



Deta
Elis
Holding
Health
Innovation
Human

The device harmonizes
and corrects the natural
electromagnetic emissions
of natural bio systems

DeVita Ritm+
Model Mini

Methodological recommendations

INTRODUCTION

A unique wellness device that has no analogues in the world. It is necessary for every person to maintain a high level of health in the modern world. The device is used to contribute and protect against stress factors, maintain healthy homeostasis, improve efficiency, prevent premature aging.

METHOD OF WORK

The device is based on the work of scientists R. Voll, H. Shimmel, A.F. Cramer and others who were studying the electromagnetic radiation of the body. According to their studies, each organ has its own oscillations, which in weakened organs differ from healthy ones. The DeVita Ritm+ Mini device has separate low-intensity bioresonance frequencies for various organs and systems that mimic the vibrations of healthy organs. The impact of these frequencies “adjusts” the body to a healthy wave, which, as a result, leads to an increase in the reserves of adaptation and restoration of the processes of self-regulation.

DEVICE FEATURES

The device includes 22 (6 of them new) complexes consisting of manual and automatic programs. Each user can create their own unique complexes (the device can accommodate up to 50 in total) and has the functional to download new complexes and programs that will be created by the company's specialists.

TIME OF USE

The device DeVita Ritm+ Mini is expedient to apply in the morning, also when there is a need. The device must be facing with its back to your body.

For complex solution of health problems, maintenance of high tonus and adaptation, we recommend using DeVita Energy 11 Mini devices in the morning and DeVita AP+ Mini in the evening or night.

These Methodical Recommendations contain a list of all programs included in the following complexes, schemes of Devita Ritm+ device application for complexes № 3 - 19, description of automatic programs.

Detailed application schemes of the devices are given in the “Complex Approach” catalog. Description of all manual programs with their application is given in the “List of manual programs of Devita Ritm+” brochure.

Complexes

- | | | |
|-------------------------------|--------------------|----------------------|
| 1. General list of programs 1 | 10. Clean skin | 19. Stop Coronavirus |
| 2. General list of programs 2 | 11. Stop parasites | 20. First aid |
| 3. Heart and circulation | 12. Stop allergy | 21. Gastritis + |
| 4. Digestion without problems | 13. Men's health | 22. Healthy skin |
| 5. Stop stress | 14. Women's health | 23. Healthy back |
| 6. Stop insomnia | 15. Body figure | 24. Health 60+ |
| 7. No cold | 16. Healthy Cell* | 25. Healthy child |
| 8. Movement without pain | 17. Lyme Disease* | |
| 9. Sport performers | 18. Healthy teeth* | |

1. Complex "General List of programs 1"

- | | |
|----------------------------------|---------------------------------------|
| 1. 7 chakras | 30. No poisoning – automatic |
| 2. Active protection | 31. Normal blood pressure – automatic |
| 3. Anti-stress | 32. Healthy sleep – automatic |
| 4. Blood circulation regulation | 33. Joints without pain – automatic |
| 5. Clean kidneys | 34. Healthy joints – automatic |
| 6. Clean lymph | 35. Men's Health – automatic |
| 7. Detoxification | 36. Without gout – automatic |
| 8. Digestion | |
| 9. Digestion normalization | |
| 10. Women's health | |
| 11. Men's health | |
| 12. Healthy heart | |
| 13. Healthy sleep | |
| 14. Hormones normalization | |
| 15. Intestine without problems | |
| 16. Joints without inflammation | |
| 17. Joints without pain | |
| 18. Immune protection | |
| 19. Cellular respiration | |
| 20. Healthy kidneys | |
| 21. Vegetative regulation | |
| 22. Healthy joints | |
| 23. Stop prostatitis | |
| 24. Balanced nervous system | |
| 25. Healthy Day automatic | |
| 26. Health automatic | |
| 27. Complete cleansing automatic | |
| 28. High tonus automatic | |
| 29. Healthy metabolism automatic | |

