

Woman. Birth year: 1978

Age: 40

The main disease: MS multiple sclerosis

The first stay on the regenerative therapy at the Academy: February 2017

How many regeneration stays were used: 4 stays, every half a year

Duration of rehabilitation stays: from 13 to 20 days

Dynamics of health and ailments before and after rehabilitation stays, at various intervals. Tick X where the answer is correct. If the question does not apply to you (e.g. "Did you increase the amount of medication being used?"), leave the whole line without marking.

Symptoms, ailments	Before regenerative treatments %	1 week after treatments %	1 month after treatments %	6 months after treatment %	1 year after treatments %	2 years after treatments %
Insomnia	80/90%. Practically every night, I was awakened by stomach ache or headache and irrational fear that I could not explain. After waking up, it was hard to fall asleep because of the accompanying anxiety. In 2017, the symptoms of the disease have intensified. Headache, spine pain, burning throughout my body, stiffness of the joints accompanied me everyday, practically I fell asleep and woke up with pain. There was impossible to sleep and regenerate the boy.	0%. No ailments both in the center and after returning home, I sleep every night.	0%. No ailments.	0%. No ailments.	0%. No ailments.	0%. No ailments.
Abdominal pain	X Since 2000 accompanying abdominal pains, since 2016 they have intensified to the point that I was awaking from my sleep.					
Muscle pain	X Muscle pain has been with me permanently since 2016. Previously, I suffered especially from leg pain, feeling of heaviness and fatigue. But I have always been a very active person, I took part in running and I practiced a lot, so I associated it with overtraining. In 2014, stiffness in the joints additionally occurred, and then my body awareness was so large that I knew something was wrong with me.	In the first week I noticed a significant improvement, muscle pain and fatigue decreased to 50%	30%	20%	20%	20%
Pain in the joints	X 90% It is difficult to determine percentages, but it was huge pain accompanying everyday, especially in the hocks, knee and hip joints, the right elbow and fingers of my hand. After some time came also pain and stiffness in the neck, terrible back pain. I had problems to wash my hair, because after bending over the bathtub I could not bend back. Since 2014, the rigidity of these joints was such that after waking up I could not stretch my fingers and knees.	50% After the first few days of therapy, I noticed that the pain and stiffness decreased significantly. I observed that during the massage I can easily lift my hands up and then lower them down.	40%	30%	20%	It is difficult to determine this percentage, about 15% in ankle, right knee and right hand.
Quick fatigue	X 90/100% In 2017, when I came to the academy for the first time, this symptom reached its apogee. I had problems to get up the stairs, after work (I was always professionally active), I was accompanied by constant feeling of tiredness and pain. It was a terrible feeling, I could fall asleep sitting. I felt that my body was exhausted because I lived in permanent pain and stress. In addition, as I mentioned above, I had a problem with insomnia, so the body did not regenerate in any way, it was a "closed circle."	70/80%	60%	50%	30%	0% At the moment I do not feel this symptom at all, I sleep, I feel refreshed in the morning after waking up. I also noticed that I need less time to get enough sleep -5 hours, and in the past, I felt tired no matter how much I would sleep and when. I work at school every day on a full-time basis, I normally do all my chores, additionally I work with students on weekends (1 x a month) and 3x a week I run classes at a fitness club. I have enough energy for all this.
Headache	X 90/100% The headaches were awful, they could also wake me up from my sleep, I was sick with pain. From 2015, additionally dizziness and balance problems have occurred, the frequency of which has also intensified.	50% After the first stay, these symptoms decreased spectacularly.	50%	40%	Dizziness and balance problems disappeared. Frequency of headaches 1 per month, maybe 2x, but these are usually during liver cleansing.	At that moment, the headache disappeared. Since the last stay it appeared once, in November (after 3 months since returning from the stay)

