

About the ROFES



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ROFES

I⁺
INFERUM

TABLE OF CONTENTS

Introductory note of V.V.Ivanov, Director General of the «Inferum» company	2
Section I. What is ROFES	3
History of the ROFES invention and development	4
Procedure of the ROFES-testing	5
Section II. Procedure of the ROFES-testing	6
Section III. Post-testing consultation	10
Assessment of the general state of health	11
Assessment of the psychoemotional state	12
Assessment of the organs and systems	13
Analyses of the state of organs and systems	16
Immune system	16
Cardiovascular system	17
Regions of spine	18
Bronchi	19
Lungs	20
Liver	21
Stomach	22
Large intestine	23
Pancreatic gland	24
Thyroid gland	25
Adrenal gland	26
Kidneys	27
Men's bladder and prostatic gland	28
Women's bladder	29
Uterus and uterine tube	29
Section IV. How to control your health regularly?	31

INTRODUCTION



Dear readers!

This book has been written in order to help you to use all capabilities of the «ROFES E01C» Hardware-software complex.

This complex is designed and suitable for its usage at home, in the family. No special training is needed. Every person with a secondary education needs only to read an operation manual which is attached to each device.

So why do you need this book? It is meant for those who use «ROFES E01C» not only as a family health-check, but also as a business tool. As the first ROFESs found their owners in April, 2014, we could not even imagined that a healthy lifestyle consultant would have such an effective device; how much a consultant could do to make those, who had never before regarded healthy lifestyle as something important, think about it and start looking after one's health.

We could not even think that those, familiar with distant counseling of their clients, would save so much time with the help of ROFES, while communication and work with clients would be easier.

So this book is about how to increase your success and efficiency minimum three-fold, as well as how you can help hundreds or maybe thousands of people to take care of their health.

*Yours faithfully, director General of the «Inferum» company
Vladislav Ivanov*

WHAT IS ROFES



The history of the HSC «ROFES» began nearly eighty years ago. In 1930s a German doctor Reinhard Voll supposed and then proved that the acupunctural diagnostics, which had been known in the Chinese medicine for nearly two thousand years, could be carried out not only with a needle but also with an electrode. So the term «electropuncture» emerged, which is commonly known as the «Voll method».

History of the ROFES invention

The electropuncture turned up just in the right moment in the beginning of 1970s, when Soviet scientists were dealing with the forecasting of cosmonauts' health state during long orbital flights. In the Scientific-research institute for medical-biological problems of the USSR Academy of Sciences, which was providing all medical aspects of space programmes, they began to develop the idea of a so-called «prenosological diagnostics». Finding health problems before their manifestation as symptoms was the purpose of this diagnostics. It allows to intervene when the disease just starts developing and to help a patient to avoid serious problems with lesser and softer means. As they say in China: «To cure someone when one is already ill is the same as to dig a well only when you start feeling thirsty».

Electropuncture soon was transferred from the space medicine to the army. There it was principally used for the assessment of psychoemotional state of soldiers and officers, prevention of sui-

cides, violations of military discipline and various accidents, caused by the stress of drivers and operators of military equipment. It was in the army, where Aleksey Ivanovich Korniyukhin, a military mathematician and a programmer, learned about electropuncture. Having understood, that this technique would give great opportunities for the health maintenance, he refused from his career of an officer and concentrated on the study and development of electropuncture technologies.

Thanks to it, the hardware-software complex «ROFES» (registrar of the functional-emotional state assessment) of the first generation emerged in 1995. This complex was designed and suitable for professional consultants. Specialists from a number of scientific and medical institutions took part in its development:

- Ural state medical academy;
- Sverdlovsk regional clinical psychoneurological hospital for war veterans;
- Regional radiation medicine centre;
- Regional centre of the social adaption of reserves military servants.

ROFES is being constantly improved on the basis of practical results of its application obtained in the health care and medical centres of Russia. Nowadays the complex of the fourth generation is at specialists' disposal.

In 2010 the development of the «home» ROFES was started, a device which would not require any special training. One year later it became evident that the invention of such device is possible and the designing of the new, revolutionary ROFES was begun. Soon it would become a usual thing, like home tonometer or thermometer, since its usage doesn't require any special training, it's enough just to read the operation manual.

This technology was recognized both at Russian and at the international levels. A.I.Korniyukhin, the head of the «ROFES» system development, is distinguished with several significant awards:

- S.P.Korolyov medal – for the contribution to the cosmonautics development (2010),
- N.I.Pirogov order – for the development of the «ROFES» screening-diagnostics development and its implementation in the health care system (2011),
- Rudolf Virkhov medal of the European Academy of Natural Sciences – for the development of medical equipment (Hannover, 2012).

How does ROFES work?



The device is fixed to the left hand so that an active electrode is situated on the biologically active point MC-7 on the left wrist. After the device has been turned on, it sends a weak electric signal and registers how it is changing. After that the computer programme compares the obtained result with the standard one, which is typical of a healthy person of the same age. The results of this comparison can be seen on the display in the form of figures according to the five-point grading scale. Five is excellent, while one is very bad. For better perception the figures are coloured: from dark-green to vivid red.

In such a way the assessment of the general health state and 17 organs and systems, as well as exposure to stresses, fatigue or nervous strain, is carried out.

Regular ROFES-testing at home, at work, on the way, on vacation makes it possible to determine and control adaptive capabilities, i.e.

reserves of the organism, probable changes of health, risks of diseases development and the degree of their manifestation. With a number of testings it is possible to evaluate body functioning over time, to see the influence of psychoemotional state on the processes in the organism, to evaluate the reaction of the organism to various exposures, physical or stress, situational and long-term loads.

It makes possible to know about one's health state at any moment, choose a way of its maintenance using preventive and health improvement measures, visit a doctor

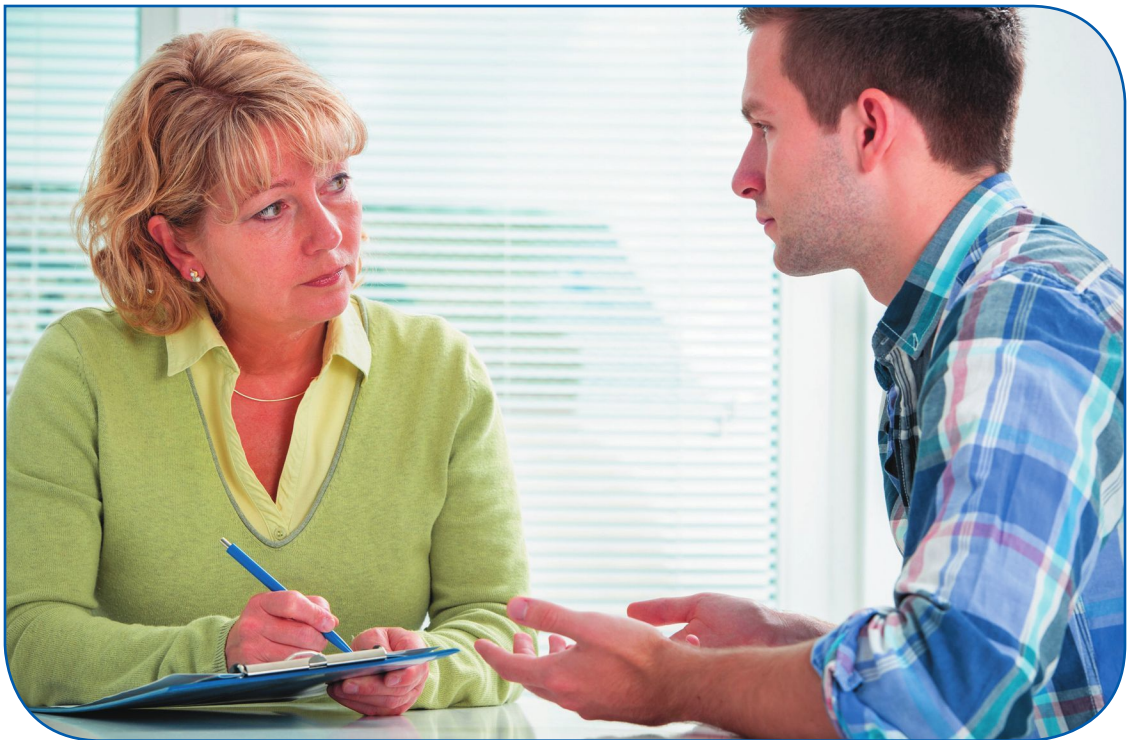
in proper time, undergo more complex and expensive examinations, exclude harmful factors etc.

Generally speaking, the ROFES-testing is an irreplaceable way of dynamic control over the health state and is directed on the preservation of health, creating conditions providing physical, psychic and social well-being of a person.

