

## **WE SUPPORT BREASTFEEDING!**

To save and stimulate lactation, the applicator («Large rug», «Chamomile-M», etc.) should be used for the entire thoracic back in the morning and evening for 15-20 minutes. Before each feeding, run both breasts, avoiding the nipples with a multi-functional roller for 3-5 minutes. Effective and pleasant the usage of «Magic tape» Health «. Get plenty of rest and eat properly.

## **MASTITIS**

At thickenings and mastitis there possible a long-term use of the applicator «A little drop» through a two-layer gauze, soaked in hypertonic solution or a thin cotton cloth. On sealing zones make sensitive clamps for 10-15 min., 3-4 times a day, more often up to the disappearance of symptoms of the disease.

## **SCHEMES OF EXPOSURE OF APPLICATORS AND ROLLERS FOR VARIOUS DISEASES**

**The main zones** (disposed on the rear surface of torso, head, neck). They are identified as the main ones due to the fact that the skin on both sides of the spine and directly over the spine are most closely spaced from the outputs of cranial and spinal nerves roots and other structures. The peripheral nervous system consists of cranial and spinal nerves and nerve plexus and the autonomic nervous system. (Figure 3, 4).

Within the central spinal cord canal, the anterior (motor) and posterior (sensitive) roots are gradually converging, then merge and form a root nerve throughout to the spinal nodes, afterwards – the spinal nerve. Due to this merge the spinal nerves are mixed, as they contain motor (efferent) fibers from the anterior horn cells, sensory (afferent) fibers from the spinal cell nodes and autonomic fibers from the lateral horn cells and sympathetic trunk nodes. (Fig.2)

Coming out of the central channel, the spinal nerves are divided into anterior branches that innervate the skin, muscles of the limbs and the front surface of the body; posterior branches that innervate the skin and muscles of the back surface of the body; meningeal branches, bound to a solid spinal cord and connecting branches that contain sympathetic preganglionic fibers, following the nodes of the sympathetic trunk.

Anterior branches of spinal nerves form the cervical, brachial, lumbar, sacral and coccygeal plexus. Anterior branches of thoracic give rise to intercostal and subcostal nerves.

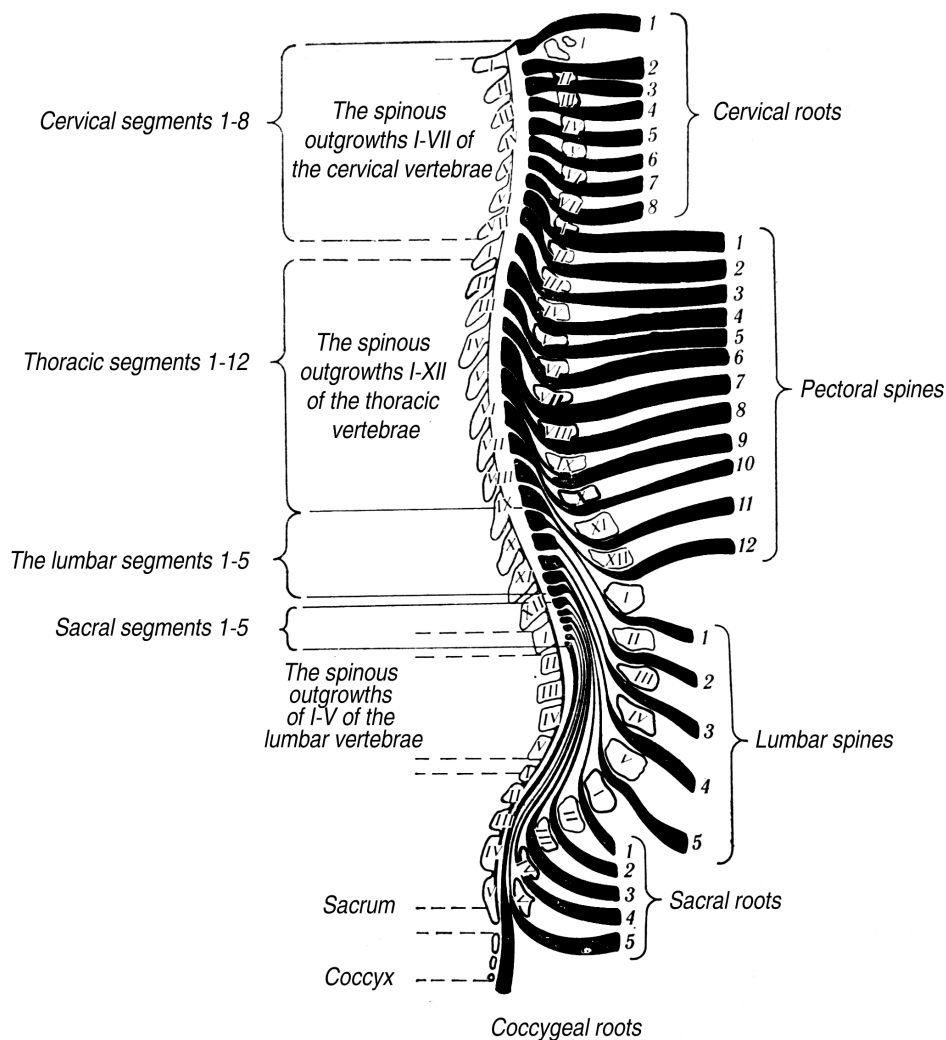
Plexus give origin to peripheral skin and muscle nerves, the formation of which is usually attended by several spinal cord segments.

Gray matter, together with the anterior and posterior roots refers to the segmental spinal apparatus performing motor, sensory, reflex and autonomic – trophic functions.

Spinal cord segment is a part of the body metameasure, which also includes a certain area of the skin (dermatitis), muscle (myotome), bone (sclerotome) and inner organs (splanhnotomy), innervated by this segment. (Figure 5)

The spinal cord has 31-32 segments and divided into 5 sections: cervical – C1-C8, thoracic-Th12 Th1, lumbar – L1-L5 and sacral – S1-S5. At the bottom there is one – two rudimentary coccygeal segments (Co1-Co2).

Formations of central and autonomic nervous systems are situated closest to the back surface of the human body, head, neck, and so at reflex applicator exposure it is most effectively included (activated) through the skin on the posterior surface of the trunk, head, neck. The term «main zone is applied, from our point of view, the most correct, because it shows the highest functional activity of these zones for more efficient

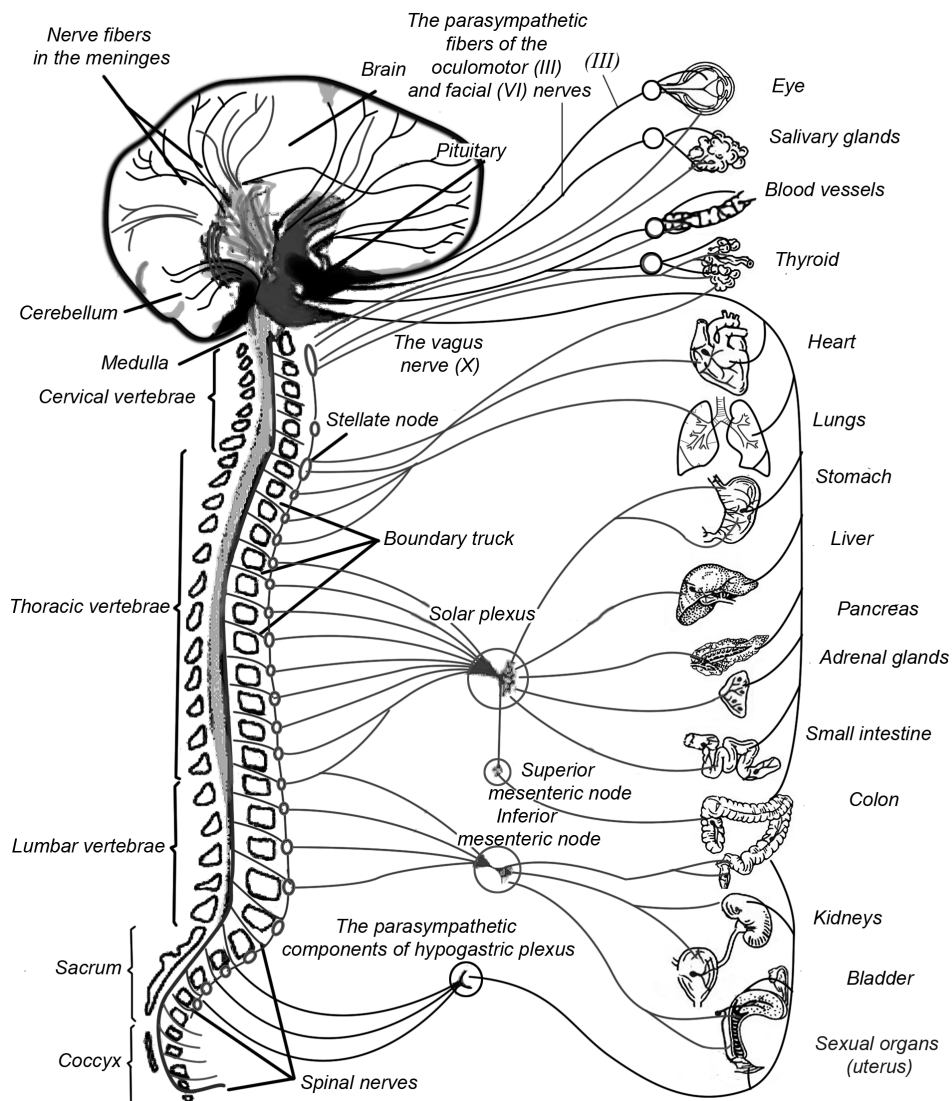


**Fig. 3. The structure of the vertebral column**

normalization of vital processes in organs and human systems in comparison to other areas, which are auxiliary zones: the anterior surface of the trunk, head and neck. And also called additional zones: areas of skin of the lower and upper limbs, which are secondary (peripheral) in relation to the (central) structures of the brain and spinal cord.

From the above we can conclude: multy-needle multy-metal effect is desirable and most effective at the skin surface over the area of spine on either side of the spine and the back surface of torso, head and neck.

It goes without saying that the choice of the most important area (areas, strips,

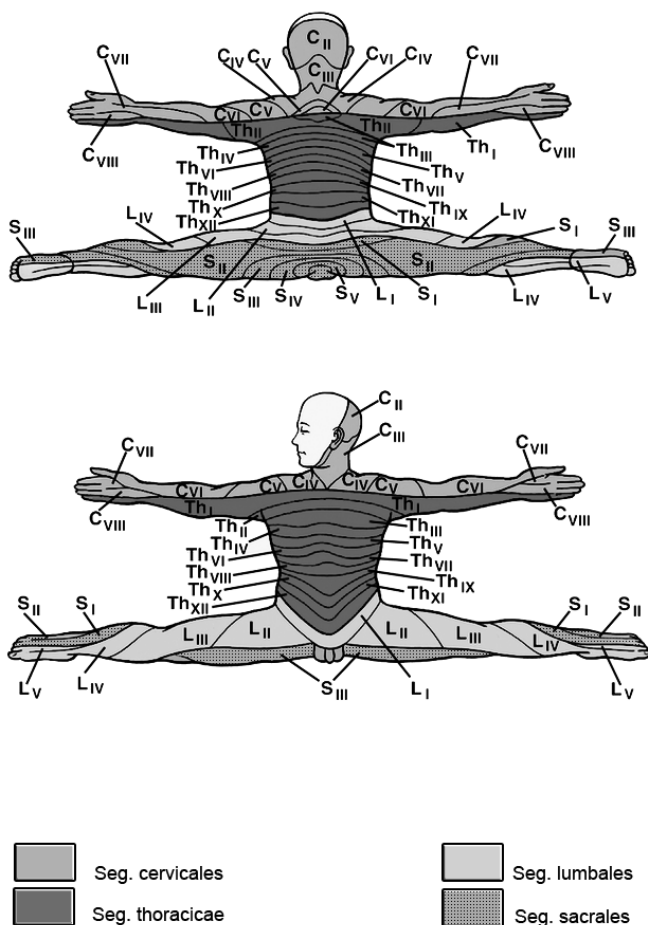


**Fig. 4. Scheme of the autonomic nervous system (as per A.A. Yarosh)**

segments) of the skin on the back surface of the body will depend on the primary diagnosis, pathology, damage zone of the different organs, the level of segmental innervation of these organs, the corresponding skin metameasures etc., and type and method of reflex action and other jointly and separately applied methods, programs and other treatment conditions.

**Auxiliary zones.** Due to the fact that the internal organs, and endocrine gland are

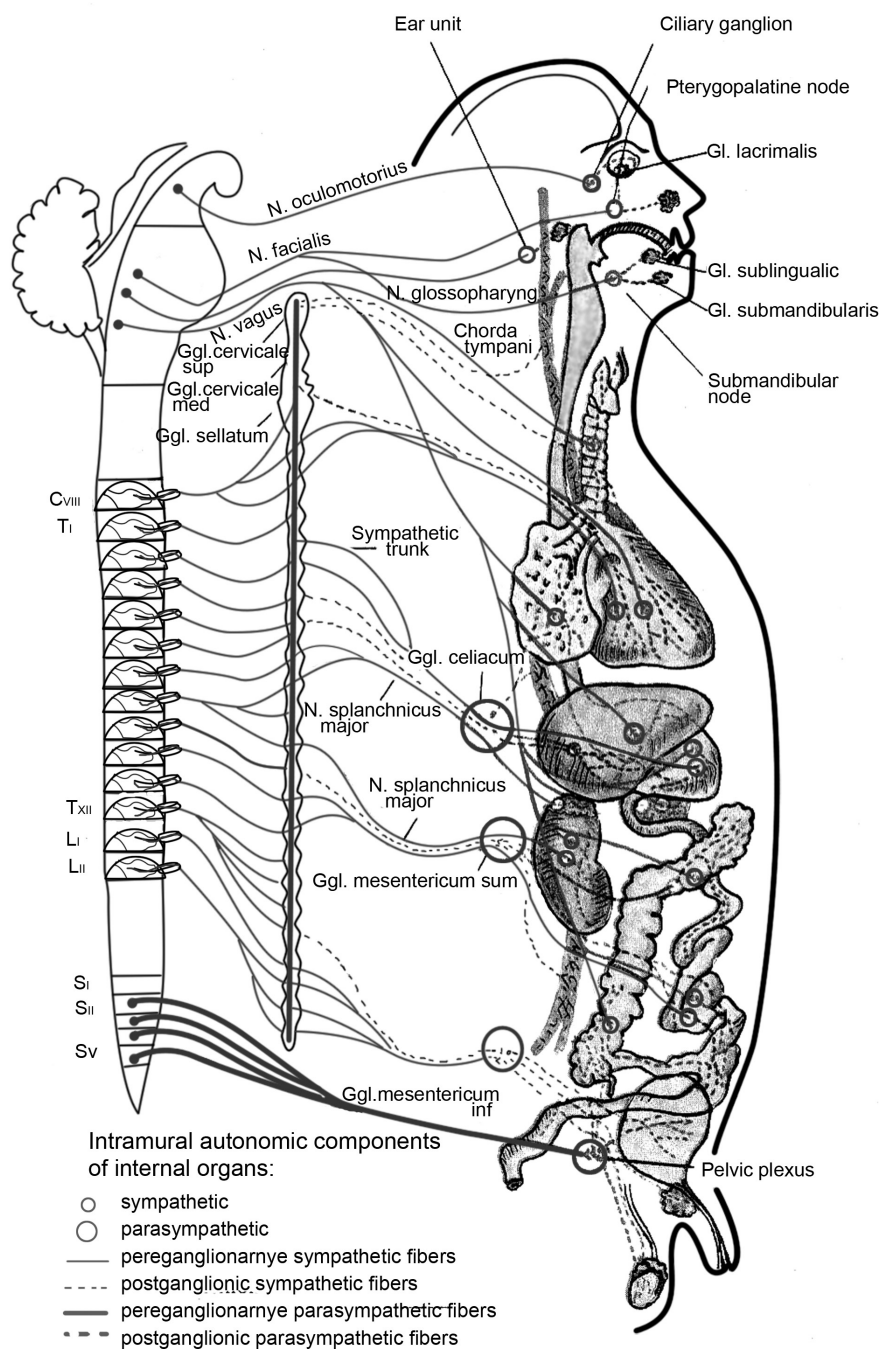
located immediately below the anterior abdominal wall, under the chest, neck, face, the impact on them or on separate skin areas (metameasures) in these zones via multy-matal applicators promotes regulation, normalization, rehabilitation, improvement and activating the activity of these bodies through reflex-mechanical and electro-galvanic applicators action on somatic receptors, but to a greater extent of the vegetative nervous system (Figure 6). For example: impact on the painful areas of the skin, areas of reflected pain, Zakharyin-Ged zones contribute to pain relief, reconstruction and normalization of the function of organs corresponding to these zones. The result is achieved faster when using auxiliary zones simultaneously with the basic and additional zones.



