

COMPLEX

APPROACH *with*



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LIST OF DEVITA RITM MANUAL PROGRAMS

Nº	The name of the program	Program description
1	Active protection	<p>The human body functions in a constantly changing environment to which it must always adapt. It is negatively affected by temperature and air pressure fluctuations, electromagnetic radiation from household appliances and office technology and frequent stress. The body is also affected by physical and mental stress and ever-changing working hours. The program regulates the functioning of the nervous and endocrine systems, increases performance and alertness, eliminates fatigue and irritability, and protects against harmful radiation.</p> <p>Application: The program is to be used daily in the morning or afternoon. It is part of the automatic programs «Healthy Day-automatic» and «Complete cleansing-automatic».</p> <p>Attention! We do not recommend using the program in the evening or at night.</p>
2	Blood circulation regulation	<p>Lack of exercise, bad habits, an unhealthy diet and stress have a negative impact on blood circulation. The program restores local and systemic circulation and optimal oxygen uptake, improving the blood supply to all organs.</p> <p>Application: The program can be used at any time of day (and night) if required.</p> <p>Please note! It is not recommended to use the program within 2 months after a heart attack.</p>
3	Digestion	<p>Factors such as eating disorders or transition to new foods put increased strain on the gastrointestinal tract. This can cause indigestion, flatulence, pain and discomfort. The program has a beneficial effect on the gastrointestinal tract, promotes digestion, reduces the risk of eating disorders, reduces the feeling of fullness and discomfort, relieves acid reflux and intestinal spasms.</p> <p>Application: The program can be used at any time of day and night, optimally between 7:00 pm and 9:00 pm. If necessary, use it again after 0.5 hours.</p>
4	Detoxification	<p>In the course of life, toxins accumulate in the body - both in the cell and in the intercellular space. Toxins disrupt the metabolism and create a favorable environment for pathogens to thrive. The program activates the function of the excretory organs, contributes to the elimination of toxins and regulates the liver and gallbladder function.</p> <p>Application: The program can be used at any time of the day (and night). Be sure to drink 1-1.5 liters of clean drinking water daily.</p>
5	Anti-stress	<p>Almost every day we experience stress: at work, on the road or at home. Normally, the human psyche neutralizes the effects of stress, but in constant negative situations or with a sudden change in the rhythm of life, the body needs help. The program helps in difficult situations, with physical and mental stress. It normalizes the nervous system, promotes fast falling asleep and healthy sleep. For severe nervous agitation, use it together with the "Healthy Sleep" program.</p> <p>Application: The program is to be used before going to bed. The device is placed under the pillow. If you have not fallen asleep by the end of the program, repeat the session.</p>
6	7 Chakras	<p>A human being is a complex energetic structure, which is based on seven chakras located along the spine. Each chakra is associated with certain organs, and if the chakras are damaged, the functioning of their corresponding organs is disturbed. The chakras accumulate energy. Negative energy clogs the chakras and has a detrimental effect on the body as a whole. The program restores lost energy, distributes it correctly and thus restores the functioning of organs and systems.</p> <p>Application: The program is used in the daytime.</p>
7	Hormones normalization	<p>The endocrine system regulates organ functions through hormones and maintains the body's constant internal environment (homeostasis). The endocrine system is involved in the body's development, growth and reproductive system. It also regulates the mental state and emotional reactions. The programme normalizes the function of the system "hypothalamus - pituitary gland - adrenal gland - sex glands" and regulates the excretory functions of the body.</p> <p>Application: The program can be used at any time of day or night, every day for at least one month. It is part of the automatic programs «Healthy Day-automatic» and «Complete cleansing-automatic».</p> <p>Caution! Not recommended for children under 13 years of age.</p>

8	Clean Kidneys	<p>The kidneys fulfill many functions in the human body. The most important one is controlling the water and electrolyte balance, which keeps the volume and pressure of the blood and other body fluids constant. The kidneys also regulate the acid-base balance. They excrete the end products of nitrogen metabolism, i.e. urea, creatinine, uric acid, etc. Metabolic and nutritional disorders (especially excessive meat consumption), vitamin A deficiency, hypothermia and infections lead to contamination of the kidneys and the formation of kidney stones. The program promotes better elimination of toxins from the body, regulates kidney function and prevents the formation of kidney stones.</p> <p>Application: The program can be used at any time of day and night, preferably between 5:00 and 7:00 pm. In case of toxic or infectious damage to the body, repeat the program after 0.5 hours. For normal kidney function, make sure to drink pure water - 1-1.5 liters a day.</p> <p>Please note: When using this program, this program, increased urination may be observed.</p>
9	Clean Lymph	<p>The lymphatic system works around the clock to keep the body clean inside. It plays an important role in the removal of metabolic waste products and in maintaining immunity. Lymph is naturally filtered and purified as it passes through the lymph nodes, but sometimes this is not enough. When the function of the lymphatic system is disturbed, up to 83% of harmful substances accumulate in the interstitial space. This increases the burden on all excretory organs: liver, intestines, kidneys. The program helps dilute the lymph, removes toxins and excess water from the body, improves cell metabolism, normalizes blood pressure and increases immunity.</p> <p>Application: The program can be used at any time. It is recommended to perform a light massage with strokes (without much pressure) during the program.</p> <p>Please note: For the most effective elimination of toxins, drink clean water - 1-1.5 liters per day.</p>
10	Healthy Eyesight	<p>Constant strain on the eyes (reading, working at the computer), as well as changes in conditions and rhythm of life cause eye fatigue, eye irritation and reduced vision. The program relieves eye strain, fatigue and pain and contributes to the restoration of vision.</p> <p>Application: Use before going to bed daily for 7 days. Then rest for one day. Repeat the sessions until you get the desired result. After finishing the program do not strain the eyes. For best results, combine it with ciliary-muscle training.</p>
11	Female Sexuality	<p>Sexual desire indicates different conditions of a woman. If a woman is no longer interested in her sex life, it can be assumed that she has a medical condition. In most cases, a decreased sex drive develops from a combination of several factors - somatic, mental and social. The program will help when a woman's libido is low or absent, it will ease emotional tension and mental discomfort, increasing sexual desire.</p> <p>Application: Daily once a day.</p>
12	Male Sexuality	<p>A man's sexual desire depends on his age, physical exertion, mental state, external stimuli, etc. Stress, problems at work, fears and anxiety disorders cause psychological erectile dysfunction in men. As a result, they become anxious about the appearance and "quality" of their erection, comparing and analyzing it. And the more a man prepares for the "event", the lower his chances of success. The program is aimed at psychological improvement, regulation of the 6th chakra, it reduces anxiety and strengthens a man's self-confidence in bed.</p> <p>Application: Daily, once a day.</p>
13	Recovery From Injuries	<p>Contusions, dislocations, and fractures can happen to both athletes and everyday people. In combination with medical treatment, the program accelerates the healing process, reduces pain, relieves swelling, stops bleeding and restores muscle elasticity.</p> <p>Application: For injuries, daily 2-3 times a day until desired results are obtained. If necessary, combine it with the programs "Joints without inflammation" and/or "Joints without pain".</p>
14	Warm-up	<p>Gym-goers often lack energy and motivation, especially after a long day at work. The "Warm-up" program energizes you, increases the intensity of training, helps you overcome fatigue, increases metabolic processes in muscles and makes training more effective.</p> <p>Application: Before every workout.</p>