<b>Flatulence</b>	X 70/60%	0% Disappeared after the first treatment course	0%	0%	0%	0%
<b>Urinary incontinence</b>	X 90% Since 2009 I have sometimes felt terrible pains and burning in intimate places, from that moment I have also had problems with incontinence.	80%	80%	70%	70%	50%
<b>Feeling unwell in general</b>	X 100% When I came to the Academy for the first time it is difficult to talk about any kind of feeling. I was physically and mentally exhausted, basically it was all the same to me, I had no desire to live.	50% After the first course, when the most symptoms of the disease were spectacularly reduced, I could sleep without pain and fear, I regained my will to live.	30%	20%	0%	0% I have had 4 treatment courses, I feel better after each subsequent one. I can function normally, pursue my goals and passions, it motivates me to work on myself.
<b>Well-being in general</b>	0%	50%	70%	80%	100%	100%
<b>Low blood pressure</b>	X I can not determine percentage, I have never controlled my blood pressure systematically					
<b>Problems with hormones</b>	X 100% Lack of sleep, life in permanent pain and stress. After the diagnosis in 2014 (magnetic resonance) and visits to neurologists, the level of stress was enormous, it completely disrupted my body, from 2015/2016 my period has disappeared.	0% after returning home from the first stay my periods are regular and practically painless.	0%	0%	0%	0% No problems
<b>Herpes problems</b>	X It was certainly, though never on the lips. I once had a symptom on my face, by the nose and the doctor said it was herpes.					
<b>Stomach problems</b>	X there were scarring after ulcers, as the gastroenterologist described. in 2012 or 2013, when terrible abdominal pains appeared, I had gastroscopy, but the examination showed only scarring after ulcers, so apparently the stomach recovered.	0%	0%	0%	0%	0%
<b>Immunity problems</b>	X 100% Very common colds, almost 2-3 times a year antibiotic therapy.	0% from hardening with cold water. The problem has disappeared since the first stay, despite the fact that I work at school, at the university and fitness club, in large groups of people where I am permanently exposed to sick people.	0%	0%	0%	0% When I feel that something catches me, I use natural methods that I met at the Academy (bubbles, sauna, cold water, electro-stimulation) and it is enough.
<b>Bowels problems</b>	X 100% I suppose that my abdominal pains were associated with intestinal problems. I think I have been helped by probiotics that I learned about in the academy and have been using them regularly since then.	50%	0% I do not feel any discomfort from this side, so for me the problem does not exist.	0%	0%	0%

Skin problems	X 50% There were spots on the forehead. "	0% . The spots disappeared after the first liver cleansing. Since then I have been doing it regularly once and sometimes twice a month.	0%	0%	0%	0%
Urogenital problems	X 100% As mentioned above, these problems were big, feeling of pain and burning.	80%	80%	70%	50%	50% This is the biggest problem so far. The pains have disappeared, but there is still discomfort associated with incontinence. At the moment I am able to control it to some extent but I do not hide that it is still my problem to solve.
Problems with the liver	X 100% liver problems were certainly, I suppose that the spots on the forehead were related to them.	0%	0%	0%	0%	0% but I cleans the liver regularly.
Problems with a cold	X 100% there were big problems with the cold, as I mentioned above.	0%. Disappeared after the first course, from the moment of hardening with cold water.	0%	0%	0%	0%
Spine problems	X 100% terrible back pains have accompanied me practically every day since 2014, especially in the lumbar and cervical segments. Additionally, there was stiffness and an unpleasant feeling of currents passing the body along the spine up to the legs, after tilting the head forward. It was particularly noticeable after physical exertion, although at the worst, in 2017, they even occurred during the rest.	80% significant reduction in pain after the first stay.	70%	50%	40%	20% sometimes I still feel pain, especially if I work too long or run or walk a lot. At the moment the unpleasant feeling of currents appears sporadically, I do not even notice it.
Body regeneration and self-renewal problems	X 100% As I mentioned above, my body practically did not regenerate, because I lived in permanent stress and pain.	It is difficult to determine. I think that there was a significant improvement after the first course, therefore the majority of symptoms decreased or subsided. 50%	60%	70%	80%	80%
Problems with joints	X 100% I mentioned there were huge problems. Pain and stiffness in my ankles, knees, hips, right elbow and hand have accompanied me from 2013, and maybe even earlier. In 2014, stiffness and numbness also appeared.	50% Significant improvement after the first stay in Academy.	50%	40%	30%	20% . Painful joints have almost completely disappeared, morning stiffness also disappeared. The sensation in the body, especially the feet, legs, the intimate places and the right hand remained disturbed.
Digestion problems	X 100% They were certainly.	0% Disappeared after the first course.	0%	0%	0%	0%
Irritability, stress	X 100% As I mentioned above, I was accompanied almost every day by an irrational fear that awakened me from my sleep and my anxiety after waking up did not allow me to fall asleep. In addition, the pain caused my body was under permanent stress. What's more, the diagnosis, or rather the awareness of the progressive disease was a huge stress.	50%. After the first stay I experienced a reduction in stress because I felt a significant improvement in my well-being. It brought back to me the lost hope of regaining health and a sense of security that my illness took away from me.	30%	20%	10%	0% I do not feel this problem

