



COMPLEX SPORT PERFORMERS

HOW DO TRAINING AND SPORTS AFFECT THE ORGANISM?



Physical activity seriously changes the metabolism and vital functions of the body. Athletes need more nutrients and vitamins, relaxation and full sleep. Bones and joints experience increased stress. Metabolism is accelerated, the need for fluid intake increases.



When doing fitness or sports, we want to get high results in a short time. However, the body's resources are limited. Due to active metabolism during training, a large expenditure of energy occurs, the accumulation of decay products, which are removed only after 24 hours, increases the toxic load on the liver and kidneys.



Intense and active workouts cause post-workout muscle pain and a feeling of fatigue. In addition, injuries are common in sports. For best results, you need to resume training only after a full recovery, but this is fraught with a significant loss of time. And in sports, every day training is important.



Each training or competition is a great stress for the body. The accumulated stress negatively affects the general state of health and can reduce working capacity, and in the future - cause heart problems. The success of training is influenced by psychological factors - mood, personal relationships.



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.

Parasites and microorganisms can significantly undermine health. This affects the quality of training and recovery. DeVita AP basic antiparasitic programs affect the majority of known pathogens, quickly, efficiently and without side effects, removing the parasitic load and signs of inflammation.

“Cleansing” automatic program is used to cleanse the body after applying basic antiparasitic programs, reduces parasitic intoxication and improves overall well-being.



DeVita Ritm – In this device, the development of scientists R. Voll and A. F. Kramer is embodied, which found that each organ has a healthy frequency of oscillations. DeVita Ritm gently affects the body, by giving it the frequency of vibrations of healthy organs. As a result, the body works on self-healing.

“Healthy Day” and “Health” automatic programs improve blood circulation, facilitating quick recovery after training. The work of the digestive tract is normalized, due to which the load on the liver is reduced, the elimination of toxins is accelerated. “Complete Cleansing” automatic program helps to restore and harmonize the body.

The “Warm-up” and “Workout” programs help to increase strength indicators, allow you to train longer and more intensively, give energy and vigor. The programs “Recovery from injuries”, “Joints without inflammation”, “Joints without pain” relieve from inflammation and pain, normalize muscle tone, improve the functioning of the ligamentous apparatus, and help recover after an injury.



DeVita Energy activates the mechanisms of self-regulation, restores the physiological processes in organs and tissues. Due to this, recovery is much faster.

DIRECTIONS FOR USE



NUTRITIONAL RECOMMENDATIONS FOR USING DEVITA

Do not drink carbonated alcoholic and non-alcoholic drinks - they reduce the impact 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:

- intense physical exertion or sports training;
- pain in the joints, muscles and spine after exertion;
- injuries and inflammation of the organs of the musculoskeletal system;
- for the best recovery after training.



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 №1 DURING 1 ST MONTH	DEVICE		PROGRAM		USAGE
	1	DeVita Energy	Energy or Energy Pro		Once in the morning.
	2	DeVita Ritm	Auto-programs	Healthy Day-automatic, Health-automatic	Daily in the morning, alternating with each other every other day.
	3		Special programs	Warm-up, Workout	Accordingly, before and during training.
	4			Joints without pain and / or Joints without inflammation and / or Recovery from injuries	Daily in the afternoon, if necessary.
	5	DeVita AP	Auto-programs	Mode 1 automatic	Daily at night during the 1 st week.
	6			Mode 2 automatic	Daily at night during the 2 nd week.
	7			Mode 3 automatic	Daily at night during the 3 rd week.
8	Mode 4 automatic			Daily at night during the 4 th week.	

SCHEME №2 DURING 2 ND MONTH	DEVICE		PROGRAM		USAGE
	1	DeVita Energy	Energy or Energy Pro		Once in the morning.
	2	DeVita Ritm	Auto-programs	Healthy Day-automatic	Daily in the morning.
	3		Special programs	Warm-up, Workout	Accordingly, before and during training.
4	DeVita AP	Auto-programs	Cleansing-automatic	Daily at night.	

SCHEME №3 DURING 3 RD MONTH	DEVICE		PROGRAM		USAGE
	1	DeVita Energy	Energy or Energy Pro		Once in the morning.
	2	DeVita Ritm	Auto-programs	Complete Cleansing-automatic	Daily from 8 a.m.
3	DeVita AP	Auto-programs	Mode 1-4 automatic	If needed, at night.	

SCHEME №4 DURING 4 TH MONTH	DEVICE		PROGRAM		USAGE
	1	DeVita Energy	Energy or Energy Pro		Once in the morning.
	2	DeVita Ritm	Auto-programs	Healthy Day-automatic, Health-automatic	Daily in the morning, alternating with each other every other day.
	3		Special programs	Warm-up, Workout	Accordingly, before and during training.
	4			Joints without pain and / or Joints without inflammation and / or Recovery from injuries	Daily in the afternoon, if necessary.
5	DeVita AP	Special programs	No nematodes and ascarides, No parasites - automatic	At night, alternating every other day for 2 weeks.	

PREVENTIVE MEASURES AND RECOMMENDATIONS FOR EFFECTIVE TRAINING

-  Start your workout with more complex exercises for large muscle groups, and end with isolated or cardio exercises.
-  Watch your pulse. The maximum heart rate is calculated from the formula $214 - \text{age} \times 0.8$. The pulse during cardio training should be 50-59% of the maximum, with light fitness - 60-69%, during endurance training - 70-79%, during anaerobic training - 80-89%.
-  Eat right. In terms of quality composition, proper nutrition for an athlete should be close to the formula: 30% - proteins, 60% - carbohydrates, 10% - fats.
-  Use natural energy sources - ginseng extract, guarana, succinic acid.
-  Variety of exercises and training methods - muscles quickly get used to uniformity.
-  If possible, train at the same time. Choose it depending on your daily routine and activity level.
-  If you have severe muscle pain, take a hot bath and do self-massage.

 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



Fatigue, muscle tension
and pain,
long recovery time.

After the first use
of DeVita



Burst of energy,
reduction of pain.

After a month of
using DeVita



Increased efficiency,
quick recovery, improved
stamina and strength.

 Use the scheme of the "SPORT PERFORMERS" complex together with the DeLixir MULTI-ENERGY, DeLixir COLLAGEN+ and DeLixir DETOX smart cell nutrition supplements, and your results will be noticeable much faster.