2. Complex “General List of programs 2”

1. Cardiac rhythm normalization
2. Healthy eyesight
3. Good mood
4. Recovery from injuries
5. Female sexuality
6. Male sexuality
7. Warm -up
8. Workout
9. Recovery after training
10. Without allergens
11. Healthy venous system
12. Without headache
13. Normal blood sugar
14. Functional memory +
15. Anti-cold
16. Free breath
17. Beautiful skin
18. Beautiful hair and nails
19. Healthy Ears
20. Healthy Pancreas
21. Healthy Thyroid
22. Nervous System - General
23. Strong teeth
24. Throat without problems
25. Anti cold - automatic
26. Healthy skin and hair - automatic

Attention! Depending on the degree of intoxication of the organism under the influence of the auto-program “Complete cleansing automatic”, unpleasant sensations, nausea, headache, urinary and sweating, urinary defecation, etc. may appear in the first days of use.

Try to drink more pure drinking water, take a shower 2 times a day.

If there are serious chronic diseases, then the first 2 weeks, use the program every other day.

3. Complex “Heart and circulation”

Applied for helping on problems with the cardiovascular and lymphatic systems.

1st month, everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

Additionally every day during the afternoon:

— at instability of pressure (deviations from the norm) – “Normal blood pressure - automatic”

If necessary:

— program “Cardiac Rhythm Normalization”, “Healthy venous system”, “Without headache”

2nd month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”
- additional programs of the first month every day in the afternoon.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”
- additional programs of the first month every day in the afternoon.

4. Complex “Digestion without problems”

For chronic problems with the organs of the digestive tract.

1st month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day during the afternoon:

- if the intestine, liver, gall bladder is disrupted - program – “Intestine Without Problems”
- at an instability of a level of sugar in blood – “Normal blood sugar”
- in case of problems with pancreas – “Healthy Pancreas”

2nd month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”
- additional programs of the first month every day in the afternoon.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”
- additional programs of the first month every day in the afternoon.

During poisoning:

- “No poisoning - automatic” — daily for 3-5 days.

5. Complex “Stop stress”

With stress, fatigue, reduced performance, depressive states.

1st month, everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

Additionally every day during the afternoon:

— to improve the process of remembering, removing mental fatigue – program

“Functional memory +”

— to reduce high stress load – **“Balanced nervous system”**

— when depressed – **“Good Mood”**

2nd month, everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

— additional programs of the first month every day in the afternoon.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

— additional programs of the first month every day in the afternoon.

6. Complex “Stop insomnia”

At a condition of nervous excitation, problems with falling asleep, disturbances during sleep.

1st month, everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

If necessary:

— With regular problems with falling asleep — program **“Healthy Sleep”**, daily 2 hours before bedtime.

— for sleep disturbance due to depression — programs **“Good Mood”** and **“Healthy Sleep”**, daily 3 hours before bedtime

— in case of sleep disturbance due to nerve overexertion — **“Healthy sleep – automatic”**, daily 3 hours before bedtime

2nd month, everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

— additional programs of the first month every day in the afternoon.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”
- additional programs of the first month every day in the afternoon.

7. Complex “Active immune system”

For the prevention of colds, as well as relief from bacterial and viral infections.

In the season of catarrhal diseases, with hypothermia - everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

At the first signs of catarrhal diseases (except for the flu), everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally daily for 5 - 7 days:

- program “Anti-Cold” or “Anti cold - automatic” – in the presence of cough.

At the first signs of the flu every day for 5-7 days, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally in the next 10-12 days: “Anti cold - automatic”.

8. Complex “Movement without pain”

In case of problems with the musculoskeletal system: pain, inflammation of the joints, muscles, spine, injuries.

1st month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day during the afternoon:

- with active physical activity on the joints and spine, post-traumatic inflammatory manifestations – “Joints without pain - automatic”

— In case of any problems with joints and prevention of their exacerbation – **“Healthy joints - automatic”**

— to relieve the joints from gout **“Without gout - automatic”**

2nd month, everyday alternating with each other during the day:

— **“Healthy Day automatic”**

— **“Health automatic”**

— additional programs of the first month every day in the afternoon.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

— **“Healthy Day automatic”**

— **“Health automatic”**

— additional programs of the first month every day in the afternoon.

