



## COMPLEX HEALTHY BACK

### WHAT ARE THE RISKS OF BACK PAIN?



In recent times, an increasing number of people are experiencing back pain. Most often, this is associated with a sedentary lifestyle, endless stress at work and home, and internal disturbances in the body. In addition, there is a tendency for this problem to «rejuvenate», i.e. more and more young people suffer from this ailment.



The back is the support of our body, it consists of the spine, ribs, pelvic bones and large and small muscles located on them. This complex «structure» gives a person the ability to move and protects internal organs from damage. The general condition of the whole organism, the quality and duration of life depend on the health of the back.



The spine is the frame of our body. Its health is the key to excellent health and the prevention of many diseases. Disruption of the functionality of the spine leads to diseases of the spine itself and to chronic diseases of the internal organs and extremities.



Muscles are the active part of the musculoskeletal system, contracting, they act on the bone levers, setting them in motion. A decrease in muscle activity occurs due to fatigue or spasms, which can occur due to overcooling, muscle overload, injury, inflammation, or intoxication.



**DeVita AP** – the action is based on the phenomenon of resonance, in particular, the studies of the scientist and physician Royal Raymond Rife. Rife discovered that each microorganism has an individual vibration frequency, an increase in the amplitude of which leads to the death of the microorganism without harming other cells.

A sedentary lifestyle, harmful habits, poor diet, frequent stress, create a favorable environment for the formation of back pain. “DeVita AP programs contribute to reducing inflammatory reactions, while special programs reduce pain sensations.”

The “Cleansing” automatic program is used to reduce the toxic load on the tissues and organs of the musculoskeletal system, improving mobility and overall well-being.



**DeVita Ritm** – here the action is based on the studies of the scientists Dr. Reinhold Voll and A.F. Cramer, which found that each organ has a healthy frequency of oscillation. DeVita Ritm gently affects the body, pointing out the frequency of the vibrations of healthy organs. As a result, the body is capable of self-healing.

The automatic programs “Healthy Day-automatic” and “Health-automatic” have a beneficial effect on the work of the whole organism, increasing its resistance to foreign agents. They strengthen the defenses, increase vitality. The automatic program “Complete Cleansing” helps restoring and harmonizing the body’s functioning.

Using special programs contributes to improving blood microcirculation, restoring muscle and connective tissue of the musculoskeletal system, and normalizing the functioning of muscles and the spine.



**DeVita Energy** harmonizes the body’s work, energizes, activates the removal of toxins, activates the processes of self-regulation.

## DIRECTIONS FOR USE



### NUTRITIONAL RECOMMENDATIONS FOR USING DEVITA

Do not drink carbonated alcoholic and non-alcoholic drinks - they reduce the effectiveness of the devices. Remove or minimize coffee in your diet.

Avoid eating “junk food” (chips, crackers, etc.) - this can cause digestive problems. Drink clean drinking water at least 1-1.5 L / day to remove toxins from the body.



### USE DEVITA DEVICES IN THE FOLLOWING SITUATIONS:

- when experiencing pain and fatigue in the back area;
- for injuries and inflammation of muscles and the spine;
- Posture disorders
- If your work involves little mobility.



### COMBINE THE DEVICES WITH DELIXIR SMART CELL NUTRITION

For best results, it is recommended to use the DeVita devices in conjunction with the DeLixir Multi-Energy, DeLixir Collagen+ and DeLixir Detox smart cell nutrition supplements.

SCHEME NO.1 FIRST MONTH	According to the scheme of 1st month of the «Movement without pain» complex
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SCHEME NO.2 SECOND MONTH	DEVICE	PROGRAM		APPLICATION	
	1	DeVita Energy	Basic	Energy or Energy Pro	Once in the morning
	2	DeVita Ritm	Automatic programs	«Healthy day»*, «Health»*	In the daytime after DeVita Energy programs or from 8:00. Alternating every other day
	3		Special programs	Healthy spine automatic	After DeVita Ritm «Healthy day» program
4	DeVita AP	Automatic programs	One of 2 automatic programs: Low back without pain, Healthy spine (depending on the problem), Cleansing*	In the nighttime. Alternate one of 2 automatic programs along with Cleansing program every other day.	

SCHEME NO.3 THIRD MONTH	DEVICE	PROGRAM		APPLICATION	
	1	DeVita Ritm	Automatic programs	«Healthy day»*, «Complete cleansing»*	In the daytime from 8:00. Alternating every other day
	2		Special programs	Healthy spine automatic	In the nighttime, daily.
3	DeVita AP	Special programs	«Stop bacteria»*, «Drainage antitox»*	After DeVita Ritm «Healthy day» program	

SCHEME NO.4 FOURTH MONTH	DEVICE	PROGRAM		APPLICATION	
	1	DeVita Ritm	Automatic programs	«Healthy day»*, «Health»*	In the daytime from 8:00. Alternating every other day.
	2		Special programs	Healthy spine automatic	After DeVita Ritm «Healthy day» program
3	DeVita AP	Automatic programs	Один из 2-х автоматов: Поясница без боли, Здоровая спина (в зависимости от проблемы)	At night for 1 month.	

\* Programs of «Movement without pain» complex.

# PREVENTION OF DISEASES OF THE SPINE AND BACK MUSCLES



Engage in sports or actively walk for at least half an hour a day.



Strengthen your back muscles.



Maintain good posture, properly arrange your workspace.



Lift heavy weights correctly, distribute the load evenly when carrying bags.



Choose a good mattress and pillow



Control your body weight



Eat a balanced diet. Optimal foods for the back include: eggs, dairy products, fish, liver, seeds, beans, nuts, corn, buckwheat, walnuts, flaxseed oil, cucumbers, potatoes, carrots, pumpkin, apples, bananas.



You will get the most effective results by combining the preventive measures with the use of DeVita technologies and DeLixir smart cell nutrition supplements

Before use



Prolonged pain in the lower back, a feeling of pressure in the spine, numbness and sharp pain, inability to move freely.

After 2 days of using DeVita



Reduction of pain sensations, feelings of pressure, and numbness.

After a month of using DeVita



Absence of pain, restoration of free movement.



Use the health improvement scheme of the "HEALTHY BACK" complex." in conjunction with DeLixir pH COLLAGEN, DeLixir DETOX and DeLixir MULTI-ENERGY, smart cell nutrition supplements your results will be noticeable much faster.