

**Federal state budgetary educational institution of higher education
"North Ossetian State Medical Academy"
Ministry of Health of the Russian Federation**

**DEPARTMENT OF GENERAL HYGIENE
AND PHYSICAL CULTURE**

Wellness system N.A. Semenova

Methodological recommendations
on the organization of independent work and study of the
disciplines "Physical culture and sports" and "Elective course in
physical culture and sports" of the main professional educational
program of higher education – specialty program in the specialty
31.05.03 Dentistry (partially implemented in English)

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Rostiashvili E.Yu.

"Wellness system N.A. Semenova", guidelines for independent work of students; North Ossetian State Medical Academy: Vladikavkaz, 2016. – 14 p.

These methodological recommendations detail the "seven stages of slagging", "seven steps of cleaning" and the basics of separate feeding according to the method of N.A. Semenova. The system follows medical logic and gives remarkable results for the improvement and rejuvenation of the human body.

Methodical recommendations for independent work of students "N.A. Semenova" are intended for methodological lessons in physical culture with students of a special medical group studying in the specialty "General Medicine", "Dentistry", "Pediatrics", "Medical and Preventive Business", "Pharmacy". Compiled in accordance with the curriculum.

The presented materials meet the requirements of the educational standard for medical students.

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Reviewers:

Tsogoev A.S. – Doctor of Medical Sciences, Professor of the Department of Internal Medicine No.5 FSBEI HE NOSMA MOH of Russia

Tuaeva I.Sh. – Candidate of Medical Sciences, Associate Professor of the Department of Medical and Preventive Faculty of Epidemiology FSBEI HE NOSMA MOH of Russia

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PURPOSE OF THE LESSON: to familiarize students with the wellness system
N.A. Semenova

A STUDENT SHOULD KNOW:

- "seven stages of slugging" of the organism according to N.A. Semenova;
- "seven steps of cleaning" according to N.A. Semenova;
- the basics of separate nutrition according to the method of N.A. Semenova

A STUDENT SHOULD BE ABLE TO:

- to distinguish between compatible and incompatible food products according to the method of N.A. Semenova

QUESTIONS TO BE SURRENDED:

- characteristic of the system N.A. Semenova;
- "seven stages of slugging" of the organism according to N.A. Semenova;
- "seven steps of cleaning" according to N.A. Semenova;
- the basics of separate nutrition according to the method of N.A. Semenova

RECOMMENDED LITERATURE

1. Semenova N.A. To live without getting sick. – SPb.: Dilya, 2009.
2. Semenova N.A. The pure truth about dirty intestines and dysbiosis. – SPb.: Dilya, 2009.
3. Semenova N.A. Happiness to live in a clean body. – SPb.: Dilya, 2007.
4. Semenova N.A. Man is the salt of the earth. – SPb.: Dilya, 2003.

1. System characteristics N.A. Semenova

The name of Nadezhda Alekseevna Semyonova is known far beyond the borders of Russia. After all, she is the author of one of the most popular health systems close to the needs of a modern person.

Thousands of people, armed with the advice of Nadezhda Semyonova, were able to achieve the cherished goals: general health improvement, rejuvenation, and getting rid of chronic ailments. And, feeling healthy and cheerful, filled with new strength, everyone feels that new horizons of life are opening up for him: love, creativity, self-realization. The N.A. Semenov people feel an amazing surge of strength and activity.

Semenovas system is favorably distinguished from other health systems by the following:

- ✓ her advice and recipes are easy enough to follow;
- ✓ following the recommendations of Semenova does not hit the budget;
- ✓ the system is absolutely scientific;
- ✓ she follows medical logic in giving advice on consistent cleansing all body systems;
- ✓ it gives wonderful results – healing and rejuvenation;
- ✓ the Semenova system has practically no contraindications.

Health centers "Nadezhda" have been opened in Russia, operating according to the Semenova system. However, its recommendations can be mastered independently, because they are designed for the average Russian who does not have a special medical education, does not have large sums of money for treatment, but who has set himself the goal of overcoming ailments and reversing the aging process.