15	Workout	<p>Successful and vigorous training often leads to fatigue and muscle soreness, which prevent you from achieving greater results. The program increases muscle strength, relieves muscle fatigue, strengthens muscles, improves blood and oxygen supply to the muscles, increases endurance, allows you to achieve maximum results with minimal stress on the body.</p> <p>Application: The program is to be used during training.</p> <p>Attention! It is not doping.</p>
16	Healthy Heart	<p>Heart function determines the supply of oxygen and nutrients to the organs and thus the efficient functioning of the entire body. Heart malfunctions are caused by improper lifestyle, stress, physical overload. The program regulates blood circulation and blood pressure, ensures normal blood supply to the heart muscle, promotes self-regulation of the heart and its stable work.</p> <p>Application: Use at any time of day or night once, if necessary, twice (optimally - from 11:00 a.m. to 1:00 p.m.).</p> <p>Attention! It is not recommended to use the program for 2 months after myocardial infarction.</p>
17	Cardiac Rhythm Normalization	<p>When the heart beats as it should, we don't notice it working. But when it gets out of rhythm, it causes us great discomfort. Cardiac arrhythmias can also occur in healthy people for various reasons - as a reaction to tight clothing, insect bites, certain medications, stress, heavy meals, stool problems. The program restores the heart rhythm, improves the blood supply to the heart and normalizes the nervous system.</p> <p>Application: The program is used once a day for cardiac arrhythmias.</p>
18	Anti-Cold	<p>The first signs of a cold are a stuffy nose and sore throat. These symptoms are often ignored and people work despite being ill. This can lead to complications, the most common of which are upper respiratory tract infections: maxillary sinusitis, sinusitis, bronchitis, otitis media. The program activates immunity, increases resistance, reduces the likelihood of complications, relieves swelling, promotes better drainage of mucus from the sinuses and helps to recover in a short time.</p> <p>Application: The program can be used at any time of day and night, in the cold season or during epidemics of colds it can be used daily. It provides relief from allergies.</p>
19	Free Breath	<p>Bronchospasm and cough are the body's defense reactions to an irritant or infection of the respiratory tract, and can also be a result of the effect of certain medications on the body. Bronchospasms are characteristic of people who are prone to allergies and people who suffer from bronchial asthma. The program restores the functions of the bronchopulmonary system, normalizes lung function, regulates blood supply and oxygen uptake, relieves spasms.</p> <p>Application: Daily as required - at any time of day and night. In case of spasms and severe cough - up to 2-3 times in a row.</p>
20	Women's Health	<p>Poor environmental conditions, unhealthy habits and the sun have a negative effect on the female body, accelerating the ageing process and causing problems in the body of a woman. The program addresses a wide range of female ailments and is suitable for all ages. It relieves premenstrual syndrome and pain, and corrects menopausal disorders.</p> <p>Application: For girls in puberty, it is recommended to use this program 1-2 times a week. For women suffering from menstrual pain and cramps: Use daily during your period. To increase the regulatory effect in case of sexual problems or disorders of the female reproductive system: Use daily together with the "Female Sexuality" program.</p> <p>Attention! The program is not recommended during pregnancy or when trying to become pregnant.</p>
21	Men's Health	<p>Men's health does not only mean healthy potency, but also proper functioning of other internal organs. It is necessary to take care of men's health from a young age. The program is designed to harmonize the male genitourinary system. It regulates urination and the functioning of male sex glands, including the prostate gland. The older a man is, the more useful this program is for him.</p> <p>Application: The program is to be used once a week, optimally from 9:00 to 11:00 pm. For problems with potency and/or prostate use it daily in combination with the programs "Male sexuality", "Stop prostatitis".</p>

22	Healthy Sleep	<p>Healthy and sound sleep is an important part of any person's life. During sleep, the body restores the energy used up during the day. However, any emotional upheaval can cause sleep disorders. This in turn leads to the development of physical and mental disorders. Irritability, tiredness, lack of concentration - these are the first signs of sleep disorders. The program helps reduce the excitability of the nervous system, helps you fall asleep quickly and normalize your sleep cycles.</p> <p>Application: Daily before going to bed, the program can be repeated up to 2-3 times.</p>
23	Good Mood	<p>Depression, anxiety, fear - these concepts are interrelated. Anxiety and fear are signs of depression. Very often this condition leads to psychosomatic disorders, emotional exhaustion and dissatisfaction with oneself. Fears are strong factors preventing a person from discovering their abilities and achieving success. The program "Good mood" helps relieve depressive states and reduce anxiety, it stabilizes sleep, improves your mood and mental activity.</p> <p>Application: Daily, 1 time in the daytime.</p>
24	Joints Without Pain	<p>Pain in the joints or spine can have several causes. Most often it is pinched or inflamed nerves, which occurs due to sedentary lifestyle, bruises, falls, overweight, herniated discs of the spine, hypothermia, vigorous physical activity, destruction of cartilage tissue or inflammation of the joint capsule. The program helps relieve pain, improve blood microcirculation, normalize the tone of muscles, ligamentous apparatus, cartilage tissue, and activates metabolic processes in damaged tissues.</p> <p>Application: In case of an exacerbation, use the program as a supplement to the main therapy and in combination with the program "Joints without inflammation". Daily, at any time of day and night, 2 weeks, one day break, then repeat the course until you get the desired results.</p>
25	Joints Without Inflammation	<p>Every third inhabitant of our planet experiences pain or crunching in joints and spine. This problem can be caused by infections, injuries, allergic reactions, overweight, professional sports, improper diet, etc. The program improves blood supply to the damaged area, relieves inflammation, swelling and pain. It has proven itself as a good supportive and restorative remedy during the "active farm and garden work" season, also in case of sprains and severe muscle fatigue.</p> <p>Application: daily for a month, starting 2 weeks before garden activities or sports events. Then 1-2 times a week until the end of the season. For people suffering from recurring back and joint problems, in order to maintain health, it is recommended to use this program twice a year, daily for 1 month. In case of exacerbation combine it with the "Joints without pain" program.</p>
26	Intestine Without Problems	<p>Symptoms such as bloating, nausea, intestinal discomfort, loss of appetite or abdominal pain are signs of gastrointestinal disorders. These symptoms do not appear at the initial stage, but when the disease has become chronic. To relieve pain, eliminate nausea and flatulence and normalize bowel movements, use the program "Intestine without problems".</p> <p>Application: Daily as needed and depending on the condition 1-2 times a day.</p>
27	Digestion Normalization / Metabolism Optimization	<p>Metabolism is a series of chemical reactions that serve to maintain bodily functions. The main factors for metabolic disorders are: an unhealthy diet, taking certain medications, stress and lack of exercise. Metabolic disorders can lead to diseases such as diabetes, gout, obesity, allergies, cardiovascular disorders, as well as growth and developmental delays in children. The program aims at balancing the function of the thyroid and pancreas, the proper absorption of potassium, calcium, magnesium and sodium, and maintaining the acid-base balance.</p> <p>Application: 1-2 times a day as required.</p>
28	Beautiful Skin	<p>Skin problems are caused by functional disorders of the internal organs. In this case, the skin takes over the body's detoxification function. Acne, pigmentation spots, rosacea, etc. appear on the skin. This affects both adolescents who are going through hormonal changes and people suffering from endocrine and digestive system disorders. The program normalizes the function of the skin glands, strengthens the skin's barrier function and improves cell metabolism.</p> <p>Application: 1-2 times a day until the desired result is achieved.</p>