9. Complex **“Sport performers”**

With intense physical exertion, trauma, and also to reduce the toxic load and rapid recovery after training.

1st month, everyday alternating with each other during the day:

— **“Healthy Day automatic”**

— **“Health automatic”**

Additionally:

— program **“Warm-Up”**, 1.5 hours before the workout

— program **“Workout”**, during the training process

— program **“Recovery after training”**, after active physical activity

2nd month, everyday alternating with each other during the day:

— **“Healthy Day automatic”**

— **“Health automatic”**

— additional programs of the first month every day in the afternoon.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

— **“Healthy Day automatic”**

— **“Health automatic”**

— additional programs of the first month every day in the afternoon.

10. Complex “Clean skin”

With inflammatory processes on the skin, fungal burdening of hair and nails, herpetic weights (shingles).

1st month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day in the afternoon:

- “Healthy skin and hair - automatic”

2nd month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day in the afternoon:

- “Healthy skin and hair - automatic”

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day in the afternoon:

- “Healthy skin and hair - automatic”

11. Complex “Stop parasites”

To maintain health of: owners of domestic animals, garden plots, travelers, families with children under 12 years. When your appetite changes, unexplained pain, inflammation, the appearance of allergies.

1st month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day in the afternoon:

- “Intestine Without Problems”

2nd month, everyday alternating with each other during the day:

- “Healthy Day automatic”

— “Health automatic”

Additionally every day in the afternoon:

— “Intestine Without Problems”

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

Additionally every day in the afternoon:

— “Intestine Without Problems”

12. Complex “Stop allergy”

With various allergic reactions: for food, dust, pets, pollen of plants.

1st month, everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

Additionally every day in the afternoon:

— program “Without Allergens”

If necessary: to relieve allergy symptoms “Anti cold - automatic”.

2nd month, everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

Additionally every day in the afternoon:

— program “Without Allergens”

If necessary: to relieve allergy symptoms “Anti cold – automatic”.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

— “Healthy Day automatic”

— “Health automatic”

Additionally every day in the afternoon:

— program “Without Allergens”

If necessary: to relieve allergy symptoms “Anti cold - automatic”.

Attention! With pollinosis, the course should be started 2 months before the flowering of plants. A stable positive result for solving problems with allergies can be obtained with regular use of the programs of the complex for 6 months.

13. Complex “Men’s health”

With psychological and functional problems with the organs of the male genitourinary system.

1st month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day in the afternoon:

- inflammation of the urogenital system and problems with potency – “Men’s Health - automatic”
- with a decrease in male sexual function and prevention of problems of the genitourinary system program “Men’s Health”

If necessary: with psychological dysfunction problem - program “Male Sexuality”.

2nd month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”
- additional programs of the first month every day in the afternoon.

3rd month: “Complete cleansing automatic”

4th month everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”
- additional programs of the first month every day in the afternoon.

14. Complex “Women’s health”

With functional violations of the female genitourinary system, to harmonize the work of the organism in the premenstrual and climacteric period.

1st month, everyday alternating with each other during the day:

- “Healthy Day automatic”
- “Health automatic”

Additionally every day in the afternoon:

— program “**Women’s Health**”

If necessary: with a decrease in libido – program “**Female Sexuality**”.

2nd month, everyday alternating with each other during the day:

— “**Healthy Day automatic**”

— “**Health automatic**”

Additionally every day in the afternoon:

— program “**Women’s Health**”

3rd month: “**Complete cleansing automatic**”

4th month everyday alternating with each other during the day:

— “**Healthy Day automatic**”

— “**Health automatic**”

Additionally every day in the afternoon:

— program “**Women’s Health**”.

15. Complex “**Body figure**”

For gentle and comfortable weight loss, regulation of appetite.