In order not to accumulate unnecessary "impurities" in your body, you need to eat right, teach your children from the first years of life to proper nutrition. However, this is not a panacea for toxins, which are still deposited in different organs and systems of our body throughout life. This is due to a lot of factors, including an unfavorable environmental situation, and our intemperance in food, and the fact that we are constantly becoming a target for attacks by all kinds of parasites.

Nadezhda Semenova emphasizes that taking care of your physical form, attention to your body is one of the most important human responsibilities.

It should be remembered that you need to treat your body with care, carefully carry out preventive measures against diseases and premature aging.

2. "Seven stages of slagging" of the organism according to N.A. Semenova

Our body constantly sends us messages about the state of its organs and systems. You need to listen to them in time, take measures to prevent diseases, disorders, all kinds of problems that may arise against the background of body pollution. Nadezhda Semenova distinguishes the following stages of slagging:

1. feeling of constant fatigue against the background of a picture of relative physical health. Of the ailments for this stage, not too pronounced manifestations of cervical osteochondrosis, a feeling of fatigue in the spine, a feeling of "loss of strength" are characteristic;
2. periodic headaches, aches and cramps in the limbs are added to the feeling of fatigue and weakness; women may have discharge in the form of leucorrhoea;
3. allergic manifestations of a different nature, including asthmatic;
4. the appearance of cysts on various internal organs (including ovarian cysts so common in our time), various tumors, stones, obesity, lipomas, mastopathy, polyps;
5. the fifth stage of slagging corresponds to such metabolic diseases as rheumatism, polyarthritis, osteoporosis, ankylosing spondylitis. All these ailments are associated with the fact that uric acid is practically not excreted from the human body, but is deposited in its joints and muscles, which leads to a reduction in their mobility, pain, etc;
6. the sixth stage of slagging is characterized by organic diseases of the nervous system – paralysis, paresis, Parkinson's disease, multiple sclerosis, etc;
7. the last stage is associated with the development of cancer N.A. Semenova believes that it is necessary to maintain the systems of your body in such a state that prerequisites are not created for the degradation and degeneration of cells.

However, remember: deciding to adapt the system for yourself N.A. Semyonova, do not refuse the treatment prescribed by your doctor. Think carefully about the algorithm for superimposing one system on another. Use all opportunities in the fight for your health and life.

3. "Seven cleaning steps" according to N.A. Semenova

In accordance with the seven stages of slagging of the body, Nadezhda Semenova offers “seven stages of cleaning” its systems from harmful and ballast substances. Keep in mind: the higher the stage of slagging, the more organs and

systems are clogged with all sorts of "garbage". This means that if you have polyarthritis, then, in addition to your joints, your intestines, kidneys, liver, and blood are clogged with slugs. Therefore, you should not clean the joints themselves, but systematically cleanse, starting with the intestines and ending with the joints in the order that the system sets.

Stage I Bowel lavage

First of all, it is necessary to get rid of intestinal "stasis", old deposits of undigested food, which have turned into a ballast substance, clogging the large intestine, preventing the normal absorption process from going through, poisoning the body.

The intestines are washed with cleansing enemas. N. Semenova proposes such a washing scheme for a person at the first stages of slugging of the body: the first week – every day, the second – every other day, the third – after two days, the fourth – after three, the fifth – once a week. Next, you should limit yourself to a weekly enema.

Stage II Fight against dysbiosis

One of the problems of our time is dysbiosis. As you know, in the process of proper digestion of food, the flora that inhabits the intestines, that is, specific bacteria, actively participates. In the slugged organism of a malnourished person, pathogenic microflora develops instead of a healthy one. The consequence of its activity is often a variety of disruptions in digestion, stomach pain, intestinal colic, flatulence (increased gas production). In order to destroy the "wrong" bacteria and allow the correct ones to populate their gastrointestinal tract, N. Semenova suggests eating a clove of garlic on an empty stomach one hour before breakfast and before going to bed two hours after the last meal on an empty stomach for two weeks. Besides,

N. Semenova advises to widely use oat infusions to restore digestive activity. They increase the absorption capacity of the gastrointestinal tract, stimulate the body's immune system, which is known to be tied to the work of the intestines.

