



*"The time for action is now. It's never too late to do something."
Antoine de Saint-Exupery*

"CURE"

INFORMATION LETTER

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Objectives of the "Cure" method

1. To promote research into, and knowledge of, the causes, mechanisms, diagnosis, treatment, and other aspects of the "CURE" method.
2. To provide a forum for the exchange of ideas related to the "CURE" method.
3. To educate physicians, other health professionals and the general public about the "CURE" method
4. To encourage the management of acute and chronic conditions to be conducted in a scientific and ethical manner.
5. To promote, arrange and conduct meetings, seminars, conferences lectures, discussions and courses of study on the "CURE" method and related topics.

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YHC Group – "CURE"

Is proudly sponsoring the Futsal team of the Novorossiysk city's branch of the University of Ministry of Internal Affairs.



They say:**“You can always tell a person’s age by looking at their hands.”**

By Svetlana Kisseleva

They say, “you can always tell a person’s age by looking at their hands.” This phrase can be heard all over the world, and it is a valuable reminder that our hands are hard-working tools that we use every day in our lives, and that they must be looked after in the same way that one would look after their face and their body. While some may make conscious efforts to adhere to a strict routine for their face – regular facials, fillers and make up – our hands often get placed on the back burner, and from there emerges the belief that our hands do not lie about our age. There are some diseases and infections that may prevent your hands from functioning at their optimal level, as well as a range of things that can be done in order to maintain the aesthetics of hands.

Types of hand and nail diseases:***Eczema on the hands:***

Hand eczema or hand dermatitis is a condition that can affect a patient both through genetics and through external “triggers” such as allergens and harsh chemicals.

In our current climate, with COVID-19 being a prevalent influence in our society, many people may find that their eczema on their hands has become more prominent and inflamed, due to the constant washing of hands and using alcohol-based sanitisers that already cause the skin to become dry and irritated.

A complex approach to managing the symptoms and flare-ups of eczema on the hands is beneficial. It is vital to consult a specialist before treating eczema, to determine the type and severity. A combination of treatments such as LLLT with the right wavelength and power settings, drug therapy, bleach baths (please consult a dermatologist before attempting a bleach bath yourself) and fragrance-free moisturisers can help to restore the skin. It can also be beneficial to conduct an allergy test, as allergens do not always have to be external factors, but flare-ups may occur from ingesting triggering foods, such as dairy, wheat or highly acidic foods.

Nail infections:

Fungal nail infections, also known as onychomycosis, are a fungal infection of the nail plate. They can affect both the fingers and the toe nails, are more common with advanced age, and can be picked up due to improper sterilisation of tools at a salon or medical centre, or at communal changerooms and showers, where people are often in bare feet.

In order to prevent the spreading of fungal infections to the fingernails, it is important for salons and medical centres to adhere to a strict process of sterilisation of tools and implements. An ideal system involves three steps:

Cleaning – tools are cleaned of any debris or skin cells, usually with a steel brush and a high-quality implement soap or detergent.

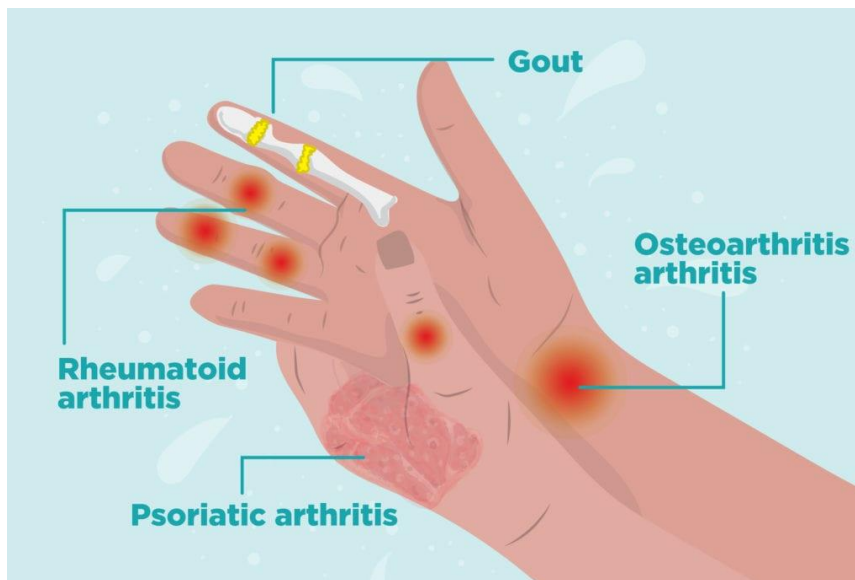
Disinfecting – the tools and implements are placed in a solution, usually containing Barbicide or hospital grade disinfectant, for a recommended 20-30 minutes, before rinsing and drying

Sterilizing – an autoclave or heat steriliser is an ideal way to complete the system, and tools should be placed in a heat steriliser at 121°C (250°F) for 30 minutes, or 132°C (270°F) for four minutes.