Attention! To obtain the most effective result before using this complex, we recommend first to reduce the possible toxic load, to restore the self-regulation processes using the main modes (“**Healthy Day automatic**”, “**Health automatic**”, “**Complete cleansing automatic**”) of the Complex “**Stop parasites**” within 3-4 months.

4th-6th month: “**High tonus automatic**” and “**Healthy metabolism automatic**” day by day, alternating with each other in the daytime

16. Complex “**Healthy Cell**”*

**Important! The complex is not contained in the device, when working on these problems it is necessary to use programs from the list of complexes “General list of programs 1” and “General list of programs 2”. Schemes are specified in these “Methodical Recommendations”.*

They are used to prevent cell degeneration and the formation of pathological neoplasms.

Attention! This complex is recommended to be used after a 2-month basic cleansing according to the regimen of the “**Digestion without problems**” complex.

3rd month, month daily in the daytime according to the following regimen:

- 1 day — **“Healthy day”** + manual programs for the correction of relevant organs. The program start time is not later than 8:00.

- 2 day — **“Health”**. The program start time is not later than 8:00.

4th month daily by the daytime according to the following regimen:

- 1 day — **“Healthy day”** + manual programs for the correction of relevant organs. The program start time is not later than 8:00.

- 2 day — **“Complete Cleansing”**. The program start time is not later than 8:00.

Programs of 3rd and 4th months are to repeat for 2 more cycles!

17. Complex **“Healthy Cell”***

**Important! The complex is not contained in the device, when working on these problems it is necessary to use programs from the list of complexes “General list of programs 1” and “General list of programs 2”. Schemes are specified in these “Methodical Recommendations”.*

It is used to maintain a good health coefficient after suffering tick-borne borreliosis (Lyme disease).

Attention! This complex is recommended to be used after a 2-month basic cleansing according to the regimen of the “Digestion without problems” complex.

3rd month, month daily in the daytime according to the following regimen:

- 1 day — **“Healthy day”** + **“Nervous system”**. The program start time is not later than 8:00.

- 2 day — **“Health”**. The program start time is not later than 8:00.

4th month daily by the daytime according to the following regimen:

- 1 day — **“Healthy day”** + **“Nervous system”**. The program start time is not later than 8:00.

- 2 day — **“Complete Cleansing”**. The program start time is not later than 8:00.

Programs of 3rd and 4th months are to repeat for 2 more cycles!

18. Complex **“Women’s health”***

**Important! The complex is not contained in the device, when working on these problems it is necessary to use programs from the list of complexes “General list of programs 1” and “General list of programs 2”. Schemes are specified in these “Methodical Recommendations”.*

It is used after dental interventions and with chronic problems of the oral cavity.

Scheme 1. Use after dental interventions (removal, implantation, treatment, etc.). Duration of use 2 weeks:

- 1st day — “Healthy day” + “Stop injury”. The program start time is from 8:00.
- 2nd day — “Health” + “Strong teeth”. Program start time from 8:00.

Scheme 2. Use for chronic oral problems:

1st month: daily in the daytime according to the scheme of the “Digestion without problems” complex.

2nd month:

- 1st day — “Healthy day” + “Strong Teeth”. The program start time is not later than 8:00.
- 2nd day — “Health”. The program start time is not later than 8:00.

3rd month:

- 1st day — “Healthy day” + “Strong Teeth”. The program start time is not later than 8:00.
- 2nd day — “Full Cleansing”. The program start time is not later than 8:00.

4th month: repeat 2nd month regimen.

19. Complex “Stop Coronavirus”

To prevent coronavirus infection, as well as alleviate the condition with bacterial and viral loads.

In order to reduce the risk of infection, alternating daily with each other every other day:

- “Healthy Day automatic”
- “Health automatic”

Additionally:

- “Immune protection” – after the program “Healthy Day automatic”

At the first signs of the disease, alternating daily with each other every other day for 2 weeks:

- “Healthy Day automatic”
- “Health automatic”

Additionally:

- “No cold automatic” – after the DeVita Ritm “Health automatic” program, during the first week. And after the “Healthy Day automatic” program, during the second week.