What should you pay attention to when getting rid of dysbiosis

If you want to get rid of dysbiosis, you need to pay attention to the following points:

- ✓ signs of dysbiosis – any intestinal dysfunction (tendency to constipation, diarrhea, increased gas production);
- ✓ elimination of dysbiosis should be started after the first stage of body cleansing;

- ✓ additional sources of the "right" bacteria are bioactive fermented milk products. It's great if you eat at least half a cup of bifidokefir or biorezhenka every day at night.

Stage III Liver cleaning

Cleansing the liver can and should be carried out only if it was preceded by at least six months of bowel cleansing. Otherwise, nothing will work and you can simply poison yourself with those toxins, the release of which from the liver will certainly begin in the process of applying this technique. So, you cleaned your intestines for six months, drank apple cider vinegar and oatmeal jelly, ate a clove of garlic in the morning and in the evening to restore your microflora. Immediately before the procedure for cleansing the liver, you need to prepare – within a week, and it is better to sit for ten days on purely vegetarian food. Then for three days do not eat anything at all, but only drink freshly squeezed apple juice – five glasses a day. On the third day of "juice fasting" at seven o'clock in the evening (this is the time for relaxation of the liver) lie on your back, put a hot water bottle on your liver and drink three sips of oil and lemon juice every fifteen minutes. For the procedure, you will need two hundred grams of olive oil and freshly squeezed juice. After you have drunk both the oil and juice, calmly turn off the light and go to sleep. Give a cleansing enema in the morning.

When preparing to cleanse your liver, keep in mind the following:

- ✓ this stage of cleansing must be preceded by cleansing (washing) the intestines and restoring the "correct flora" in it;
- ✓ cleaning is done only after special preparation (a week of vegetarian diet and a three-day drinking of freshly squeezed apple juice in the absence of food) ;
- ✓ liver cleanses are best done on a quarterly basis.

Stage IV Joint cleaning

This stage is especially relevant for people who suffer from joint problems, salt deposits, etc. There is nothing complicated and time-consuming in the procedure for cleaning the joints. You just need to prepare a decoction of bay leaf and take it.

Cleaning lasts for three days, in case of urgent need it can be carried out monthly, then quarterly, then – once every six months and, finally, a year. During cleaning and in the interval of the week before and after you should adhere to a vegetarian diet, do enemas in the morning and evening.

When cleaning your joints, remember the following:

- ✓ cleaning of joints is carried out only after cleansing the intestines, restoring its microflora and carrying out the first two cleanses of the liver;
- ✓ the decoction of bay leaves is very bitter. You can drink it – but only with clean water;

- ✓ on the days of the procedure, you should drink at least three liters of water;
- ✓ cleaning of joints is accompanied by sharp pains in places of deformation of joint capsules.

Stage V Kidney Cleanse

In the kidneys of almost every one of us, even if a person subjectively considers himself healthy in this respect, sand accumulates over time, stones form, which, of course, complicates the work of these natural filters in the human body.

Kidney cleaning is done with the help of a watermelon, or rather, a watermelon diet. The only disadvantage of this method is that you have to stay awake at night, and during the day you will most likely want to sleep.

Kidney cleansing is best done in summer or fall. After waiting for three o'clock in the morning, the time most favorable for relaxing the kidneys, you get into a warm bath for a quarter of an hour. Then, without getting out of the bath, you eat the watermelon.

During the period of the watermelon diet, to cleanse the kidneys, you should take a bath every night and eat a watermelon. During the day, along with watermelon, it is allowed to eat black or bran bread; Drinking water with apple cider vinegar on such days is best.