Fungal infections can be treated using a complex system that adheres to the philosophies of the CURE Method, such as conducting a course of LLLT as prescribed by a specialist. It is also vital to combine this with drug treatments, and many over-the-counter fungal creams can be applied in order to destroy the infection.

Arthritis:

Arthritis is not a single disease, but it is a common way to refer to a multitude of conditions that can affect the joints or tissues surrounding the joints. There are over 100 types of arthritis



and related conditions. Arthritis can affect the hands in many ways. "Any joint in your fingers, thumbs, knuckles and wrists can be affected..." (Arthritis Australia, 2017). There can be swelling, pain, stiffness and loss of strength observed in the hands after the development of arthritis. This can cause a lot of obvious visual

Image via: <https://creakyjoints.org/category/webinar/>

deformities in one's hands. As part of the CURE Method, Arthritis Australia recommends a variety of treatments for those suffering from arthritis in the hands, including the use of Low-Level Laser Therapy (LLLT) to reduce swelling and pain in the patient's hands, drug therapy and heat and cold to reduce inflammation and swelling, or relieving stiff and painful joints, as well as treatments like prolotherapy and peloid therapy.

Things you can do for your hands every day that may help improve the appearance:

Moisturise and oil

Treat your hands like you would your face and use a good moisturiser and cuticle oil to prevent your hands from drying out, especially during the winter months. Look for moisturisers and cuticle oils containing jojoba oil as the main ingredient. Jojoba oil is biomimetic, which means it shares properties with the oil our own bodies produce, meaning it "...acts and functions like the sebum already in your skin." (Rud, 2019).

Wear gloves

Many surface irritations can be exacerbated by constant exposure to chemicals, drying agents, and hot water. People who work in environments such as cleaning, beauty, health care, hospitality and mechanical work are often exposed to harsh substances such as acetone, dish washing liquid, various oils, dyes, bleaches and even hot temperature water can find that over time, they will develop dry or flaky skin, or even contact dermatitis, which will cause an allergic reaction to those agents after an extended period of constant exposure. Gloves can be especially beneficial in preventing (or at the very least delaying) such reactions, and it is

recommended for those in that line of work to develop a habit of wearing protective gloves to guard their hands.

Visit a specialist if you are concerned about any ongoing pain or external developments:

Oftentimes, one may put off visiting a specialist for any pain that begins to arise in the hands, and can often neglect to do so until they are unable to complete tasks such as doing up buttons or typing up shoes without pain. It is also important to visit a specialist if there are any concerning external developments such as rashes, reactions, spots or marks that arise suddenly or unexpectedly.

Case Study

Dr. Serguei Kisselev

H.T. 68 years old, female

Major complaints: Multiple joints experience constant (longer than 2 years) chronic pain, most prominent in the smaller joint of both hands, both hands have evidence of soft tissue swelling, mild to moderate interphalangeal joint deformities and function of the hands is severely affected. Patient cannot:

- do up buttons
- peel vegetables
- grip things

Has also been repeatedly dropping things and had to take off their wedding ring due to hands swelling.

Past Medical History includes:

- Fibromyalgia
- Depression
- Hypothyroidism
- OA – multiple joints
- Irritable Bowel Disease

Current medications include:

- Tramadol 50mg as required up to four times a day
- Amitriptyline 10mg at night
- Thyroxin 100mcg daily
- Lovan 20mg daily
- Diazepam 5mg as required
- Tried NSAIDs – found no benefit, ceased medication

After discussion and taking into consideration the results of their past management of pain, the "CURE" Method of therapy - a combination of PBM/LLLT and Peloid - was offered to the patient. The mode of action and possible negative side effects of both methods were explained.

Consent for the therapy was obtained.