To maintain health after infection, daily alternating with each other every other day for 2 weeks:

— “Healthy Day automatic”

— “Health automatic”

Additionally:

— “No cold automatic” – after the DeVita Ritm “Health automatic” program

— “Healthy heart” – after the DeVita Ritm program “No cold automatic”.

— “Healthy kidneys” – after the DeVita Ritm program “Health automatic”

20. Complex “First aid”

The effect of the programs of the complex is aimed to quickly eliminate unpleasant sensations: nausea, pain, inflammation.

Manual programs

1. Muscles without pain
2. Stop pain (head)
3. Nerve restoration
4. Recovery after infection
5. Restoration of blood supply
6. Stop asthma

Automatic programs

7. Active recovery -automatic

21. Complex “Gastritis +”

The effect of the programs of the complex is aimed at improving the work of the GI organs: It reduces inflammation, restores mucous membranes, eliminates discomfort and ensures normal functioning of the stomach, all parts of the intestines, pancreas and liver.

Manual programs

1. Healthy Stomach
2. Stomach and intestines
3. Normal intestines
4. Without constipation

Automatic programs

5. Stomach + -automatic
6. Without disbacteriosis -automatic
7. Healthy Intestine-automatic

22. Complex “Healthy skin”

The effect of the programs of the complex is aimed at fighting pathogenic bacteria and fungi of the skin, reducing inflammation, increasing skin immunity, improving the external condition of the skin, hair, and nails.

Manual programs

1. Healthy skin
2. Skin without wrinkles
3. Facial Tonus

23. Complex “Healthy back”

The effect of the complex programs is aimed at improving the condition of the spine and back muscles, reducing pain sensations, reducing inflammation and swelling. It facilitates the ease of movement.

Manual programs

1. Healthy spine
2. Muscles without pain

Automatic programs

3. Healthy spine-automatic

24. Complex “Health 60+”

The effect of the programs of the complex is aimed at maintaining the health of elderly people, taking into account the main problems that are typical for this category of the population. It will help in achieving an active longevity.

Manual programs

1. Active protection
2. Blood circulation regulation
3. Anti-stress
4. Detoxification
5. Digestion
6. Hormones normalization
7. 7 chakras
8. Healthy Stomach
9. Stomach and intestines
10. Intestine without problems
11. Without constipation
12. Digestion normalization
13. Clean lymph
14. Healthy Heart
15. Cardiac rhythm normalization
16. Healthy kidneys
17. Cellular respiration
18. Healthy spine
19. Healthy joints
20. Muscles without pain
21. Without headache
22. Healthy venous system
23. Healthy Pancreas
24. Normal blood sugar
25. Functional memory +
26. Stop asthma
27. Anti-cold
28. Free breath

29. Without allergens
30. Recovery after infection
31. Restoration of blood supply
32. Balanced nervous system
33. Healthy sleep
34. Nerve restoration
35. Stop prostatitis
36. Men's health
37. Women's health
38. Healthy skin
39. Recovery from injuries
40. Healthy eyesight

Automatic programs

41. Healthy Day-automatic
42. Normal blood pressure-automatic
43. Healthy spine-automatic
44. Stomach + -automatic
45. Active recovery -automatic
46. Healthy sleep-automatic
47. Without gout-automatic
48. No poisoning-automatic
49. Men's Health-automatic
50. Anti cold-automatic

25. Complex “Healthy child”

The effect of the programs of the complex is aimed at maintaining the health of children from 0 to 12 years of age, taking into account the age particularities. It will help to strengthen immunity, better adapt to new conditions (kindergarten, school).

