

# DINAMIKA®



# Frolov's Respiration Training Device®



## Why we can't live without breathing?

"Without breathing there is no life" – says Vedanta, one of the greatest Indian philosophies. Interestingly, centuries-long experience of using breathing techniques in yoga and other Eastern healing systems has gained ground for further development in European science. Professional researches in different areas – physiology, biochemistry, psychophysiology have shown that breathing process directly influences pulmonary function, heart and vessels, central and vegetative nervous system, metabolic intensity and immune system activity.

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## How to prolong life with the help of breathing?

We are about to reveal one amazing secret to you: modern science has found a way to make breathing “work for us”. After having read this brochure you’ll realize that now you also know this secret. Nowadays different breathing exercises become more and more popular. Rich material collected in clinical and sports medicine shows the high perspective of this method: breathing trainings help activate different body functions, provide healing and restorative effect against many diseases.

These observations have also indicated the possibility of focused impact on respiratory system and the importance of breathing trainings for treating different types of diseases, increasing body reserves, improving quality and duration of life.

Sounds unbelievable, but as a result of the breathing trainings course, respiratory muscle power increases, lungs ventilation and gas exchange is improved, the body more easily recovers from surgeries and sports competitions. Positive influences on the psycho-emotional state, nervous system, metabolic processes and immune system have also been noted. After the breathing course the body’s disease resistance increases while the aging process slows down. And all you need to do to achieve this – is to breathe correctly!





## How do you know that you breathe correctly?

Surprisingly, most people don't breathe in a proper way! Our breathing is usually shallow and careless and our body answers in the form of different chronic diseases and low immunity. In this case breathing exercises are very effective.

There are different techniques to train breathing. It is explained by different goals of such trainings as well as various breathing parameters (volume and speed of lungs ventilation, rhyme and frequency of breathing, oxygen and carbon dioxide balance, etc.).

Different medical, sports and industrial devices use such training concepts as dosed breathing resistance during inhalation and exhalation. Some also incorporate changing respiratory volume, using additional breathing space, changing rhyme and frequency of breathing, oxygen and carbon dioxide concentration, etc.

We are incredibly lucky! Before, in order to learn to breathe correctly one would need to master time-consuming techniques, whereas now it's enough to get a specially designed device.

The design of different devices for respiration regulation allows one to use all these factors both as immunotherapy and as a combined one when several different factors are included. Various respiratory training devices can be used in medicine, professional trainings and sports.

## Learn the miraculous power of breathing!

We have been testing different variants of breathing trainings for more than 10 years. As a result of such tests our group of specialists have created a concept of combined respiratory training and on it's basis have developed a unique portable breathing device and breathing regulation technique called «PNEUMOBALANS». This method has already been used by more than 2 500 000 people around the world and all of them are more than happy with the results!

Our revolutionary method allows to simultaneously activate several factors of respiratory training during exercising. In order to create a resistance to breathing, water is poured into the device and breathing is performed through water. Unlike other devices our device allows to perform exercises with resistance both when inhaling and exhaling. As a result of such training respiratory muscles power is increased. During exercises patients exhale slowly through water, performing exhalation with resistance. Such exhalation method improves ventilation of respiratory passages and gas exchange, prevents phlegm accumulation and helps the body discharge pre-existing phlegm.

The most important feature of our technique is that it allows one to perform abdominal respiration with an increase in the exhalation duration up to 30-40 seconds and more. Such respiration helps naturally create conditions for breathing in air with reduced oxygen level and causes the reaction of adaptation to mild hypoxia.

While exercising, inhalation and exhalation is performed through the device. CO<sub>2</sub> which enters the device during exhalation, then re-enters lungs during inhalation. Therefore, such conditions are created that allow performing respiratory training with mild increase of CO<sub>2</sub> in the air inhaled. This allows one to keep normal CO<sub>2</sub> content in the body and so, capillary blood flow, acid-base balance, biosynthesis process and metabolism are being normalized. CO<sub>2</sub> also reduces free radicals content in the body.

This is fantastic: regular breathing trainings with increasing of breathing cycle time up to 20-30 seconds and more create a new pattern of breathing act, make breathing more rhythmical, eliminate hyperventilation, increase spare capacities of breathing system and improve vegetative nervous system functions, and, as a result – functions of internal organs (bronchi, heart, digestive organs and others).

Such diverse effects of the «PNEUMOBALANS» technique allow one to use it as a part of a combination therapy, for different diseases prevention and for special trainings (sports, etc.).

All you'll need to do is train in the evening before going to bed for just about 20-30 minutes! The duration of everyday trainings course is 3-4 months, then in order to keep the effect, it is enough to exercise 2-3 times a week.

After reading the next paragraph you will be completely assured about the importance of proper breathing and it's close relation to the duration of human life. As you know dogs live approximately 15 years, humans – 70 years and turtles live 200 years. A dog breathes fast, human breathes a little slower than a dog, and a turtle breathese much slower than a human...

Isn't it wonderful to wake up every morning feeling absolutely healthy? And isn't it great that you already know the simple and natural way to being healthy?