The course of treatment consisted of 10 sessions daily or every second day. Each session included:

- NILBI (Non-Invasive Laser Blood illumination) over the Left subclavian artery with the following parameters: 635nm matrix pulsed head, 40W power, 80 Hz frequency, 2 minutes
- Scanning technique on both hands with a single laser diode head 635nm, 15mW power, 5 minutes on each hand
- Peloid application on both hands, warmed to 35 degrees C for 20 minutes.

Results of the "CURE" Method of treatment:

- They able to complete all daily tasks without restrictions
- Pain – 0/10
- Is able to weed the garden
- Is able to put their wedding ring back on



The positive results of the initial course of "CURE" therapy as a combination of PBM/LLLT and Peloid therapy lasted longer than three months. The problems began to return gradually after this time.

The course was repeated a second time, with 10 procedures five months after the initial course, and was able to achieve a complete relief of pain, stiffness, and functional restrictions eased after 5 sessions (quicker than the initial course of treatment).

Overall, they are very happy with the results achieved and are keen to maintain a pain free and functional life with maintenance courses of "CURE" therapy as a combination of PBM/LLLT and Peloid therapy every 3-6 months as recommended.

What is mud (Peloid) therapy?

The therapeutic use of mud (peloid therapy) is one of the most ancient methods of treatment based on the use of natural substances for health purposes. Healing mud (peloids) are natural colloidal organomineral formations containing a huge amount of therapeutically active mineral and organic substances (acids, salts, biostimulants and gases).

The healing effect achieved with the use of therapeutic mud is due to several factors:

- Thermal impact
- Mechanical impact
- Special chemical composition
- Long retention of heat

This provides:

- Local vasodilation and, as a result, improved blood circulation
- A normalization of vascular wall permeability
- Acceleration of metabolic processes in tissues

Strengthening microcirculation in tissues contributes to:

- Resorption of adhesions and softening of scars
- Improving joint mobility
- Removal of the pain syndrome

Thanks to this, therapeutic mud is used widely to treat a variety of pathologies in joints, muscles, blood vessels, etc.

The main benefits of this therapy include:

- A clear and lasting effect
- Safety. With the correct dosage, mud therapy has no negative effects.
- Ease of use.
- Pronounced effect after several sessions.

Relative contraindications include:

- Exacerbation of chronic diseases
- Acute inflammatory processes
- Acute purulent-inflammatory diseases
- General serious conditions
- Acute infectious diseases
- Benign and malignant neoplasms

What diseases can be treated with mud therapy?

- Diseases of the musculoskeletal system.
- Diseases of the nervous system.
- Skin pathologies.
- Topical peloid therapy is also used in rehabilitation after surgical interventions and injuries. This is due to the fact that the mud has a resorbing effect and prevents the appearance of adhesions, stretch marks and scars.

The health, fitness and beauty benefits of the Vibrosauna and Shapemaster Powertone Passive Pilates.

Irina Kisseleva, RN, CDE, owner of the Wellness Clinic

It is natural for everyone to strive to be healthy and to be in excellent physical shape. The Vibrosauna in combination with Shapemaster Powertone Passive Polites Program can be deservedly considered an excellent combination of all the necessary qualities that help people to always be at our best.

The Vibrosauna is a device that combines several therapeutic effects in one: a dry sauna (80 degrees Celsius), a vibrating massage and providing a cooling air flow to the face enriched with negative ions.

Vibrosauna simulates physical exercise, bringing the body into perfect physical shape without forcing one to engage the muscles. It relieves muscle aches and pains and increases the muscle tone.

A session in the Vibrosauna contributes to a number of benefits for the body:

- increases sweating, which improves the function of the kidneys
- relaxes and relieves muscle pain
- increases body temperature
- reduces the content of lactic acid in muscles after heavy physical exertion
- improves lymphatic drainage
- reduces joint pain in the lower back.

In addition, under the influence of vibration, an increased saturation of the body's cells with oxygen occurs. But it is

known that body cells use oxygen to increase the metabolism, which burns hydrocarbons and utilizes fat cells. At the same time, the kidney function is also enhanced, which accelerates the removal of lactates and toxins from the body.