Manual programs

1. Active protection
2. Blood circulation regulation
3. Anti-stress
4. Detoxification
5. Digestion
6. Without allergens
7. Intestine without problems
8. Healthy Stomach
9. Stomach and intestines
10. Normal intestines
11. Without constipation
12. Rest for Eyes
13. Recovery from injuries
14. Stop pain (head)
15. Concentration
16. Functional memory +
17. Accurate Calculation
18. Fast Reading
19. Anti-cold
20. Free breath
21. Healthy skin
22. Healthy Ears
23. Throat Without Problems
24. Immune protection
25. Balanced nervous system
26. Healthy sleep
27. Healthy spine
28. Muscles without pain

Automatic programs

29. Stomach + -automatic
30. Healthy Intestine-automatic
31. Anti cold-automatic
32. Healthy sleep-automatic
33. Healthy spine-automatic
34. Day (Child)- automatic

With regular, correct use of DeVita Mini devices any user may receive a unidirectional positive result of effective recovery, youth and longevity.

Automatic programs

| Name of the program | Effect of the program | Programs | Working time |
|------------------------------|---|--|--------------|
| Healthy Day automatic | <p>It contributes improving the blood supply of organs and tissues, activates the excretory systems, improves the metabolism, correctly distributes the energy balance, relieves nervous tension, strengthens the protective functions of the body.</p> <p>Acts against toxic loads collected in accordance with the daily biological activity of the organs.</p> | <p>Active protection, Blood circulation regulation, Anti-stress, Detoxification, Digestion, Hormones normalization, 7 chakras</p> | 5:21 |
| Health automatic | <p>It helps correcting the state of the immune system for colds viral diseases, improves cellular metabolism, which facilitates faster clearance of toxins. Also helps to restore the work of systems and organs disrupted in the course of illness.</p> | <p>Immune protection, Cellular respiration, Vegetative regulation, Intestine without problems</p> | 8:03 |
| Complete cleansing automatic | <p>Helps activating the work of excretory systems, removes toxins, increases the adaptive reserves and defenses of the body. Acts against toxic loads collected in accordance with the daily biological activity of the organs.</p> | <p>Active protection, Blood circulation regulation, Intestine without problems, Clean kidneys, Clean lymph, Hormones normalization</p> | 14:10 |
| High tonus automatic | <p>Promotes the removal of toxic loads from the liver, kidneys and lymphatic system, activates their work, improves blood circulation. Starts the natural processes of rejuvenation.</p> | <p>Immune protection, Cellular respiration, Clean kidneys</p> | 6:20 |

| | | | |
|-----------------------------------|---|--|------|
| Healthy metabolism automatic | Promotes harmonizing the work of the body, regulates the activity of the autonomic nervous system, stabilizes the appetite, activates the work of the digestive organs and secretions. Promotes the normalization of metabolic processes and psycho-emotional state, reduction of body weight and improvement of quality of life. | Vegetative regulation, Intestine without problems, Clean kidneys | 6:00 |
| No poisoning - automatic | Helps on the reduction of the harmful effects on the body of toxins (food, drug, alcohol). Contributes to neutralize and more likely to withdraw them from the intestine and liver, reducing the burden on these organs. | Detoxification, Intestine without problems | 2:26 |
| Normal blood pressure - automatic | Relieves spasm of blood vessels, normalizes blood pressure. It helps restoring the heart and kidneys, normalizing cellular metabolism, reducing hypoxia and relieving from toxins. Improves blood circulation of organs, helps reduce swelling. | Healthy heart, Cellular respiration, Clean kidneys | 6:07 |
| Healthy sleep - automatic | It contributes removing psychological stress, relaxes the central nervous system, improves the quality and duration of sleep. | Balanced nervous system, Healthy sleep | 3:06 |
| Joints without pain - automatic | Relaxes the tensed muscles, improves the condition of the ligamentous apparatus, activates the blood supply, reduces pain and inflammation in the joints and spine. Effective with an active load on the musculoskeletal system, trauma. | Joints without pain, Joints without inflammation | 3:06 |