## How can you know that you need breathing trainings?

Isn't it wonderful to wake up every morning feeling absolutely healthy? And isn't it great that you already know the simple and natural way to being healthy? Respiratory exercises can solve many problems. However, the main group of diseases on which respiratory trainings have positive effects are, first of all, different lung diseases (bronchitis, bronchial asthma, professional lung diseases, postoperative conditions, rehabilitation of patients after pneumonia, pleuritis, and tuberculosis).

Our technique is also good for patients with heart, brain vessel and lower limbs diseases. In addition, it's good for treating hypertension and helps one recover from heart operations.

Exercising with Frolov's device has a positive influence on metabolism and the vegetative nervous system which paves the way for improvement of the patient's health in the event of metabolism disorders, diabetes and lipid storage disease.

Respiratory trainings with our device as a preventive measure help gradually improve the quality of life, which is especially important for older people who can't practice physical activities due to their age and often suffer from hypodynamia.

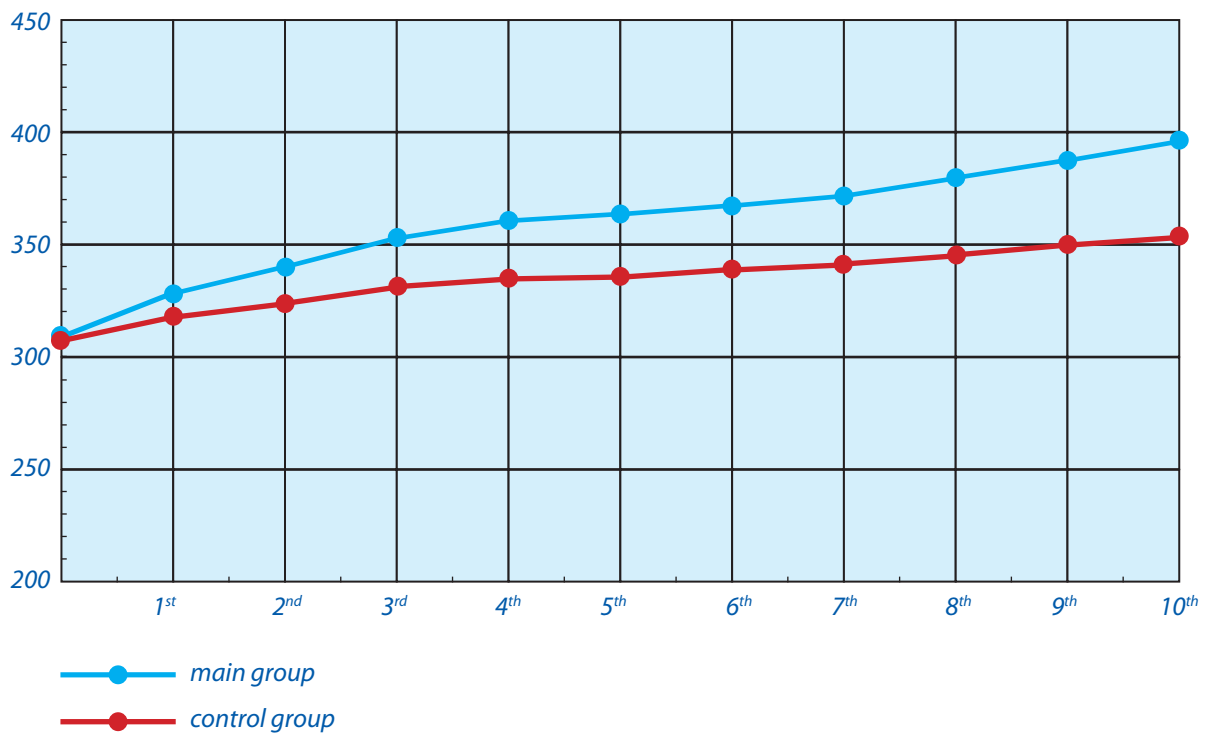
Special features of the device and unique breathing regulation technique allow exercising at home. Exercising with Frolov's device doesn't require constant doctor's control and is suitable even for little children of 4-5 years old as well as elder people of 80 and older. An additional advantage of our device is that it can be used as an inhaler with medicinal herbs and essential oils.

Don't wait, make your first step towards living a healthy life and start breathing trainings with Frolov's respiration training device today!



*Analysis of inhalation peak speed figures in children with bronchial asthma after exercising with Frolov's device*

1. An accurate and thorough analysis of lung ventilation figures has proven the positive results of respiratory trainings with Frolov's device.



Before trainings

2. Studying of changes of tissue immunity figures as a result of respiratory trainings with Frolov's device has shown an increase of upper respiratory passages mucous tunic immunity.