Dry heat and vibration massage in the Vibrosauna raise the body temperature and speeds up blood flow, which also helps remove toxins from the body. The hotter the air around, the higher the metabolic rate, and this is a beneficial thing since calories are burned not only during the session, but also for several hours after it. The effect of dry heat on the cardiovascular activity is similar to a good exercise session and can even serve as a substitute for it. In terms of energy consumption, an identical time session in a Vibrosauna and a session physical activity are equivalent. Therefore, a 30-minute Vibrosauna session allows the body to regenerate itself, naturally raise energy levels and feel a lightness and harmony throughout the body.

The relaxing effect of the Vibrosauna is so unforgettable that having experienced the effect of this procedure at least once, you will want to repeat it again and again. It is a great way to improve sleep and blood circulation, and quickly recover from sports injuries and physical activity. The Vibrosauna is very useful for those who are overweight, and it is effective in normalizing blood pressure.

While in the Vibrosauna, you can just lie back, relax and enjoy the warm, pleasant massage, the harmonious music and aroma, while the vibro-capsule will do the rest for you.

Indications for the use of the Vibrosauna:

- diseases of the motor system
- muscle pain
- the need to increase general immunity
- being in a state of physical and mental exhaustion during overworking
- circulatory disorders

Despite all its useful properties, one should not forget about **contraindications**. These include:

- all acute and uncompensated diseases,
- advanced atherosclerosis,
- epilepsy,
- oscillatory hypertension,
- post-stroke conditions, cancers,
- extensive varicose veins,
- claustrophobia and
- the presence of a pacemaker.



Vibrosauna is used as an independent procedure and can also be combined with other healing procedures such as the **Shapemaster Powertone Passive Pilates**.

What is it?

The Powertone + Pilates range of toning tables are power assisted and help lengthen, strengthen and tone the body without any stress or strain on the body or its muscles by incorporating three unique systems in one, using the magic of continuous passive motion (CPM), isokinetics, plus a special Pilates techniques to help work your body smart, not hard!



The Pilates method concentrates on strengthening the deep postural muscles and re-addressing muscle imbalance. By doing so, it increases flexibility and strength whilst improving posture and body awareness.

The Powertone + Pilates machines will put you in the perfect position to exercise without causing stress

to the body while completing the movement for you, so you can engage your core and concentrate on breathing techniques making the exercise more effective.

Who will benefit from Powertone Passive Pilates exercise?

- New mothers will be able to regain their core and tone up to look and feel beautiful while regaining their calm amidst a hectic schedule.
- Office workers will be able to take a time out to revitalise their mind while the machines unwind tension and daily stress from the body, simultaneously improving posture.
- Health conscious people who want to maintain their fitness and improve core and posture.
- Injured sports people can maintain a fitness program while recovering and will enjoy the stretch, balance and core strength that they will attain.
- Seniors will be able to enjoy exercises safely with supervision and comfortably positioned to safely increase mobility and reduce pain



Combined course of treatment with the Vibrosauna and the Shapemaster Powertone Passive Pilates Program is for you if you:

- Unfit and overweight? This program will get you going and increase your energy, and as you tone up, help you burn more calories.
- Happy and healthy? You want to enjoy smart exercise that balances and elongates the muscles and helps improve core, balance and breathing.
- Already active? This will improve your fitness level and be a fun sociable place to enjoy maintaining your stretch and core training.

As a result of the combined course of treatment with the Vibrosauna and the Shapemaster Powertone Passive Pilates Program, patients can see a noticeable difference in their bodies, such as loss of cms, significantly improving the appearance of the skin and improving the appearance of cellulite. A combination of these also do wonders for the mental state of a person and their general well-being. A standard course of vibration massage treatment and Shapemaster Powertone + Pilates is about 6-15 procedures carried out within one month. Specific recommendations vary depending on the individual and must consult a specialist before commencing treatment.

The spa life five thousand years ago: Where and how our distant ancestors rested and relaxed?

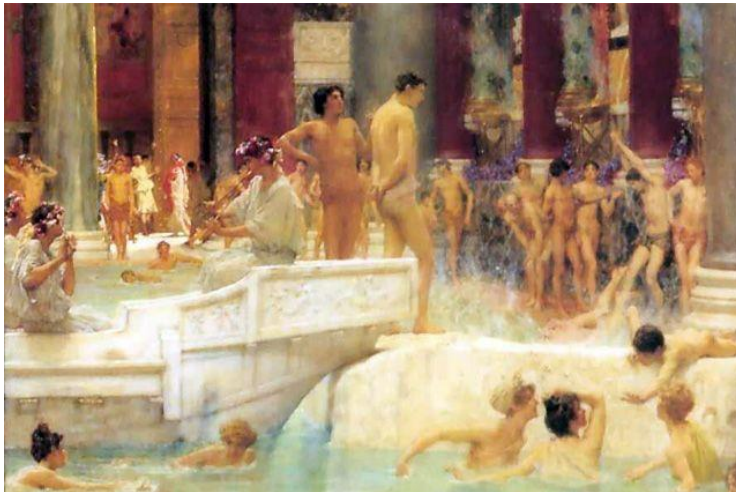
Article from the newspaper: AIF Health N°36 08/09/2016