29	Beautiful Hair and Nails	<p>Hair loss, dandruff and brittle nails are signs of disorders in the body or negative environmental influences. The program helps to improve blood microcirculation, activate cell metabolism and cell regeneration. It strengthens the hair follicles and nails, stimulates hair growth and increases the skin's defense functions.</p> <p>Application: Daily until the desired result is achieved.</p>
30	Without Allergens	<p>Allergens are substances to which the body is hypersensitive due to an abnormal immune response. They surround us everywhere: on the street, at home, at work. The most common allergens are plant pollen, dust, animal hair, medicines, household chemicals etc. The body may react to these substances with such symptoms as tears, swelling of mucous membranes, skin rashes, etc. The program alleviates the symptoms of allergies and normalizes the functions of the immune system.</p> <p>Application: Daily as required. People who suffer from a pollen allergy should start using the program one month before the beginning of the pollen season.</p>
31	Immune Protection	<p>The immune system is a very complex, self-regulating, self-learning and multilevel system. Its coordinated functioning ensures biological defense. The program reduces the load on the liver, activates the thymus, spleen and lymphatic system, promotes rejuvenation and longevity.</p> <p>Application: Daily or every other day, at any time of day and night. It is part of the automatic program «Health-automatic».</p>
32	Healthy Kidneys	<p>The program is used to eliminate excess fluid from the body, as well as salts that have the ability to retain fluid in the tissues. The program has a pronounced diuretic effect, it also helps restore the physiological function of the kidneys and reduce swelling.</p> <p>Application: Daily as required for one month.</p>
33	Vegetative Regulation	<p>The autonomic nervous system controls many of the body's vital functions. Problems in its performance can be manifested in heart rhythm irregularities, blood pressure changes, excessive sweating, fatigue, weakness, brittle hair and nails, etc. The program is aimed at restoring the functions of the autonomic nervous system, stimulating the brain, normalizing metabolism, heat exchange and appetite, and promoting cell regeneration.</p> <p>Application: Daily or every other day, at any time of day and night. It is part of the automatic program «Health-automatic».</p>
34	Cellular Respiration	<p>Hypoxia is an oxygen deprivation state, which can occur either because of a lack of oxygen entering the body or because the body tissues have stopped absorbing it. The program helps improve blood supply to the head, heart and lungs, active absorption of oxygen by the blood, relieve vascular spasms, reduce acidification and eliminate toxins.</p> <p>Application: Daily or every other day, at any time of day and night. It is part of the automatic program «Health-automatic».</p>
35	Healthy Joints	<p>Joint pain can occur not only in older people, but also in young individuals. The pain is accompanied by inflammatory reactions, which are followed by swelling, redness of the skin and restricted movement. This problem can be caused by infections, metabolic disorders, injuries, obesity, heavy mechanical and functional loads.</p> <p>The program helps improve the condition of damaged joint tissue and relieve pain.</p> <p>Application: Daily for one month. It is recommended to use the program in combination with the programs "Joints without pain" and "Joints without inflammation". The program is most effective when you perform light exercises on the affected joint.</p>
36	Stop Prostatitis	<p>The prostate gland is an organ that performs a number of essential functions: reproductive, secretory, barrier functions, it controls the outflow of urine and influences the psycho-emotional state. The gland is very vulnerable to various types of pathological processes. The factors that disrupt the work of the prostate may be both external (poor ecology, ionizing radiation, stress, passive lifestyle, exposure to infectious agents) and internal (genetic predisposition, comorbid chronic and acute diseases, bad habits). The program is aimed at reducing inflammatory processes and normalizing the work of the gland.</p> <p>Application: Daily for 1-3 months. It is recommended to combine it with the program "Men's health".</p>

37	Balanced nervous system	Overexcitement of the nervous system can be caused by stress that has accumulated over a period of time. It can manifest itself as: insomnia, depression, muscle aches or headaches, irritability, mood instability etc. The program relieves nervous excitement and harmonizes the nervous system. Application: In case of severe mental stress, daily, at the end of the working day and/or before going to bed.
38	Recovery After Training	Exercise stimulates your metabolism, which leads to the accumulation of metabolites in the body. The strain on the autonomic nervous system increases and there may be micro-injuries to the muscles, muscle soreness, etc. Not everyone can tolerate this discomfort, which is why many people stop exercising. The program relieves muscle fatigue, promotes rapid elimination of metabolic products and supports the nervous system. Application: After any type of training.
39	Healthy Venous System	Problems with veins become apparent once blue, bumpy "snakes" have formed on the legs, which initially cause aesthetic discomfort, and later lead to other functional disorders. The most common cause of this problem is a sedentary lifestyle, lack of exercise or regular walking, sitting for hours at the wheel or in front of a computer screen, and constant wearing of high heels. The program helps to relieve pain and swelling, strengthen the vein wall and increase its tone, reduce inflammatory reactions, improve blood circulation in the capillaries. Application: As required (for heaviness, tired legs) or daily (for varicose veins). The program should be used at night or before going to bed. In the second case, place a rolled-up blanket or pillow under the legs so that the legs are in an elevated position. Do not stand up for 30 minutes after the session.
40	Without Headache	Headaches can bring a lot of problems. The causes of headaches are different: blood pressure fluctuations, intoxication, vegetative dysfunctions, osteochondrosis etc. The program is aimed at eliminating pain sensations, relieving vascular spasms, improving blood supply and nutrition of brain cells. Application: As needed at any time of day and night. If the pain is not gone at the end of the program, repeat the session after 20-30 minutes.
41	Normal Blood Sugar	Elevated blood sugar can occur in a person under the influence of many factors: heavy physical or mental labor, excessive consumption of carbohydrate-rich foods, severe stress, panic attacks, certain medications and functional circulatory disorders. Monitor your blood sugar levels regularly. To prevent the development of a more serious disease, use the program "Normal blood sugar", which will help normalize the function of the pancreas. Application: Daily for a month, and further as needed. Can be combined with the programs "Digestion Normalization (Metabolism Optimization)" and "Healthy Pancreas".
42	Functional Memory +	The human brain contains a large amount of knowledge. With age and due to great mental strain, there can be a decrease in memorization skills and the memory is not always capable of producing the necessary information. The program stimulates brain activity and the memorization process, and, combined with a healthy lifestyle, it has a positive effect on the psycho-emotional condition of a person. Application: It is recommended to use the program daily in the morning and afternoon, preferably in the process of studying the necessary material.
43	Nervous System - General	A tick bite can very often lead to functional disorders of the nervous system, manifested by headaches, fatigue, insomnia, depression, movement disorders of facial muscles, optic nerve dysfunction etc. The program supports and harmonizes the nervous system, ensures good coordination between its divisions, balances the functional and mental state of the person, stabilizes mental activity and mood. Application: For 1-6 months. See the complex «Lyme Disease».
44	Healthy Ears	Ear infections and pain can be caused by injuries or pathogens such as viruses, bacteria or fungi. The problem can occur at any age, but mostly in children and older people. The program is designed to restore the mucous membrane of various parts of the hearing organ, to reduce unpleasant sensations caused by ear diseases and to improve hearing. Application: Daily for 1-2 weeks. It is desirable to alternate with the program «Ears Without Inflammation» on the DeVita AP.