In such a way the assessment of the general health state and 17 organs and systems, as well as exposure to stresses, fatigue or nervous strain, is carried out.

SECTION II

PROCEDURE OF THE ROFES- TESTING



It was noticed that those health lifestyle consultants who have more rofogrammes of their clients in the archive (rofogramme is a table with the results of testings) have more success. Each test-

ing, each meeting with a client has a result and eventually leads to success. That is why the more people are tested with your personal ROFES, the better it is for you. It is not important whether you

are testing people for free or take charge, the number of testings will finally turn to the volume of sales. But only in case if a testing is carried out right.

In this section we will tell you how to carry out an ideal and effective testing, in the next one – how to use client’s consultation time in the most effective way.

You can test your clients anywhere: in your office, at home, at work, in the transport, in the street, while hiking etc. Few people will refuse from a health state testing, especially when it’s free. It is possible to carry out mass tests at large events: sports festivals, lectures on healthy lifestyle etc. A big (or small) group of consultants might be testing everyone who wants it. The more tests are carried out, the bigger your success is.

Remember that the person who will be tested should be awake and conscious. It is prohibited to test those who are asleep, in coma, in inadequate psychic state or very drunk. Accurate and certain results are not expected in these cases.

Also remember about the contra-indications for using ROFES:

- 1. Electric cardiostimulator.** Any electric device used together with a cardiostimulator should undergo a compatibility test. The ROFES has not undergone any of such tests, so for reasons of safety people with electric cardiostimulators shouldn’t be tested with it.
- 2. Pregnancy.** Since there were no researches proving the ROFES’s safety for pregnant women, for reasons of safety we do not recommend to test pregnant women with it.
- 3. Oncological diseases of active phase.** If a patient is undergoing a treatment, we will not offer him or her this test. Researches related to the ROFES influence on tumor are not yet finished, that is why we take precautions.

For the test we need the following:

- A HSC «ROFES»;
- A Laptop with the previously installed programme;
- A printer is desirable, in order to print a rofogramme for a client;
- Remember about a packet of wet napkins;
- A table, two chairs and a waste-basket for used napkins;
- If the battery of your laptop is weak, you will need an electrical socket;
- It is desirable to make a plate or a banner with an invitation to a test;
- Do not forget a pen.

4. The absence of the left hand. All testing algorithms are meant only for the MC-7 point on the left wrist. If a client does not have the left hand, it will be impossible to carry out a testing. Previous injuries of the left hand are not considered to be an obstacle for making a testing.

Some clients may be complaining about tingling under an active electrode of the device during the test. It is related to the hypersensitivity of the skin to the electrical current. The tingling is not dangerous and does not require the break of the testing. The electrical currency, to which the biologically active point is exposed, is very weak and can not do any harm to a patient.

The first stage of the test:

PREPARE YOUR WORKING PLACE

You should invite a client to sit at the table only after everything has been prepared – the device is connected to a computer, the programme is opened, and its memory elements are free for new clients. It is not recommended to connect the device to a computer when a client is already

sitting at the table since it will lead to hurry and as a result a mistake may occur. You will have to do it once again. So it is better to be ready before a client has come. Remember to connect the device to a computer first and only then you can launch a programme. The computer should «see» the device at the moment of the programme launch. If you open the programme first, you will see a red message about the re-connection of the device and re-start of the programme.

Place the chairs near the table so that a client is sitting to your right. It is not comfortable to sit opposite the client; you will have to turn the monitor constantly to show a rofogram. So you should sit to the client's left. Prepare a packet of napkins so that you will not be looking for it at the moment of testing. Remember that clients do not like to wait.

The second stage of the testing:

PREPARE YOUR CLIENT

Your client should be sitting comfortably close to the table. It is important that the client is able to sit back and relax but his/her elbow wrist do not hang in the air. The client should be sitting

But the exact date of birth and sex should be indicated in the right way. The accuracy of the test depends on this information since the programme is comparing the electropunctural indications of the client with the data base of the age and gender standards.

as if measuring arterial tension – comfortably, the relaxed hand is lying on the table. The client should sit close to the table so that the small space is left between the edge of the table and the client's belly. And remember that the elbow should not be

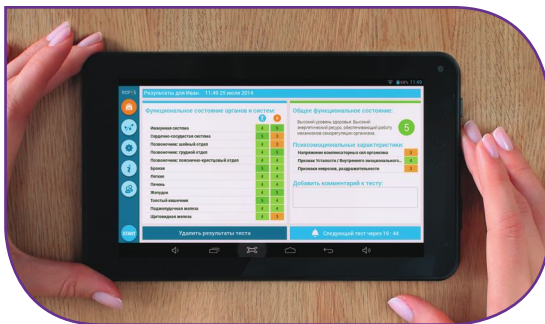
hanging over. If the table is small the client can be sitting sideways to the table. The left hand is lying on the table. It is the most comfortable position in case of mass tests, since the client does not have to go round the table in order to sit down.

Unbutton the cuff if it is necessary and pull up the sleeve so that the clothes do not touch the device. Put off all watches, bracelets, and everything that may prevent the contact between the electrodes and the skin. It is not necessary to put off earrings, necklaces and bracelets on the right hand; they do not obstruct the process.

It is not needed to straighten the fingers or clench the fist – the wrist should be relaxed and lying comfortably.

When the client is sitting, enter his/her data to the programme: full name, exact date of birth and sex. You may put a nickname instead of the surname, while the first name and the patronymic are not necessary at all. But the exact date of birth and sex should be indicated in the right way. The accuracy of the test depends on this information since the programme is comparing the electropunctural indications of the client with the data base of the age and gender standards. Having indicated the false sex we will get an absurd rofogram. Having indicated another date of birth we will also get a false result. By the way, some distributors enter the client's phone number instead of the patronymic name and it is very sensible: the phone number is always useful.

If the client is sitting comfortably and rightly, we can start the third stage – the testing.



The third stage of the testing:

EVALUATION

Find the biologically active point MC-7 in the way how it is described in the instruction to RO-FES: bend the left arm at the wrist, put a finger of the right hand exactly in the middle of the bend between the hand and the forearm, straighten the arm but keep pressing it with the finger. The finger is at the point where an active electrode should be put.

Take a napkin out of the packet and rub the place of contact on the wrist so that the both electrodes will be touching the moisturized zone. Some people rub only the point MC-7 and only the active electrode has normal contact with the skin. It is a mistake. It is better to moisturize the bigger zone, than the smaller one. After that rub quickly both electrodes with a napkin and fix the electrodes so that the active one (green blinking LED is located over it) is on the MC-7 point. Use the napkin only once. Firstly, it is hygienically, secondly the used napkin is getting dry while waiting for the next client and the moisturizing of the skin will be insufficient. Having rubbed the skin, put the napkin to a waste-basket immediately. Buy the cheapest wet napkins since they do not contain soap, cream and spirits, the substances which might influence the results of a testing. Do not buy napkins in large packets. They are drying and losing their useful properties during constant openings and closings of a packet.

Having installed the device you can press the «Testing» button in the programme or let your client press the «Start» button on the device. Advise the client to think about something pleasant and wait for three minutes. It is allowed to talk and move during the test. But the left hand should remain motionless. If the device is moved the testing will be broken.

Do not remove the device immediately after the progress indicator has reached 100 per cent. At the end of the test you will see the message about the removal of the device. When you see it, remove the device and press Enter, a rofogram appears on the screen. You may print it, send by e-mail or carry out a post-testing consultation.

A printed rofogram has the following advantages: firstly, a client will have a copy of it; secondly, low indications may be circled or otherwise marked straight on it; thirdly, advisable food supplements may be written in the tables of a rofogram. A rofogram may be printed in white-black or in colour. A coloured rofogram is more demonstrative while a white-black one is suitable for notes and messages which will be useful for a client.

A printed rofogram can be added with notes like «Repeat rofogram (date)» or «Endocrinologist's consultation urgently!!!». The next chapter is about the post-test consultation, which is in fact the most important part of the testing, and deals with the cases when such notes are not only useful but very necessary.



POST-TESTING CONSULTATION



As it was previously mentioned, a rofogram is a table of indications made by ROFES. Any person, irrespective of the educational level or profession, will be able to understand it. A new user however should know how the data is given and analyzed in a rofogram in order to obtain maximum information and make right decisions.

The learning how to work with ROFES will be quick and effective if a client has a right and clear consultation during the first testing. A client should see the weaknesses of the organism, make right decisions concerning his/her health and way of life as well as understand that he/she should have ROFES at home.

It is important to conduct testing on a regular basis in order that to be able to see the process of work of individual organs and the whole body in the dynamics, to assess how the body adapts to environmental factors, responds to the loads, day regimen and nutrition.