**Fig. 5. Segmental level of skin sensitivity**

**Additional zones:** areas of the skin of the lower and upper limbs, which are secondary (peripheral) in relation to the (central) structures of the brain and spinal cord. It is described in detail in acupuncture. On anterior-internal surface of the hands and feet there are zones «Yin» (female – centripetal – afferent) groups of channels – the meridians of organs, located on the inner surface of the arms and legs, and with different groups of pixels that differ in purpose (reinforcing «tonic» properties, relaxing, soothing «sedative» properties, strengthening, stabilizing properties – points «accomplices», points «lo-points» – a kind of «gateway», kickers, energy exchangers from one canal – «body» into another one (e.g., from the «Yin» in «Jan» channel).

On the posterior-lateral surfaces of the hands and feet there are «Jan» zones (male centrifugal, efferent) groups of channels – the meridians of bodies with



**Fig. 6. Segmental level of the autonomic nervous system**

similar groups to the destination points. Using for applications and acting on different groups of points of certain meridians channels, we are able to further adjust (modify, enhance or decrease) the activity of various organs and systems (common action). Thus, we strengthen the work during the application of Lyapko applicators on the primary and secondary zones and further provide (local) medical action on the application zone itself.

### HEADACHES, TRIGEMINAL NEURALGIA, FACIAL NERVE NEURITIS, FACIAL SYMPATHALGIA, HEARING, VISION, DENTAL PAIN, COLDS.

*Recommended zones (Figure 7.) For selection of the applicator exposure: basic 0, 1; additional 2, 10, 11; auxiliary 3, 8, 22, 24, 25, 31 (28) 20*

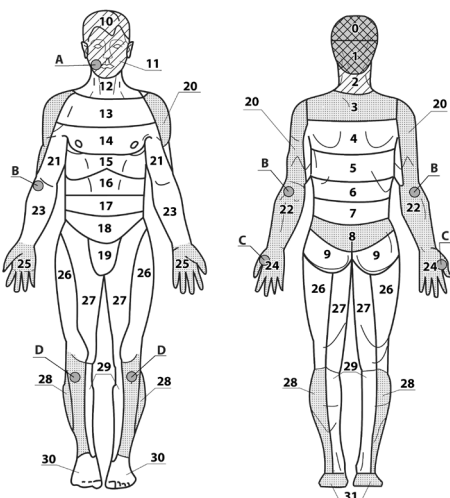
**General recommendations.** On the hands the auxiliary area is better to take across. At any pain in the right half of the face, for example, at the point (p.) A: one should act on the point A itself, the point B on the right, p. C on the left and p. D on the right with a small applicator for 7-30 min.

**Additional recommendations.** At trigeminal neuralgia, facial sympathalgia and dental pain, additionally use a small applicator in areas of greatest pain for 10-30 minutes and a short time (2-5 min.) on symmetrical zones. There also important an impact on the earlobe from the pain. To improve efficiency, one should briefly (1-2 min.) influence the earlobe healthy side of the face. For treatment of pain after tooth extraction to affect the earlobe with a small applicator on p. B on the side of pain or on p. C on the other side. At facial neuritis it is very effective to restore using the facial roller. Treatment is started from the healthy side – 3.5 min, then act on the sick side for 7-10 min.

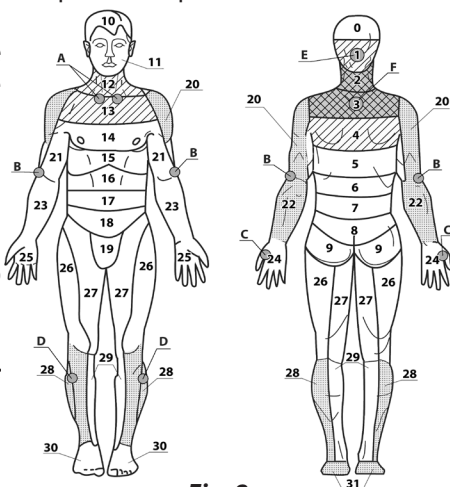
### PHARYNGITIS, LARYNGITIS, SORE THROAT, COLDS, BRONCHIAL AND LUNG DISEASES, NEUROLOGICAL SYNDROMES OF OSTEOCHONDROSIS OF THE CERVICAL AND THORACIC SPINE, NECK AND SHOULDER PLEXALGY, ARTHRITIS, NEURITIS.

*The application zones (Figure 8.): basic 2, 3; additional 1, 4, 12, 13; ancillary 20, 22, 28, 31.*

**General recommendations.** Using an applicator, use the basic, additional zones and zones of maximum pain, but



**Fig. 7**



**Fig. 8**

if the pain is very pronounced, applicators should be applied above and below the painful area, or use the points and zones of opposite side. The exposure time is 10-30 minutes. For colds, asthma there recommended long-term impact with small applicators across. For example, to the point D on the left, to the point C on the right, p. B at the left, to the center of the points A and E, or F (Figure 8).

All respiratory diseases, especially of allergic nature, require correction of breathing. It is necessary to regulate breathing to decrease its intensity, holding it (the breathing should be silent, invisible). To do this, the most suitable method by K. P. Buteiko, pranayama of the Yoga system with long pauses between inhalation and exhalation, Frolov breathing apparatus, breathing under thick blanket. All of these methods are directed to preservation and storage of carbon dioxide (CO<sub>2</sub>) to the normal values of about 6.5% in the blood. This concentration of CO<sub>2</sub> is maintained in the blood of healthy people and only under such conditions the air oxygen (O<sub>2</sub>) is fully delivered to all tissues of the body. CO<sub>2</sub> concentration of 6-6,8% relatively to other gases in the blood is a condition that helps to maximize the allocation of biologically active substances and leads to the most vital activity of all organs and body systems, and reliable protection against disease.

**Additional recommendations.** For colds, chronic diseases of bronchi and lungs, applicators are used as a «mustard plaster». Treatment is always completed with feet applications. Feet before application must be warm and humidified (usually at colds, accompanied by high temperature, feet at touch are cold and dry). For this purpose, 3-7 times per day impact with an applicator roller for 5-10 min.

You can put your feet up on the «Insole plus» or any other applicator, it can be done sitting in a chair, while pressing the needle applicators with feet. To consolidate the effect after application of applicators, it is useful to do rubbing with cedar, pine oil and other herbs.

To remove the asthma attack, one should lie on the applicator with the main zone (1, 2, 3) or use the applicator belt; the applicator roller or small applicator are used to carry out a small effect in the upper sections of the front surface of the thorax in zones 12 and 13 for 10-20 min. Thus it is necessary to restrain breath or even breathe with a long exhale through pursed lips.

At colds in the nose, allergic or cold rhinitis, lie on the applicator with zone 1 or carry it tied to the back of the head 2-5 times a day for 10-20 minutes. You can use a circular wrapping in 2-3 turns of the tape applicator («Magic tape» Health «), with capture of the occipital region, upper jaw and upper lip, further it is useful to use the back and front of the neck, both for the individual applicators exposure, and for a circular wrapping with tape applicators.

All of these can be processed using a roller for 15-20 min. It is essential during the procedure, and for 30-60 minutes to maximally inhibit the respiration (breathing should be invisible and inaudible).

At expressed and persistent pain syndromes in upper limbs it is advisable to use an applicator or roller to the symmetrical areas of the opposite (healthy) side.

**ANGINA, FALSE ANGINA, LOW BACK PAIN (AND RADICULITIS, MYOSITIS, NEURALGIA) OF MEDIUM AND THORACIC SPINE, BRONCHITIS, MASTITIS, WEAK LACTATION IN BREASTFEEDING MOTHERS.**

The application zones (Figure 9.): basic 4; additional 3, 5, 13, 14; auxiliary 21, 23, 25, 29, 31.

**General recommendations.** Apply applicators on zones 3 and 4 for 15-20 min.; with a small applicator shortly (2-3 min.) act on the front surface of the chest on the right or left (selectively) and the inner surface of the wrist alternately (impact with vibration).

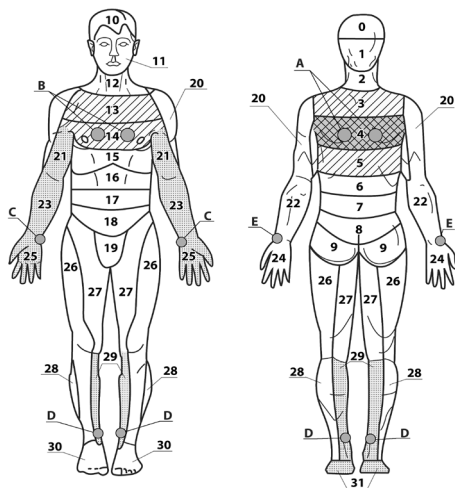
**Additional recommendations.**

Cardialgia (heart pain) is usually accompanied by osteochondrosis of the cervical and thoracic spine. Influence is needed on the pain points in the chest area and paravertebrally along the thoracic spine, and with a small applicator or roller in areas of hands and feet projections. With the aim of potentiation (increase) of the impact, the formulation must include symmetrical points and the opposite side zone. For example, the area of pain on the left – apply on the right.

Angina attacks manifest in pain behind the breastbone or in the heart area of the pressing, compressing nature, reflecting more frequently in the left shoulder, arm, neck. For the attack relief it is necessary to use a small applicator to the area of the little finger periungual bed, first left, then right, zone matching heart on the hands and feet (Su Jok Therapy). It is possible to find the most painful and sensitive areas, and then to act (intense) on them. For treatment and prevention of angina, the applicators are used in the cervical and middle thoracic spine, forearm area, hands and feet. It is also possible wearing small cross applicators, for example, at the point A on the left, p. B on the left, p. C on the left, p. D on the left and vice versa (at repeated procedure). Additional treatment with a roller of the same zone is possible.

In breastfeeding mothers at mastitis the applicator is applied to the inflamed breast area and zone 4 for 10-15 minutes 1-3 times per day. This zone can be treated with a roller for 5-7 minutes 1-3 times per day. Long work on the area of breast thickenings in feeding mothers can be with small applicators, fixing them with an elastic bandage for 30-60 minutes. Perhaps the use of «Magic tape» Health» by circular bandaging of the zones 4 and 14.

Please note that any local thickening or unusual breast formation need to be shown the doctor!



**Fig. 9**

## HYPERTENSION, HYPOTENSION, RECOVERY AFTER STROKES

*Application zones (Figure 10): basic 1, 2, 3; additional 0.4 (14); auxiliary 7, 25, 28, 29, 31.*

**General recommendations.** At hypertension (high blood pressure) affect the zones 1, 2, 3 (Fig. 10) for a long time, 20-30 min., gradually increasing the area of influence (paravertebral points along the spine, sacral region, lower leg, foot).

At reducing the arterial pressure (hypotension), act on a limited area of zones 1, 2, 3 for a short time – 5-10 min.

Arterial hypertension and hypotension may be accompanied by or combined with syndromes of degenerative cervical spine disc disease. If in the neck, head, neck area there are points of severe pain, they should be worked with applicator for 20-30 minutes or to fix the small applicators for 30-60 minutes.

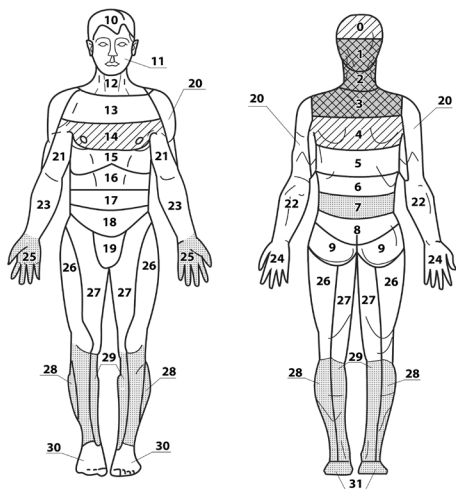
For the purpose of rehabilitation of patients after stroke the applicators are applied to all parts of the spine, limbs, head and neck area. The session must be carried out on one's healthy side, completing the procedures with an impact on feet (sitting or standing). Treatment is carried out taking into account the patient's blood pressure.

**Additional recommendations.** At hypertensive disease one can start effect, rolling feet and calf muscles with a roller for 2-5 minutes or with applicators for 7-10 min. Then for a long time, 10-15 min with a roller or 20-30 min with an applicator, affect the main zones 2, 3, 4, engaging gradually above- and below listed zones 0, 1, 5, 6, 7, 13, 14.

If at hypertonia affecting only the upper spine is not effective, you need a short time (7-10 min.) act as well on the sacral zone, the zone of adrenal glands and end the session with 3-5 minute feet application. To enhance the blood outflow from the head and more effectively reduce of blood pressure to complete the applications session on calf muscle and feet (roller 2-5 min., applicator 5-10 min.). At hypotension there taken the same areas in the same way, but for a short time (3-5 min.) until the vivacity, improve of overall tone and normalizing of blood pressure. It improves the effectiveness of treatment of hypertension and hypotension, respiratory regulation in direction of its deterrent and deceleration by K. P. Buteiko method, as well as pranayama, asanas, and breath-hold from the yoga system, etc.

It is extremely important during the day (a month or more) to control the breath «towards» its restraint, and at night to sleep in a «respiratory pyramid» or under a blanket.

At high pressure (hypertension) the Liapko applicator is recommended to apply in parallel with the medication, monitoring blood pressure.