45	Throat Without Problems	<p>Sore throat is a problem that occurs in both adults and children at different times of the year. It can be caused by decreased immunity, infectious diseases of the upper respiratory tract, decayed teeth and gum disease. The program helps to maintain local immunity, restore the nasopharyngeal mucosa, reduce pain, swelling and hoarseness.</p> <p>Application: Daily for 1-2 weeks. It is advisable to alternate with the DeVita AP program «Throat Without Pain».</p>
46	Strong Teeth	<p>Gum inflammation is a major problem for people, not only causing discomfort but also potentially leading to tooth loss. The most common causes are: reduced immunity, impaired blood circulation and bad habits. The program helps to optimize blood microcirculation, strengthen the gums, restore the damaged mucous membrane and thus improve the condition of the mouth and teeth.</p> <p>Application: Daily for 1 month, see the «Healthy teeth» complex.</p>
47	Healthy Pancreas	<p>The pancreas fulfills two important functions in the body: the exocrine and endocrine functions. A malfunction of the gland can cause serious problems in the digestive tract and metabolic disorders. The program is designed to regulate pancreatic function in the case of various disorders.</p> <p>Application: Daily for 1-6 months. It can be combined with the "Digestion Normalization (Metabolism Optimization)" and «Normal blood sugar» programs.</p>
48	Healthy Thyroid	<p>The thyroid gland is part of the human endocrine system (hormone system). It plays a very important role in the body. Its dysfunction can lead to an imbalance in the cardiovascular, respiratory, urinary, reproductive and metabolic systems. The program supports the thyroid gland under various stresses, normalizes its function and the metabolic processes in the body.</p> <p>Application: Daily for 1-6 months. It can be combined with the "Digestion Normalization (Metabolism Optimization)" program.</p>
49	Nerve restoration	<p>Certain infectious diseases, injuries, use of medications, alcohol consumption, and working in hazardous industries can cause problems with the peripheral nervous system. To support the nervous system and restore nerve endings use the Nerve Restoration program.</p> <p>Application: daily for one month. If necessary, the cycle should be repeated regularly 2-3 times a year.</p>
50	Recovery after infection	<p>After suffering from infectious diseases, including coronavirus infection, various problems may occur in the cardiovascular, and nervous systems. The program helps to restore the functions of the nervous system, reducing such manifestations as insomnia, anxiety, irritability.</p> <p>Application: daily for a month after infections, in conjunction with the programs "Restoration of blood supply" on DeVita Ritm and "Deep sleep-automatic" on DeVita AP.</p>
51	Restoration of blood supply	<p>A large number of people face circulatory problems especially after suffering from infectious diseases including coronavirus infection. This can cause not only risks of developing cardiovascular problems, but also deterioration of the general condition of the body. The program helps to improve blood circulation, restore hematopoietic function, and strengthen blood vessels.</p> <p>Application: daily for a month after infections, as regular restoration of blood supply constitutes an essential process to support own health. Can be combined with "Recovery after infection" program.</p>
52	Healthy Stomach	<p>Signs of gastric disease manifest as pain, nausea, feeling of rapid satiety, heaviness in the stomach, and belching, etc. Stomach problems can be triggered by stress, poor diet, GI problems, and taking certain medications. The program helps to relieve pain, restore mucous membranes, and normalize stomach function.</p> <p>Application: daily for a month, in conjunction with the "Healthy stomach" program on DeVita AP and the "Stop stress" or "Digestion without problems" complex programs on DeVita Ritm. In order to prevent exacerbations, the cycle is carried out 2-3 times a year.</p>

53	Healthy spine	<p>"A healthy spine means a healthy body." This expression emphasizes the importance of the spine, as it performs many very important functions related to maintaining the health of both individual organs and the entire body. The program helps relieve pain, improves the ligamentous apparatus, increases blood supply, and restores metabolic processes in the tissues.</p> <p>Application: daily until recovery, combining with the "Muscles without pain", "Joints Without Inflammation" program on DeVita Ritm and "Healthy back - automatic" on DeVita AP. It is advisable to apply appropriate exercises to strengthen the skeletal muscles.</p>
54	Muscles without pain	<p>Muscle pain can be caused by several factors: increased physical activity, injuries, infectious diseases, sedentary lifestyle, chronic fatigue. The program helps to relieve muscle spasm, reduce pain, improve blood supply, and increase the elasticity of muscle fibers.</p> <p>Application: daily until recovery, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Healthy back" and "Movement without pain").</p>
55	Stop asthma	<p>Asthma is a chronic inflammation of the airways that has its own symptoms. It can develop at any age, especially if there are risk factors: allergies, heredity, smoking, harmful working or living conditions. The program helps relieve allergic symptoms, bronchial spasm, and improve well-being.</p> <p>Application: daily for a month or as needed, in conjunction with the "Without toxins" program on DeVita Ritm and "Without allergy" on DeVita AP.</p>
56	Stomach and intestines	<p>Statistically, one in two persons have problems with their stomach, or intestines, or both at the same time. Proper functioning of the GI tract is essential to a person's overall health. This is why it is essential to keep your digestive system working properly. And that's where the "Stomach and Intestines" program can help.</p> <p>Application: daily for a month, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).</p>
57	Normal intestines	<p>Civilized lifestyle, unfortunately, is not favorable to facilitate the work of the stomach and intestines - office work, fast food and limited mobility lead to intestinal problems in the form of pain, disruption of microflora, peristalsis and others. The program reduces spasms and pain, improves peristalsis, and stimulates recovery of mucous membranes.</p> <p>Application: daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).</p>
58	Without constipation	<p>The disturbance of the process of defecation is a fairly common phenomenon and can be manifested by a feeling of incomplete emptying of the bowel, abdominal pain. Constipation causes the development of intestinal dysbiosis, chronic colitis and intoxication of the body. The program improves intestinal motility, stimulates mucosal recovery, improves blood supply to the given area, and reduces pain.</p> <p>Application: daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).</p>
59	Stop pain (head)	<p>Everyone has experienced headache attacks at least once in their lives. It has a different nature and origin. Whatever the origin of the headache, the program will help you deal with it and make you feel better.</p> <p>Application: as needed. In the presence of triggering diseases, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP.</p>
60	Healthy skin	<p>Inflammation of the skin is a very unpleasant sensation manifested by burning, itching, and tissue damage. It provokes the appearance of dermatitis can cause skin infections, allergic reactions, physical or mechanical damage. The program relieves inflammatory conditions, itching, accelerates the regeneration process and helps to restore the immune barrier.</p> <p>Application: daily for a month or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Healthy skin", "Stop allergies" complexes).</p>