Assessment of the general state of health

If you have never used ROFES and do not know about the rofogram's structure, take a piece of paper from the middle of this brochure and lay it in front of you. It depicts two rofograms: one of a generally healthy person and the other of a not very healthy one. These rofograms will be useful as an example while reading this chapter.

So the client has been invited to the first testing and the testing has been done in accordance with the previous chapter. A rofogram is on the screen. Where to start? You should start from the main aspect: the general health assessment. The big coloured circle reflects the general resource of the organism, which is providing self-regulatory mechanisms. The higher the value is, the better the organism is adapted, the better it copes with the challenges of the environment.

- **Dark-green circle** – excellent, congratulations to the client. If the client is not young you may ask how he or she manages to maintain the good health state. The client is probably doing something to be healthy.
- **Light-green** – good, not everyone has such a result.

- **Yellow** – satisfactory. It is not very good, you should tell the client to think about his/her health.

- **Orange** – bad. Inform your client that his/her state of health is a reason to worry.

- **Dark red** – very bad. This information is disturbing; the resources of the organism are practically exhausted, the organism is weakened and unprotected against the challenges of the environment. The only comforting thing is that the testing has been carried out not in the relaxed atmosphere, after stress, emotional or physical load etc. In any case, you should say that the testing should be repeated later when the client is relaxed. If the red circle appears again, it is necessary to make serious decisions concerning the health improvement. The following phrase is appropriate: «Please, do not worry but this value is very low. It could be shown because of some stress; to make it sure, you should repeat the testing tomorrow or a day later, after some rest».

Remember that the circle, which shows the general health state, is provided with a text message above. Talking about the value you may show this text to the client.



Assessment of the psycho-emotional state



«Psycho-emotional state», the lower side of the rofogram, is very important, since, due to psychological reasons, a usual person is not able to define the level of stress and take measures to cope with it.

Moreover we should bear in mind the high level of stress on the rofogram, while making further analyses. It is obvious that stress can be deteriorating the functions of various organs and systems and outspending their biological resources. If there is 2 or 1 in the line «The pressure of compensatory powers of the organism (stress)» the client should be informed in the following way: «This testing has been carried out under the heavy stress load. The results of the rofogram could be better after some rest, walk in the fresh air or do anti-stress exercises». The client should know that the values 1 or 2 shouldn't be left out of consideration. The client should not be driving, he/she may cause an accident; it is not allowed to rest on the sofa, since the «accumulated and not spent» stress will be

Moreover we should bear in mind the high level of stress on the rofogram, while making further analyses. It is obvious that stress can be deteriorating the functions of various organs and systems and outspending their biological resources.

destroying the organism from inside. One should be acting, moving, getting rid of the stress.

It is appropriate to ask the client about the reason for such a high stress, about what has happened. As a rule, you will get a sad nod or sometimes a detailed description of the situation. Listening to the client, you will help him/her to take a load off the mind and the value may even rise to 3 after the repeated testing 20 minutes later. It is impossible to raise the value from 1 to 4 quickly. Even an experienced psychotherapist is not in power to do it. So even if you help the client to raise the value at least up to 3, you will do him/her a favour and maybe even make a new friend.

In case the low values appear again, the client should take urgent measures in order to change his/her way of life and maybe have some long anti-stress programmes.

«Symptoms of fatigue» – is the second line of psychoemotional assessment. Explain to the client that it is not that fatigue which is felt after the work in the office, but the weariness which is felt by a miner at the end of the working day or by a sports-

man after an exhausting training, the physical fatigue. Low values are often seen while we are testing fragile and old people, who can bear with an effort even the easiest exercises, like going up the stairs or going to the shop.

If the rofogram shows value 3, and the client says that he/she has not been working all day, for example, in the garden, or has not been hiking, it will be a signal for you that the organism is fragile and can bear even the usual activities with a difficulty.

The third line - «Symptoms of neurosis, irritation».

A person with a low value at this parameter can be recognized without the rofogram. The person is emotionally tense, reacts sharply to quite ordinary words, and is afraid that someone will come ahead of him/her in the queue, at the same time trying to come ahead of all the others. Such person is often skeptical about the results of the rofogram, even if they coincide with the history

of his/her illness. You may hear from this person: «And why have you invited me here? To say what I already know?» Some clients may start crying looking at this result.

If you are working with the client whose neurosis and irritation value is equal to 3 or even lower, try to be maximally careful and avoid hurting the client's feelings. It is quite easy to offend such person, and he/she may talk about this offence far beyond your working place.

Assessment of organs and systems

Having discussed the general and psychoemotional state of the client, we will pass to the most interesting thing: two columns of values, which inform us about the state of organs and systems.

Important question: why is each organ marked with two values instead of one? Here is the explanation.

The left column reflects the functionality of organs and systems. It shows how this organ is functioning at this moment, whether it has any disorders. For example, if the line «Lungs» has a functionality value 5, it means that the lungs are able to saturate blood with oxygen, i.e. their functionality is excellent. If the line «Cardiac-vascular system» has a functionality value 3, it means that the heart's function is depressed; the heart is not functioning very well.

Remember that the organism is always tending to maintain the functionality of its organs and systems. And if the functionality is low, we should always find the reason for it, ourselves or with the help of a doctor. Further we will try to find the reasons for low values, studying each line of the rofogram and asking the clients for more information.

Remember that in case the client suffers from a disease of a particular organ but receives medical treatment, the functionality value may be rising up to the excellent mark, since the functionality recovery is the aim of each treatment.

The right column reflects the energy resource of an organ or a system. The energy resource is constantly refilled by the food which we eat and constantly spent on the functionality maintenance. Resource is a «fuel» for our organs and systems. The value will be excellent if the amount of spent fuel is equal to or less than the amount of obtained fuel. If the spending of fuel is higher than its input, the value will be decreasing.

The resource is spent more actively because of the physical or emotional load or stresses. But if it is low on several rofograms including those made immediately after some rest, it is worth thinking about why this organ spends so much fuel and where it is going. The decrease of this value very often gives us information about some chronic processes. For many times, in case of a longstanding decrease of the resource, we have advised our clients to visit a doctor, and a chronic disease, requiring urgent measures, has been found.

The decrease of the resource can be compared to the situation when a car engine suddenly starts consuming more oil than usual. And every engineer will advise you to run diagnostics even if the engine operates normally. The same is with organs and systems: if you see a longstanding decrease of resources – it is time for you to think why it is happening.

REMEMBER THE FOLLOWING RULES WHILE ASSESSING THE STATE OF ORGANS AND SYSTEMS:

1. The values «four» and «five» are good. And if they are standing in both columns, there is no need to take any measures, apart from leading healthy way of life;
2. The values equal to «three» or lower should be commented. It is necessary to know if the client knows anything about the problems with this organ. If the answer is «yes», it is good; if «no», then the patient should pay attention to this organ;
3. If the value is low and the client says that the organ is in good state, it does not mean that he/she is right. You should ask clarification questions. Try to find out why the client thinks that everything is right. Remember that ill people are divided into two groups: those who know about the disease and those who mistakenly think that everything is normal. The percentage of «not knowing» people is higher in cases of chronic, slowly progressing diseases. The «knowing» people risk less than «not knowing». The earlier the client knows about the problem, the higher chances he has for benign outcome. Do not give up, if the client with a low value of cardiac-vascular system says: «Nonsense, my heart is ok!» Ask questions. For more details read further.
4. The reason of temporary decrease of values may be lying not in a disease, but rather in the influence of harmful factors or load. It is necessary to find out these factors. It could be done by regular self-testing, comparing rofograms and establishing tendencies. The repetition of low values in several rofograms may be indicative of a possible disease. Do not make conclusions judging by one rofogram. But if a vital organ has values «one» or «two», take measures immediately.
5. The values may differ, if the analyses are made in the morning and in the evening. This is as it should be. A person is exposed to various factors during the day: some of them are positive, but most are negative. And the ROFES records these changes. Thanks to that we can see which factors are good and which of them should be avoided.
6. Sometimes the value of the general state of the organism can differ from the values of organs and systems. For example, organs and systems are good but the value of the general state is equal to three. The value of the general state of the organism is not the arithmetic average of the organs and systems values. It is obtained from all data which are collected by the device in the process of testing. And the values of organs and systems are only a part of the data, obtained by the ROFES. If the values of organs and systems are good while the value of the general state is low, it means that a person has probably been exposed to stress or has been under some load. The person should have a rest and repeat the testing.

