



JAPRAK



www.lichthansa.com
fax: 0421-22 104 26
tel: 0421-22 104 22

LTT LIGHT THERAPY EASILY DONE

http. www.lichthansa.de / com. e Mail. info@lichthansa.de phone (+49) 0421 - 2210040 -2210422 faxes. (+49)042- 2210041 - 2210426

ADIPOSITAS SPEZIAL 9

Overweight and light-thermo-therapy!

Overweight or Adipositas, like the illness medically is marked, a problem has already become in the rich industrial countries since long time for many. While low overweight usually has no essential disadvantageous consequences for our health, strong overweight leads not only to a more or less existing restriction of our life-quality, but it damages above all our health.

Am I overweight at all? Before we devote time more detailed to this question, it is necessary that we us with the objective reply of the question „something is overweight“, employs; then this is exactly taken to answer sometimes not at all so easily.

Until now, one has for the subdivision **normal-weighty - overweight** the definition of the **Broca-Index** uses:

Height [in cm] minus 100 yields her/its/their normal-weight. Whoever lay the normal-weight more than 10% over was overweight.

Also today, this still has his/its validity albeit one likes to use the so-called **Body steins of index (BMI)** today.

By BMI, one understands the weight (KG) in kg divides through the height in cm.

The Normalgewichtige has a BMI between 18,5 - 24,9, one had actually still to would differentiate with what between men and women. Since the BMI only causes with the body-fat-mass in the context however stands and the fat-distribution plays a big role exactly with the moderate overweight, the regulation of the body-fat-distribution also should to the judgment of the Adipositas on the basis of the **WHR** always, Waist Hip reason - too German waistline-scope / hip-scope is enforced. Whoever carries a fat stomach before itself -also a so-called "**Apfeltyp**" of the fat-distribution shows, a clearly higher illness-risk shows as that with a Po-Oberschenkel-Fettverteilungsmuster, for which is called **Birnentyp**."

Particular The weight gain is primarily caused by an increase of the body-fat, with which one must distinguish typical fat-distribution-patterns.: to the one that of hip-emphasized, female fat-distribution in a so-called pear-form, buttocks and thighs, to the other, that stomach-emphasized, male form of the fat-distribution with a so-called apple-form (body-middle).

The health-risk is all the bigger the more stomach-fat exists; therefore comes also the measurement of the stomach-scope big meaning. The bigger the stomach-scope is, also the risk is all the bigger to sicken at metabolism - as well as Herz-/ Kreislaufferkrankungen. A stomach-scope with women of more than 88 cm and with men of more than 102 cm is already with a strongly elevated risk of behaftet.

What should be your goal of your weight-reduction?

At first once a realistic meaningful lowering of the elevated weight about at least 5 to 10% of the exit-weight (example): If you should weigh 98 kg, so you should your weight about at least 4,9 kg - 9,8 kg reduces.; according to ages must this over several months until to one year (with older people) happens, younger can decrease with demand in shorter time at weight more. Her/it/them should feel better with more inferior weight, you should be happy, „it, to have managed, and it should receive you well, few pains at the spinal column and at the joints better loading

capacity. You/they should be on itself with pride to have reached it.

ILLNESSES AND SYMPTOMS

The causes for the formation of the overweight are diverse: Too good and a too much at food, little movement, disposition, unadjusted, wrong meal, too much in the evening, candies at intervals....), not reasons are adequate contact with Stress and frustration (sorrow-bacon) for the formation of the overweight.

With older nascent people, with which with less nascent muscle-mass and with it consequence-conditional more inferior calorie-consumption the weight often ascends, and with genetically conditional overweight, that amounts according to statements of different authors to 30% approximately, they should keep an eye particularly on the overweight. **Does overweight endanger my health?**

The following alphabetical installation, which illnesses can have a direct context with the overweight gives you an overview alphabetically therefore in order to plan no appraisal, - either they are she/it caused through it directly or become through instead of she/it exacerbates.

- **Arteriosclerosis Diabetes mellitus- (sugar-illness) --**
- **Fat-liver --Fat-metabolism -disturbances**
Gallstones-Joint-illnesses
- **Gout (Hyperurikämie) ----**
- **Heart attack Heart-insufficiency**

• **1Stroke****DIAGNOSTICS AND THERAPY Adipositas is a gaze-diagnosis normally.** Nevertheless, it is necessary, the so-called **Body steins of index (BMI)** - therefore the **relationship weight (KG) in kg divides waistlines through the height into qm and also the relationship -, to determine to hip-scope, to determine about the size of the overweight.**

Further examinations should clarify, whether consequence-damages are already available and obtain like the risk-profile is. Laboratory-chemical examinations, blood-sugar, blood-fats, urine-acidity, thyroid gland-tests turn, blood pressure, EKG - and Belastungs - EKG-examination after one full rise of the prehistory and a detailed examination enforced.

Overweight - like can decrease I? How can you reach your goal?Initially, that you make yourself/themselves conscious, that reaching hardly anything without patience and ongoing determination durably will be. There is also no patent-recipe to decreasing.