61	Eye rest	<p>Visual discomfort or fatigue that occurs quickly during visual work - does this sound familiar to you? This feeling is especially common when the eye is working at close distances from the object of attention. Prolonged work on computer; prolonged driving in poor visibility; professional activities requiring significant eye muscle strain; prolonged reading, especially in poor lighting; watching TV programs for hours. All of this leads to eye fatigue. The "Eye rest" program will help relieve fatigue.</p> <p>Application: at any time of day, as needed. In addition to using the program, it is advisable to take breaks and do eye exercises</p>
62	Attention	<p>Attention determines successful orientation of a person in the surrounding world and more complete assimilation of the studied material. The "Attention" program helps you concentrate at the right time and achieve great results in various activities.</p> <p>Application: as needed at any time of the day.</p>
63	Accurate calculation	<p>The "Accurate calculation" program is designed to help you develop your counting skills. Confident counting, like any other skill, is acquired through practice. Using the program during such training (for example, learning the multiplication table, solving mathematical problems) activates the function of specific areas of the brain, removes the syndrome of uncertainty and thus contributes to a good perception and memorization of the material.</p> <p>Application: as needed, in the process of learning the relevant material.</p>
64	Fast Reading	<p>Today's world offers us a gigantic amount of information and knowledge from different fields that must be able to be absorbed quickly and efficiently. But it happens that psychological barriers cause not only difficulties in reading for both children and adults, but can become the reasons for the formation of emotional stress in the assimilation of material. The "Fast Reading" program, in conjunction with exercises, helps to completely eliminate the fear of reading and assimilate the material completely.</p> <p>Application: as needed, in the process of learning the relevant material.</p>
65	Smoothing of wrinkles	<p>We perceive the appearance of wrinkles on the face as signs of aging. To eliminate this problem, different methods are used: massage, masks, creams, etc. To enhance the effect of these products and prevent the appearance of new wrinkles, use the "Smoothing of wrinkles" program. It helps to address the weakened collagen matrix, the main cause of wrinkles.</p> <p>Application: daily for a month, then 2-3 times a week. Preferably in conjunction with the "Facial Tonus" program.</p>
66	Facial Tonus	<p>Daily facial skin care requires products with active action to improve skin complexion, deep moisturizing and toning. Regular use of the "Face Tone" program helps restore the natural processes of cell regeneration, prevents further aging of the skin, as well as eliminates fine wrinkles and smoothes deeper ones. In addition, the program gives energy to the whole body that will enable it to resist negative environmental influences.</p> <p>Application: daily in the morning or afternoon for a month, then 2-3 times a week. Preferably in conjunction with the "Smoothing of wrinkles" program.</p>

DEVITA RITM AUTOMATIC PROGRAMS DESCRIPTION

Name	Effect of the program	Programs	Working time
Healthy Day automatic	It contributes improving the blood supply of organs and tissues, activates the excretory systems, improves the metabolism, correctly distributes the energy balance, relieves nervous tension, strengthens the protective functions of the body. Acts against toxic loads collected in accordance with the daily biological activity of the organs.	Active protection, Blood circulation regulation, Anti-stress, Detoxification, Digestion, Hormones normalization, 7 chakras	5:21
Health automatic	It helps correcting the state of the immune system for colds viral diseases, improves cellular metabolism, which facilitates faster clearance of toxins. Also helps to restore the work of systems and organs disrupted in the course of illness.	Immune protection, Cellular respiration, Vegetative regulation, Intestine without problems	8:03
Complete cleansing automatic	Helps activating the work of excretory systems, removes toxins, increases the adaptive reserves and defenses of the body. Acts against toxic loads collected in accordance with the daily biological activity of the organs.	Active protection, Blood circulation regulation, Intestine without problems, Clean kidneys, Clean lymph, Hormones normalization	14:10
High tonus automatic	Promotes the removal of toxic loads from the liver, kidneys and lymphatic system, activates their work, improves blood circulation. Starts the natural processes of rejuvenation.	Immune protection, Cellular respiration, Clean kidneys	6:20
Healthy metabolism automatic	Promotes harmonizing the work of the body, regulates the activity of the autonomic nervous system, stabilizes the appetite, activates the work of the digestive organs and secretions. Promotes the normalization of metabolic processes and psycho-emotional state, reduction of body weight and improvement of quality of life.	Vegetative regulation, Intestine without problems, Clean kidneys	6:00
No poisoning - automatic	Helps on the reduction of the harmful effects on the body of toxins (food, drug, alcohol). Contributes to neutralize and more likely to withdraw them from the intestine and liver, reducing the burden on these organs.	Detoxification, Intestine without problems	2:26
Normal blood pressure - automatic	Relieves spasm of blood vessels, normalizes blood pressure. It helps restoring the heart and kidneys, normalizing cellular metabolism, reducing hypoxia and relieving from toxins. Improves blood circulation of organs, helps reduce swelling.	Healthy heart, Cellular respiration, Clean kidneys	6:07
Healthy sleep - automatic	It contributes removing psychological stress, relaxes the central nervous system, improves the quality and duration of sleep.	Balanced nervous system, Healthy sleep	3:06
Joints without pain - automatic	Relaxes the tensed muscles, improves the condition of the ligamentous apparatus, activates the blood supply, reduces pain and inflammation in the joints and spine. Effective with an active load on the musculoskeletal system, trauma.	Joints without pain, Joints without inflammation	3:06
Healthy joints - automatic	Relieves from inflammation and pain in the joints and spine. Improves their blood supply and nutrition. Promotes the restoration of damaged joints tissues, including articular cartilage and synovial membrane, as well as surrounding tissues: ligaments, tendons and muscles. Effective for any problems with joints: arthritis, artorosa, stiffness.	Joints without pain, Joints without inflammation, Healthy joints	5:22