Analyses of the state of organs and systems

So let's start analyzing the state of each organ or system. With a view to economy of time and space the, values are given in the «4-3» format. The first value refers to the functionality, the second one to the resource. It is more convenient to say «Liver – four-three» than «The liver functionality is equal to four, the energetic resource – to three».

While observing low values, it is important to comment them in accordance with the «Statement – Question - Conclusion» scheme:

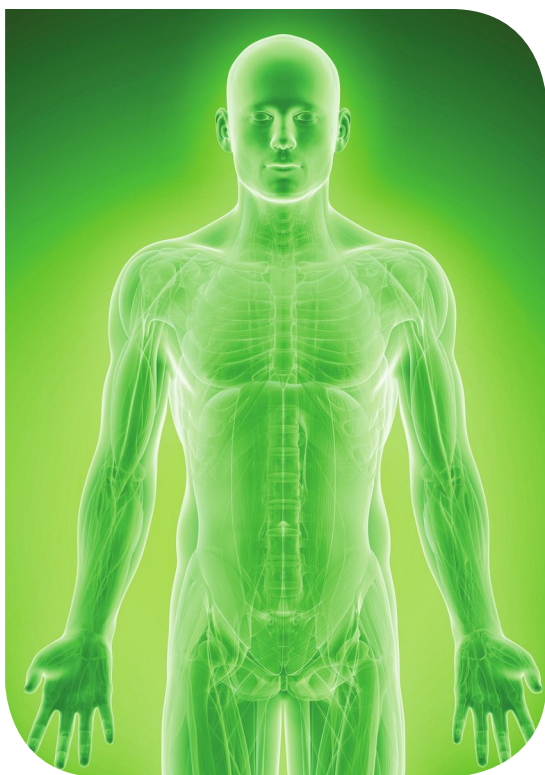
Statement. We draw the client's attention to the low value with the words: «Your lungs functionality value is decreased».

Question. Ask what the client knows about the problems with this organ or system. It is possible that the client has already been observed by a doctor or maybe he/she has some complaints. If the client does not know anything about the problems with the organ, say that it is necessary to be worried and pay attention to the problem.

Conclusion. Recommend your client to visit a doctor or undergo a health-improving programme or have one more testing later. The important part of the conclusion is to explain what this value might mean.

So your comment may look like this: «Your heart functionality is equal to three. Do you have problems? Do you know anything? You should pay attention to your heart, watch your pressure, make a cardiogram; in addition, we have health-improving programmes which can help you to maintain your health».

We would like to remind you one more time that the analyses of organs and systems should be made only after the assessment of the general state of the organism and the evaluation of the psychoemotional state of a person. If the value of stress is high, it is essential to recommend your patient to repeat the testing a couple of days later. The patient should relieve the stress within these days, i.e. not to watch the TV news, but do something pleasant, meet old friends, take up sports, walk in the fresh air, and avoid everything which might have a negative influence on the psychoemotional state. It can indeed improve the state of organs and systems. After the influence of stress has been removed, it is worth paying attention to those organs and systems, the state of which has improved only slightly or has not become better at all.





Immune system

The function of the immune system is to protect a person from non-indigenous organisms: bacteria, viruses, fungi, parasites and so on. If the immune system is weak, a person is unprotected against external factors and may catch a contagious disease. Moreover, some scientists say that oncological diseases are caused by the malfunction of the immune system, which is unable to destroy atypical cells, constantly appearing in our bodies.

The immune system is one of the most important systems of the organism and as a rule is provided with substantial resources. The sharp decrease (down to «two») of its functionality is observed rarely. We can however observe situations when the immune system is functioning under a big load. In this case the functionality is decreased to «three» while the resource is equal to «four» or «five».

It happens at the end of spring, beginning of summer, when the air is saturated with a variety of allergens from blooming flowers and trees. Even if a person is not a highly allergic individual, the immune system has to meet this challenge and it is reflected on the rofogram.

Frequently ill people with a weakened immune system usually have both functionality and resource equal to three but not lower.

Highly allergic people usually have a good functionality, while the resource is equal to three.

If the functionality or resource value is lower than «three», it is worth repeating the testing for several times. In case the low values are preserved, it is clear that the immune system is in critical state and needs support.

If the answers are «no», the client's attention should be drawn to the low values of the immune system and he/she should be explained that in case such values remain, a high risk of having dis-

Questions that should be asked, if the immune system values are low:

- Have you recently been ill?
- How often do you suffer from cold-related diseases?
- Do you suffer from allergies?
- Do you suffer from any autoimmune diseases, for example rheumatoid arthritis or thyroiditis? (The given example is by the way the disease of the thyroid gland).

eases, related to the immunity, emerges and measures should be taken. Settle a date when the client will come to repeat the testing. But it is even better if the client makes a number of rofograms with his/her own ROFES at home and brings you the results for the analyses and comparison.

So one more time:

5-5 – excellent;

4-4 – good;

3-4(5) – the immune system is depressed, probably by allergens or a small cold;

3-3 – the person is probably frequently ill;

4(5)-3(2) – the person is probably an allergic individual. The resource is spent on the exceedingly high activity of the immune system;

4-2 – the risk of immunodeficiency of various origin;

2-2 or lower – a rare case, a serious immunodeficiency. In order to avoid a mistake, the testing should be done one more time and a visit to a specialist is advisable.

The status of immune system may influence on the rofogram on the whole. E.g., the rofogram may be become worse rapidly, but there are no any symptoms of illness. Later, after 6-12 hours, when the user feels symptoms of viral infection, the rofogram will be better, all marks will be perfect. It is the sign of fight off infection. If viral infection become complicated, rofogram may be worse again.



Cardiac-vascular system

The heart is a vital organ. The length of life depends on the state of the cardiac-vascular system. Unfortunately cardiac-vascular diseases claim many lives in our country in spite of all efforts of doctors. It happens primarily due to the fact that in 50% of cases such a dangerous disease as an arterial hypertension is progressing without any symptoms.

The majority of people do not even feel that they have a high pressure. And they learn about their disease only coming around in a cardiological reanimation. And for some of them no time is left even for this.

Many people have paid attention to their heart and vessels thanks to the ROFES testing, and we are sure that their life will be longer and more active due to the measures taken. We devote much to this problem and appeal for all our partners to study the «Cardiac-vascular system» line thoroughly.

So imagine there is a decrease of cardiac-vascular system values. We would like to remind you that the value is considered to be decreased when it is equal to three or even lower. Start asking the questions immediately:

- How is your heart? Are the values low?
- Well, it seems to me everything is ok.
- And how is your pressure?
- Well, I think it is good.
- And do you measure it? And how often?
- I have never done it. Why should I, if it is normal?
- So how do you know that it is normal?
- I have no headaches.
- And why do you think that a head is aching because of bad pressure? Most people do not feel the high pressure at all.

A consultant has a very important mission: to find out those who are not aware of their problems with the cardiac-vascular system.

- Well I have been told that my pressure is unstable but I have not measured it for a long time.

This is a typical dialogue with a person who has, for example, «3-2» values of the cardiac-vascular system.

If this person is persuaded to measure the tension, you can be practically sure it will differ from the standard one. In most cases it will be high – 140/90 and higher.

A consultant has a very important mission: to find out those who are not aware of their problems with the cardiac-vascular system. You should prescribe biologically active supplements for hypotensive patients in order to increase the system's resource and functionality, hypertensive

patients should visit a good therapist; and, having undergone a therapy and having normalized the pressure, they should come back to the consultant to get food supplements and advise

es of health-improving, including the changes in lifestyle. Remember that antihypertensive drugs (and medical products generally) are capable of normalizing the functionality of the system but not its resources. Only biological food supplements can improve the resource. That is why food supplements comprise 50% of all prescriptions of family doctors in Europe.

Once again: if your client is not aware of the problems with the cardiac-vascular system, it does not mean that everything is good. On the contrary, it is indicative of a higher risk of complications – heart or brain attack, heart or kidneys failure, since a «not knowing» person does not take any measures.

So consider the following examples.

5-5, 5-4, 4-5, 4-4 – good.

5(4)-3 – as a rule it is a person with a healthy heart which was exposed to stresses. For example, a cup of coffee has been drunk or intensive



work has been done. If the low resource of the heart is accompanied by the low value of stress the conclusion is obvious, since the heart is one of the «targets» for stress. These values are often observed in cases of hypotensive patients, people with decreased pressure.

The heart resource is also falling when a person moves from a northern region to a southern one. The resource of the heart is spent because of heat when a person is not used to it. In such case it is advisable to spend more time in cool places and drink water (but not icy!). A hot sauna also leads to the excess consumption of resources.