**Fig. 10**

**DISEASES OF THE ESOPHAGUS,  
STOMACH, LIVER, GALL BLADDER;  
NEUROLOGICAL SYNDROMES OF  
DEGENERATIVE DISC DISEASE OF THE  
LOWER THORACIC SPINE (AS WELL  
AS MYOSITIS, RADICULITIS IN THIS  
DEPARTMENT), OBESITY.**

The application zones (Figure 11.): basic 5; an additional 6, 15, 16, 17; auxiliaries 21, 23, (25), (28), 29, 30, 31 (26 for obesity).

**General recommendations.** At pathology of biliary tract, esophagus, stomach, accompanied by loss of appetite, low power, dyskinesia and other symptoms of functional impairment of the digestive system, it is recommended to impact applicator or roller on the stomach

area, back, waist after eating in order to enhance and stimulate the enzyme systems and improve the digestibility of food. At overweight exposure is usually held before a meal (on an empty stomach). Such use of the applicator reduces appetite, reduces the amount of food consumed, and includes a mechanism of burning of unwanted fat stores, transmitting it into energy for the activities, needed by the body.

At the lower thoracic spine osteochondrosis, hepatitis, cholecystitis, it is sufficient to impact zones 5, 6, 15, 16, 17 (Fig. 11), in addition to the outer surface zones 26-28 (area of the knee and the outer ankle joint), and effect on zone 22, up the ulnar bone. At expressed exacerbations do not apply the applicator on the areas of maximum pain and use the adjacent zones, for example, above or below.

**Additional recommendations.** At chronic hepatocholecystitis, gallbladder dyskinesia, the applicator can be used as «hot water bag» on the right hypochondrium area.

At liver disease, gastric secretory insufficiency of the pancreas – the impact is short 5-7 min.; on pain points zones 15-16 (epigastric area) and zones 5-6 affect until the heat sensations, relaxation and disappearance of pain.

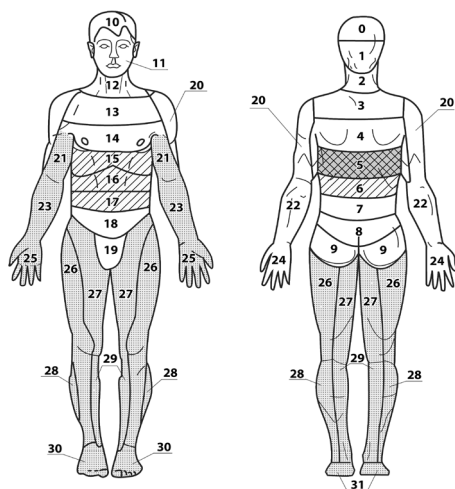
Auxiliary points: bottom of the 23rd zone on the right (in the hands), bottom of the 29th zone on the left and vice versa.

At excess weight (obesity), cellulitis – an impact on large areas of the trunk, abdomen and legs. Applications on the zones 5, 6, 7, 8 (15-20 minutes), preferably before meals and extra – zones 15, 16, 17, 18. The criterion of the impact completion of – appearance of a sensation of warmth in the stomach.

At pathology of internal organs, accompanied by obesity, use an applicator on the shins, thighs area – zones 27-29, forearm and shoulder – zones 21-23.

In order to eliminate the excess fat in certain areas, one must also act with a roller for 3-5 minutes on each of the following areas until the constant redness and sensation of pleasant warmth.

At symptoms of cellulitis, after application of the applicator roller (5-7min.) it is



**Fig. 11**

recommended in these zones to rub cellulite creams, gels and the repeat the process again for 2-3 minutes. Be sure to include to the procedure an impact with applicators or rollers on zones 5-6, 2-3 times a day.

At obesity (additional use of zones 26, 27, 7, 8, 9, 16, 17, 18 and other variations are permissible), a long circular wrapping with tape applicators (25-40 min. or more) or processing with a roller for 20-30 min. and more. These activities increase metabolism, help burn excess fat tissue of not only subcutaneous fat, but also cholesterol (cholesterol plaques) in the blood vessels. The efficiency and effectiveness is significantly (especially over time) higher at simultaneous inclusion of endogenous respiration, switching the combustion processes of excessive fat by limiting the intake of outside air oxygen with the help of «Lyapko respiratory pyramid» (other methods: a long delay (breath control) for 3- 5 hours by the method of K.P. Buteiko, sleep, with head, covered with 2-3 blankets, and other breathing control techniques). This allows to activate oxygen in the adipose tissue and switch the combustion mechanism of endogenous (internal) oxygen with adipose tissue with few external, exogenous (inhaled with air) oxygen.

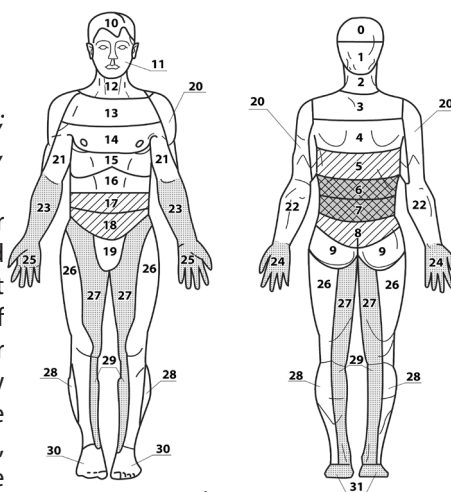
This is possible only in case if we, delaying (decreasing) breathing or preventing CO<sub>2</sub> loss (via respiratory pyramid, breathing scaphandre, perforated bag, air reservoir around the head and torso at the shelter under blankets 2-3 without slots) we maintain our internal, extremely useful carbon dioxide in the inhaled air in concentration of 0.5-3% (instead of the usual 0.03-0.1%), which, respectively, allows to maintain 6-6,8% CO<sub>2</sub> concentration in the blood as in healthy individual.

### **GASTRIC ULCER AND DUODENAL ULCER, SMALL INTESTINE, KIDNEY DISEASE, RENAL COLIC.**

*The application zones (Fig. 12): basic 6, 7; additional 5, 8, 17, 18; auxiliary 23, 25, 24, 27, 29, 31 (1,2).*

**General recommendations.** Gastric ulcer and duodenal ulcer are often accompanied by hypersecretion of gastric juice. Impact of an applicator is long – 20-30 minutes. If pain syndrome is expressed, the applicator is applied to the back area, above and below the projection of pain. On the areas 17-18 one can fix small applicators or application belt, application tape for 30-40 minutes. These zones can be processed by a roller for 10-15 min. and more.

The main condition – transition to comfortable feelings, pain relief. If pain persists – use remote zones: feet, the inner surface of zones 29 (ankles) and 23-25 (hands). Sometimes treatment of neck, nape is effective (zones 1-2).



**Fig. 12**

## NEUROLOGIC SYMPTOMS OF OSTEOCHONDROSIS OF THE THORACIC AND LUMBAR SPINE, MYOSITIS, RADICULITIS, ARTHRITIS AND ARTHRITIS OF THE UPPER EXTREMITIES.

Application zones (Fig. 13): basic 6, 7; additional 8, 17, 18, 27; auxiliary 22, 26, 28, 30, 31.

**General recommendations.** At neurologic symptoms of osteochondrosis people often lay with back on the applicator along the entire spine. At good endurance, applicators can be placed over the entire area of the neck, back, waist and pelvis. At pain in the thoracic and lumbar spine, use applicators under these sections (zones 6, 7), and additionally to enhance the effect, applicators are placed under the arms and legs or the relevant areas of the chest, abdomen, pressing them with sand bags. At severe pain, for example, in the point A on the right, there recommended additional processing with a roller, massaging with creams with warming, analgesic effect of natural, vegetable origin, and then carrying of small applicators fixed, for example, on the p. A on the right, p. B on the left, p. C on the right, p. D on the left or right (Fig. 13).

**Additional recommendations.** At neurologic symptoms of osteochondrosis of the thoracic and lumbar spine the most effective is a comprehensive treatment. So, it is recommended to combine the metal application of the mentioned zones with the use of creams, with ordinary massage or with a massager «Pharaoh». Additionally one can carry out the processing of pain and surrounding areas with the help of a roller applicator, as well as to wear for a long time small applicators at points of maximum pain (lumbar region, along the sciatic nerve) – zones 26-28, 7, 8. A short-term effect on healthy side zones is possible. On the above areas one can use application belts, «Magic tape» Health”.

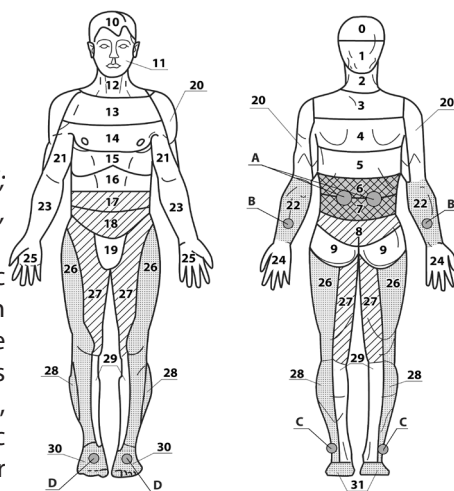
In the absence of contraindications, it is advisable to combine the application with sessions of manual therapy in the specialist, working with this method.

At arthritis and arthrosis of the upper extremities there recommended bandaging with «Magic tape» Health «for 10-15 minutes of inflamed joints area; additionally one can use the opposite side zones.

Chronic radiculitis with continuous aggravation and loss of functions require prolonged treatment, over several months, 3 courses, with breaks for 1-2 weeks. After the applications, there recommended use of ointments with a warming, analgesic effect.

Multy-needle therapy with Liapko applicators is properly combined with almost all kinds of physical therapy.

Having areas of numbness it is good to roller zones 5-6 and the zone of hands, feet, neck.



**Fig. 13**

## NEUROLOGICAL SYMPTOMS OF DEGENERATIVE DISC DISEASE OF THE LUMBAR-SACRAL SPINE (AS WELL AS RADICULITIS, MYOSITIS IN THIS DEPARTMENT).

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

**General recommendations.** For neurologic symptoms of osteochondrosis of the lumbosacral spine one lies down with one's low back on the properly stacked applicators and locate the applicators along the entire spine. With good endurance, applicators can be placed over the entire area of the back, waist and pelvis. For example, at pronounced, prolonged pain in points A1, A2 or A3 on the left (Fig. 14) in the first days it is not recommended to work on these points; it is advisable to work on the opposite or other underlying areas: first, make the application in points A1, A2, A3 + C on the right, and after 2-3 days, work on all areas for 20-40 min using an applicator and 10-15 min. with a roller.

In between the sessions a good effect can be achieved by wearing for 1-3 hours small applicators on the points A1, A2, A3 on the left, B1 on the right, B1 on the left, D on the right, E on the left (Fig. 14). To do this, use a belt with dynamic applicators or the applicator «A little drop» on the belt.

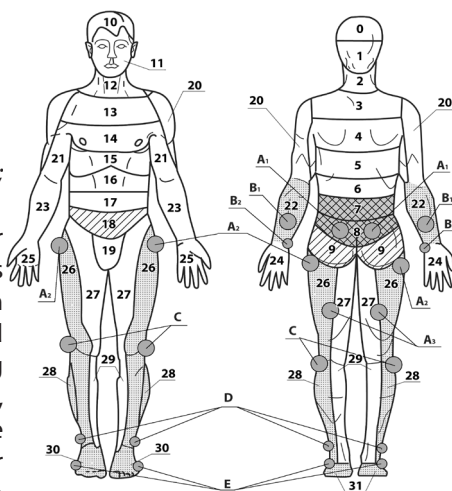
**Remember!** A good therapeutic effect is achieved only at correct implementation of the recommendations and selection of the individual zones and exposure techniques.

At chronic course and for prevention of degenerative disc disease of the lumbar-thoracic and lumbosacral spine it is recommended to wear small applicators and applicator belts in areas of maximum pain (lower back, sciatic nerve) – zones 26-28, 7-8.

At ischemic radiculitis it is good to work shortly on the symmetrical zone of the opposite leg – zones 26-28 on the left, correspondence zones on the hands and feet (method of Su Jok therapy).

**Additional recommendations.** At pain in the abdomen, in sacrum, lower back, lower extremities, as well as at diseases and disorders of pelvic organs functions the applicators are used in the lumbar, sacral and buttock area – zones 7, 8, 9 (Fig. 14) for 15-30 min. To enhance the effect is possible by simultaneous putting an applicator under the shins. To end the session is better by feet application (5-10 minutes), using the «Insoles plus».

At sciatica treatment success depends on the approach (it should be an individual and complex) and the choice of the points, the method of exposure.



**Fig. 14**

## HEEL SPUR

Heel spur is a symptom of manifestations of lumbar degenerative disc disease of the spine and congenital or acquired pathology associated with subluxation or wrong formation of a joint relationship with the foot, which are always associated with structural and functional features of the lumbosacral spine and roots extending in these areas. Therefore, you need to immediately act on the lumbar region with an applicator, or applicator belt «Little Boy», the exposure time is 12-25 minutes until you feel a pleasant warmth.

**1st procedure:** one should begin with rolling the heel area (at complaints on strong pain, you can roll with a facial or multy-functional roller), turning the foot to the right, left for 3-5 minutes, so that the heel is «accustomed» to the applicator then run the whole foot, time is 5-7 minutes. After treatments there possible a long-term (20-60 min.) bandaging with a small applicator or wearing a belt with an applicator in the greatest pain area.

**2nd procedure:** always start all subsequent procedures with the heel, moving to the foot, gradually increasing the time of exposure for each procedure, leading gradually to 30 minutes.

The following procedures are trying gradually to affect the applicator standing with slight pressure.

After the first session, usually after the third one, the heel pain increases – no need to be afraid of it – it's a natural sanogenetic (wellness) reaction.

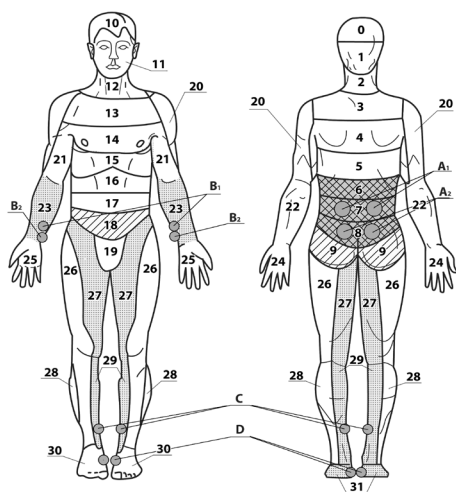
The course of treatment is 7-9-12 procedures till reduce of pain sensations, the treatment can be repeated after 2-4 weeks.

## UROLITHIASIS, RENAL COLIC, COLITIS, CONSTIPATION, AID IN MAINTAINING PREGNANCY (MILD EFFECT).

*Application zones (Fig. 15): basic 6, 7, 8; additional 9, 18; auxiliary 23, 27, 29, 31.*

**General recommendations.** At urolithiasis, renal colic, colitis, constipation there recommended a mandatory use of a combination of the applicators to the back area in the main zones 6, 7, 8 (Fig. 15) with simultaneous exposure using a small applicator or roller on the stomach area, zones 18, 17, 16. At colitis, intestinal dyskinesia, constipation, start to impact those areas that are most quickly help to achieve the therapeutic effect (16, 17, 18) – pain relief, eliminating bloating and intestinal stress, normalization of peristalsis and bowel movement. There recommended a long-term wearing of the «Magic tape «Health» with additional periodic pressure-sensitive clamps, pressing of applicators to the body using hands for 15-30 minutes.