Disorders of digestion (diarrhea)	X 60% It was not the main problem, but it was.	0% The problem disappeared after the first stay. I think that the probiotics used were of great importance, I learned about their role in the academy, since then I have been using them regularly every day.	0%	0%	0%	0%
Performance degradation	X 100% Life in permanent pain, stress and insecurity as a result of progressive illness caused that I did not have the will or the strength, for nothing.	50% Performance increased after the first stay, when I felt much better and the willingness to live returned.	60%	70%	80%	90% At the moment I think that I work very efficiently, I do all my duties both at work and at home.
Disorders of memory and focalisation	X 100% I had big problems with focusing and concentration. it was caused by permanent pain and lack of sleep.	50% Significant improvement after the first course, when the pain nearly disappeared and a sense of security came back.	40%	30%	20%	0% Currently I have no problem with concentration and focalisation.
Reduction in sexual activity	X 0% Living in constant stress, pain and fear meant that sexual activity virtually disappeared.	50%	60%	70%	80%	80%
Problems with movement	X 100% Pain, stiffness in the ankles, knees and hips made it difficult to move. Additionally, as I have already mentioned, I was feeling exhausted and lacking strength for everything.	50%	50%	40%	30%	20%
Eyesight deterioration	X 100% Certainly significant, additionally double vision.	50% Significant improvement after the first stay	50%	Double vision has disappeared	40%	30%
Eyesight improvement	x	50% Significant improvement after the first stay	50%	60% Double vision has disappeared	60%	70%
In what period of time have you been satisfied with the liver cleansing method?	After two times cleansing (the first stay)	100% I am glad about this method, it is not the most pleasant but you can get used to everything. From the 1 stay I perform liver cleansing regularly 1 or 2 x a month, I always feel the energy flow after cleansing. I was going through the 1 treatment very hard, I hardly had the strength to get out of bed. At present, for me it is a routine treatment like brushing my teeth, after 20 times I've stopped counting their number.	100%	100%	100%	100%

In what period of time have you been satisfied with the way of the body regeneration?	100% After the first treatment course	100%	100%	100%	100%	100%
When did you feel that the main disease was cured?	I have not felt it yet. Most of the symptoms have disappeared, but not everything. While the disease has certainly been stopped and I am 100% satisfied with it. I know that the regeneration process is a long-term process, so I am waiting patiently for further positive effects.					
When did you feel that the main disease stopped developing?	X After the first course, when I felt a significant improvement. From that moment, every time I return from the academy, I feel better and better.					
In what period of time did your disease progress seriously?	The first symptoms appeared in 2008 and the disease has progressed since that time. The greatest intensity was from 2014, as described above. When I came to the academy for the first time, in 2017, I was practically exhausted physically and mentally, I lost all my will to live.					
In what period of time have the medicines been taken regularly?	I did not take any medications proposed by conventional medicine. However, before coming to the academy, I used reflexology, Polish herbs, Tibetan medicine, normabaria, bio-energy therapy, but all these methods failed, they were ineffective.					
Did you increase the use of your medicines? When?	no					
Sexual activity improvement	After the first treatment, when I felt better and came back to life.					
Improvement of sports results	100% As I mentioned, I have always been a physically active person, hence the awareness of my body and related problems was greater. I felt that something bad was happening to my body even before the first symptoms of the disease appeared. Now I can well assess that my physical performance has increased significantly. I think it is even better than before the disease, I could return to an active lifestyle after the first two stays. I do not hide that it gives me great joy, I can run again and teach fitness classes, this is my passion.					
Fewer problems in life	Yes, I am currently positive about life and I have no major problems.					

#### Assessment of patients' well-being before and after regeneration stays in different time intervals

At what age (according to your passport data) did you come to the Academy for the first time to recover?	How old did you feel and look to be, according to your feelings, before the start of your stay at the Academy?	How old did you feel and look to be, according to your feelings, after 1 month of completing the stay at the Academy?	How old did you feel and look to be, according to your feelings, after 6 months of completing your stay at the Academy?	How old did you feel and look to be, according to your feelings, after 1 year of completing your stay at the Academy?	How old did you feel and look to be, according to your feelings, after 2 years of completing your stay at the Academy?
38	80 I felt terrible, I was exhausted because of pain, fear, insecurity.	30	25	20	I really feel great, maybe 20 years is an exaggeration, but for 30 I feel certainly. Anyway, the surroundings, family and friends who knew my problem, rate the the therapy results very highly.