5-2 – a problem probably exists. More often such values are observed by well treated hypertensive patients. It means that the person suffers from hypertension (or another heart disease) but his/her therapist has done a good job. It is possible to say that the value of the functionality is the mark given to the physician. Praise the client for following doctor's recommendations. A question may be asked: «Are you suffering from hypertension or ischemic heart disease?». As a rule the answer would be: «Yes, I am. But I am treated properly». Do not forget to prescribe food supplements for heart.

3-2 – it is more than likely that this is badly treated or not treated hypertensive patient. There is a failure of functionality, the resource is consumed. It may occur that the client is not aware of the hypertension.

The values «2-2» and «2-3» and lower usually demand a doctor's intervention, even if they are observed on the only one, just made rofogram.

Remember that if the decrease of the heart values is observed, even if it is temporary and caused by a cup of coffee or physical exercises, the person needs to be constantly tested by RO-FES. Problems with the cardiac-vascular system are progressing slowly, gradually, and before they turn into a heart or brain attack, neglected hypertension, they can be solved by changing the lifestyle, refusing from bad habits like smoking or drinking too much coffee, undergoing health-improving programmes and anti-stress methods.

And one more important advice: while planning health-improving programmes, it is necessary to begin with vital organs. The heart is one of the most important organs. And it should always stand on the first place.



Spine

There are three parts of the spine on the rofogram: cervical, thoracic and lumbar spines.

Like any other system the spine has its own functionality and energy resource. It is interesting that the energy resources of cervical and lumbar spines of healthy people decreases to «three» after one and a half hours of listening to a lecture. It is caused by the tension of the cervical spine at the intense attention and tension of the lumbar spine while sitting on a hard bench. The cervical spine resource of a person, who has just driven a car, decreases while the lumbar one is normal, since the chairs of a car are more comfortable than university benches.

It shows that the spine resource is affected primarily by static load. Dynamic load, i.e. exercises without weighting, raises the resource. Recommend your clients to do a warm-up for the spine.

Spine disorders, including serious spinal disc herniation, discs disorders, restrict its mobility and decrease both its resource and functionality. It occurs very often when a client knows about the hernia but it does not affect the spine functionality. It means that the hernia is small and does not disturb the client at the moment.

Remember to consider the state of all three parts at the same time while evaluating the state of the spine, because the spine is an integrated system.

We are frequently asked: «I have a back pain. Why does the rofogram show normal spine values?». The matter is that not every pain in the back is connected with the spine. Attending a



doctor, these patients complain about the pain in the back and after the examination, X-ray testing and even tomography the doctor comes to the conclusion that there are no spine disorders. But the back is aching. What is the reason? Most pains in the back are caused by painful muscle spasms and have nothing to do with the spine. This pain probably has a psychogenic origin in case if the stress value is equal to «two».

Remember that as a rule the clients with low spine functionality need to use Lyapko applicators and undergo regular ROFES-testing.



Bronchi

It is important to obtain more information about the anatomy and physiology of respiratory tracts in order to understand the value of bronchi.

The main function of the bronchi is to carry the oxygen to the lungs tissue where gas exchange takes place: blood is saturated with oxygen and emits carbon dioxide. The air is going through the nasal passages, throat and trachea which is divided into two main bronchi. After that the bronchi are divided into large, medium sized, small and finally the tiniest bronchi which are connected with the lungs tissue, the alveoli.

The bronchi functionality disorder, for example, obstructive lungs disease (so-called «smoker's disease»), is leading to respiratory failure, pulmonary emphysema and, finally, death. It is caused by the fact that the lumen of the bronchi, struck with the tobacco smoke, is getting smaller. The worst affected are bronchioles, the smallest bronchi.

They carry the air worse and a person starts depending on the oxygen cylinder. The refusal of smoking, made in a proper time, can prevent progressing of this disease and save one's life.

The decrease of the bronchi values can be a good reason for a smoker to give up the bad habit.

It is interesting to know that after one cigarette the bronchi rofogram of smokers with a short smoking experience is getting worse. And the functionality is falling down to «three». The «experienced» smokers, on the contrary, have their bronchi values increased when they smoke. It is caused by the fact that the expectorating of «experienced» smokers is wholly paralyzed. The bronchi are not capable of performing their second function: the elimination of sputum, dust and products of tobacco burning, which are accumulated in the lungs. Breathing with dusty air a non-smoker just needs to cough, while a smoker has to smoke a cigarette to do it. That is one of the reasons why smokers suffer so much, when they do not have an opportunity to smoke. The improvement of the bronchi values after smoking a cigarette is indicative of extremely neglected nicotineism and is a very disturbing sign. The client's health is in a big danger.

So the following questions should be asked, if the bronchi values decrease:

- Do you smoke?
- Are you suffering from the bronchial asthma?
- Do you have a cough now and have you recently suffered from a cold-related disease?

So if the bronchi functionality falls down to «three» it is worth asking if the client is a smoker. If the answer is «yes», draw his/her attention to the low values and inform that the bronchial tree has been seriously affected by smoking.

The bronchi values of hazardous industry workers, who are neglecting the usage of a respirator, are also decreasing at the end of the working day.

It is worth mentioning that the bronchial asthma, when there is no attack at the moment, is

not detected on the rofogram, apart from the decrease to «three» of the bronchi energy resource. Those who are suffering from the bronchial asthma in the exacerbation phase, have their immune system values falling down.

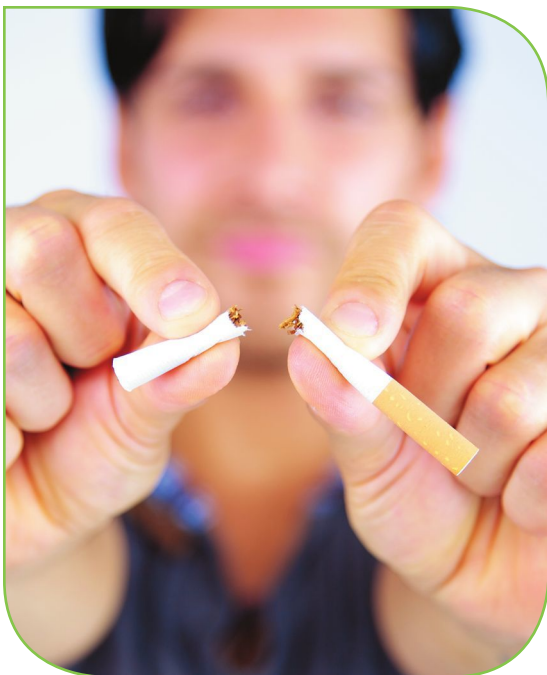
We are frequently asked: why are the values of bronchi normal, while the person is coughing? It really happens: the person has a cough, and the bronchi rofogram is good. It is due to the fact that the reason of cough may be lying not only in the bronchi. It is more often when the cough affects the trachea, throat, larynx, which are unfortunately not seen yet on the rofogram. The ROFES helps us to find out whether the cough has «come down» to the bronchi or is yet on the more «safe» level of upper respiratory passages. The bronchitis is a more dangerous disease as, for example, laryngitis, and it is very important to detect it in a proper moment.



The lungs

The lungs function is to exchange gases between the blood and the air. The hemoglobin gets rid of the carbon dioxide and is saturated with the breathed oxygen in the lungs tissue penetrated with blood vessels.

So the lungs functionality value shows how much the lungs are saturated with the oxygen. The good functionality of the lungs can be preserved even in case of small, focal pneumonia which does not have a serious influence on the respiratory system functioning. So the resource is the main value by which we can judge about the state of the lungs. Ask your client whether he/she has had a physical load just before the testing. Maybe the client has run fast to visit you. If it is so, then the functionality fall is justified. If the client has come with a normal pace, it is worth finding out the reason.



By the way, try making a rofogram yourself while hunching on the chair very much. The lungs functionality would fall minimally by one point. It shows how important a posture is for the normal functioning of respiratory organs.

The lungs functionality of smokers falls as well after smoking a cigarette but recovers very fast. It is related not even to the irritation of the lungs tissue by the tobacco smoke but rather to a short-term poisoning by the products of burning.

The oxygenation (saturation with the oxygen) of blood is falling dramatically during smoking. It can be detected with a pulse oximeter (which is affordable in every reanimation car) as well as with the ROFES, which soon every family will have.

So if the lungs resource has fallen to «two», a chronic problem should be detected. While the decrease of the functionality is caused either by temporary exposures (a cigarette) or by an uncomfortable, chest constricting pose or by such neglected lungs disorder which is well seen without the ROFES.



Liver

The liver is a «multifunctional» organ. It is usually considered that the liver's main function is the detoxication of various toxins brought to the organism from outside or appearing in the organism as a result of normal life activity.