**Additional recommendations.** At urolithiasis, renal colic one can put on the applicator



**Fig. 15**

a hot water bag, on zones 6-7, acting with the roller along irradiation of pain on the front surface of the abdomen till its disappearance. Additionally – treat the inner surfaces of the legs and thighs.

After surgery to accelerate healing and recovery of bowel function it is recommended to use the applicators above and below the site of the surgery (pressing them with sand bags), having simultaneously or previously conducted the application on the corresponding area of the back, lumbar or sacral area. One can also use «Magic tape» Health «. In absence of contraindications, for more effective «switching» the intestine, one can lie on the applicator with the stomach overall or corresponding abdomen area for 15-20 min. (the same is done at constipations, dyskinesia, and intestine atony).

In all these cases, one can use small applicators on the internal surfaces of shins, thighs (e.g., p. A, B, C, D).

To maintain pregnancy and to improve its course conditions it is recommended to use applicators with small step needles (3.5-4.9 mm). The feeling at this time must be comfortable. Applicators and rollers are used on the paravertebral areas, arms and legs zones, as well as hands and feet. Impact of the roller should be soft and delicate.

At early pregnancy toxicosis (nausea, vomiting) process with a roller or applicator the upper sections of the lumbar (zone 6), the area above the navel (zone 16), the bottom of the chest (zone 15) for 10-20 minutes, hands and feet – 3-5 min.

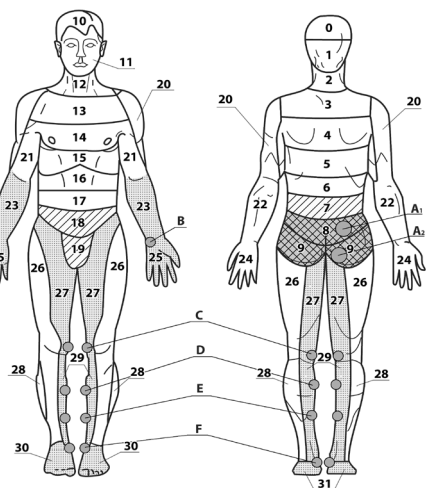
To remove the pain syndrome in the lumbosacral area in pregnant women, to improve the blood supply to the uterus and complete development of the fetus it is recommended to work on zones 7, 8, 9. The impact should be gentle, careful, is applicator is dense or conventional, one can place the applicator on a thin diaper for 10-15min. There recommended a light, tickling effect on the stomach area with a roller, eliminating pain and relieving muscle spasms of the stomach and uterus.

**DISEASES OF THE PELVIC ORGANS,  
INFLAMMATION OF THE UTERUS  
AND APPENDAGES, CYSTITIS,  
URETHRITIS, PROSTATITIS, SIGMOIDITY,  
HEMORRHOIDS, ANAL FISSURES,  
IMPOTENCE, FRIGIDITY, NOCTURNAL  
ENURESIS.**

*The application zones (Fig. 16): basic 8, 9; additional 7, 18, 19; auxiliary 27, 29, 30, 31, (23, 25).*

**General recommendations.** Effective is combination of static applicators with rollers or small applicators (Fig. 16) in the lower abdomen, as well as long wearing (1 to 3 hours) at the points A-F in various combinations.

For treatment of this pathology a set of static applicators and small roller applicators is particularly necessary.



**Fig. 16**

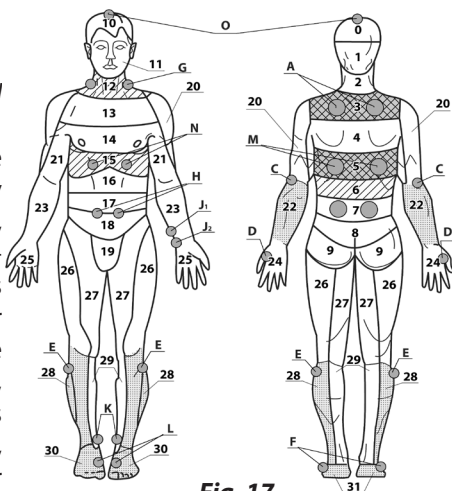
**Additional recommendations.** At violation of functions of the pelvic organs to stimulate urination or normalize it, the applicators are used for 10-20 minutes in the lumbosacral and gluteal area (zones 7, 8, 9). The effect is enhanced by simultaneous or subsequent application in the projection area of the bladder for 5-10 minutes or treatment the zone with a roller – 5.3 min. You can use the application belt, «Magic tape» Health», «Chamomile M». The same technique can be used for inflammation of uterus, appendages, bladder, at prostatitis, prostate adenoma. To enhance the effect and improving the urinary organs functions, as well as prostatitis and prostate adenoma one need a little further influence with the applicator the crotch zone (between the anus and scrotum) 5-15 min. Further, the applicator must be applied only for that zone. For treatment of nocturnal enuresis in children the basic application zones – lower abdomen, sacrum and gluteal area, inner surface of shins, thighs. Exposure with an applicator 10-15 min., roller 7.5 min.

### ALLERGY, ATOPIC DERMATITIS, PRURITUS

*Application zones (Fig. 17): basic 3, 5; additional 6, 12, 15; auxiliary 22, 28, 30, 31.*

**General recommendations.** At the above pathology in points A-O one can continuously use (1-2 hours) 2-4 applicators alternately, serially or crosswise (one-two on the left, one-two on the right). It is better to combine points of back, neck, nape with points of the posterior outer surfaces of hands and feet. One can use mobile applicators “A little drop” on the belts, small «Magic Tapes» Health» with 3 segments or others. The next day, use breast points, abdominal points with the anterior inner surfaces of hands and feet.

**Additional recommendations.** In treatment of any allergic diseases it is required to observe breathing and strive to reduce it by using K. P. Buteiko method, the system of yoga, etc.



**Fig. 17**

### INJURIES AND FRACTURES OF THE UPPER EXTREMITIES, RAYNAUD'S DISEASE.

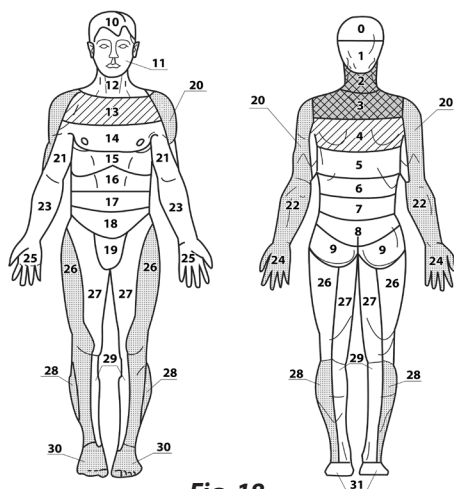
*Application zones (Fig. 18): basic 2, 3; additional 4, 13; auxiliary 20, 22, 24, (28, 30).*

**General recommendations.** At fractures affect all free surfaces of hands above and below the fracture site (plaster bandage). Exposure may be performed both with an applicator «Magic tape» Health », and a roller. Duration of the exposure at the fracture side is 2 times higher than on the healthy hand.

For example, effecting, using static applicators for 15-20 min on the collar zone and on the sick hand, 5-7 min. on the healthy hand. At injuries – the same technique.

**Additional recommendations.** A good result is obtained by a short-term impact on the healthy limb symmetrical zones, corresponding zones on hands and feet (Su Jok Therapy).

Upon detection with a facial or multy-functional pain zones and zones of unusual



**Fig. 18**

sensitivity, there should be fixed small applicators for 1-2 hours. Stimulate and accelerate the healing process and formation of callus applicators with high content of copper and zinc needles.

At Raynaud's disease affect with applicators the cervical-thoracic spine (basic zones 2, 3; additional 4, 13; auxiliary 20, 22, 24, 28, 30).

Using the applicator, one can roll easily roll along the spine, arms, and wrap hands with «Magic tape» Health «. Exposure time – 15-30 minutes.

It is also necessary to regulate breathing to decrease its intensity, holding it (the breathing should be silent, invisible).

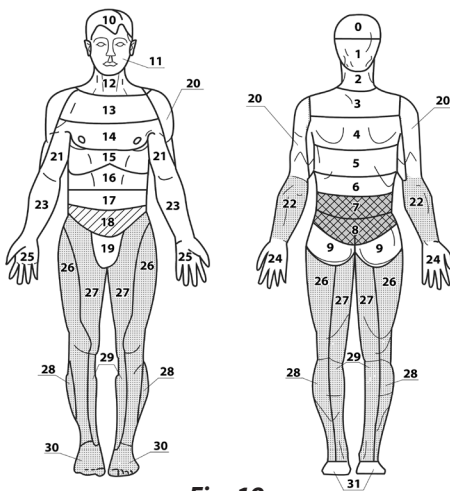
## INJURIES AND LOWER LIMBS FRACTURES

*Application zones (Fig. 19): basic 7, 8; additional 18; auxiliary 26, 28, 30, (22, 27, 29).*

**General recommendations.** At fractures affect all free surfaces above and below the fracture site (excluding the plaster bandage). Processing may be performed both with an applicator, and a roller. It is also possible to use different dynamic applicators – belts, tapes fixed on areas, requiring exposure, for a longer period of 30 to 60 minutes 2-3 times per a day. Duration of the exposure at the fracture side is 2 times higher than on the healthy leg. For example, we are working for 15-20 min. with static applicators in the lumbosacral area and on the injured leg, symmetrically – on the healthy leg for 5-7 minutes. The same technique is for injuries.

**Additional recommendations.** For treatment of injuries, fractures, the applicator is placed on the spine area, corresponding the segmental innervation of the damaged limb for 15-30 min., and then below or above the fracture site for 15-30 min.

If there is no damage in the zone of injury of the skin, affect it for 15-20 min with an applicator or a roller for 10-15 min. To enhance the effect with an applicator or roller, irritate periodically for 3-5 min. the healthy limb zone, symmetrical to the fracture site on the sick limb.



**Fig. 19**

## DIABETES

Application zones (Fig. 20.): basic 5, 6; additional 16, 17; auxiliary 1, 2, 23, 29, 31.

**General recommendations.** In addition to these areas of application of applicators or rollers, fairly efficient is a prolonged fixation (30-60 min.) of small applicators at points A, B, C, D alternatively, crosswise, alternating every other day feet using applicators A little drop on mobile belts.

For example, A1, A2 on the right, B on the right, C on the right, D on the left, and the next day – on the contrary.

**Additional recommendations.** It is important to avoid skin injuries. Therefore, the needle step must be smaller (3.5-4.9 mm or insoles, since they have more restrictive rollers).

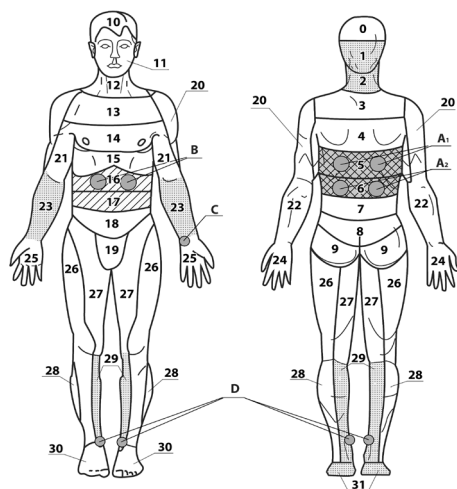
It is not necessary to lay down on one's back, arranging is carried out lying on one's stomach with the use of the folded half gauze pads dampened with water or analginum to enhance the galvanizing effect.

Feelings need to be comfortable, painless, time of application is no more than 20-30 minutes, put a sand bag on the back.

Be sure to roll feet, legs with a roller (numerous polyneuropathy of the lower extremities) also through the fabric, it's good to use insoles through the tissue, sitting, to avoid injury.

At mild stage diabetes the multi-needle therapy actually stabilizes blood glucose levels.

At insulin-dependent forms the application complements the insulin therapy, enabling to reduce insulin doses under the control of glucose levels in the blood, and after consulting a doctor.



**Fig. 20**

## ULA «CHAMOMILE-M»

Universal and multifunctional. Its distinctive features are: the unusual shape, a large area of influence, presence of «moving petals» that allow repeating the relief of any area of the body. Besides, having cut (divided) the ULA «Chamomile-M» on these lines, one can get all sorts of options for segments of pilings and fixations on different parts of the body which are difficult to access.

Let into the holes on the individual segments the fixing lacing for connection of petals and



give them the desired shape. The edges of the petals have holes for threading the elastic bands with fasteners (fastexes), which allow to fix the device and adjust the pressing force. The impact intensity is selected by a patient individually as needed.

Cut into segments «Chamomile M» can be joined and one can get its original appearance with the help of lacing.

Availability of multiple versions of the applicator provides increased therapeutic efficiency and extends the possibilities of its use.

ULA «Chamomile-M» can be used on: head in the form of a «cap» (at headaches, problems with hair growth), on the collar zone with seizure of neck, back, shoulders, chest, spinal area, lumbar-sacral area on the abdomen, buttocks, perineum (at diseases of the pelvic organs, inflammation of the uterus and appendages, at cystitis, urethritis, prostatitis, sigmoid, hemorrhoids, fissures of anus, impotence, frigidity, nocturnal enuresis), and any other areas of the body.

«Chamomile-M» can be successfully used on large joints, since by repeating the shape of the body, it maximum contacts with the skin, it can also be used on feet (in the sitting position). Fixing of the applicator using rubber bands or elastic bandage on the area of large joints, chest, waist, abdomen allows to make active movements during the session, without damaging the skin.

- To relieve the acute severe pain, high blood pressure (hypotension), general vitality and health – 7-10 min;
- to remove long-term chronic pain, relax, lower blood pressure in hypertension, achieve the hypnotic effect – 15-30 minutes and more.

To select the reflex zones of impact, one should be guided by the above schemes.

When using the applicator «Chamomile-M» in the area of the scalp, for example, to relieve the headache, blood pressure, it is required to make control before and after the procedure.

In patients with high blood pressure duration of influence is 15-30 min; in hypotensive patients – should not exceed 7-10 minutes.

## **APPLICATOR-BELT**

***Improvement while moving – a double effect!***



### **ULA belt «A little Boy»**

You have a lot of worries and do not have time to apply the applicator? You can not tear yourself away from the beloved TV program or computer? Do you want to apply the applicator, but there is no time to lie on it? Applicator-belt will solve these problems.

Now the surface acupuncture procedure has become more simple in conducting, easy for patients and widely accessible. Thanks to reliable fixators, the applicator-belt is fastened directly to the area of pain, referred pain zone, a zone of irradiation of pain or diseased organ projection zone, a zone of

arrangement of biologically active points and meridians. In view of the proposed schemes, the impact can be made on the basic, additional and auxiliary zones in turns, alternately or selectively.