Translated and adapted by Svetlana Kisseleva

The earliest, man-made spa facilities are five thousand years old.

During excavations in India, traces of baths, swimming pools and shops were discovered, in

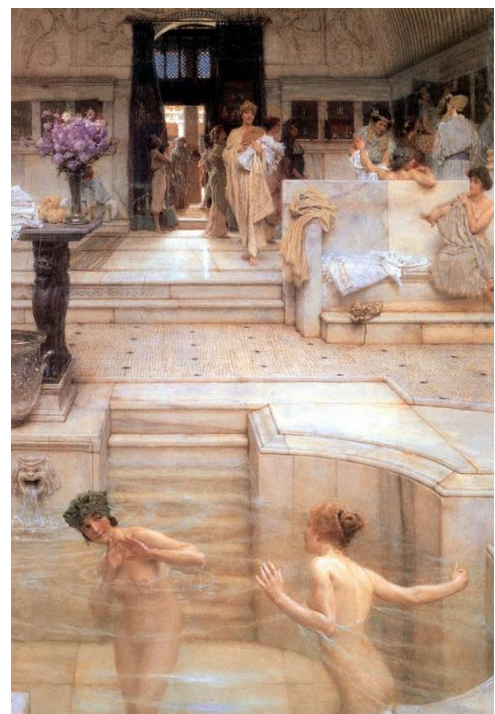
which they traded drinking water in vessels of a bizarre shape. Even in the Old Testament, Lake Betsoja is described as the place where the thirsty for healing would flock.



Waters and mud

The oldest resorts in Italy, bestowed by nature herself, were the grottoes, filled with steam from numerous sources. According to Pliny, there were no doctors in Rome at all for six hundred years. The health of the Romans was ensured by sunlight, physical exercise, massages and waters from thermal springs.

*A fragment of Laurence Alma-Tadema's painting
"The Baths of Caracalla", 1899 © / reproduction*



According to legend, the healing properties of mineral waters were discovered in the Venetian lands. Roman soldiers, returning after battle, passed through Abano. The horses' legs were wounded during long rides, and the horses were limping. This was, until they reached the Euganean Hills. Hardly having passed through the muddy trails afoot, the horses were suddenly ready, perked and prancing. Wounds healed

almost before the eyes of the warriors! The warriors were also healed if they got dirty in the mud, especially if it was mixed with water from the spring.

Lawrence Alma-Tadema "Favourite occupation", 1909. Photo: reproduction

According to legend, in these thermal springs, the powers of both Hercules and Emperor Nero were restored.

It is unknown when man-made thermae appeared in Europe, but the Romans built terraces everywhere, where legionnaires invaded and where there were sources of mineral water and mud. Some of the most famous European resorts - Baden-Baden, Vichy, Karlovy Vary – were built from the ruins of Roman baths. We can say that the real flourishing of the spa and resort business began with the Roman Empire.

10 centuries without a single bath

In the Middle Ages, the thermae began to decay and collapse. They were considered "the breath of hell". The Inquisition even imposed a ban on calling mineral water "water", referring to it as "the descendant of hell." The French philosopher Michelet said of this period: "A thousand years without a single bath".

Crusaders brought various infections and skin diseases among them from the East. This made doctors once again turn to hydrotherapy. In the 14th century, Baden-Baden was rebuilt in



Badon, and around this time Karlsbad (Karlovy Vary) was also founded.

In the XVII century in France, measures were taken to supervise the mineral springs for the first time. Special decrees were issued, and resort inspections appeared. At the same time in Karlovy Vary, tax money was taken from patients for the first time, in order to establish the procedure for conducting medical procedures.