The function of the liver is however much broader. It is the «main laboratory of the organism». Harmful substances are detoxicated here or turned into easily excreted substances; some medical drugs are metabolized and turned into active substances which then have a beneficial effect; the glucose is synthesized here, many vitamins are kept, the glycogen, the main source of rapidly mobilized energy, is accumulated. Moreover, the liver synthesizes hormones and ferments responsible for the digesting and delivers them to the duodenum through the bile passages.

The liver together with the gall bladder and bile passages forms the so-called hepatobiliary system which is evaluated as whole in the line «Liver». It means that observing a decreased value of the liver, we should understand that it refers to all functions of the liver, including the digestive one.

If there is a low functionality or resource value, the client should be asked whether he/she knows anything about problems with the liver. The client would probably talk about stones in the gall bladder or chronic hepatitis (which is a frequent disease nowadays). If the client is not aware of any problems, if there are no complaints about the pains (pains in the liver region as a rule very are connected with the gall bladder) then, if the values are not very low, the detoxicating function of the liver should be maintained first of all.

Remember that in most cases the functionality suffers from the problems of the bile system or liver tissues disorders. For example, the functionality is dramatically decreased in case of cirrhosis

and moderately decreased in case of opisthorchiasis. While the resource is falling down in case of extremely high loads on the organ, for example, excessive fat food eating, alcohol drinking, or at the early stages of the virus diseases.

Bearing in mind the variety of diseases which can strike the hepatobiliary system, it is impossible to make or even suppose a diagnosis with the ROFES, since the risk of a mistake would be very high. But if the client has a systematic decrease of the liver functionality, it is the reason to visit a gastroenterologist. If no gastroenterologist is available, the client should make the biochemical analysis of blood with the liver function test and show the results to any familiar doctor. If the resource is not higher than «three», recommend your client to take food supplements for liver. If the functionality values are high, while the resource is equal to «two» or «one», it is necessary to make analyses for the virus hepatitis.

So the procedure of the consultation is the following: if the liver value is coloured with the yellow, ask your client about what problems with the liver he/she knows, when he/she has last drunk

the alcohol or taken any substances which are harmful for liver. If the answer is «yesterday-to-day», the testing should be repeated later. If all answers are «no», the discussion is continued:

3(2)-4(3) – explain that the liver rofogram is disturbing, the testing should be repeated, and if the same result appears, a visit to a gastroenterologist is needed;

4-2 – if the values remain the same, it is worth making analyses for virus hepatitis;

5(4)-3 – supplements for liver are advisable.

«Ones» and «twos» appear rarely on the rofogram because such patients are already lying in the hospital. Our task is to find and save those whose problems have not yet become worse.

Remember that the liver is a vital organ and many aspects of life depend on its state.

The liver together with the gall bladder and bile passages forms the so-called hepatobiliary system which is evaluated as whole in the line «Liver». It means that observing a decreased value of the liver, we should understand that it refers to all functions of the liver, including the digestive one.



Stomach

Analyzing the stomach rofogram, remember that the functionality of this organ can be both deteriorating and recovering very fast. The stomach functionality is affected by the stress, «aggressive food», carbonated drinks, especially alcohol (champagne). Observing a low functionality value, pay attention to the value of stress. If the stress is «two» or «one», the low value may be caused by the stress. Ask the client what food and drinks were consumed in the last couple of hours.

If there were no food irritants in the last two hours, ask if there are already any problems with the stomach, epigastric burning or pains. The stomach functionality as a rule falls down if some

symptoms already exist. The stomach shows its owner that there is a failure of the function. If the problem is not too bad, only the resource is decreasing stably.

If the resource is «three» or lower, the client should have healthier and more regular meals; if the value remains after several testings (in case there are no food and stress irritants) a visit to a gastroenterologist is advisable. The duly intake of food supplements for stomach functioning would prevent the functionality decrease and a disease progressing.

Three main questions if the functionality is low:

- Have you eaten any «aggressive food», drunken carbonated water (champagne), had stress in the last two hours?
- Do you suffer from any stomach disorders?
- Have you recently suffered from the pains in the stomach, epigastric burning?

If the resource is low, draw the client's attention to this problem and recommend him/her healthier food and biologically active supplements.

ATTENTION: if there is both functionality and resource decrease of liver, stomach and pancreatic gland (and sometimes large intestine) at the same time, it is indicative of serious digestion disorders. The values of stomach, liver and pancreatic gland should be compared with each other.



Large intestine

The state of the large intestine together with that of the pancreatic gland, liver and stomach reflects the digestion system functioning. Digestion process is finished here; K vitamin and group B vitamins are synthesized, the absorption



of proteins is completed, and the water surplus is extracted from the remained processed food masses, and after that they are turned into fecal masses.

Failures of the large intestine functioning are a usual thing. The meals of most people lack fibres which are essential for normal peristalsis of the large intestine. It leads to motility failures which are manifested through constipation (more often) or (rarely) through diarrhea. The motility failures lead in turn to the failures of the vitamins synthesis and incomplete absorption of proteins.

For the person who has a ROFES it is necessary to find the moment when the large intestine resource falls down to «three». If the result remains the same after at least two measurements, it is worth including more fibres to the meals. If the resource remains steadily at «two», the patient should visit a gastroenterologist irrespective of the functionality value. At the early stages the large intestine neoplasm is manifested only through the resource decrease. Do not frighten the client with the word «cancer» (avoid this word) but bear in mind that oncological diseases of the large intestine, especially at the age of 50 and older, are widely spread.

The large intestine functionality decrease (3-4, 2-3, 3-2) is observed by people suffering from evident failures of the large intestine motility. If

the decrease is not accompanied by pains, it is often enough to include more food fibres to the meals. After the normalization of feces the general well-being is improved, a surge of energy is felt.



Pancreatic gland

The pancreatic gland is a gland of both internal and external secretion. It is releasing insulin and glucagon, which are taking part in the glucose synthesis and breakdown, and helps to digest proteins, lipids and carbohydrates in the duodenum, releasing protease, lipase and alpha amylase. The pancreatic gland is working very hard – apart from other functions it releases nearly two litres of pancreatic juice every day. The pancreatic gland is affected by the surplus of sugar, fat, fried food, and it becomes fragile. The number of cases of pancreatic diabetes is rising every year. Many people are suffering from the enzymatic insufficiency of the pancreatic gland and pancreatitis. The pancreatic gland is also struck by the excessive amount of alcohol.

Most disorders of pancreatic disease are progressing slowly and are not felt by the patient. The insulin-independent diabetes is especially dangerous. It is progressing for many years and leading to vascular events without showing any symptoms. Those who are not watching their sugar level, have a risk of falling into dangerous conditions, for example, diabetic coma, in which absolutely healthy, as it seems, people fall unexpectedly.

ROFES is an irreplaceable means for monitoring of the pancreatic gland state, because

it allows detecting disorders long before any symptoms appear. More than forty people have been advised to examine the pancreatic gland function during the first months of ROFES usage and at least three of them have been hospitalized with a dangerous sugar level. If they have not been tested by the ROFES, they would surely come to a doctor but later and in far worse condition.

ROFES is able of detecting both severe, old disorders of the pancreatic gland and new problems, which can be eliminated by diets or food supplements.

Here is an interesting fact: the rofogram of the pancreatic gland allows finding out a hungry person. If the value is 5(4)-2, then the person is probably hungry. The pancreatic gland resource is falling down sharply in case of hunger. So the first question would be: «Are you hungry?» If it is true, just tell the client that ROFES «sees» the empty stomach and there is no need to be afraid of this value. If the person has eaten an hour and a half ago or later, it should not be left out of consideration. It is a disturbing sign which might

be reflecting enzymatic insufficiency. The rofogram should be done once again when the person has eaten, and if the value 4-2(3) remains the same, the client should have a protective diet. The Table No 9, a widely known diet for pancreatic gland disorders,

is the best solution in this case. And food supplements should also be added.

The 3(2)-2 values show the failure of not only external secretion (digestive enzymes release) but probably also of the insulin synthesis. Ask the client whether he/she is aware of these problems.

It is not improbable that the client has already attended a doctor.

The rofogram of the pancreatic gland allows finding out a hungry person. If the value is 5(4)-2, then the person is probably hungry. The pancreatic gland resource is falling down sharply in case of hunger.



Thyroid gland

If the answer is «no», find out what feces the client has, whether there are pains in the belly after the meals. Remember that some patients (few of them) give negative answers even if they have problems. Some people do not want to recognize them. Do not worry; the main thing is that the client's attention is drawn to this fact.

It is interesting to look at the rofogram of a diabetes patient, who gets insulin injections. If the insulin dose is correct, the value looks like 5-2. The functionality is excellent, because the insulin content is enough, while the resource is still low.