The fixators provide uniform nip of an applicator to the surface and allow moving to continue the begun procedure and at the same time, receive treatment. One can fix the applicator on his own, without assistance – easily, quickly, reliably and on any parts of the body, limbs, joints. To do this, the user can adjust the length of the belt.

Duration of treatment depends on what kind of impact is required:

- toning – from 7 to 10 min;
- soothing effect – 20 min. to 2 hours;
- removal of acute pain – from 10 to 15 min;
- help at chronic pain – 30 min. to 2 hours.

## «MAGIC TAPE» HEALTH

It is a very flexible and gentle skin belt with fixed «cells» of needles. Taping can be performed under supervision of a doctor, and independently at home. Increased coverage area has a unique healing effect on the body in the healing process of almost all acupuncture points of the treated area. After wrapping with an applicator there is a feeling of lightness, warmth, relaxation, with full restoration of power and energy of the body. The intensity of pressing of belt needle to the skin is regulated while wrapping. Because of these properties it is much easier to achieve results in the treatment and prevention of various diseases: pain in the spine, joints, muscles, headaches.



- In sport, due to the full impact of the applicator over the entire zone surface allows faster recovery after exercises.
- It increases strength and rate endurance of athletes.
- It provides rapid recovery (after injuries, muscle sprains, fractures, surgery) due to a significant acceleration of biochemical redox processes in the body.
- It increases in 2-3 times the efficiency of massage, manual therapy.
- It increases the efficiency of the organism. It relieves the feeling of heaviness, stiffness in hands in legs.
- It helps in treatment of varicose veins of the lower extremities

**Duration of a session with an applicator depends on the type of exposure:**

- toning – from 7 to 10 min.;
- calming effect, assistance at chronic diseases – 20 min.;
- acute pain relief – from 10 to 30 minutes;
- increase of efficiency, endurance of the body – from 8 to 12 min.;
- recovery after workouts, games – from 15 to 30 min.;
- recovery after injuries, operations, etc. – perform the wrapping 2-3 times a day for 2-10 minutes above or below the damaged area. If you have access and the integrity of the skin is preserved, the damaged area itself is processed. At injuries of hands and feet be sure to wrap the zone on a healthy limb, symmetrical to the site of injury. It is desirable to simultaneously or successively act on the spine in appropriate zones of innervation of spinal nerve roots.

To enable super abilities, additional adaptive mechanisms, the session may be extended to 40-60 minutes with additional compulsory restriction of breathing using willpower or respiratory pyramid. After the applications it is desired to do an intermittent massage or massaging oils based on herbs and other useful natural ingredients.

Package for groups: -1 segment: length approximately 44 mm, width 22 mm – single strip (1 p.), width 44 mm – double strip (2 p.), 4.3 mm needle step

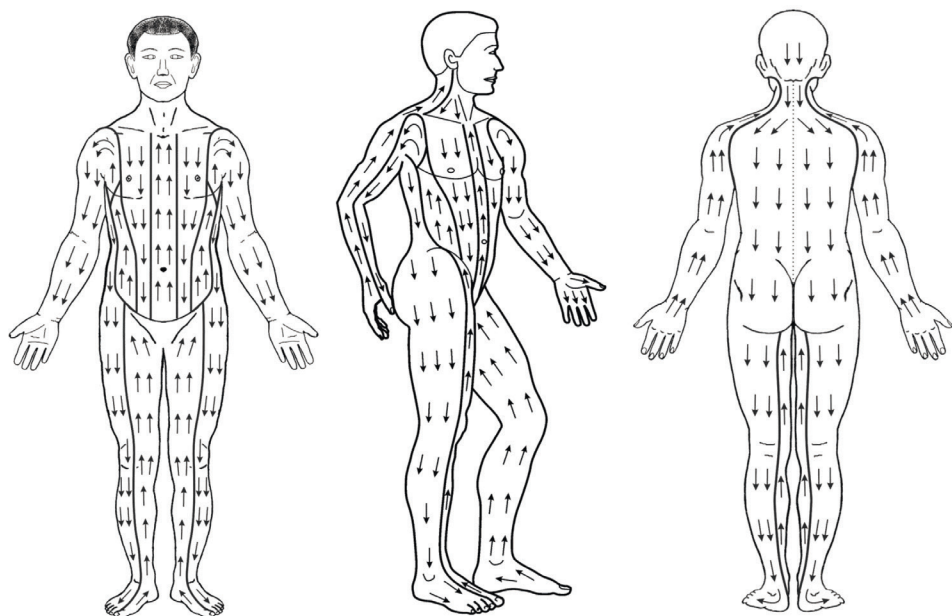
- 9 Segment 1 p. 2 + p., length 3.96 m
- 9 Segment 1 p. 1 + p., length 3.96 m
- 9 Segment 1 p., length 3.96 m
- 7-Segment 1 p. 1 + p., length 3.08 m
- 7-segment 1 p., length 3.08 m
- 5 Segment 1 p. 2 + p., length 2.2 m
- 5 Segment 1 p. 1 + p., length 2.2 m
- 5 Segment 1 p., length 2.2 m
- 3 Segment 1 p. 1 + p., length 1.32 m
- 3 Segment 1 p., length 1.32 m

## **APPLICATOR ROLLERS**



ROLLERS — are applicators for dynamic application («Million needle shower»). The therapeutic effect is several times faster than with a static applicator. Galvanic current produced in the skin, on the edges and between the needles is pulsed.

Thanks to a balanced and compact design, the rollers are very effective and easy to use.

**Fig. 21**

All application rollers are with rubber bushings, so have a soft, delicate skin exposure. The use of rollers increases blood circulation, perfectly removes fatigue, eliminates stress and aching of muscles, increases vitality.

After the applications using this applicator one can remove the pain, one feels relaxed and refreshed.

In the treatment of back and other hard to reach areas of the body there required participation of the assistant.

Rollers are recommended for any therapeutic effects on anybody surfaces, particularly those which are difficult to handle with a flat applicator (the area of joints, neck, face etc.).

**Method of use of a roller applicator (as well as «Needle ball») for pain syndromes.**

1. Roll in any direction:

1.1. place of pain location;

1.2. above and below the area of pain.

2. Roll on the direction of the arrows corresponding to the course of the energy channels (see Fig. 21.)

2.1. area of pain;

2.2. above and below the pain localization.

3. Affect with a roller against the arrows.

4. Carry out rolling by the opposite side – the symmetrical location of the disease.

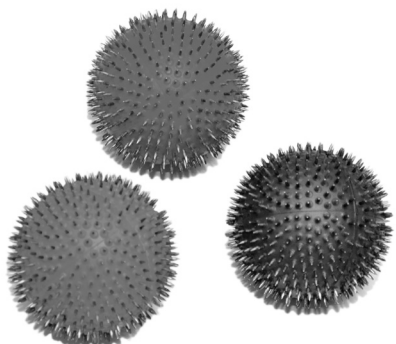
For example:

- At the pain is in the right hand, then roll the left hand.
- At the pain is in the right foot – roll the left foot.
- At the pain in the chest – roll the projection area on the back.

- At back pain – roll the projection area on the chest.
- At lower back pain – roll the stomach.
- At the pain in the abdomen – roll the lower back.

Using of rollers is also effective for carrying out accurate diagnosis of reflexology – search for the most sensitive areas of the skin, exposure to which with applicators can achieve the best results.

## «NEEDLE BALL»



The development of fine motor skills and tactile sensitivity – a powerful incentive to improve the perception, attention, thought, speech, coordination, observation, imagination and memory (visual and motor). There are many techniques focused on the development of fine motor skills, which involve the use of additional tools and instruments, one of which is ULA «Needle ball.»

### **Use «Needle Ball» as follows.**

If you have problems related to the nervous system conduction disorder and mental activity, it is necessary to act (to roll, do light pressings and clamps) on the hands and feet, which are the areas of projection of human organs and body systems. This local effect develops fine motor skills and tactile sensitivity of the limbs, contributes to the development and rehabilitation of brain function in children and adults.

ULA «Needle ball» is useful for «finger gymnastics», widely used by child psychologists, valeologists, speech therapists, rehabilitators, neurologists and defectologists, i.e. physicians working with children with speech delay, neuromuscular delay, neuropsychological and psychomotor development, cerebral palsy, stuttering and other diseases.

Applications of ULA «Needle ball»:

- for damaged joint and ligaments of hands and feet to restore motor function of feet, hands and fingers from injury (e.g. Dupuytren's contracture, after removal of plaster);
- for «development» of the musculo-articular contractures and normalization of movements at autism and cerebral palsy (CP);
- at traumatic brain injuries, stroke rehabilitation at home;
- at lesions of peripheral nerves;
- at stressed state of the autonomic nervous system, predominance of the sympathetic division of the autonomic nervous system (manifested by cold hands, numb fingers);
- for the treatment of psychological and speech disorders in children (in speech therapy practice for training the fine finger movements);

- for prevention and elimination of finger muscle fatigue, hand preparation for writing, increase of efficiency, relieve nervous tension (manifestation of emotional stress – cold hands) as an improving technology in education (finger gymnastics and exercise breaks at school);
- for effective prevention of wrist (carpal) syndrome (disease that occurs at long wrong wrist position during operation with a manipulator of the «mouse» type and a computer keyboard);
- to reduce the psychological urge to smoke and replace a bad habit to keep a cigarette in one's hand – to do pressings and rolling between the palms with the «Needle ball»;
- at preparation of hands to play musical instruments. It helps to relieve stiffness, tone the muscles, eliminate cooling of the fingertips caused by excitement, and remove fatigue and pain in the forearm due to long-term activities;
- to relieve stress. Rolling a ball stimulates the nerve endings and many biologically active points, located in the palm. It creates a pleasant relaxing sensation.

To relieve pain and to achieve the braking effect (sedative), effect with the «Needle ball» on the area of pain or trouble points from the center to the periphery of the counter-clockwise direction for 15-20 minutes.

For the stimulation effect, process the overall spectrum action points in a clockwise direction from the periphery to the center for 7-10 min.

ULA «Needle ball» is a means to gain exposure to the area of pain and trouble spots on the human body.

On the area of a pain point, for example, located in the lumbosacral spine in paravertebral zone (nerve root exit zone), one can lie with the whole body on the «Needle ball.» To reduce pressure a terry cushion or rolled up towel can be placed on the opposite symmetrical side.

Using muscle spasm zone, thus there can be carried out the orthopedic correction at S-shaped scoliosis.

For tonic effect, act with the «Needle ball» along movement of energy in the channel until the constant skin redness along the meridian (approximately – 7-10 minutes), and to obtain sedation – against movement of energy in the channel to constant skin redness (about 10-15 min).

Method of use of applicators «Needle ball» at pain syndromes (Fig. 21, section «Rollers»)

### **Ambulance**

In the event of emergency condition (loss of consciousness), act with the «Needle ball» for 20 seconds with fast tapping, pricking movements with tips of the fingers and toes, on the earlobes and the tip of the nose and upper lip. Make a pause for 15 second and repeat the steps 2-3. At pain syndrome, apply the ULA «Needle ball» to the point of pain or point of the problem correspondence, according to your existing schemes of location of acupuncture points, press and keep for 5-10-20 minutes.

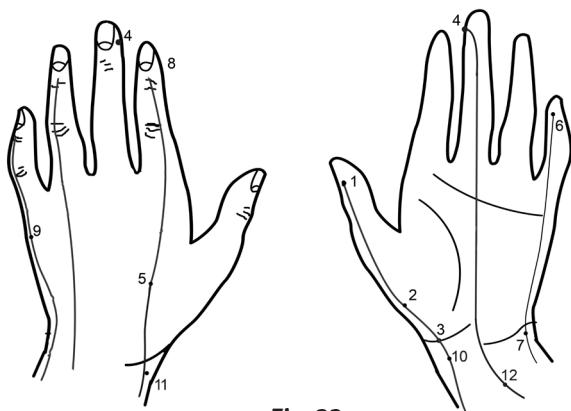
At trigeminal neuralgia, facial sympathalgia and dental pain, apply additionally the «Needle ball» in the areas of greatest pain for 10-30 minutes and a shortly (2-5 min.) on the opposite side symmetric zones. One must also impact the earlobe from the pain side. To improve efficiency, briefly (1-2 min.) influence the healthy side of the earlobe. For

treatment of pain after tooth extraction, work on the earlobe.

Cardialgia (heart pain) is usually accompanied by osteochondrosis of the cervical and thoracic spine. Influence the pressure points in the chest and along the paravertebral thoracic spine, as well as in the areas of the projections of hands and feet. With the aim of potentiation (increasing) of the affect, the formulation must include symmetrical points and the opposite side zone. For example, the area of pain on the left – apply on the right.

### **Points and application areas of the «Needle ball» and «A little drop» on the upper limbs in various diseases and conditions**

1. Shao-shan (P11) – refers to the active points used in case of emergency. Indications: shortness of breath, cough, fainting, coma, laryngitis, pharyngitis, fever, skin rash, pruritus.
2. Yu-chi (P10) – indications: cough, asthma, sore throat, pain in the chest and back, fever with a headache, sleep disturbance.
3. Tai-yuan (P9) – indications: shortness of breath, choking, dry mouth, pain in the shoulder joint, intercostal neuralgia, low blood pressure, sleep disorders, depression, headache.
4. Chzhung-chun (MC9) – indications: heat stroke, chest pain, anxiety, headache, fatigue, impaired memory. Located in the center of the middle finger tip, easy to access, it is used in loss of consciousness.
5. Hae-gu (GI 4) – indications: neuritis of the facial nerve, tinnitus, headache, toothache, pain and swelling in the throat, nosebleeds, ambulance point when blood pressure drops (contraindicated during pregnancy).
6. Shao-chun (C9) – indications: palpitations, dyspnea, chest pain, arrhythmia, stroke, point ambulance with loss of consciousness.
7. Shen-men (C7) – indications: shortness of breath, pain in the heart, insomnia, memory loss, increase in body temperature.
8. Shang-yang (GI 1) – indications: provision of first aid for fainting, coma, swelling of the mucous membranes of the throat; pain in eyes with glaucoma; tinnitus, deafness; pain in the shoulder joint and back pain, numbness in the fingers, fever.

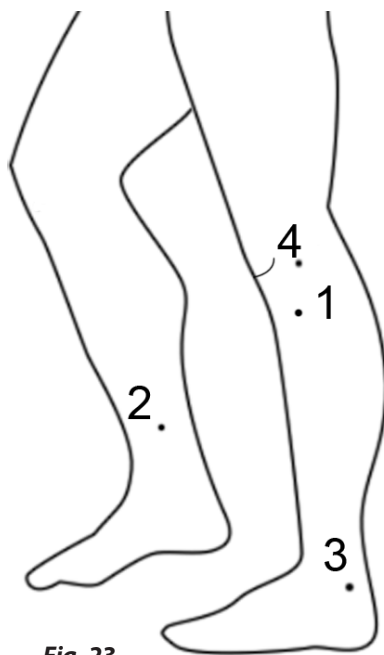


**Fig. 22**

9. Hou-si (IG3) – point a broad spectrum of action. Indications: headache in the back of neck, muscle tension in the neck; conjunctivitis; epistaxis, tinnitus; pain in the shoulder muscles; paresis of the upper extremities; epilepsy-form convulsions.
10. Le tsue (P7) – point of a broad spectrum of action. Indications: pain in the heart; headache in the temporal region, cough, dyspnea; consequences of facial paralysis; pain in the hand, wrist, elbow; trigeminal neuralgia.
11. Yan-si (GI 5) – indications: headache, toothache; tinnitus and deafness, rhinitis, pain and swelling of the mucous membranes of the throat; pain in the wrist joint and the wrist.
12. Nei-guan (MC 6) – indications: pain in the heart, angina pectoris, tachycardia; disease of the chest, cough with asthmatic component, laryngitis; high blood pressure; belching, vomiting, stomach pain, upper quadrant; pain and cramps in the elbow and the shoulder; sleep disturbance.

