

I =: JCK: GHAMETHOD

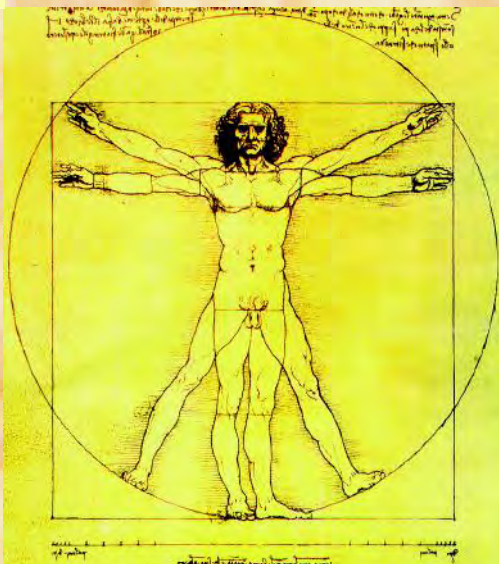


BiomechanicVă
Stimulation

nazarov
Stimulation



7Zj in



; āmWāfn

Vitaliin

HāZcYZgcZrh



nazarov
Stimulation



; DGĀK: 6C9K 6A N

Nazarov-Stimulation ~ Gesellschaft für Naturheilverfahren mbH
07356 Bad Lobenstein ~ Poststraße 3 • Telefon 03 66 51/3 38 22 • Fax 2478
Internet: www.nazarov-stimulation.de • Email: info@nazarov-stimulation.de

Biomechanical Stimulation - "Revitalization" for the body

MUDr. Ursula Herrmann

Biomechanical Stimulation is a new and unique way of maintaining health and is based on a purely mechanical action on tensed or stretched muscles along the length of the muscle fiber by means of vibrations. This method was developed by Prof.Dr.habil. Vladimir T Nazarov: from the idea, through the scientific-theoretical preparation, experimental work in the laboratory, then the implementation into the equipment and application on healthy athletes. Thus it also bears the name of its inventor: Nazarov-Stimulation.

What does this method involve and what makes it different from all other known vibrations? Basically, it must be mentioned that the muscles are our "motors", not only to move us, but also to move the blood through the vessels. The heart as a muscle with four chambers and cardiac valves has the task of mixing large quantities of blood and pumping it into the large vessels (main arteries). It is 25 times too weak to push the blood through the giant network of all veins and capillaries and to ensure the backflow back to the heart. This task is performed by our muscles alone. And for this they have to move! It has now been proven that our muscles vibrate constantly, even one hour after death. This gentle, permanent vibration is called "resting tremor" and could only be explained in its task a few years ago: namely, the maintenance of blood circulation in our tissues and organs. If you now bring the muscles into action intentionally, the blood flow naturally increases, because active muscles need more nutrients and oxygen. The muscle pump causes this effect, and over a longer training period the muscle will develop and build up accordingly. At maximum muscle tension, the muscle actions synchronize to larger vibrations (e.g. with a maximum clenched fist the forearm vibrates, with a strong tension of the neck muscles the head vibrates, when lifting a heavy weight all muscles vibrate). The idea now was to artificially generate this maximum muscle activity by external energy supply. And the Nazarov-Stimulation succeeded. All the effects of muscle training and physical education can thus be achieved with Nazarov-devices without any effort of the patient's own will or physical activity, including on paralyzed muscles. This improves blood circulation and stimulates the metabolism. This results in better physical and mental health.

The second important effect of Nazarov-Stimulation is the signaling from the working muscle by so-called proprioceptors via the nerve tracts to central locations in the brain. There, a dominant excitation is generated. This leads to the development of muscle feeling, muscle memory, muscle obedience and muscle

coordination. And just as many muscle movements remain unused due to the monotony of our everyday life and are partly "forgotten" in the body; they are reawakened and trained again by Biomechanical Stimulation.

Of course, muscle strength increases at the same time, muscle build-up occurs and joint mobility improves, just like during normal physical training, only much faster and more intensively.

The third effect produced by Nazarov-Stimulation is the effect on the connective tissue. This forms intercellular material



Prof.Dr.habil. Vladimir T. Nazarov demonstrates the Biomechanical Stimulation developed by him

throughout life, which in the course of life leads to deposits that can restrict and harden mobility. Our increasing lack of exercise accelerates this (normal aging) process enormously. Through Nazarov-Stimulation, our body can regain its original flexibility. This works similar to gymnastics or stretching, but up to 100 times more effective and much more comfortable. The tissues are "cleansed" by the intensive muscle activity under the stimulation and become flexible again. In this way, even a completely healthy person feels revitalized and more elastic, relaxed and lively, open and receptive, mentally and physically fresh after only a few minutes of Nazarov-Stimulation.

This also explains the "wondrous" effects that can be achieved. This is the only method that can bring such "revitalization" into the body in a very simple way, purely "biomechanically".

The application is done with differently sized devices (Nazarov-Stimulators), which are

nazarov
Stimulation

adapted to each body region:

1. **leg device** for stimulation of the leg, buttock and abdominal muscles, partly also the hand and arm muscles
2. **Head device** for the face and head muscles
3. **Hand device** for hand and arm muscles
4. **Back device** for the entire back, shoulder and neck musculature
5. **Shoulder device** for the shoulder girdle in total

The applications must be individually tailored to the user's objectives. In most cases, more closely meshed series are required at the beginning (daily to two days with a duration of 10 to 30 minutes), later more intensive training units can be carried out at longer intervals, as in a general normal training.

Nazarov-Stimulation can be used at any age and in a wide variety of physical premises/conditions: for health/beauty, to increase strength, flexibility and coordination, for any muscular deficit / disbalance.

The Nazarov-Stimulation serves the intensive promotion and rapid restoration of physical and mental well-being.

Potential applications:

- to compensate for general lack of movement (up to 100 times more intensive than conventional training)
- for loss of strength, muscle atrophy, loss of elasticity
- in case of lack of fitness and coordination
- for training support in leisure, popular and high-performance sports
- for injury and fall prophylaxis
- for muscle tensions
- for general muscle weakness and complaints in the musculoskeletal system (e.g. muscular neck, shoulder, back, hip and knee problems)
- in cases of decreasing flexibility, hardening, contractures, adhesions
- to improve circulation
- to strengthen the sensory performance of eyes and ears
- for attention/concentration disorders
- to lighten the mood
- supporting weight loss
- for cosmetics, cellulite and hair loss
- **for general fitness, health promotion, revitalization and "rejuvenation"** of the entire organism

Bad Lobenstein, January 2017

© Copyright by MUDr.U.Herrmann