What to look for when cleaning your kidneys:

- ✓ cleansing the kidneys must be preceded by cleansing the intestines, eliminating dysbiosis, cleansing the liver and joints;
- ✓ it is good, along with cleansing the kidneys, two or three times a year to drink mineral water for monthly courses, which contributes to the health of the kidneys;
- ✓ at least once a week, make yourself rosehip tea and drink it with honey and apple cider vinegar (a teaspoon per cup of tea). It is an excellent prophylactic against kidney clogging.

Stage VI Lymph purification

Lymph primarily acts as a protector of the human body from infections. If the body is slagged as a whole, then the purity of the lymph leaves much to be desired.

Lymph cleansing is usually done quarterly or six months; the procedure itself takes three days. However, before cleaning, you need to sit on a vegetarian diet for five days and do cleansing enemas at night.

The cleaning procedure boils down to the following: in the morning on an empty stomach you drink one hundred milliliters of melt water with a tablespoon

of Glauber's salt dissolved in them. Then (after half an hour) you take a hot shower and every half hour after that you drink one hundred milliliters of a mixture of orange, grapefruit, lemon and melt water (900 ml of orange and grapefruit juice, 200 ml of lemon and two liters of melt water are used for the mixture). All three days allotted for cleansing the lymph, you do not eat anything, except for the aforementioned juice of three fruits diluted with water.

What to look for when cleansing lymph:

- ✓ cleansing of the lymph is performed only after the consecutive cleansing of the intestines, elimination of dysbiosis, cleansing of the liver, joints, and kidneys;
- ✓ despite the fact that literally the first procedure for cleansing lymph gives tangible results, such cleansing should be carried out regularly, preferably once a quarter;
- ✓ exit from the cleaning procedure lasts for five days, you need to adhere to a vegetarian diet.

Stage VII Cleaning of vessels

The situation of slagged vessels can hardly inspire anyone; it is absolutely clear that the blood that delivers oxygen and nutrients to our organs must be able to circulate freely in the body. Otherwise, stagnation is formed; begins varicose veins, thrombophlebitis and other vascular diseases, fraught with the most unpleasant consequences.

To clean the vessels, you should prepare the following mixture: two glasses of natural honey, a glass of crushed dill seed, two tablespoons of ground valerian root. All this is poured into a thermos with boiling water (the total volume should be two liters) and infused for a day. Then the solution is drained; take it one tablespoon half an hour before meals; duration of admission (and cleaning, respectively) – until all two liters are drunk. Thus, at least two weeks should be taken to clean the vessels.

Since this procedure is characterized by a considerable duration, it makes no sense to carry it out more often than once a quarter. Against the background of constant cleansing, varicose veins on the legs dissolve in people; blood tests consistently show absolutely normal cholesterol levels (before cleansing, as a rule, it is elevated).

What to look for when cleaning blood vessels:

- ✓ this is the final stage of cleansing the body. The previous six stages must be completed before it;
- ✓ during the period of cleaning, it is advisable to limit the intake of fatty, cholesterol-containing foods;
- ✓ with varicose veins, wearing anti-varicose special stockings works great, consult your doctor about which anti-varicose cream you should use and use it.

4. The basics of separate nutrition according to the method of N.A. Semenova

The idea of the correct combination of food products is as old as the attempts of mankind to find the key to understanding the mechanisms that occur with the human body. Almost all doctors and physiologists of all times and peoples who promote certain methods of improving the body and, accordingly, cleaning it, have paid and continue to pay special attention to the issues of rational nutrition. They are using Avicenna's dictum "a man is what he eats."

Another outstanding Roman physician Celsus singled out unfavorable combinations of foods that are poorly absorbed by the stomach, and called for caution in relation to salty, stewed, very sweet, fatty foods. The importance of the question of the combination of products in the daily diet of a person received scientific confirmation as a result of fundamental work on the physiology of digestion by Academician Ivan Petrovich Pavlov, who established that for each type of food, digestive juices, different in quantity and quality, are allocated. Their separation begins already in the oral cavity and follows further along the entire digestive tract (saliva, gastric juice, pancreatic juice, bile, digestive juices of the large and small intestines, as well as microflora). Processing and digestion of each type of food takes place in the corresponding section of the digestive tract and also takes a certain

Separate feeding principles

One of the foundations of separate nutrition is the need to maintain a balance of consumed products according to a chemical reaction and to maintain the acid-base balance necessary for the vital activity of the body at the expense of food intake.