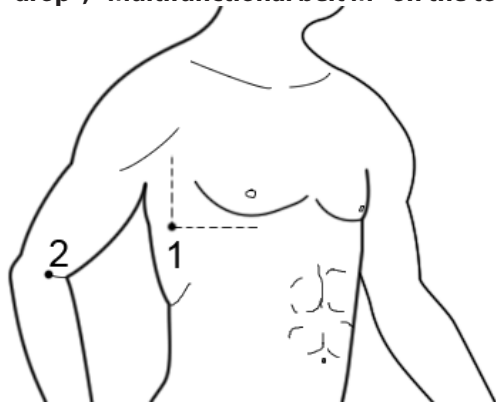
**Points and zones of the «Needle ball» application and the applicator «A little drop», «Multifunctional belt M» in the lower extremities at various diseases and conditions**

1. Tsu-san-li (E36) – a point of broad-spectrum action, single and the most important action for stimulation of the stomach and spleen. Indications: rumbling in the abdomen, bloating, belching, fullness, bloating, diarrhea, food indigestion (in bowel movement), abdominal pain, urinary incontinence, fevers, general tonic effect.
2. San-yin-tsziao (RP6) – indications: insufficient function of the stomach, decreased appetite, diarrhea, vomiting after eating, abdominal pain, impotence, difficulty while urinating, urinary incontinence, fatigue.
3. Kun-lun (V60) – point of a broad spectrum of action. Indications: headache, dizziness, pain in the eyes; bleeding from the nose; nape of the neck muscle tension; pain with limitation of motion, sciatica, arthritis of the foot; high blood pressure, hemorrhoids.
4. Yan-lin-tsuan (VB34) – point of a broad spectrum of action. Indications: liver and gallbladder; gonarthritis, lower limb muscle cramps; sciatica, lumbago; belching, habitual constipation; dizziness, atherosclerosis.



**Fig. 23**

**Points and zones of the «Needle ball» application and the applicator «A little drop», «Multifunctional belt M» on the torso at various diseases and conditions.**



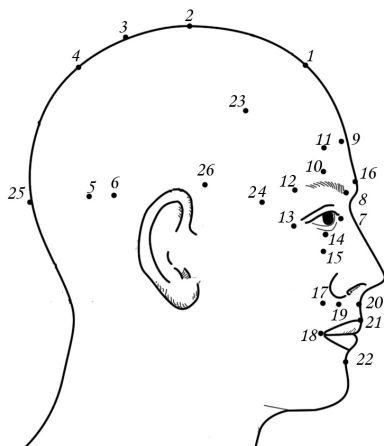
**Fig. 24**

1. Da-bao (RP 21) – indications: chest pain, shortness of breath; cramping of muscles.

2. Tsuy-Chi (GI 11) – point of a broad spectrum of action. Indications: pain in the joints of the upper extremities, paralysis of the upper extremities; fever; pulmonary tuberculosis; violation of intestinal motility; urticaria, eczema, atopic dermatitis; neurasthenia; high blood pressure.

**Points and zones of the «Needle ball» application and the applicator «A little drop», «Multifunctional belt M» on the head at various diseases and conditions.**

1. Shen-tin (VG24) – indications: neuralgia of the first branch of the trigeminal nerve, dizziness, pain in the eyes, watery eyes, nasal disease, emotional lability, sleep disturbances, anxiety.
2. Tsian-din (VG21) – indications: headache, dizziness, pain in the parietal region of the head, cerebrovascular insufficiency; rhinitis, epistaxis, ear infections, convulsions.
3. Bai-huey (VG20) – indications: headache, dizziness, nasal congestion, noise ears, hemorrhoids, seizures
4. Hou-Din (VG19) – indications: headache, dizziness, nosebleeds, pain in the neck and back of the head, neck stiffness of muscles; bronchial asthma.



**Fig. 25**

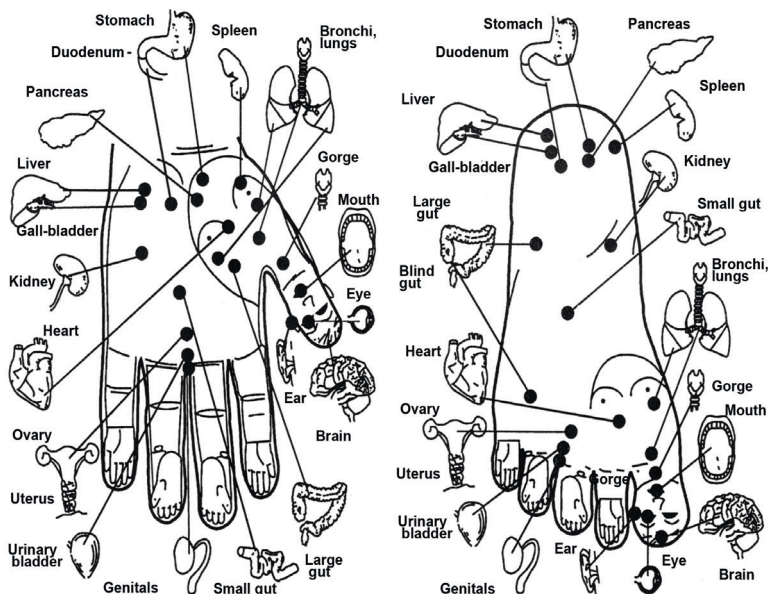
5. Nao-kun (VB19) – indications: reduced vision, shortness of breath, nosebleeds, antipyretic effect, cervical radiculitis, neuralgia of the occipital nerve, neck muscles contracture, and is also important in treatment of eye diseases.
6. Fu-bai (VB10) – indications: headache, tinnitus, limb paresis, teak and contracture of the muscles of the nape area.
7. Tsin-min (V1) – indications: conjunctivitis, lacrimation.
8. Tsuan-zhu (V2) – indications: headache, pain in the forehead, neuralgia of the first branch of the trigeminal nerve; blurred vision, tearing, eyelids muscle spasms.

9. Mei-chun (V3) – indications: headache, dizziness; nasal disease, alleviating the sense of smell, frontitis; eye disease.
10. Yuy-yao (PC6) – indications: migraine, diseases of the eye.
11. Yang Bay(VB14) – indications: headache, dizziness, vomiting; teak and spasm of the facial muscles; neuralgia and neuritis of the trigeminal and facial nerves.
12. Sy-chzhu-kun (TR23) – indications: pain in the frontal and temporal areas, dizziness, migraine, conjunctivitis, decreased visual acuity; paresis, paralysis of the facial nerve.
13. Tung-tszy-liao (VB1) – indications: headache; diseases of eyes, tearing, decreased visual acuity, signs of atrophy of the optic nerve, glaucoma; peripheral facial paralysis, trigeminal neuralgia.
14. Cheng-tsy (E1) – indications: nearsightedness, farsightedness, watery eyes, astigmatism, optic neuritis,irititis, cataracts, paresis of the extraocular muscles.
15. Sy-bay (E2) – indications: conjunctivitis, glaucoma, keratitis; neuralgia of the second branch of the trigeminal nerve, facial nerve paresis, eyelid ptosis, lowering of the mouth corner, upper eyelid muscles spasm; headache, dizziness.
16. Yin-tan (PC3) – indications: headache in the forehead, dizziness; diseases of the nose; eye diseases; high blood pressure.
17. Tsuy-Liao (E3) – indications: glaucoma, watery eyes; neuralgia of the first branch of the trigeminal nerve, eyelid ptosis, lowering of the mouth corner, eyelid muscle spasm; nose bleed; pain in the teeth of the upper jaw, cheeks and lips.
18. Di-tsan (E4) – indications: trigeminal neuralgia, facial nerve paresis, eyelids spasm and ptosis, lowering of the mouth corner, drooling.
19. He-liao (GI 19) – indications: decreased sense of smell, nosebleeds, vasomotor rhinitis, paresis of the facial muscles of the mouth, lockjaw, asthma.
20. Jen-chun (VG26) – resuscitation period. Indications: provision of ambulance with loss of consciousness, convulsive hysterical fits.
21. Dui-Duan (VG27) – indications: provision of ambulance with loss of consciousness, epistaxis, trigeminal neuralgia.
22. Chen-tszyang (VC24) – indications: neuralgia and neuritis of the lower branches of the trigeminal and facial nerves, convulsive state, swelling of the face. This point is particularly important in hysterical fits, and in provision of ambulance (collapse, diabetic coma, etc.).
23. Tou-vey (E8) – indications: trigeminal neuralgia, migraine, neuritis of the facial nerve, decreased vision, conjunctivitis.
24. Tay-yan (PC9) – indications: pain in the temporal area of the head, migraine, neuralgia and neuritis of the trigeminal and facial nerves, spasm and contracture of the facial muscles.
25. Nao-hu (VG17) – located on the top edge of the occiput (the thalamus). Indications: headache, pain and tension of neck muscles; eye pain, decrease in visual acuity, improves the conduction of nerve impulses along the optic nerve; neurasthenia.
26. Suan-li (VB6) – indications: pain in the temporal region of the head; eye diseases; toothache, swelling of the face.

### **Applicators «Needle ball» and «A little drop», «Multifunctional belt M» and Su-Jok therapy.**

Exposure of the «Needle ball» on the active zones of the relevant bodies on the palms and feet by the method of Su Jok therapy. It has a positive, revitalizing effect on the body.

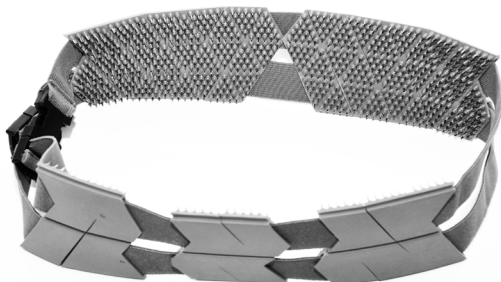
Do you have problems with any organ? Consider carefully the drawing with scheme of conformity on the palms and feet. Determine the area with the point, in terms of compliance with the problematic organ. Attach the ball to the area and push the needle, massage a few minutes. Regularly massaging the selected zone on the palms and feet, you can significantly improve the condition of the patient's body.



**Fig. 26**

## **ULA «MULTIFUNCTIONAL BELT M»**

The use of the Lyapko applicator «Multifunctional belt M» is possible both independently and in combination with other therapies in neurology, ophthalmology, dentistry, ENT, cosmetology, narcology (in treatment of alcohol, nicotine and other dependencies), as well as to restore life tone, good mood and capacity for work. Neurology and ophthalmology:



the systematic use of the Lyapko applicator «Multifunctional belt M» for various areas of the face and scalp helps get rid of headaches, relieve tension, improve health, hearing, memory, and sleep quality. It helps enhance the conductivity of the optic nerve, improve blood circulation and metabolism in the brain and eyes. ULA «Multifunctional belt M» provides curative effect on the organs of vision and eye area: relaxes the muscles of the eyeball, reduces eyestrain, restores accommodative lens function, elasticity and firmness of muscles, relaxing and training them. It is recommended to maintain and improve vision, and for the treatment and prevention of myopia, age (presbyopia) and congenital hyperopia (mild to moderate), spasm of accommodation (pseudomyopia), in the treatment of glaucoma, cataract, visual fatigue (asthenopia), optic nerves atrophy, diabetic retinopathy. He warns the computer syndrome, removes wrinkles and improves the elasticity of the skin around the eyes. Indicated for relief of symptoms caused by an increased load on the eyes (pain, cramps in the eyes, irritation, dryness). Additional clamps of varying intensity on the area of application of the fingers around the eyes and the eyeballs, temples and neck enhance the effects of the therapy applicative.

The simultaneous effect on the nape of the neck area with an additional plate improves cerebral blood circulation, relieves spasm of cerebral vessels. The use of the Lyapko applicator «Multifunctional belt M» in the area of the mouth shown in trigeminal neuralgia, diseases of the teeth, mouth, etc. Therapeutic effect increases if influencing over the gauze pad folded in 1-3 layers and wetted with potable or sea water, saline or herb broth.

**In pediatric practice,** the use of the Lyapko applicator «Multifunctional belt M» on the eye area is recommended under the supervision of adults from 5 years of age. Indicated for treatment of mild to moderate amblyopia. A child first need to be encouraged by own example: a mother in the child's presence puts on herself the ULA «Multifunctional belt M» on the closed eyes. By this it shows that it is safe and does not hurt. It is important to describe to your child your pleasant and usefulness of such a procedure. It all can take place in the form of games, sitting or lying down. After that, the mother gently several times puts the ULA «Multifunctional belt M» to the closed eyes of the child. When the child calms down, gets used to new sensations, he understands that it is safe, the ULA «Multifunctional belt M» can be fixed just in 1 minute, while keeping a child by the hand, so that he could feel the physical presence of his mother, and be sure to talk to him (you can read fairy tales, to remember something pleasant for the child or to draw visual images). It is necessary to constantly remind your child that he needs to keep his eyes closed, he does not need try to open them. Applications are carried out on the closed eyes 1-2 times a day, gradually increasing the time of the procedure up to 5-7 minutes. Course of the application is 7-10 days, repeated after 10-12 days.

**Otorhinolaryngology:** wearing of the Lyapko applicator «Multifunctional belt M» on the brow area and in the projection of the maxillary cavities for 10-15 minutes improves circulation of the paranasal cavities, relieves swelling, restores nasal breathing. Applications in the area of the temples, ears help improve hearing.

**Cosmetology:** impact with the Lyapko applicator «Multifunctional belt M» on the skin improves blood circulation, increases skin turgor, removes wrinkles.

For a comprehensive treatment of alcohol, nicotine and other dependencies, the Lyapko applicators «Multifunctional belt M» need to work on areas that are responsible for the release of a large number of biologically active substances. This is the whole area of the back along the spine, including the lumbar-sacral spine, the abdomen and the chest, neck and collar area, feet, as well as the temporal, parietal, occipital area and ears.

On the human body there is a large number of vital areas and points, through which one can in reflexes cause an effective positive impact both on the internal organs, and the entire body as a whole. For example: below the knee and on the outer side there is a point against «a hundred diseases» E36 (Tsu-san-li).

A little above it, 1-2 cm – there is a starting point for treatment of alcohol and other addictions (Tsu-li-pan).

If to attach on the area of these points the applicator belt, it will contribute to further release of endorphins and other «internal medicine» that enhance and normalize metabolic processes in the body.