Healthy skin and hair - automatic	It helps improving the blood supply of the skin, corrects the work of sebaceous and sweat glands, which increases skin immunity and reduces the manifestation of bacterial and fungal lesions. Also improves blood circulation in the capillaries of the hair follicles and the nail plates, promoting increased nutrition of hair and nails.	Beautiful skin, Beautiful hair and nails	3:36
Anti cold - automatic	It is used during colds and allergic reactions (pollinosis). Relieves inflammation and reduces the respiratory manifestation of colds and allergies: puffiness, stuffy nose, cough.	Anti-cold, Free breath	3:31
Men's Health - automatic	Promotes normalization of the prostate gland, general improvement of the urogenital system in men, increases activity and sexual endurance. It also helps to prevent the emergence of problems associated with the disruption of the functions of the urogenital system.	Men's health, Stop prostatitis	3:31
Without gout - automatic	Promotes normalizing the metabolism in the body, regulates the balance of K, Ca, Na, P. It removes inflammation in the joints, reduces swelling, promotes the removal of salts and toxins. Improves the functional state of the kidneys.	Healthy joints, Digestion normalization, Clean kidneys	6:07
Active recovery - automatic	The program promotes the recovery from infectious diseases. It normalizes nervous system function, improves blood circulation, helps restore hematopoietic function, strengthen blood vessels, reduce manifestations such as insomnia, and anxiety. Application: daily for a month after infections, in conjunction with the programs "Restoration of blood supply" on DeVita Ritm and "Deep sleep-automatic" on DeVita AP.	Recovery after infection Restoration of blood supply	6:22
Stomach + -automatic	The program helps to reduce pain, restore mucosa, normalize the stomach and intestines, including pH balance. Application: daily for a month, combined with the "Healthy Stomach" program on DeVita AP and the "Stop stress" or "Digestion without problems" programs on DeVita Ritm. In order to prevent exacerbations, the cycle is carried out 2-3 times a year.	Healthy Stomach Stomach and intestines	4:52
Without disbacteriosis - automatic	The program reduces spasms and painful symptoms, improves peristalsis, and promotes recovery of the intestinal mucosa. Application: daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).	Stomach and intestines Normal intestines	4:27
Healthy Intestine- automatic	The program improves intestinal motility, which contributes to better evacuation of the bowel contents, helps in the restoration of mucous membranes, improves blood supply to the given area, and reduces pain. Application: daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).	Normal intestines Without constipation	4:12

Healthy spine- automatic	<p>The program helps relieve pain and muscle spasm, improves the condition of the ligamentous apparatus, restores metabolic processes in tissues, increases the elasticity of muscle fibers.</p> <p>Application: daily until recovery, in conjunction with the "Joints without inflammation" program on DeVita Ritm and "Healthy back- automatic" on DeVita AP. It is advisable to apply appropriate exercises to strengthen the skeletal muscles.</p>	Healthy spine Muscles without pain	4:07
Day (child) - automatic	<p>The program strengthens the protective functions of the body, relieves nervous tension, improves blood supply to organs and tissues, activates the work of excretory systems, improves metabolism, and proper distribution of energy balance.</p> <p>Application: daily in the morning or afternoon.</p>	Active protection, Blood circulation regulation, Anti-stress, Detoxication, and Digestion.	3:40

EXPLANATIONS FOR THE USE OF PROGRAMS DEVITA RITM

DeVita Ritm (manual programs)				
Name of the program	In which cases the program can be used	Effect	First results	Lasting effect
Active protection	With physical and psychological stress, decreased performance, attentiveness and tone, with chronic fatigue and irritability and daily work with household and computer equipment. To remove the bioenergetic load when working with people.	Immunostabilizing Gives energy Anti-stress	Within an hour	1 month
Blood circulation regulation	Violation of blood microcirculation (blood supply to organs), lack of oxygen in the blood, headaches, impaired blood pressure and/or vascular wall tone.	Relieves from spasms Supports tone Expands blood vessels Normalizes blood pressure	Within an hour	1 month
Digestion	Overeating, heaviness in the stomach, heartburn, bloating.	Relieves from spasms Anti-inflammatory Normalizes the acid balance	Within an hour	1 month
Detoxification	High physical activity, malnutrition, food poisoning, pain in the right hypochondrium, alcohol consumption.	Antitoxic Protects the liver Improves the outflow of bile Relieves from spasms	Within an hour	1 month
Anti-stress	Stress, high physical and psychological stress (study, work, sport)	Anti-stress Calming effect	Within an hour	1 month
7 chakras	Chronic fatigue, headaches, decreased immunity, high physical and psychological stress.	Gives tonus Harmonizing effect Anesthetic	Within an hour	1 month
Hormones normalization	In case of puberty disorders in adolescents from 12 years old, after surgical interventions, with hormonal failures, with reproductive system dysfunction in men and women.	Normalizes the hormonal background	Within 1 month	6 months
Clean kidneys	Inflammatory processes in the kidneys, bladder, swelling.	Improves urine output Decongestant Anti-inflammatory	Within 1 day	1-2 months
Clean lymph	Impaired lymphatic system, swelling, intoxication, impaired cellular metabolism, impaired blood pressure, decreased immunity, skin diseases.	Lymphatic drainage effect Decongestant Antitoxic Immunostabilizing	Within 1 day	1 month
Healthy eyesight	Decreased muscle tone of the eyes, visual impairment, visual fatigue. For prevention of visual impairment during prolonged work with computer equipment or texts on paper.	Correction effect Gives tonus Strengthening	Within 1 day	1-3 months
Female sexuality	Decreased libido, increased emotional excitability, a tendency to nervous excitement.	Antidepressant Activating	2-3 days	1 - 2 months
Male sexuality	Increased stress, excitability of the nervous system, decreased potency, fear of "failure".	Antidepressant Activating	2-3 days	1 - 2 months

Recovery from injuries	Any injuries of bones, cartilage and soft tissues, ligamentous apparatus: fractures, bruises, dislocations, cuts. After surgery.	Anesthetic Decongestant Anti-inflammatory Regenerating	Within an hour	1 month
Warm -up	Used before physical activity.	Gives tonus Gives energy	Within an hour	1 month
Workout	Used during exercise.	Gives tonus Gives energy Regulatory	Within an hour	1 month
Healthy heart	Disorder of the functional activity of the heart, impaired heart rate, impaired blood pressure, high stress loads.	Relieves from spasms Normalizes blood pressure Gives tonus Anesthetic	Within an hour	1-2 months
Cardiac rhythm normalization	Heart rhythm disturbances: tachycardia, arrhythmia, including respiratory and atrial fibrillation.	Relieves from spasms Normalizes the cardiac rhythm	Within an hour	1-2 months
Anti-cold	Diseases of the upper respiratory tract. Allergy, accompanied by swelling of the nasopharynx, lacrimation.	Anti-inflammatory Decongestant Immunostabilizing	Within an hour	Within 1 month
Free breath	Diseases of the lower respiratory system. Allergy. Spasms of the bronchopulmonary system of various origins.	Anti-inflammatory Relieves from spasms Expands blood vessels	Within an hour	1 month
Women's health	Dysfunction and inflammatory processes of the reproductive system.	Anti-inflammatory Expands blood vessels Hormone-normalizing Anti-aging	2-3 days	6-12 months
Men's health	Reproductive system dysfunctions.	Anti-inflammatory Expands blood vessels Hormone-normalizing Anti-aging	2-3 days	6-12 months
Healthy sleep	Insomnia, sleep phase disturbance, increased nervous irritability.	Antidepressant Calming Normalizes sleep	Within 1 day	1 month
Good mood	Depression, irritability, psycho-emotional stress, fatigue.	Antidepressant Regulating mood	Within 1 day	1 month
Joints without pain	Inflammation and pain of the musculoskeletal system (joints, muscles, spine), high physical exertion, including sports.	Anesthetic Regulatory	Within 1 day	1 month
Joints without inflammation	Inflammation of the musculoskeletal system, swelling, trauma, with high physical exertion, including sports.	Anti-inflammatory Decongestant Regulatory	Within 1 day	1 month
Intestine without problems	Pain, nausea, bloating, dysbiosis, decreased tone of the intestines, gall bladder, violation of the gastric mucosa and duodenum, liver function.	Relieves from spasms Anesthetic Improves the outflow of bile Anti-inflammatory Normalizes metabolism Decongestant	Within 1 day	6-12 months
Digestion normalization	Thyroid, pancreas and gastrointestinal dysfunction, swelling, impaired absorption of K, Ca, Mg, Na, impaired acid-base balance.	Regulatory Harmonizing	5-7 days	6-12 months

