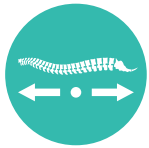


BEST SOLUTIONS FOR LONG AND HEALTHY LIFE



SPINE TRACTION

Spine traction is a returning of spine to correct orthopedic position. Spine traction is performed with **Nuga Medical** equipment effecting on vertebral motor segment, paravertebral tissues (muscles, ligamentous apparatus, tendons and capsules of the joints) removal of functional blocks, relaxation of the deep spine muscles and normalization of mechanical physiology of the above-mentioned spine structures.

How is spine traction performed?

The internal projector of **N5-1** equipment contains a pairs of rolls made of tourmanium ceramic. When a person lays down on rolls, there is a backward deflection. Behind the vertebrae there are spinous processes. Spine deflection through those spinous processes leads to its traction. When massage program is started the rolls begin to move up and down providing a run out along the entire length of spine.

Recommendations for use

Monastic Wellness Center: every day.

At home: every morning after awakening and before going to slip.



TOURMANIUM THERAPY

Tourmanium ceramic is a composition of Tourmaline, Germanium, Elvan and volcanic rocks. When heated this composition emits far infrared rays and ionizes the air.

Tourmanium therapy effects:

- Stimulation of blood circulation,
- Improving of respiratory function,

- Improvement of metabolism.
- Alleviation of pain and inflammation.
- Reinforcement of immune system.
- Stabilization of nervous system.
- Regulation of sleep patterns.

Recommendations for use

Monastic Wellness Center: from 3 to 6 times a week

At home: every day/night depending on recommendations and seasonality



INFRARED THERAPY

Tourmaline ceramics components are specially selected so that the radiation coincides with the radiation of the human body. This ensures the deepest penetration of long-wave infrared rays and gives the **greatest healing effect:**

- Improvement of blood flow.
- Improvement of metabolism.
- Relaxing o spasmodic musles.
- Body cleansing.
- Regulation of blood pressure.
- Antibacterial and antiviral prevention.

Recommendations for use

Monastic Wellness Center: from 3 to 5 times a week.

At home: every day/night depending on recommendations and seasonality



SALT THERAPY

Speleotherapy is the best and safest way to activate the entire body to restore respiratory, nervous and immune systems

functions. **The advantage of salt therapy** is in combination with massage equipment Nuga Medical:

- Facilitates respiration
- Reduces use of inhalers and antibiotics.
- Improves lung function.
- Improves skin condition.
- Improves blood flow.
- Improves sleep and overall health.

Recommendations: 3 times a week in

Monastic Wellness Center.



MASSAGE

Massage is a useful and pleasant way to restore body, relax, relieve pain and stress.

Influence of massage:

- Relieves the general muscle tension and pain.
- Facilitates different types of pain.
- Reduces stress level.
- Improves blood circulation and lymphatic circulation.
- Strengthens functions of immune, nervous and circulatory system.

Modern massage methods with world-class medical equipment are used to relax the muscles and improve recovery processes.

Recommendations: every day.



MAGNETOTHERAPY

The magnetic field of ceramic is safe and analogous to that Earth's magnetic field, it is maximally adapted for

the human body. When the magnetic field of the tourmaline ceramics is applied to human body, the man's magnetic field is corrected. As a result, the following health effects appear:

1. Effect on nervous system:

- decreases irritability and excitability
- normalizes blood pressure
- improves the cardiovascular system.

2. Metabolism acceleration.

3. Acceleration of recovery processes after disease and damage.

To achieve the best result sleep on tourmaline ceramic throughout the night.



IONIZATION OF AIR

Tourmanium ceramic ionizes the air. The high level of air ionization positively affects the human health. It is noticed that the largest amount of ion in the air is contained in the mountains, in the coniferous forest, on the seashore (near the surf), near waterfalls. The same ionization can be generated by tourmaline ceramic. When there is a tourmaline carpet in the room (even if switched off), it saturates air with light air ions (air ions), making the air in the room useful to health. **High ionization of the air contributes to rapid relief of many diseases.**



If you have serious health problems, any acute illness, preoperative or postoperative condition, you must obtain permission from your doctor.

THE BEST EQUIPMENT FOR A LONG AND HEALTHY LIFE

MULTIFUNCTIONAL PHYSIOTHERAPEUTIC NUGA MEDICAL EQUIPMENT

1 Massage equipment N5-1 Nuga Medical

Strengthens health and gives joy to all the family members:

- The mom rests on the massager after household chores
- the father relieves back tension after a hard day's work
- children strengthen their immune system after intense study
- grandparents restore their health with the help of N5-1



- Heals the musculoskeletal system
- Improves the function of the cardiovascular system
- Normalizes the function of the central nervous system
- Relaxes the back muscles
- Aligns the spine and improves its mobility
- Improves blood circulation
- Quickly restores strength
- Improves the functioning of the respiratory and digestive organs
- Cleanses the body from toxins

2 Tourmanium Mat NM-80 and NM2500



- Strengthens the immune system
- Improves blood circulation
- Improves the work of the internal organs
- Normalizes metabolism
- Eliminates inflammatory processes
- Removes muscle spasms and pain



3 "Bioheart" NM-55



- Eliminates fatigue and pain in the legs
- Positively affects the function of internal organs
- Promotes recovery and strengthening of the feet
- Has a beneficial effect on the work of joints and muscles
- Promotes the release of toxins from the body
- Strengthens the cardiovascular system
- Improves blood circulation at the extremities
- Strengthens the immune system
- Has a beneficial effect on the respiratory system
- Helps to treat a flat foot



4 Nuga Medical Tourmanium pillow

Sleeping on the Nuga Medical tourmanium pillow is an excellent way to prevent diseases associated with disorders of the cervical spine, thoracic girdle, and thyroid.



- Restores healthy sleep
- Heals insomnia
- Eliminates headaches
- Improves eyesight
- Prevents slipped discs in the spine
- Heals effects of stress and depression
- Eliminates calcinations