### **Technique of use of the Lyapko applicator “Multifunctional belt M”.**

The Lyapko applicator «Multifunctional belt M» can be applied to any problem areas of the body.

**To relieve fatigue, improve health, vision, hearing, after working at the computer,** carry out the procedure on the eye area with your eyes closed from 2-3 minutes to 12-15 minutes 1-10 times per a day.

**To release emotional stress, improve sleep, remove swelling under the eyes,** use for 15-25 minutes.

**At macular degeneration, partial atrophy of the optic nerve** – the time of use is 15 minutes. Recommended 3 courses of applications 10-12 days with a break of 10-12 days. It can be repeated after 1 month after examination of an ophthalmologist.

The procedures are done in a sitting or lying position. Applications can be used after consulting a doctor in the medical and health institutions, as well as on one's own at home.

Points and zones of application of the Lyapko applicator «Multifunctional belt M» on the area of the scalp, temples, ears, face and neck for various diseases and conditions (see. Fig. 26).

## **MASSAGER «PHARAOH»**



*If a person keeps track of his health, it is difficult to find a doctor who would know better what is good for his health than he himself.*  
Socrates

Ancient doctors thought that massage can rouse a hopelessly ill person. At all times he kept in people vigor of mind and body flexibility. In ancient times the massagers were made of silver, gold and precious wood. Such a gift is a sign of special favor and was available only to the elite.

«The movement – is life», – they always said, and this is true: health of the musculoskeletal system – basis of the general human health. Benefits of a good massage is that it helps restore blood circulation and lymph flow in the skin and muscles, and at the same time, in the skeletal system. It also entails improving the process of self-regulation of the organism as a whole. Massage awakens the forces of the inherent nature which helped mankind to survive in severe ancient times.

Nowadays it is difficult to imagine an ideal healthy lifestyle. People have to specialize in something, that leads to a lack of demand for certain systems of the body, and they cease to play a role in the livelihood of a person. And if there is no participation in the overall process of a system unit, any self-regulatory system will sooner or later fail.

It is known that many diseases are the result of violations of the movement of energy on the energy channels or meridians – when in some places, energy is in abundance, and in others it is lacking. In those places where the excess energy accumulated, there is a muscle overexertion, and it violates the functions of other systems of the body, resulting in a compression of the top receptors of nerve trunks. This entails the degeneration of the neuromuscular system. Further, the above-mentioned section goes into the energy shortage area. This site is not able to effectively remove harmful substances and toxins from the body, which entails the creation of conditions for the occurrence of edema, benign tumors, often turning into malignant ones. If the excess energy accumulates in the endocrine glands, the hormonal balance in the body is disrupted. Modified power can provoke the formation of nodes in the thyroid gland. Massage is designed to restore harmony in a system.

The method consists in bringing the stagnant energy in motion, to reconnect with the others, normally functioning systems, adjust the energy balance and to fix in the information in the main nerve center that they can work in harmony to normal, i.e. healthy mode. All these problems are solved quickly, securely and efficiently by Your «family doctor» – massager «Pharaoh»!

The massager «Pharaoh» shows the idea of a three-sided pyramid, which, being a prototype of a tetrahedral pyramid, inherited its healing properties. Three-sided pyramid is a symbol of harmony, because the edges and sides of it are arranged at equal angles to each other. Made of environmentally friendly wear-resistant polymer which is not electrified by friction, the massager keeps during the massage a favorable structure of the field, which is especially important at head massage.

Massager «Pharaoh» – is experimentally selected geometric figure, proportions of which practically correspond to the principle of the golden section. According to its structure the massager form resembles a molecule of methane gas, which is the basis of the universe. Additional tabs on the massage surfaces – lumps of different forms (in the form of hemispheres and cones with rounded top) transform each ball in harmonious pyramid. These projections increase the efficiency of massager qualitative properties. The projections form a combination of complex lenses,

which in turn focuses the light-energy beams and direct them on a massed surface. The top of the massager is crowned with a «crown» that strengthens originality of the massager. It duplicates the shape in miniature tetrahedron, which one leg is rotated so that all the protuberances are in the same direction. Unlike existing massagers, «Pharaoh» has expressed massage properties: using four planes with different radii of curvature of the lobes one can perform four kinds of general and segmental massage and acupressure five varieties. Alternating use of each of the parts of the massager gives different sensations that provides universality of its application. Namely, the possibility of selection of its properties for any age, body weight, sensitivity threshold, a particular problem that can not be obtained using other massagers.

«Pharaoh» has a positive effect on the human energy state that has a positive effect on the immune system, and this, in turn, stabilizes general condition. During massage and after it, tissues generate healthy fluctuations of high intensity which correct negative and weak vibrations of the damaged tissues, causing them to vibrate in a healthy rhythm.

### **METHOD OF USE**

The massager can be applied with different intensities. For this it must be rotated so that the selected massager projections are in the area of the working surface. The sharper the projections, the deeper and more intense massage they can produce.

#### **Four kinds of massage intensity level:**

1 – a gentle massage – a soft superficial massaging with balls with a large radius (base of the pyramid);

2 – more expressed massage, carried out with big hemispheres located on the main balls. Thus there is an impact on the superficial layers of the muscles;

3 – deep massage performed by conical projections with spherical tops. The muscles at the same time are worked to the full depth;

4 – high-effective massage – the most intense, is used for deep processing of muscles, ligaments, and massage to the periosteum. Made by the most sharp conical protuberances.

At superficial massage sharp by conical protuberances there achieved an effect of light, very pleasant, «tickling» the impact, turning in a state of true bliss. Duration of massage and its intensity determines the desired effect. The long one, up to 15 minutes and more massage promotes full relaxation of muscles, creates sedative (calming) effect.

Short massage, 3-5-7 min., has a tonic (stimulant) effect.

During the session, one should perform a circular motion clockwise or longitudinal – up and down. To improve sliding, the massage should be done through a thin cloth or light clothing. For massage one can use a variety of creams and ointments. Massager «Pharaoh» promotes uniform distribution of them on the skin and efficient absorption of medicinal ointments, balms, anti-cellulite creams. Integrated use of the cream and the massager allows 3-5 times increase the effect of the cream and bring to a more economical use of it.

Using the massager «Pharaoh», it is possible to carry out a general, segmental and acupressure massage.

Full body massage has positive effects on the whole body, resulting in a harmony of all its systems. For toning, there recommended deep and most intensive massage (3rd and 4th degrees of intensity) for 5-7 minutes. And for relaxation – 1st and 2nd degree of intensity for 15 minutes.

Segmental massage has a positive effect on certain systems of the body, normalizes function of internal organs, depending on the reflex-segmental relationships areas of the body, which are massaged.

Acupressure is one of the techniques of reflexology. It works on the acupressure points, providing a therapeutic and prophylactic effect. Massaging with one ball or any of its projection is used for massage of individual muscle groups (intercostal muscles, hands and feet).

With the help of rays of the «crown» one can carry out more precise massage of compliance zones, used in the Su-Jok therapy on the hands and feet.

Massaging simultaneously with two balls is applied to massage the long back muscles and muscle groups of the lower leg, hip, shoulder, paravertebral muscle groups. It is possible to carry out anti-cellulite massage, massage moving upwards from the knee to the thigh and in other problem areas. Particularly suitable here are the 3rd 4th modes of intensity. This kind of massage destroys cellulite deposits and activates blood circulation, strengthens the processes of vital activity of cells of the skin, muscles and promotes their renewal. As a result, the conditions for activation of metabolic processes and fat reduction are created. Before the anti-cellulite massage session it is important to warm up (using a bath, a shower or bath).

Massager «Pharaoh» is a universal regulator of body weight. For the purpose of weight loss, process the area of the abdomen, back, waist, hips for 20-40 minutes before eating by the 3rd and 4th kinds of projections. Some users after such massage with pleasure exclude food intake. And to increase the weight it is recommended to massage with the 1st and 2nd kinds of projections in 5-15 minutes after meal.

The hand massager «Pharaoh» is recommended for use at home, as well as in the centers of massage and manual therapy, rehabilitation centers, physical therapy offices, medical and health-improving establishments.

A professional masseurs, using the massager «Pharaoh» can add to your arsenal of methods not only original and pleasant for patients kind of massage, but also to increase (due to the ergonomics of the massager) the working capacity in 2-3 times.

### **PRECAUTIONARY MEASURES**

Before massage, check the integrity of the balls of the massager. In presence of mechanical damage, one should make grinding with needle files or sandpaper.

It is not recommended to do massage in the presence of abscesses (boils) and other expressed damage on the skin, as well as in the areas of enlarged lymph nodes and in diseases accompanied by fever.

Massager «Pharaoh» is recommended to be stored in the package as it is in the form of a pyramid. Pyramid in its activity zone corrects the space structure, bringing it to a state of harmony. The massager, put in a pyramid is cleared of negative information fields and gets positive charge of three of the most powerful field structures - «pi», «omega» and «mu».

Joint application of the Lyapko applicators, needle rollers and the massager «Pharaoh»

mutually potentiates (increases) their therapeutic efficacy. In addition, massage after the application of the applicators can improve the diffusion of useful metals from the skin through the blood throughout the body. Comfortable and practical, and most importantly, affordable massager «Pharaoh» will save you from many problems, you will be a good friend and a reliable defender of your health!

### **EXAMPLES OF INDICATIONS FOR USE OF THE MASSAGER**

**1. Orthopedics.** When using this massager, there takes place the tumbler stimulation of proliferative processes in cell and fibrous bone elements that promote more rapid healing of fractures. It reduces stiffness, pain, swelling, there is an increase in range of motion in the joints.

**2. Cosmetology.** The use of the massager «Pharaoh» increases the efficiency of lymphatic drainage in the tissues of the whole body. It can be used for cellulite, skin aging, circulatory failure, to correct body shape, at hematoma (bruising), skin ulcers, keloid scars, swelling of the face and extremities.

**3. Cerebrovascular pathology.** It improves the condition of the circulatory system of the brain and surface vessels, stimulates nutrition of brain tissue, primarily from the inflow of oxygen into it, increases resistance to cerebral hypoxia, normalizes blood pressure, slows the heart rate.

**4. Sub-acute and chronic urogenital diseases.** Using the massager «Pharaoh» as a means of improvement at inflammatory diseases leads to an improvement in general condition, reduce pain and dysuric syndromes, normalization of hormonal levels at hypoestrogenic and menopausal conditions, increase potency, reduced leukocyte and hematological index, improving the immunological factors.

**5. Chronic obstructive bronchitis and bronchial asthma.** It is recommended to asthmatics, as there is an effective bronchodilator effect and a more intense absorption of oxygen.

**6. Osteoporosis.** This disease is characterized by decreased bone mass and impaired microarchitecture of bone tissue, leading to an increase in its fragility and an increased risk of fractures. When using the massager «Pharaoh», there comes activation of local blood flow, improve microcirculation and transcapillary exchange, increasing the blood supply to organs and tissues, decrease in the inflammatory process.

**7. Sports medicine and traumatology.** High efficiency of the massager «Pharaoh» can restore biological rhythms after crossing of multiple time zones, remove the stress load before the start, improve physical and mental performance. The massager «Pharaoh» is an effective solution of the problems associated with treatment and prevention of sports injuries and post-traumatic complications, which are usually related to the musculoskeletal system: degenerative diseases of joints and spine, inflammatory diseases of joints and spine, injuries, fractures, etc.

**The massager «Pharaoh» can effectively be used at neurocirculation dystonia of hypertensive type, nervousness, sleep disorders, Raynaud's disease, obliterating endarteritis, diabetic angiopathy and other diseases of the vascular limbs degenerative diseases of the spine and joints (osteocondrosis, spondylosis deformans, osteoarthritis), and so on.**

## CONTRAINDICATIONS:

1. Acute thrombosis, aneurysm of the heart and major blood vessels.
2. Severe hypotension.
3. Complex cardiac arrhythmias. Reduced heart rate (bradycardia).
4. Hyperactivity of the thyroid gland (hyperthyroidism).
5. Oncological diseases.
6. Epilepsy.
7. Children under 2 years old.
8. Pregnancy.

It is not recommended to do massage in the presence of abscesses (boils) and other expressed damages to the skin, in the zone of enlarged lymph nodes, and in cases involving high body temperature.

Therefore, the purpose of massage is to be strictly individual. In the treatment of specific diseases, session duration and the impact zone must be determined by your doctor.

## THE APPLICATOR IN QUESTIONS AND ANSWERS

### – How to start self-treatment with an applicator?

Set a goal for yourself: «I want to have good health.» Remember that a person can not become more healthy than he wants to. Each of us used to trust the realization of his objectives and execution of their duties to others.

For example, the purpose of the doctor is to return us to health, his duty is to treat correctly, efficiently and completely. But only doctor's efforts will not be enough. Remember: «Your health is in your hands!» Carefully read the instructions for use of the Lyapko applicators, emphasize the data you want in the text and mark them in the picture. Make a commitment to properly and fully implement the procedures.

Keep a separate notebook to record your feelings during and after the procedure. Write in the notebook with large letters your purpose and obligations. Divide the notebook on columns: date, time, place, procedure, its duration, the feeling during and after the procedure, duration of the therapeutic effect. In the future, analyzing your records, you will be able to see the real results of applied treatment and choose the best for usage method of Lyapko applicators.

### – When can I apply applicators and rolls?

If you feel unwell, if you have muscle or joint pain if you feel old injuries, if you experience headaches, nervous tension, if you have a stressful condition - rely on the applicator. Place it under your back or attach a clamp to the part of the body, which is experiencing pain. The applicator will help you forget about it!

«Needle rain» when using roller, will revive the tired nervous system, «wash away» the stress off your muscles, give a person a pleasant tone and refresh the skin. Use facial roller, standing in front of a mirror, and you will want to smile to yourself. After all, seeing a fresh

and healthy person in the mirror is always nice.

If, before a massage to prepare the back, lying on the applicators or «rolling» with a roll for a few minutes, the health benefits of massage will come much faster, be more stable, and the pleasure derived by you, will grow immeasurably.

Applicator can be used at any time convenient for you, you can also wear it, fixing on the sick part of the body, as long as necessary to improve health.

### **– What does the patient feel, using the Lyapko applicator?**

From the first minutes of the applicator application, the patient feels spiking, vibration, tingling. Then a rush of heat occurs, disappearance of pain, pleasant relaxation, which can move to a normal healthy sleep.

### **– What happens at this?**

Applicator effect on the skin receptors, reflex zones and points and causing appropriate reactions. It switches the immune system to work, it gives additional strength to the successful control of the disease.

Under the influence of the applicator there is a powerful redistribution of power, galvanic currents arise due to the difference of potentials of metals which consist the needle applicator, and as a result – micro-electrophoresis of these metals in the internal environment of the body.

### **- What makes the pain go away?**

Applicator restores energy balance in the meridians passing through the painful area, or in the projection area of the organ in need of treatment.

Pathogenic (stagnant) energy is rapidly redistributed (removed), and the weakened place, where there is no lack of energy - on the contrary, is recharged.

Thus, at contact with an applicator, consisting of multi-metal needles, your body through the skin acts like a battery: restores the shortage and eliminates the excess energy. Site of inflammation is swelling, with increased blood flow - is discharged, and the pain goes away, but the weakened site (in case of degenerative processes) gets the necessary energy charge.

