



COMPLEX STOP INSOMNIA

WHAT DANGER DOES INSOMNIA HAVE?



The mechanism of sleep is not fully understood, but its primary importance has been proven. During sleep, recovery processes, the structuring of information received during the day, and physical relaxation occur. It is during this period that information is assimilated, tissues of the body are updated and restoration of immunity occurs.



Without a full night sleep, the body does not have time to recover and malfunctions. First of all, the nervous system suffers. Then irritability, aggressiveness, lethargy, apathy and reduced performance occur.

The mood drops sharply, a person becomes uncommunicative. This leads to numerous conflicts at work and at home.



Then physiological problems appear. A sharp decrease in immunity occurs, since immune cells - T-lymphocytes - are synthesized during sleep. Body weight increases due to the production of the stress hormone - cortisol. Chronic lack of sleep leads to frequent illnesses, fatigue and poor health.



The lack of a full and healthy sleep significantly affects the appearance. Collagen production decreases in the skin of the face, wrinkles appear, and elasticity decreases. The complexion acquires an earthy hue, swelling, dark circles and wrinkles appear under the eyes. Irritations or rashes may occur.



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.

Microbes and larvae of large parasites can inhabit the organs and tissues of the body, including the nervous system. Their presence and the toxins secreted by them disrupt the system, leading to rapid fatigue, a state of nervous excitement and, subsequently, sleep disturbances. DeVita AP basic antiparasitic programs affect most known pathogenic organisms, quickly, efficiently and without side effects, removing parasitic load.

“Cleansing” program is used to cleanse the body after applying basic antiparasitic programs, removing toxins and, as a result, reducing nervous system excitement and improving 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 the functioning of the excretory system, activate the circulatory and immunity systems. Help in coping with physical, mental and psychological stress, create favourable conditions for healthy sleep. The automatic program “Complete Cleansing” helps in the restoration of the functions of the excretory system and harmonizes the body.

Automatic program «Healthy sleep - Automatic» reduces nervous excitement, promotes fast falling asleep and good quality sleep.



DeVita Energy relieves from psycho-emotional stress, stabilizes the nervous system, helps in restoring energy. It positively affects the quality of sleep, gives vigor when waking up.

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 for at least 1-1.5 l / day to remove toxins from the body.



USE DEVITA DEVICES IN THE FOLLOWING SITUATIONS:

- problems with falling asleep;
- sleep disorders (light sleep, waking up in the middle of the night, etc.);
- state of nervous excitement.



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 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.
			Special programs	Healthy sleep - Automatic	
	4	DeVita AP	Auto-programs	Mode 1 automatic	Daily at night during the 1 st week.
				Mode 2 automatic	Daily at night during the 2 nd week.
				Mode 3 automatic	Daily at night during the 3 rd week.
				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, Health-automatic	Daily in the morning, alternating every other day.
			Special programs	Healthy sleep - Automatic	
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 for the 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.
			Special programs	Healthy sleep - Automatic	
4	DeVita AP	Special programs	No nematodes and ascarides, No parasites - automatic	At night, alternating every other day for 2 weeks	

PREVENTIVE MEASURES FOR SLEEP DISORDERS



Maintain a comfortable temperature for sleeping in the bedroom - 19-20 ° C. Walk before bedtime and ventilate the room, and in the warm period, sleep with the window open.



Create a ritual of going to bed: take a hot bath, listen to music, relax. Try not to do work or daily routine in the bedroom.



Try not to sleep during the day. Or at least reduce your daytime sleep to 20-30 minutes.



The key to a good sleep is complete silence and darkness. Use blackout curtains and for protection against extraneous sounds - ear plugs.



A way of falling asleep easier is by using "white noise" sounds - monotonous sound of the radio on an "empty" frequency. Other examples are the sounds of waterfall, fan, wind, rain etc.



Exercise and eat no later than 2 hours before bedtime.



Remove flowers and other plants from the bedroom: they produce oxygen only in the daytime, and at night, on the contrary, they absorb it.



If possible, use blue and purple tones in the design of the bedroom.



Include in your evening menu products with a calming effect: honey, milk, bananas, pumpkin, date fruits.



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



Difficulty in falling asleep,
drowsiness, restlessness,
apathy.

After the first use
of DeVita



Emotional and energetic
recovery, improvement of
general condition.

After a month
of using DeVita



Cheerfulness, improved
efficiency, easy awakening,
improved communication.



Use the scheme of the "STOP INSOMNIA" complex together with the DeLixir MULTI-ENERGY and DeLixir DETOX smart cell nutrition supplements, and your results will become noticeable much faster.