It is known that acids and alkalis, on the one hand, can enter the internal environment of the body through food, and on the other hand, they are formed in the body themselves in the course of metabolism. As a result of the digestion of some products, acids are formed, therefore they are classified as "acid-forming", and when others are digested, alkalis are obtained, here we are dealing with "alkali-forming" food products.

The result of the conversion of acid-forming food is urea and uric acid, which are excreted through the kidneys. If acid-forming products prevail in a person's diet, his body may become over-oxidized. This is the main reason for the occurrence of numerous diseases. The accumulation of lactic acid and carbon dioxide in the body causes a feeling of fatigue, leads to pain in the nerve endings. In addition, a shift in metabolism towards acidosis (acidification) of body fluids can lead to depression, feelings of depression and fatigue.

Vegetable products, which are alkaline in nature, on the contrary, shift the acid-base reaction of blood, lymph and interstitial fluid to the alkaline side, contributing to an increase in vitality and mood.

Products, depending on their acidic or alkaline properties, are divided into the following four groups:

- ✓ *strongly acidic*: meat, sausage, fish, eggs, cheese, sweets, white flour products, alcohol and coffee;
- ✓ *weakly acid-forming*: cottage cheese, sour cream, nuts and wholemeal flour products;
- ✓ *strongly alkaline*: vegetables, fresh fruits, potatoes and green salad;
- ✓ *weak alkali-forming*: dry fruits, raw milk and mushrooms.

This division alone speaks volumes. So, if a lunch consists of a meat dish, in addition to which cottage cheese with sour cream is eaten and coffee is drunk (all acid-forming products), then this can lead to over-oxidation of the body, which, as you know, is a real threat of disease.

There are several links between dietary habits and over-acidification. First of all, this is the consumption of unnatural products, that is, industrially processed ones. For example, white bread or sweets break down into carbon dioxide in the body. For their digestion, alkaline-forming minerals are needed. It is they who would have to maintain the acid-base balance. But, undergoing the metabolic process, they are neutralized and can no longer maintain an alkaline balance. Constipation also leads to oxidation, as a result of which rotting and fermentation occurs in the intestines. The wrong selection of food products also contributes to this. As a result, there is an overload of the digestive organs and a delay in digestion, and therefore the formation of acids and subsequent putrefaction.

Alkaline food cleanses the body, creates a normal environment, produces a small amount of waste when digested, and acidic food, on the contrary, is more difficult to digest, slugs the body. Two-thirds of alkaline and one-third of acidic food – only with such a nutritional balance will the body be protected from dangerous acid oversaturation.

The regulation of the acid-base balance is carried out primarily through the correct, consistent combination of acid-forming and alkaline-forming food products. An alkaline excess can be obtained by eating too much of highly alkaline-forming root vegetables, in particular potatoes or carrots.

Separate food rules

1. Never eat carbohydrate and acidic foods in one meal. Bread, potatoes, peas, beans, bananas, dates and other carbohydrate foods should not be eaten with lemon, orange, grapefruit, pineapple, cranberries, tomatoes, and other sour fruits.

2. Never eat concentrated protein and concentrated carbohydrate in one meal.
This means: do not eat nuts, meat, eggs, cheese and other protein foods along with bread, cereals, cakes, sweet fruits. In one step, you need to eat eggs, fish, milk, cheese, in the other – bread, cereals, noodles (if you cannot refuse them).
3. Never eat two concentrated proteins in one meal. Two proteins of different types and compositions require different digestive juices and different concentrations. These juices are not released into the stomach at the same time. Therefore, you should always follow the rule: one protein per meal.
4. Do not eat fats with proteins. Cream, butter, sour cream, vegetable oil should not be eaten with meat, eggs, cheese, nuts and other proteins. Fat suppresses the action of the gastric glands and inhibits the secretion of gastric juices when eating meat, eggs, nuts.
5. Do not eat acidic fruits with proteins. Oranges, lemons, tomatoes, pineapples, cherries, sour plums, sour apples cannot be eaten with meat, nuts, eggs. The less complex the food mixtures, the simpler our meals, the more efficient our digestion.
6. Do not eat starches and sugars at one meal. Jelly, jams, fruit butter, sugar, molasses, syrups on bread or in one meal with cereals, potatoes, sugar with cereals – all this causes fermentation, and then poisoning of the body.
7. Eat only one concentrated starch at a time.