In addition, there activated the mechanism of multiple point injections of biologically active points on the skin, which, summed, give the command to the pituitary gland to release of endorphins - the body's natural analgesic substances.

### **– How to use properly an applicator and roller?**

First you need to decide: which result do you want to get? Then identify the impact zones (primary, secondary and auxiliary). Next, select the desired tool - the applicator or roller, or both. One can lie on applicators in a correct stacking or apply the applicator, clutching it with a bag of sand. Using a roller, one can «roll over» the necessary areas on one's own or resorting to outside help, capturing all areas of the body. Acting on specific points and zones, the applicator helps to restore and normalize the function of individual organs and the whole organism.

### **– What is the impact on the person of the applicator-roller?**

The impact of an applicator has similar effect with a roller, but the result is achieved much faster and in addition, for the roller all the body parts are for a roller. Within 2-3 minutes one can roll the whole body: it will «burn», you will get a few millions of shots - «needle shower». In 10 minutes one can warm up the whole family after supercooling. When working with a roller, one requires an assistant to handle the hard to reach places.

### **– How does the roller work?**

Spectrum of the roller impact is extensive, and the effect of its application is incredibly high. This is a versatile tool. In addition to the fact that a roll is your home acupuncturist and diagnostician, with it you will discover all the points that have a beneficial effect on your body, most effectively normalizing its condition. Not every therapist is able to find these points as confident as the roller does. This points and zones of different configuration, located on the surface of the body, when subjected to which there are unusual sensations which often occur not only in the target point or area, but also respond to other body parts.

In addition to general recommendations, according to which it is necessary to influence the basic, additional and auxiliary areas, recommended at specific diseases and conditions that are similar to your complaints and diagnosis, the identified zones should be processed further by the roller - areas of hypersensitivity – for a short time (5-10 min.). Naturally, as a result of this exposure, the patient experiences a significant improvement in his well-being, pain relief, increase of efficiency, and overall tone, accompanied by a pleasant, comfortable feeling in the applications area, and throughout the body. One should “roll” zones on the face, neck, head, or pain areas of the trunk and limbs. In some cases there is a very effective influence on the opposite sites of pain, for example, when the right foot or hand hurt, act in a symmetric location on the foot or hand.

### **– How to apply the applicator at thyroid disease?**

Thyroid pathology is always accompanied by disorders of the cervical spine. Therefore it is necessary to work on the spine with an applicator or roller. Effective is the effect on the additional zones: sacrococcygeal zone and the adrenal glands. The procedure should be completed by impacting feet with an applicator.

Particular attention should be paid to the area of junction of the second phalanx of the big toe and foot (metatarsophalangeal joint of the thumb) - both from the plantar and the back side of each foot.

### **– If your child has a weak hand, whether the Lyapko applicator can help in this case?**

Yes, definitely. One of the possible reasons is a birth trauma, or perhaps once received injury, caused displacement of the joint, and nerve entrapment. Even if the cause is incorporated genetically, you can still be helped, correct the condition of the joint and nerve, help muscles and nerves to develop properly. Condition of the body is always associated with state of the spine. It is necessary to work on zones located paravertebrally in the cervical and thoracic spine, then lengthwise, starting from the wrist, then the

forearm and shoulder of the sick side. To enhance the therapeutic effect, work additionally on symmetrical areas of healthy limb and feet. The session can be completed by the segmental massage of cervical area and both hands with a massager «Pharaoh». Treatment should be carried out regularly and for a long time, until a positive dynamics.

**– My hand, because of the elbow injury, has partially lost mobility. Can I use the applicator, and if so, how?**

Using of the applicator for rehabilitation is necessary, and for good reason: as a result of the injury, there occurred paresis of ulnar and radial nerves. Integrity recovered - the bones are fused, but there often automatically generated abnormal foci in the shoulder and elbow joints, cervical spine, which is already broken, as there is bias or stagnant processes as a result of forced mobility limitation.

Only effecting all the pathological lesions contributes to normalization and restoration of the patient's organ work, joint, spine. It provides only a positive effect, because the method is based on one of the main principles of medicine - first do no harm, use the body's defenses forces.

Influencing with applicators (rollers) must be on the neck and thoracic spine, cervical-area of the brachial plexus. The treatment should involve joints (shoulder and elbow), forearm and wrist. To enhance the therapeutic effect, it is advisable to use the applicators on the symmetric zones the healthy hand and foot.

**– Is it not harmful to use applicators?**

No, it is not harmful. Moreover, using the Lyapko applicators, you mobilize the body's defenses to fight the disease successfully and win it. One need only listen carefully to his senses and correctly apply the applicator. This feeling should be only pleasant. Once again, be sure to read the section «How to Work with the applicator?», pay attention to the correct placement and your actions during the prolonged discomfort. Treatment should bring relief, peace and relaxation, give cheerfulness, improve efficiency, restore harmony.

**– How not to make a mistake and do not buy a fake?**

The Lyapko applicators have gained wide popularity among the different population groups. They are used in hospitals - from district hospitals to research centers - on the basis of medical universities, the Military Medical Academy, etc. This has led to the emergence of low-quality and non-certified products, which are sold by unscrupulous dealers, using our company logos, our advertising products and, most importantly, the popularity and effectiveness of these applicators.

The process of making the Lyapko applicators is very time consuming and expensive, since there applied original technology with high precision, and raw material of the highest quality.

The base of the applicator is made cast, ensuring its reliability and durability. Special thickening at the plates base allow securely attach the needle and does not give them any fall or lean. Furthermore, they protect the skin from puncturing. All needles of the Liapko applicators and coatings are made of pure metal, in full compliance with the Ministry of Health requirements for medical devices. These applicators are available at the offices of the company stores «Lyapko» in the pharmacy network, medical equipment stores.

## THE RESULTS OF APPLYING THE LYAPKO APPLICATORS

*«My husband has a traumatic brain injury in May 2003. He was discharged from the hospital 06.03.03, with the» judgment «that the right hand is unlikely to work. The hand, however, bent at the elbow, but it was so weak that he could not hold anything in it.*

*Our actions: daily and repeatedly I was with a roller everything: from tips of the fingers and toes up to the crown, then he lay down on the applicator «Sputnik» in turn with all the spine departments, «hugging» the roller with his arm, as far as he could bend his arm. As a result - the first attempt to sign the statements to a pension - 07.03.03. To date, the husband pushes himself from the floor 10 times, writes legibly, does all the work about the house without restrictions and is preparing for the garden season. Thank you!»*

*Matveieva Elvira Ivanovna, Barnaul*

*«Thank you very much for the Lyapko applicators! For us, the veterans, these applicators - as a balm for body and soul. Since 1976 I began to be disturbed by sciatica, the more, the worse. With the retirement there began insomnia, constipation, itching, legs began to refuse. I became nervous. I had a survey on the tomograph, the images showed the cervical, thoracic and lumbar intervertebral hernia. These are echoes of the hidden Vietnam War. In 2008, I learned of the Lyapko applicators. I Bought «Quadro», and began to use it, as recommended by the book. I did not even notice, how the insomnia, constipation disappeared and I am not very worried about the hernia. And I was not walking for 6 months. Now I walk, sit, do gymnastics. Started a normal life. Many thanks to your applicator! «*

*Baidatskii Yu.I., Sevastopol*

*«After a traumatic brain injury on a large plot of head, the surgeon warned that the hair will not grow. We used various means to stimulate hair growth, but no results. After applying the roller, after 3 weeks, there was a portion of the bristles at all the site.*

*The woman had a severe inflammation of the nerve endings of the coccyx. After a month's stay in the hospital' condition it remained unchanged. Doctors offered a surgery, and the patient agreed, but she delayed the operation for some time. At home, she applied the roller on the lumbosacral area, and after two weeks of treatment, pain completely gone and never resumed. It eliminated the need for surgery. «*

*Sidorenko Grigorii Mikhailovich, Dnepropetrovsk*

*«Since 1985, I started having problems with the spine because of osteoarthritis. Twice a year I referred to the hospital to a neurologist. Result - all sorts of injections and pills «killed» the kidneys. Since 2002 I have been using a single-use applicator according to your recommendations. During this time, I have never visited a doctor, there is no pain, I feel great.»*

*Reghpin Yurii Klementievich, Biysk*

*«An eighteen months child does not talk at all, has not uttered a single word, although physically he was developing normally. Mom has bought a facial roller and the child was playing with it all the day, was twisting and rolling it in his hands. What a surprise it was for relatives when a few days later the child spoke purely and even with whole sentences».*

*Miasnikova Valentina Vasilievna, Biysk*

*«I was use the facial roller in cosmetology. After 15 sessions, there was an increase in skin tone and facial muscles, improve of complexion, good emotional impact. Rejuvenation for 3-7 years».*

*Ivantsova Elena Borisovna, reflexologist, Tomsk*

*«The girl is 16, from the birth she is having a diagnosis - cerebral palsy with impaired motor function and pelvic organs. The child does not feel legs, could not go to the toilet by herself. Mom used a single applicator on the lumbar area, abdomen and under feet. As a result - legs became warm, there appeared sensitivity, we completely abandoned the use of laxatives. Now they continue to do it, a range of motion in legs is gradually increasing».*

*Sagaidachnaia Jana, Kharkov*

*Lyapko «Sputnik» is always (and now too) in my purse instead of painkillers. Once I was having meetings with consultants in Kirovsk, one of them took place in the mine laboratory. While coming out, in almost total darkness, at full speed I hit my head on the door jamb. It was winter, snow was everywhere, I put it for 40 minutes - blood stopped, edema seems absent. Three hours later, after returning home, I saw with horror a swelling, crawling over my forehead, almost to the eyebrows. I put ULA «Sputnik» on the forehead - in 40-50 minutes the swelling and bruising have disappeared. I am absolutely sure that no other means would give such an effect, especially so fast. Thank you!»*

*Demchenko Elena Alekseienko, Donetsk*

*«I am 76 years old. I have a sick heart for a long time, suffered 2 myocardial infarctions. Attacks of angina harassed me day and night. Without nitroglycerin and validol I could not walk a step. Two years ago, the daughter gifted me two applicators: «Double» and «A little boy».*

*I use regularly the large applicator along the spine and under feet. I feel good, I work in the cottage house and even the local doctor said that the ECG has become almost normal. Sometimes, when there is heaviness or pain behind the breastbone, I use «A little boy»: I press it to the little finger and the heart triangle on the palms. I manage without medication, which is what I wish to you».*

*Savchenko Nikolai Andreievich, Mariinka*

*«TThe old injuries (shoulder joints - knees) remind of themselves. Especially when the weather is very changeable in Ontario (Canada). By the recommendation of a sports doctor Sergei Litosh who successfully apply Lyapko applicators in Canada united teams started to use Lyapko applicators.*

*I was particularly pleased with «Magic tape Health». It instantly relieves pain, swelling, muscle spasm, improving flexibility in movement, endurance, energy inflow. It increases speed-strength endurance. If at my age I had the opportunity to use such tapes, I would not have gone off because of injuries. And more – Lyapko applicators are activated very quickly as the anti-stress system and prevent depression. In Toronto Sergey Litosh recommends and applies applicators in athletes in different sports: boxing, athletics, football, gymnastics, hockey, karate, yoga and others.*

*Thank N.G. Lyapko for his wonderful creation.*

*I recommend to all, especially the current athletes:*

To stimulate the neuromuscular system 5-8 minutes before the training process.

- To stimulate the neuromuscular system 5-8 minutes before the training process.
- To recover after a workout or competition period - 30-45-60 minutes.

Regards, Aleksandr Chervonyi – world-class sports candidate of pole vault (team member with Sergei Bubka) Canada.»

«Good afternoon. Briefly about myself: for 26 years I have been working in rehabilitation, including 18 years in Canada (before Canada - 4th USSR Ministry of Health Management).

I served for the student Universiade in Buffalo (1993), World Athletics Championships, squash, gymnastics, wrestling. Many years with NHL hockey players. Experience is available.

The last 3 years I am using the Lyapko applicators, the last 10 months and the «Magic tape». The results are stunning!

1. To improve speed-strength endurance (which is a very important parameter), I wrapped my feet and hands to stimulate the neuromuscular system for 8-10-12 min.

It is possible for lower back, and neck, and head, too.

2. To recover from severe or grueling workouts and games I wrapped an athlete for 20-25-30 minutes. And then a short massage. The result is obvious. Athletes themselves tell me that they have increased in speed, strength, endurance. Recovery is much easier and faster. Coaches are in shock and complete surprise, but very grateful.

3. Efficiency increased in 100% of the athletes. I come into the gyms - athletes are clapping hands - welcome, already waiting.

There is a good example: a boy is playing football for 12 years. On average he scored 1-2 goals in 3-4 games. I wrapped his both feet for 12-15 minutes and then 7-8 minutes massage on each leg.

In the next game the boy scored five goals. After 2 weeks, I repeated the procedure. In the next game were four (4) goals. The parents of the two teams are shocked.

Because of this situation, he was exposed to a hard pressure. Two strong footballers of the opponent team blocked him. And, despite this, he still scored three goals in this game.

Thanks to these unique results, now 4-6 athletes are wrapped daily...

Always healthy and happy!

So, I am sure, every athlete can very well improve his performance and results, if he becomes friends with Lyapko applicators (if it was recognized in Canada (and people here are very stingy for recognition), then, believe me, the effect of use of Lyapko applicators is very big. Many thanks to Nikolai Grigorievich from me personally and from all who use them.

Yours faithfully,

Sergey Litosh, Toronto. Canada»

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**FOR NOTES**

## FOR NOTES

**FOR NOTES**

# LYAPKO APPLICATOR

START LIVING WITHOUT PAIN!



UNIQUE MEDICINAL DEVICES FOR THE  
WHOLE FAMILY!

SIMPLE IN USE.

DO NOT REQUIRE SPECIAL SKILLS.

USED FOR CURING AND PREVENTIVE  
EFFECT ON ANY BODY PARTS.



## LYAPKO NIKOLAY GRIGORYEVICH

The President of Medical-Production company "LYAPKO", Doctor-reflexologist of the highest category, Candidate of the medical sciences, inventor of conception of metal needles applicators Lyapko, the author of curing methods.

Medical-Production company "LYAPKO" has been more than 15 years specializing in manufacturing of the unique goods – applicators Lyapko, promoting restoration and strengthening of health.



The main element of the body interaction with environment is the human skin. It is rich in nerve endings. Applicators "Lyapko", acting on nerve endings, awaken self-defense mechanisms of the body and stimulate the human metabolism and the immune system.

Applicators "Lyapko" are used to treat a wide range of diseases and help maintain high quality of life without the use of pharmaceuticals.



Applicators "Lyapko" are made of medical rubber, the main component of which is a natural rubber. Lyapko needle applicators consist of five natural organic metals for the human body: zinc, copper, iron, nickel, and silver. They do not pierce the skin, as they are ground in a special way.

Products are recommended by the Ministry of Health of Ukraine for use in medical practice, protected by many patents, certified in accordance with international quality standards.

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# CAN BE HARMFUL FOR YOUR HEALTH