Baden-Baden, 1900. Photo: commons.wikipedia.org

...and there was no banquet

The development of Russian resorts began with Peter the Great. In 1715, he fell ill and went to the city of Pyrmont in Germany for treatment. "He stayed there for three weeks, ingesting water. On the 30th of May, there was no public banquet on the birthday of the tsar, since the doctors were ordered not to drink wine, but to drink that water." Returning home, Peter ordered the court physicians "to look for the waters in our country that can be used to heal various diseases." These such waters were found in the province



of Olonets. In 1719, a palace was built near Petrozavodsk, where the tsar lived with his family. This was the first domestic resort, named Marcial Waters. It was the court-physician of Peter the Great, Dr. Gottlieb Shoher, who named the place where the waters in the resort heal others "Kurort" ("kur" - "treatment", "ort" - "place"), that is, "place of treatment".

The house of the source keeper in which the museum "Marcial Waters" is located.

Photo: Commons.wikimedia.org

CURE Sponsoring Football team

The most essential part of the CURE method is physical activity. Exercise of any kind – anything from the top level of sport to the gentle rehabilitation of injured and illness affected people can't be replaced by anything else.

The best group of people who can promote our concept are young, determined and well educated, especially if they can meet others and can share our ideas.

YHC – CURE group met such a group of people in Russia, Novorossiysk city's branch of the University of Ministry of Internal Affairs. The Futsal team of the university were very keen to accept our sponsorship offer and to promote our ideas on an international level. We are very proud to see our logo on their uniform this season and in the future.

More than 20 years have passed since futsal became a part of the physical education in the Ministry of Internal Affairs in Russia. From the first days of the formation of the Novorossiysk branch of the Krasnodar University of the Ministry of Internal Affairs in Russia, it was decided to create a team for this exciting sport. In the mid-1990s, the cadets and officers of the branch devoted all their free time to football, playing on various grounds where they could kick the ball. Most often, these games were held outdoors, less often in gyms. Over time, conditions have constantly and qualitatively changed. The team also changed. In 2012, our team took part for the first time in a tournament organized outside the Ministry of Internal Affairs system.



Since 2013, the Krasnodar University of the Ministry of Internal Affairs of Russia holds the annual open championship of the university in futsal. Both in 2013 and 2014 the team of the Novorossiysk branch won this tournament. Over time, this tournament grew from a domestic one to an international one, since 2019. Our team in 2018 - 2019 became the 4th among 19 teams.

In 2014 and 2015, the team became the winner of the championship of Novorossiysk among law enforcement agencies, thanks to which it won the right to participate in the open championship of the Krasnodar Region among teams representing law enforcement agencies. And if in 2014 the team climbed to only 8th place out of 35, then the next year the team won bronze medals in this tournament. In 2015, the administration of the city of Novorossiysk created a separate structure - the Novorossiysk Football League (NFL). The team won all the minor leagues with great success and became the NFL Major League team in 2018. In 2019-2020, the branch team took part in four different tournaments. At the tournament dedicated to Police Day, the team won gold medals. At the winter cup of the city of Novorossiysk - "Christmas Stars" in a bitter struggle lost in the final and won silver medals. In the spring city cup in March 2020, the team won bronze medals.

During the not so long history of the team's existence, people believed in their potential, luck and excellence and a huge number of fans began to support them. The COVID-19 pandemic has made its own adjustments to the sports life of our team. In May 2020, the NFL decided to host an online tournament for fans. The winner of each "game" was identified by the biggest number of voters on the NFL's Instagram page. And in this interesting competition the supporters of the Novorossiysk branch of the Ministry of Internal Affairs University team won the 1st place.

The management and staff of the YHC Group believe that this international cooperation between our company and young and ambitious team of the Novorossiysk branch of the Ministry of Internal Affairs University will bring the ideas of our concept of a healthy lifestyle regardless of people's ages and physical conditions on the highest level, become familiar to many people around the world and change their life for the best.

OUR SUPPORTERS



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“CURE”
EQUIPMENT FOR
“CURE”
METHOD

CURE Electrotherapy Device

CURE Laser Therapy Device

CURE Vacuum Massage Device

Areas of Application for “CURE” equipment

General Medicine - Sport Medicine - Musculoskeletal Medicine - Dermatology/Cosmetology - Gastroenterology
Gynaecology - ENT - Neurology - Chronic Non-Healing Wounds - Physiotherapy - Podiatry - Beauty Therapy -
Lymphatic drainage - Weight management

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