It is also interesting to observe the rofogram after small office celebrations with champagne and a cake. After such strike the values would fall down to 2-2. In many cases people are brought to surgery with acute pancreatitis after the intake of the horrible «champagne-cake» mixture. Of course they are people with an already weakened gland, but even the values of a healthy person would crash and recover not very soon after such an aggressive food invasion.

We kindly ask you no to experiment with a cake and champagne in order to see the results. Such actions are certainly considered to be cruel. The cake should go with the tea, and the champagne with fruits. Remember that the pancreatic gland is very fragile and should be cared of.

Thyroid gland is another frequently suffering gland of the organism. It releases essential hormones: thyroxin and triiodothyronine and calcitonine. The lack of thyroxin leads to cretinism in the childhood and to the number of syndromes in mature age; drowsiness and memory deterioration are not the worst of them. And why is thyroid gland suffering? Because it lacks «raw material» for the release of thyroid hormones. Practically all regions of previously existing USSR (with few exceptions) belong to iodine deficiency territories. The lack of iodine is felt in water and in food. The only way is to «feed» thyroid gland with it through the food supplements. Practically all of our citizens need iodine-containing products but for some of them it is urgently. The ROFES helps to find out such people.

A typical «hungry for iodine» thyroid gland has the following values on the rofogram: 4-3. Iodine deficiency is evident. If several rofograms are made during the whole day from the morning till the evening, the gradual decrease of the functionality is observed: 4-3 in the morning, 3-3 in the afternoon, 2-3 in the evening. This «staircase» is especially typical of old people. The lack of iodine is dangerous for them not less than for children. The «staircase» is characterized by the fact that in the morning the thyroid gland is in its best state. So in the morning it more or less («four») copes with its function. But it falls to «three» in the afternoon. Such client should not leave without knowing how dangerous the lack of iodine is. Explain that even eating dry or canned laminaria would not save the organism from it. Laminaria preserves its properties either when it is absolutely fresh or when it has undergone pharmacological processing for the increase of iodine content in the substance. So it is better to take special iodine containing supplements. Contraindications

exist very rarely, and if it is prohibited to take iodine, the client surely knows about it.

Unfortunately not everyone knows that a tincture of iodine for outward application is not allowed for internal use. It causes poisonings, some of them are lethal. Make sure that the client understands what iodine you are talking about.

The 3-2 and 2-2 values are also frequently observed. As a rule it is neglected hypothyroidism, often with nodes. «One» value is usually observed by very ill people who already know about their problems.

Remember that if thyroid gland is completely removed and the person takes thyroid hormones in tablets, the functionality should be excellent. No organ, no problem. The ROFES does not obtain alarm signals from the gland while its function is completely substituted by the tablets. So the functionality is excellent and the resource – bad. If in such case the functionality is decreasing, it means that the patient does not get sufficient thyroxin amount or does not take enough tablets. Unfortunately some patients, prescribed to take

thyroid hormones, think that they are harmful and try to take fewer tablets, doing irreparable harm to themselves.

Examples of values:

5-5, 4-4 – excellent or good;

4-3 – probably iodine deficiency. Iodine containing supplements are needed;

3(2)-3(2) – probably neglected hypothyroidism, endocrinologist's consultation is needed. Sometimes, but rarely, it may be an autoimmune process in the thyroid gland. Moreover, clients are aware of autoimmune illnesses. They are hard to be neglected and people usually go to a doctor immediately;

1(2)-1 – visit to a doctor is urgent. Very weak and neglected patients usually have such values.



Adrenal glands

The «endocrine triad» is completed by adrenal glands. They are also glands of internal secretion which release a number of most important hormones: among them adrenaline and noradrenaline, as well as glucocorticoid hormones. Adrenal glands are controlled by the nervous system and under stress they release «stress hormones», primarily adrenalin, into blood.

It is impossible to tell you about all processes in the organism which depend on the adrenal glands. It should be only known that normal functioning of the adrenal glands is a condition of maintaining health and feeling good.

Observing 3-3 indications of adrenal glands, ask the client whether he/she slept this night and how good he/she was sleeping. The matter is that the accumulation of adrenal glands resource takes place during the night sleep. If a person has not been sleeping at night, it is reflected on the rofogram. Remember that a day sleep does not recover the resources.



Adrenal glands «have a rest» only during the sleep in the darkness. If the eye retina is reached by light through the closed eyelids, adrenal glands are functioning in a «day-mode». If the

client is working at night and sleeping at day time, he/she should be advised to sleep in the darkness or at least with a mask on the face. It would «deceive» adrenal glands and give them a chance to rest and accumulate the resources.

So if the client has not been sleeping at night, draw his/her attention to the decrease of the adrenal glands values and do not make conclusions about their functioning. If the functionality and resources are low while the client says that he/she has been sleeping well, the rofogram should be repeated. If the values remain the same, adrenal glands should be cared of and backed by food supplements.

People, who are suffering from insomnia and other sleeping disorders, always have weak adrenal glands. And it is impossible to normalize their functioning without normalizing sleep. Problems of adrenal glands would be leading to many other health problems, which would be impossible to eliminate without normalizing sleep.

Adrenal glands are exhausted by chronic stress, since they have to constantly produce the stress hormone. If there are low values both of stress and of adrenal glands, stress should be in our consideration at the first place, as well as the normalization of the night sleep.

Evaluating the triad as a whole

Speaking about the adrenal glands, we have mentioned that the adrenal glands together with the thyroid and the pancreatic glands are forming so-called «endocrine triad». It is a specifically ROFES term and is not used anywhere else in the medicine.

There is a general rule: «If there is no «green» (i.e. positive) value in the triad, the client should

There is a general rule: «If there is no «green» (i.e. positive) value in the triad, the client should make analyses for sugar level in blood».

make analyses for sugar level in blood».

From our experience it is known that eight out of ten clients have a high sugar level in blood, if the endocrine triad values are decreased. The anti-

record belongs to a citizen of Yekaterinburg, who, having made a ROFES testing, and attending a doctor has found out that her sugar level is equal to 21mmol per litre while the alarming amount is 6 mmol per litre. Many people fall in coma having 17-18 mmol per litre. So the «yellow» endocrine triad should be treated very seriously and the client should be persuaded to make analyses for the sugar level in blood.



Kidneys

The main function of the kidneys is the excretory one. Kidneys are excreting surpluses of water, salts, as well as many chemical substances which are not more useful for the organism. All this is excreted in the form of liquids, that is why kidneys need lots of water for normal functioning. Insufficient amount of water is immediately reflected on the rofogram. If the values of the kidneys are decreased, you should ask yourself and then the client: are the kidneys supplied with enough water? For example, practically all Russians have their kidneys values falling down when they come to southern lands, since much water is lost with perspiration, while a person drinks the same amount of water as at home.

So that is not surprising that the values of healthy kidneys fall down to «three», if the water intake regime is not followed. Find out how much water the client drinks and bear in mind the temperature at the moment of testing.



Evaluation of kidneys state is possible only after finding out that the client drinks enough water. If the client has drunk only a couple of glasses of water, show him/her the decreased values and offer to make the testing half an hour later or on another day, after drinking water.

Problems with kidneys begin as a rule from the stable decreases of the resource. The resource is not higher than three on several rofograms, it is rarely reaching «four». This situation can be improved thanks to «kidneys» food supplements and the normalization of the water intake regime. If both resource and functionality are demonstrating low values, it is advisable to examine the kidneys. At least general urine analyses should be made, proteins, leucocytes, density, oxalates, urates should be watched.

It should be mentioned that the functionality is not always decreased by stones in the kidneys. It happens either in case of large stones, when the excretion function suffers, or renal colic.

The absence of one kidney (if it was removed for example) affects the resource and functionality only in the first months after the operation. After that the left kidney takes the function of the

removed one and the values are normalized. If it does not happen within six months, it means that the second kidney is also suffering.

It should be noted that smokers-beginners have their values falling down after a cigarette. It is related to a vascular spasm and a kidney blood stream disorder. It is a good reason for persuading the smoker to give up the bad habit.

So the decrease of the kidneys resource (5(4)-3, 4-2) is a reason for recommending food supplements, stable functionality decrease – the examination



Men's bladder and prostatic gland

Organs, general for both men and women, have been described until this moment. For objective reasons, the genitourinary system is divided into two section.

We would like to start from the genitourinary system of men. On the rofogram it is represented by the bladder and the prostatic gland. These two lines should be considered together, especially when the client is older than 50. As we know, 50% of men of this age are suffering from benign prostatic hypertrophy (BPH) which is often mistakenly called prostatic gland adenoma.