Beautiful skin	Decreased barrier function of the skin and cellular metabolism. Acne, dryness or excessive oily skin, relieves from psoriasis and vitiligo.	Regulates the immune and barrier functions of the skin Normalizes cell nutrition	5-7 days	1 month
Beautiful hair and nails	Hair loss and fragility, brittle nails. Dry and oily seborrhea.	Regulating the function of the skin glands Normalizes cell nutrition	5-7 days	1 month
Without allergens	Various types of allergies (respiratory - odors, dust, pets, hay fever, skin, food), swelling of the upper respiratory tract.	Antitoxic Antiallergic Decongestant Anti-inflammatory Immunostabilizing	Within 1 day	1-2 months
Immune protection	Decrease in immune defense, increased physical and mental stress.	Immunostabilizing Anti-inflammatory	Within 1 month	1 month
Healthy kidneys	Violation of metabolic processes associated with the withdrawal of certain acids and salts, impaired functional activity of the kidneys (formation of kidney stones, deposition of salts in the joints, high blood pressure).	Improves urine output Decongestant	Within 1 day	1-2 months
Cellular respiration	Headaches, problems with the vessels of the head, lethargy, drowsiness, lack of oxygen in the blood, a sedentary lifestyle. For residents of large cities.	Relieves from spasms Expands blood vessels Normalizing Fills with oxygen	Within 1 day	1-2 months
Vegetative regulation	When doing hard work for prolonged periods of time, psychological stress, imbalance of the ANS.	Regulatory	Within 1 day	1-2 months
Healthy venous system	Decreased tone of veins, stagnation in the veins of the lower extremities.	Anti-inflammatory Anesthetic	Within an hour	1-2 months
Without headache	Spasms of cerebral vessels, intense mental work, instability of blood pressure, impaired blood microcirculation in the head.	Anesthetic Relieves from spasms	Within an hour	1-2 months
Normal blood sugar	Pancreatic dysfunction associated with an increase in blood sugar.	Regulatory Normalizing	Within 1 day	6-12 months
Healthy joints	Inflammatory changes in the shell of joints and periarticular tissues, hypothermia. Physical overload of joints of a professional, domestic or sports nature. Joint injuries.	Anti-inflammatory Anesthetic	Within an hour	3-6 months
Stop prostatitis	Dysfunction of the prostate gland, decreased functional activity of the testicles, impaired urination. With irregular sexual relations.	Anti-inflammatory Regulatory	2-3 days	6-12 months
Recovery after training	Post-training period. To relieve general discomfort, headaches, lethargy, drowsiness, irritability, reduce the concentration of lactic acid, normalize respiratory processes.	Regulatory Restores energy Relieves from spasms Antitoxic	Within an hour	1 month
Functional memory +	Decrease in the speed of memorization, concentration of attention, the duration of information storage.	Stimulating	5-7 days	1 month

Balanced nervous system	Stress, irritability, emotional instability, high physical and psychological stress (study, work, sport)	Anti-stress Calming	Within an hour	1 month
Nervous System - General	Functional problems of the nervous system, a violation of the integrity of the tissue and the connection between the departments of the central nervous system, leading to a violation of psychological stability.	Anti-inflammatory Regenerating Regulatory Anti-stress	Within 1 month	3-4 months
Healthy Ears	Pain and discomfort in the ear area arising from contact with infectious agents, water, pressure drop. Also in case of hearing loss.	Regulatory Relieves from spasms Anti-inflammatory Anesthetic	Within 1 day	1 month
Throat Without Problems	Pain and swelling in the throat, nasopharynx, feeling of stuffiness, hoarseness or loss of voice arising from the inflammatory process.	Anti-inflammatory Anesthetic Decongestant	1-2 days	Within 1 month
Strong Teeth	Bleeding, friability of the gums, violation of the integrity of the mucous membranes (microtrauma, dental procedures).	Anti-inflammatory Regenerating Normalizes microcirculation	5-7 days	Within 1 month
Healthy Pancreas	Violation of the externally secretory (digestive) or within the secretory (endocrine) functions of the gland.	Normalizing Regulating Anti-inflammatory	1 month	6 - 12 months
Healthy Thyroid	Violation of metabolic processes associated with the functional imbalance of the gland.	Normalizing Regulating Anti-inflammatory	1 month	6 - 12 months
Nerve restoration	The program is used for skin sensitivity disorders and reduced limb mobility after injuries.	Anti-inflammatory, Regenerating, Regulating	1 month	3-4 months
Recovery after infection	After recovering from infectious diseases.	Normalizing, Regulating, Anti-inflammatory	1 month	3-4 months
Restoration of blood supply	After recovering from infectious diseases, injury, etc.	Anti-inflammatory, Regenerating, Normalizing microcirculation	1 month	1-2 months
Healthy Stomach	When experiencing discomfort in the stomach area: pain, heartburn, acid reflux, nausea, etc.	Pain-relieving, Anti-inflammatory, Regenerating, Normalizing	Within a day	1-2 months
Healthy spine	When experiencing back pain and fatigue associated with functional disorders, overcooling, heavy lifting, or prolonged work in an uncomfortable position.	Pain-relieving, Anti-inflammatory, Regulating	Within a day	3-4 months
Muscles without pain	When experiencing active physical exertion, injuries, infectious diseases, or prolonged periods in a static position.	Pain-relieving, Relieving spasms, Anti-inflammatory effect	Within a day	3-4 months
Stop asthma	Various types of allergies accompanied by coughing.	Anti-inflammatory, Relieving spasms, Expands blood vessels	Within an hour	1 month

Stomach and intestines	In case of improper diet, issues with the stomach and duodenum, presence of pain, heaviness, sour burps.	Pain-relieving, Anti-inflammatory, Regenerating, Normalizing	Within a day	1-2 months
Normal intestines	In case of an improper lifestyle, disruption of intestinal microflora, and peristalsis.	Relieving spasms Pain-relieving Anti-inflammatory effect Normalizing motility Anti-edematous	1 month	6-12 months
Without constipation	In case of defecation disorders, due to malnutrition, prolonged sitting, drug therapy, etc.	Pain-relieving Anti-inflammatory effect Normalizing motility	1 weeks	6-12 months
Stop pain (head)	Headaches of various origins.	Pain-relieving Relieving spasms	Within an hour	1-2 months
Healthy skin	Redness, itching, irritation, and damage to the integrity of the skin.	Anti-inflammatory, Regulating, Normalizing cellular nutrition, Regenerating	1 weeks	1 month
Eye rest	When performing tasks that require active visual strain, prolonged work on a computer, reading, and driving a car.	Tonifying, Strengthening	Within an hour	1 month
Attention	When unable to concentrate on completing a task.	Stimulating	Within an hour	1 month
Accurate calculation	When experiencing difficulties in performing arithmetic calculations.	Stimulating	Within a month	3-4 months
Fast Reading	When experiencing difficulties related to reading, memorizing poetry, etc.	Stimulating	Within a month	3-4 months
Rejuvenation	When signs of skin aging appear, and the regeneration processes decrease.	Regenerating, Normalizing cellular nutrition, Regulating	Within a month	3-6 months
Wrinkle-free skin	When fine lines start to appear on the face and to enhance the effects of facial skincare products.	Regenerating, Strengthening	1 weeks	1 month
Facial Tonus	When skin elasticity decreases and wrinkles begin to appear.	Tonifying, Anti-edematous, Strengthening	1 weeks	1 month