If two types of starch (potatoes or porridge with bread) are consumed at one time, then one of them goes for assimilation, and the other remains intact in the stomach, the intestines do not pass, delays the absorption of other food, causes its fermentation, an increase in gastric acidity, belching etc.

In addition to the above principles, supporters of the idea of separate nutrition adhere to the following:

- ✓ do not drink food with water (any liquid), as this adversely affects the process of digestion of the product due to the fact that water dissolves gastric juice;
- ✓ drinks should be taken before meals or two hours after the main meal;
- ✓ after leaving infancy, people should not eat milk, the composition of which is not designed for the "chemical laboratory" of an adult;
- ✓ do not eat melon, which is certainly an unusually "heavy" product;
- ✓ you should avoid eating complex confectionery products, because they contain ingredients that are fundamentally incompatible from the point of view of the theory of separate nutrition, which can disrupt your cleaning process;
- ✓ do not end each meal with a sweet dessert.

Benefits of separate feeding

- Due to the rapid passage of compatible products through the digestive tract, fermentation and decay processes do not occur in the body, which means that intoxication does not occur.
- Your body does not accumulate toxins.
- Absorption of nutrients in the gastrointestinal tract occurs quickly and intensively, which contributes to the processes of healing and rejuvenation.
- When switching to a separate diet, health improves, excess weight is lost.

Many people find it very difficult, almost impossible to change the diet. It's not as difficult as you might think. The main thing is to rearrange your thoughts.

Taking care of health means, first of all, eating right, preventing parasites from gaining the upper hand and getting rid of all toxins and waste that clog us from the inside, do not allow organs and systems to function normally.

TESTS:

1) What concerns the first stage of slagging:

- a) cervical osteochondrosis, a feeling of fatigue in the spine, feeling of "loss of energy";
- b) recurrent headaches, aches and cramps in the limbs;
- c) allergic manifestations of a different nature, including asthmatic

2) What concerns the fifth stage of slagging:

- a) the appearance of cysts on various internal organs (including ovarian cysts that are so widespread in our time), various tumors, stones, obesity, lipomas, mastopathy, polyps;
- b) rheumatism, polyarthritis, osteoporosis, ankylosing spondylitis;
- c) organic diseases of the nervous system – paralysis, paresis, Parkinsons disease, multiple sclerosis, etc.

3) How to start cleansing the body according to the Semenova method:

- a) with bowel cleansing;
- b) cleaning the kidneys;
- c) with cleaning the joints

4) What applies to highly alkaline products:

- a) cottage cheese, sour cream, nuts and products from wholemeal flour;
- b) vegetables, fresh fruits, potatoes and green salad;
- c) dry fruits, raw milk and mushrooms

5) What applies to weakly acid-forming products:

- a) meat, sausage, fish, eggs, cheese, sweets, white flour products, alcohol and coffee;
- b) cottage cheese, sour cream, nuts and wholemeal flour products;
- c) vegetables, fresh fruits, potatoes and green salad

6) What applies to strongly acid-forming foods:

- a) meat, sausage, fish, eggs, cheese, sweets, white flour products, alcohol and coffee;
- b) cottage cheese, sour cream, nuts and wholemeal flour products;
- c) vegetables, fresh fruits, potatoes and green salad

7) What concerns low alkali-forming products:

- a) cottage cheese, sour cream, nuts and products from wholemeal flour;
- b) vegetables, fresh fruits, potatoes and green salad;
- c) dry fruits, raw milk and mushrooms.