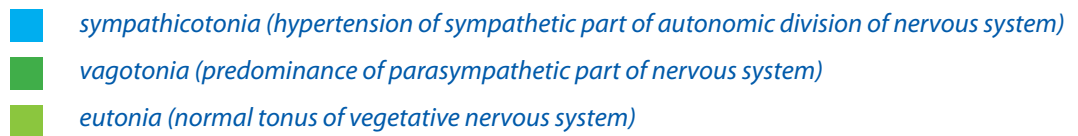
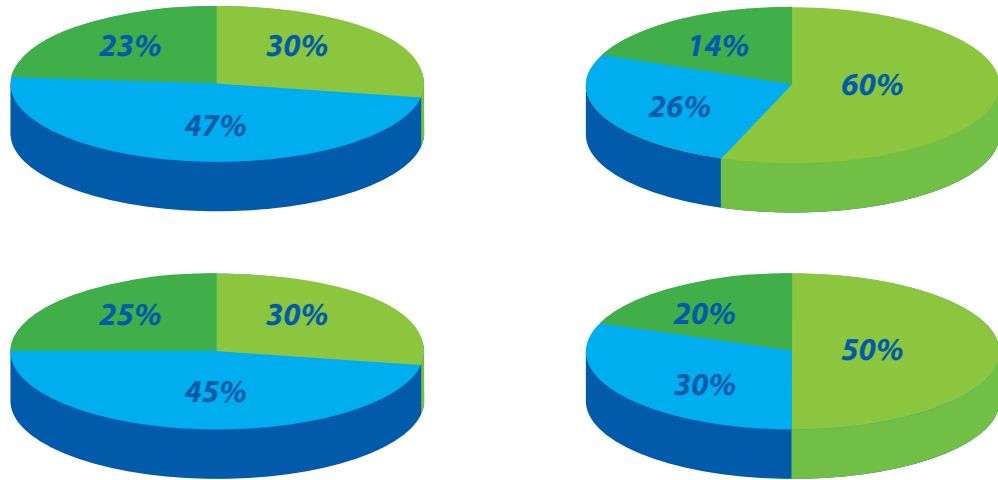
*Analysis of the changes of serum immunoglobulin in children suffering from bronchial asthma after respiratory training with Frolov's device.*

Observation period	Serum immunoglobulin			
	Ig G(g/l)	Ig M(g/l)	Ig A(g/l)	Ig E(mE/ml)
Before therapy	13,1±0,33	1,8±0,06	0,48±0,08	628,92±15,7
After therapy	9,6±0,24*	1,4±0,04 *	1,04±0,05 *	313,68±10,04*
Norm	8,23-11,0	0,94-1,1	0,77-1,49	до 150

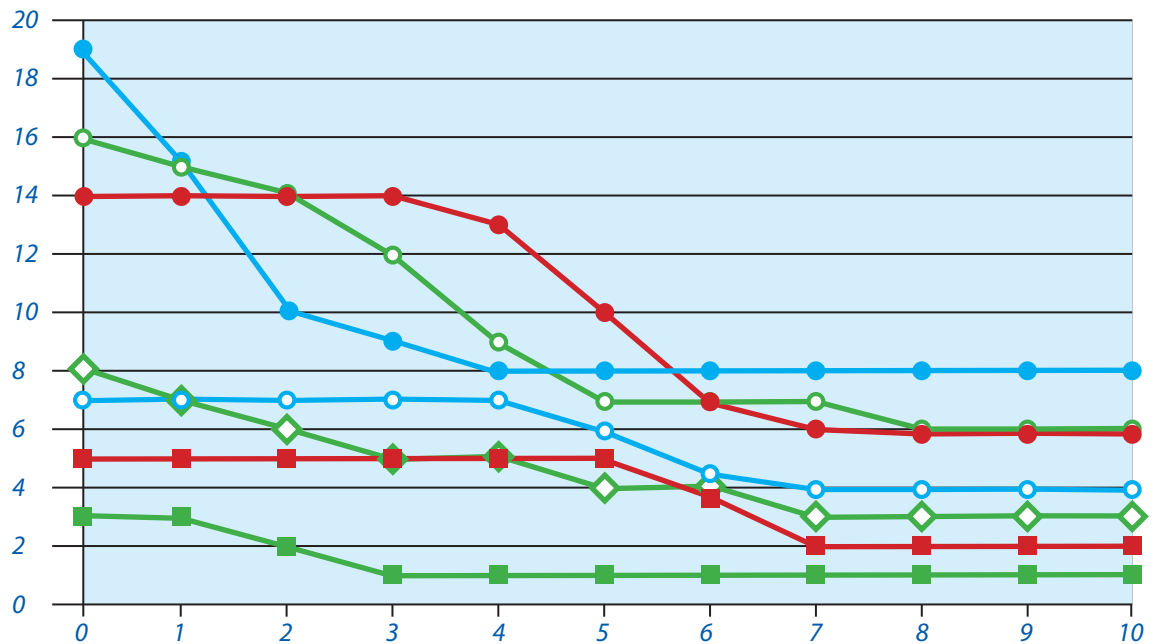
Accuracy: \*-p < 0,05

Analysis of inhalation peak speed figures in children with bronchial asthma after exercising with Frolov's device

3. State of vegetative nervous system in children suffering from bronchial asthma after respiratory training course has shown that there were more children with eutonia



4. Dynamic of children's complaints under the influence of breathing trainings with Frolov's device.





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Class I Medical Device

