

Viktor Schuravsky  
G.J. Trutovsky, research supervisor  
S.F. Panov, language adviser  
Kyiv State Maritime Academy named after  
hetman Petro Konashevich-Sahaydachniy, Kyiv  
Faculty of Navigator

## **Use of Untraditional Methods of Strengthening of Health**

Analyzing literature, it is possible to do such conclusion, that there are a lot of methods of strengthening of health. One of such varieties is the correct breathing, medical starvation, fast starvation, respiratory gymnastics et al. Each of them has one's own way of influence on the organism of man.

Alongside with different theories about self-knowledge of yoga were developed quite a bit practical receptions for making healthy organism. The special attention in the system of yoga is given pranajami - to the complex of respiratory exercises which enable to carry out control above breathing. The best variant of breathing at rest of - inhale and exhalation is through a nose.

It is important to know that on life-span influences also composition of air which it will be to breathe. It is known that much from long-livers live in mountains, where air is very ionized. There are yet and specific admixtures in marine air - iodine, and also other healthy connections. Thus, atmosphere of sea side and mountains are healthful, and their inhabitants rarely suffer the disease of breathing organs. In a young organism which grows, the amount of unnecessary it matters (slugs) is insignificant. However, with age at the unhealthy way of life their amount is increased, that negatively affects health of man.

Purpose of health starvation - to release an organism from slugs which accumulated in it as a result of wrong feed or exceeding of norm of consumption of products and at the same time to mobilize protective forces of organism. In that time a fast and starvation considerably influence on spirituality of human life.

Unbalanced feed, inferior meal, failing in it minerals, and also surpluses of the products used by us is all of results in a volume, that plenty of poisons, slugs which does not have time to eliminate out accumulates in our organism, and it, in same time, causes the origin of illnesses. Unique tool, by which it is possible to rid of toxins which appeared as a result of wrong feed or from surpluses in a meal, - it is medically used hunger. As it is seen, starvation influences not only on the bodily condition of man, it clears all of organism in three directions - to physical, mental and spiritual. Make young influencing of starvation is confirmed by experiments, conducted scientists on guinea-pigs and white mice. Animals were forced to starve. Then they were fed with a natural meal. Results have shown, that animals got 'younger' significantly.

Consequently, starvation not only positively influences make younger process but also ameliorates the state of organism in all.