The older men are, the higher the percentage of BPH is. It is caused by the fact that the prostatic gland is getting large trying to preserve its function. It is pressing on the urethra and can even press it completely causing acute urinary retention. But less noticeable but quite serious problems with the bladder occur long before the acute urinary retention. The disorder of the urine movement along the urethra occurs. Retained urine is accumulated in the bladder, its walls are stretching, and inflammatory processes begin. And these problems are reflected on the rofogram.

If a 50-year old man has 3(2)-4(5) of the bladder, and 5-4 or 4-4 of the prostatic gland, we should first of all consider the benign hyperplasia. The client should be persuaded to urgently visit an urologist. It is hard but necessary. A man, who is older than 40 years, should make annual analyses of blood for PSA – prostate-specific antigen, which is a marker of the prostate cancer. A man should also undergo preventive examinations, attending an urologist in order to detect the moment of BPH beginning. If the client is following these rules, he would not be surprised by the rofogram. He knows this already. But if he is persuaded to visit a doctor in case the «fallen» bladder is found, he would be saved from a big trouble.

Young men rarely have a decreased rofogram of the bladder. However keen fishers have low values, since spending a lot of time in the cold, practically motionless, has a negative influence on the genitourinary system. A little bit rarer such low values are observed by professional drivers and pilots.

The decrease of the prostate resource (without the decrease of the bladder rofogram) is typical of relatively young men with an irregular sex life and sedentary work. I think you know what to advise them.

The decrease of the prostatic gland functionality is probably caused by the problems of inflammation. A visit to an urologist as well as food supplements, sanitating the genitourinary sphere, are advisable.

It should be said about an ethic

side of the case: it is not always possible to consult a client eye-to-eye. Evaluating the genital system, we should bear in mind that public discussion of this aspect may be unpleasant for both men and women. So the values should be just shown to a client without drawing an attention of other people. However, if a man has 5-5 values of his prostatic gland, he may be congratulated in public.



Women's bladder

Unlike men, who are not liable to cystitis, women suffer frequently from the bladder inflammation.

For example, it is possible to judge about the chronic inflammatory process in the bladder observing lower values of the rofogram, first of all lower values of functionality. The chronization of the process is a usual thing nowadays, when women are trying to get rid of cystitis themselves, without a doctor, just buying antibiotics in tablets. So, observing lower functionality of the bladder, you should advise the client to take food supplements sanitating the urinary tracts.

The functionality decrease may be also connected with the urolithic illness. Sands and small stones passing through the bladder are frequently leading to inflammatory complications.

The decrease of the bladder resource is often observed by older women. It is an indication of age-related problems with the bladder of primarily hormone character. If an older lady has her bladder values decreased, it is advisable to take «women's» food supplements for the «third age» as well as urological food supplements.



Uterus and uterine tube

Evaluating the uterine and tubes remember that, in case the uterine and/or the tubes have been removed, the value of their functionality would be excellent. This is the same situation as with the thyroid gland: «no organ, no problem». If in such case the functionality has decreased to «three», it means that either the uterine has not been completely removed (in case of a preserving surgery, when an organ is not completely

removed) or the area of the surgery is struck by an adhesive or inflammatory process. Remember about this on a consultation.

Many people consider that the decrease of the genital system resource of older people is a normal thing. There is no need in the resource, since the reproductive function no longer exists. But the ROFES gives values in accordance with the age norm. And ladies of the «third age» with the uterine and uterine tubes resources equal

to «two» and «three» should be advised to take «women's» food supplements, allowed for the periods of menopause and post-menopause.

We would like to remind you once again that the first testing and a quality post-testing consultation is a clue for establishing good relationships with the client. The client, who has purchased ROFES after such consultation, as a rule becomes your regular client, while you are turning into his/her guide on the way to the real control of the health.

What are indexes the sign to seek attention?

Often users ask us: what are indexes the sign to seek medical attention? In common, index «1» or «2» claim attention of a doctor. However, before a visit to a doctor it is necessary to repeat rofogram several times, because low indexes may be the result of heavy load. If you repeat test after rest you may not see low index. In last case the visit to a doctor is not necessary. Even if the index «2» is gone, You should give the special attention to the organ or system which showed bad index. In future you should control the indexes of this organ. Please, try to notice and fix in which circumstances the index of this organ will be low.

If the index «2» is regular index you should seek medical attention for preventive examination. Remember that the ROFES is more informative if You keep it at home and can test yourself regularly. With help of regular tests You may track all changes of status of organs and systems and understand, which of circumstances influence badly and which - well.

Please, do not forget, that with help of ROFES You may track the effectiveness of treatment. If during of medical treatment index of organ stands excellent it will mean that the medical treatment is effective! Do not forget to thank your doctor for good treatment!



SECTION IV

HOW TO CONTROL YOUR HEALTH REGULARLY?



Modern approaches to the health caring demand regular control of health. That is why more and more testing systems appear at our homes. The first of them was the thermometer, then tonometers and glucometers appeared practically at the same time, and now we have more complex devices for using at home, such as the measure of the cholesterol level, blood coagulability and the first home electro-punctural testing device – ROFES.

As it was previously said, the ROFES testing should not be made only once a month or once a week. ROFES is designed and suitable for constant, systematic control of the health, yours and of people close to you. It allows detecting problems, which may lead to an illness, at a proper moment, prevent the illness or visit a doctor. ROFES allows you to detect the influence of bad habits, unhealthy way of life, or, on the

contrary, positive effect of, for example, physical exercises or food supplements.

In order to detect deviations, it is necessary to define a starting point – the basic state of a person, who is maximally «purified» from various exposures. It can be done with a number of morning testings – so-called «pure tendency».

How to establish a pure tendency?

A pure tendency consists of five morning testings. During five days one testing should be made each morning before breakfast, shower, teeth brushing etc. The only thing allowed before the testing is going to a lavatory.

Remember that the measuring is included to the pure tendency only if the previous night was usual. Do not include the measuring to the pure tendency, if you were on duty at night or did not sleep because of noisy neighbors. If you are suffering from insomnia, you should include the results to the pure tendency irrespective of whether you were sleeping or not at night. This would be your basic level of health.

Having made five measuring during five mornings, find what values prevail in each organ and system and consider them as the basic values. These values would be your basic level which would be compared with all other indications. Having made a testing at the end of the working day, compare it with the pure tendency and assess how your state is changing to the end of the day.

What other series of measurements should be done?

A. Working day rofogram.

Do five testings during a working day and watch how your state is changing. The first rofogram should be done immediately after waking-up, then immediately after coming to work, before and after the lunch hour, and before going home. The testing schedule may be different. You would see how your organism is influenced by the workload, stresses, meals at work and industrial gymnastics, if you do any.

B. Training process rofogram.

It is advisable to control the influence of a training process on the organism, if you take up sport, physical culture and fitness. Let us say, nowadays many professional sportspeople make five rofograms during the day. The first – after waking-up, the second – after the first training, the third – before the second training, the fourth – after the second training and the fifth – before going to bed.

It is very important that the decrease of values, which usually takes place after the training, is not observed in the morning. Because the organism, which exhausted by trainings, should recover during the night.

Those, who do physical exercises and fitness, have another situation. While a sportsperson has to reach the fall of energetic resources (it would be the evidence of a high training load), those, who take up fitness, should control that the load is not too heavy. We take up fitness for our own health and not for the records breaking. So, on a fitness day you should make a morning rofogram, then – before the training, after the training and before going to bed. If the training is «knocking your resources out», reduce the load. Do not make violence against your own organism. This would not do you good.

Remember that any influence on the organism can be detected and recorded with a series of rofograms. It is only necessary to define the starting, intermediate and final points of the measuring.

Follow the software updating on the website www.rofes.eu. The latest programme version is always available in the «Download» section. If the programme has been updated, you need only to download it and install over the previous one. Your data base (previous testings) will be saved.

We wish you success and green rofograms!
Yours respectfully, the authors.

Preclinical test of the functional state of organs and systems

Test of the psycho-emotional state



Fast

Test takes 3 minutes. Testing frequency no more than every 20 minutes.



Important

Control your lifestyle, diet, level of physical activity, stress levels and the impact of hazards.



Simple

Test from a single point on the wrist. No special education needed. Just connect ROFES to mobile device and press Start.



For the whole family

Analysis of all family members. The measurement results are stored in a personal profile.

WHAT IS TESTED

- General health level
- Psycho-emotional state
- Functional state of 17 organs and systems



Stress level



Fatigue level



Neurosis level



Heart and blood vessel



Immune system



Cervical, thoracic, lumbar spine



Bronchus



Lungs



Liver



Stomach



Pancreas



Colon



Thyroid gland



Kidneys



Adrenals



Urinary bladder



Prostate



Uterus