Why are there over 200 different diet-types and a multiplicity of accompanied measures to the weight-reduction? If one of it would cause the wished with all, there is no other diet-form.

But the reality is -neutral and expressed objectively - different. Only through combining from:

- **calorie-reduced nutrition**
- **the age and the situation of adapted Essverhalten and**

• **Zone more at physical movement** an elevated weight can be reduced durably and health-sparing.

, **To say quite plainly therefore once again,:** with each of the praised diet-forms, one can decrease to hold the reduced weight durably, can however only succeed, if the points named above -, to repeat about her/it/them once again, - **calorie-reduced nutrition, the age and the situation of adapted Essverhalten and an increase at physical movement on you specifically is organized. Recently, you can medications with the removes you supports:** these medications are no miracle-methods but she/it however, you support only when decreasing, something, in that a faster feeling of the repletion is reached and the energy-consumption is increased.

WHAT PROFICIENCY YOU/THEY ACTIONS? **How can such a program look?** The time-honored doctrine „only who of few calories lifts used " as he/it, is also valid still today. However like can reach this one hygienically harmlessly? They should call itself to it in memory, that more than as high as from carbohydrates the Brennwert of the fat, from which we all eats mostly too amply, doubles is as well as protein.

- **eat clearly less fat**, in that you prefer fat-reduced sausages, lean meat and low-fat fish-kinds and change from animal to vegetable fats, that are better amicable, furthermore, you make the fact for itself that „if one cancels the butter thinly, she/it longer holds ", again consciously, it won't be to your harming.
- **Salads and vegetables**, that you prepare low-fat, can eat you in almost any quantity, they should not exaggerate it,;
- as well you can eat **bread, potatoes, rice and noodles** so far as you like, however under the principle: not so much as possible but so few as necessary.
- **Drink amply, but preferably only calorie-free beverages**, mineral water, unsweetened coffee or tea or with sugar-substitute-materials sweetened, and only few alcoholic beverages.

•3 Prefer roughage-rich foods like whole-wheat-products, husk-fruits and fruit, since longer she/it and more durably a repletion-feeling mediates and shows an up content at vitamins and minerals moreover. **FURTHER TIPS:** Why is movement so important? Endurance-sport helps you with reduction of the fat-warehouses and with the conservation of the musculature. Also a strengthening-training has an effect positively since the muscle-mass is built. Endurance - and strength-training combines represents an ideal form of a training.

However, everyone knows that as well as with the nutrition also as with the physical activity without ongoing motivation " one all too easily again weak becomes ".

ADDRESS - PRIVATE

Basis „traditionally anatolisch "nourishes request very important you eat

Meat monthly

Candies weekly
Poultry, eggs,
Fish

Cheese and yogurt daily
Olive-oil
Vegetables, fears different
Beans and nuts, husk-fruits,
Bread, rice, noodles, potatoes,
different pasta types etc

Daily activities movement however also

Daily one to two hours additionally runs How and how long does light-thermo-therapy be applied?

The light-thermo-therapy *© as light-heat application works on buoyancy-strengths, that can relieve for example painful movements. Through Ltt - application has achieved itself a distinctive Hyperämie. One begins with a LTT for example - applications (for example 38,6 CS) 20 seconds with interval over 3 - 5 seconds, on the pauses like relative cool-application works. Treatment becomes subsequent in the change up to a total-duration from the approximately 10 to 12 minutes, with which follows heat on in each case 20 seconds three to five seconds pause approximately, continued. Before all hotly-hunger phase, stiff-ness with joint-illnesses and through it stomach aches should have eased itself.

Light-thermo-therapy is:

The simultaneous use of salvation-factors:

- the Fokusierte (**LAFER**) a constant observable light-radiation (yellow-light), infrared-spectrum without UV irradiation wide band infrared radiation
- Yellow-light complete recovery and improvement of the health-condition with the sick person important of the decrease of the salvation-treatment,
- Verräglichkeit, complete harmless-ness, simple applications **fast amortization of the purchase-price through short treatment-times and leaving out of expensive medications**

Therapy indications with the light-thermo-therapy appliance

- Saisonal dependent depressions - SAD
- Arthrose and Osteoarthritis pains, (bones and Gelenksentsendung)
- Myalgie, skin-illnesses,
- Sore-cure accelerated.

Rental fee:

Ltt instrument for three-months for **Patienten practices** € 115.00

With purchase credited / plus shipping and postage

Endpreis of the appliance:

Ltt light-thermo-therapy instrument € 399.00

You can order the appliance to the light-thermo-therapy under following addresses:

Imprint: JAPRAK. LTT LIGHT THERAPY EASILY DONE

LICHTTHERMOTHERAPY SYSTEM FOUNDATION - INFO
PHONE (+49) 0421.2210040 -2210422 FAX.0421.2210041 SES
- 2210 426 HTTP.WWW.LICHTHANSA.DE /COM. e Mail.
info@lichthansa.de Gröpelingerheer St. 155 / 28237 Bremen

LICHTHANSA MEDICAL: Vionvillestr.7 / 28211 Bremen

Practice-stamps