| | | | |
|-----------------------------------|--|--|------|
| Healthy joints - automatic | Relieves from inflammation and pain in the joints and spine. Improves their blood supply and nutrition. Promotes the restoration of damaged joints tissues, including articular cartilage and synovial membrane, as well as surrounding tissues: ligaments, tendons and muscles. Effective for any problems with joints: arthritis, artorosa, stiffness. | Joints without pain, Joints without inflammation, Healthy joints | 5:22 |
| Healthy skin and hair - automatic | It helps improving the blood supply of the skin, corrects the work of sebaceous and sweat glands, which increases skin immunity and reduces the manifestation of bacterial and fungal lesions. Also improves blood circulation in the capillaries of the hair follicles and the nail plates, promoting increased nutrition of hair and nails. | Beautiful skin, Beautiful hair and nails | 3:36 |
| Anti cold - automatic | It is used during colds and allergic reactions (pollinosis). Relieves inflammation and reduces the respiratory manifestation of colds and allergies: puffiness, stuffy nose, cough. | Anti-cold, Free breath | 3:31 |
| Men's Health - automatic | Promotes normalization of the prostate gland, general improvement of the urogenital system in men, increases activity and sexual endurance. It also helps to prevent the emergence of problems associated with the disruption of the functions of the urogenital system. | Men's health, Stop prostatitis | 3:31 |
| Without gout - automatic | Promotes normalizing the metabolism in the body, regulates the balance of K, Ca, Na, P. It removes inflammation in the joints, reduces swelling, promotes the removal of salts and toxins. Improves the functional state of the kidneys. | Healthy joints, Digestion normalization, Clean kidneys | 6:07 |

| | | | |
|---|--|---|------|
| Active recovery -automatic | <p>The program promotes the recovery from infectious diseases. It normalizes nervous system function, improves blood circulation, helps restore hematopoietic function, strengthen blood vessels, reduce manifestations such as insomnia, and anxiety.</p> <p>Application: daily for a month after infections, in conjunction with the programs "Restoration of blood supply" on DeVita Ritm and "Deep sleep-automatic" on DeVita AP.</p> | Recovery after infection Restoration of blood supply | 6:22 |
| Stomach + -automatic | <p>The program helps to reduce pain, restore mucosa, normalize the stomach and intestines, including pH balance.</p> <p>Application: daily for a month, combined with the "Healthy Stomach" program on DeVita AP and the "Stop stress" or "Digestion without problems" programs on DeVita Ritm. In order to prevent exacerbations, the cycle is carried out 2-3 times a year.</p> | Healthy Stomach Stomach and intestines | 4:52 |
| Without dis- bacteriosis -automatic | <p>The program reduces spasms and painful symptoms, improves peristalsis, and promotes recovery of the intestinal mucosa.</p> <p>Application: daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).</p> | Stomach and intestines Normal intestines | 4:27 |
| Healthy Intestine- automatic | <p>The program improves intestinal motility, which contributes to better evacuation of the bowel contents, helps in the restoration of mucous membranes, improves blood supply to the given area, and reduces pain.</p> | Normal intestines Without constipation | 4:12 |

| | | | |
|-----------------------------|---|--|------|
| Healthy Intestine-automatic | <p>Application: daily for 1-6 months or as needed, in conjunction with the corresponding programs on DeVita Ritm and DeVita AP (see "Digestion without problems", "Gastro+" complexes).</p> | Normal intestines Without constipation | 4:12 |
| Healthy spine-automatic | <p>The program helps relieve pain and muscle spasm, improves the condition of the ligamentous apparatus, restores metabolic processes in tissues, increases the elasticity of muscle fibers.</p> <p>Application: daily until recovery, in conjunction with the "Joints without inflammation" program on DeVita Ritm and "Healthy back- automatic" on DeVita AP. It is advisable to apply appropriate exercises to strengthen the skeletal muscles.</p> | Healthy spine Muscles without pain | 4:07 |
| Day (child) - automatic | <p>The program strengthens the protective functions of the body, relieves nervous tension, improves blood supply to organs and tissues, activates the work of excretory systems, improves metabolism, and proper distribution of energy balance.</p> <p>Application: daily in the morning or afternoon.</p> | Active protection, Blood circulation regulation, Anti-stress, Detoxication, and Digestion. | 3:40 |

www.deholding.info

Deta-Elis Europa GmbH
Kaiserstrasse 74, 63065 Offenbach, Germany