DeVita Ritm (automatic programs)				
Name of the program	In which cases the automatic program can be used	Effect	First results	Lasting effect
Healthy Day - automatic	Improves blood supply to organs and tissues, activates the work of excretory systems, improves metabolism, the correct distribution of energy balance, relieves nervous tension, strengthens the protective functions of the body.	Immunostabilizing Gives energy Anti-stress Antitoxic Normalizes the hormonal background	5-7 days	1 month

Health - automatic	Corrects the state of the immune system for colds and viral diseases, improves cellular metabolism, which contributes to faster cleansing of toxins. It also restores the work of systems and organs that are affected during the illness.	Anti-inflammatory Immunostabilizing Relieves from spasms Decongestant	5-7 days	1 month
Complete cleansing - automatic	Activates the work of excretory systems, removes toxins, increases adaptive reserves and the defense mechanism of the organism. The daily biological activity of organs was taken into account.	Gives energy Antitoxic Decongestant Normalizes the hormonal background	5-7 days	1 month
High tonus - automatic	Relieves the toxic load from the liver, kidneys and lymphatic system, activates their work, improves blood circulation. Starts natural rejuvenation processes.	Anti-inflammatory Improves urine output Decongestant Immunostabilizing	Within 1 month	6-12 months
Healthy metabolism - automatic	Harmonizes the work of the organism, regulates the activity of the autonomic nervous system, stabilizes the appetite, activates the digestive and excretory organs. It contributes to the normalization of metabolic processes and psycho-emotional state, weight loss and improves the quality of life.	Anti-inflammatory Normalizes metabolism Decongestant Regulates appetite	Within 1 month	6-12 months
No poisoning - automatic	Reduces the harmful effects of toxins on the organism (food, drug, alcohol). Neutralize and removes them from the intestines and liver, reducing the burden on these organs.	Antitoxic Protects the liver Improves the outflow of bile Relieves from spasms	Within 1 day	5-7 days
Normal blood pressure - automatic	Relieves from spasm of blood vessels, normalizes blood pressure. Restores the work of heart and kidneys, normalizes cellular metabolism, reduces hypoxia and removes toxins. Improves blood supply to organs, reduces swelling.	Normalizes blood pressure Relieves from spasms Improves urine output	Within 1 day	1 month
Healthy sleep - automatic	Relieves from psychological stress, relaxes the central nervous system, improves the quality and duration of sleep.	Anti-stress Calming	Within 1-2 hours	1 month
Healthy joints - automatic	Relieves from inflammation and pain in the joints and spine. Improves their blood supply and nutrition. Restores damaged joint tissues, including articular cartilage and synovial membrane, as well as surrounding tissues: ligaments, tendons and muscles. Effective for any problems with joints: arthritis, arthrosis, stiffness	Anti-inflammatory Anesthetic Decongestant Regulatory Supports the function of joints	Within 1 day	3-6 months
Joints without pain - automatic	Relaxes tense muscles, improves the condition of the ligamentous apparatus, activates blood supply, and reduces pain and inflammation in the joints and spine. Effective with active load on the musculoskeletal system, injuries.	Anti-inflammatory Decongestant Anesthetic	Within 2-3 hours	1 month

Healthy skin and hair – automatic	Improves blood circulation to the skin, corrects the functioning of the sebaceous and sweat glands, which enhances skin immunity and reduces the manifestation of bacterial and fungal infections. It also improves blood circulation in the capillaries of the hair follicles and the bed of nail plates, contributing to enhanced nutrition of hair and nails.	Regulates the immune and barrier functions of the skin, the function of the glands Normalizes cell nutrition	5-7 days	1 month
Anti cold - automatic	This program is used during colds and allergic reactions (hay fever). Relieves from inflammation and reduces the respiratory manifestation of colds and allergies: swelling, nasal congestion, cough.	Anti-inflammatory Decongestant Immunostabilizing Relieves from spasms	1-2 hours	1 month
Men's Health - automatic	Contributes to the normalization of the prostate gland, the overall improvement of the genitourinary system in men, increases activity and sexual stamina. It also prevents problems associated with the impaired function of the organs of the genitourinary system.	Anti-inflammatory Expands blood vessels Hormone-normalizing Anti-aging	2-3 days	6-12 months
Without gout - automatic	Normalizes the metabolism in the organism, regulates the balance of K, Ca, Na, P. Relieves from inflammation in the joints, reduces swelling, and removes salts and toxins. Improves the functional state of the kidneys.	Anti-inflammatory Anesthetic Decongestant Improves urine output Regulates salt metabolism	1-2 days	3-6 months
Active recovery -automatic	Helps to recover faster after having experienced infectious diseases.	Normalizing, Regulating, Anti-inflammatory	1 month	3-4 months
Stomach + -automatic	Restores the function of the stomach and duodenum, reduces inflammation, and activates the regeneration process of the mucous membrane.	Pain-relieving, Anti-inflammatory, Regenerating, Normalizing	Within a day	2-3 months
Without dysbacteriosis -automatic	Improves intestinal function, reduces pain, and spasms.	Relieving spasms Pain-relieving Anti-inflammatory effect Normalizing motility Anti-edematous	1 month	6-12 months
Healthy Intestine- automatic	Normalizes intestinal motility, promotes better evacuation of contents, and activates the process of mucosal regeneration.	Pain-relieving Anti-inflammatory effect Normalizing motility	1 weeks	6-12 months
Healthy spine- automatic	Improves the condition of the ligamentous apparatus, increases the elasticity of muscle fibers, facilitates movement, and relieves fatigue.	Pain-relieving, Relieving spasms, Anti-inflammatory effect	Within a day	3-4 months
Day (child) - automatic	Enhances the body's protective functions, relieves nervous tension, and promotes proper distribution of energy balance.	Immuno-stabilizing, Energizing Anti-stress Detoxifying	1 weeks	1 month

The combined use of all three DeVita devices is the key to a healthy and active life. Only by using all devices will your organism be completely cleansed of toxins, your organs will begin to function harmoniously, and you will feel cheerfulness and a surge of strength.

Also, the necessary smart cellular nutrition will establish vital processes.

The combined use of the technologies and smart cell nutrition supplements made by DEHolding is the key to health and longevity.

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