



ALoesPORT – MICROCIRCULATION-TIPS
 SPECIAL ADVICES ON NUTRITION, HEALTH, THERAPY AND TRAINING IN SPORTS
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www.microcirculation.tips
 WADA & USADA Proof
TO THE INTEGRITY OF THE ENTIRE BEING

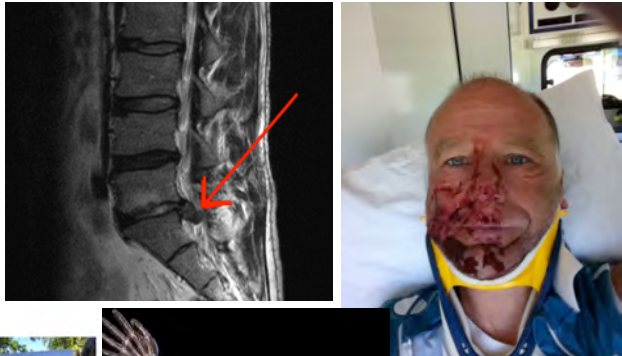
REHAB & Preparation Mds 2017 - Challenge

Version: OCT, 2nd, 2016

After 2 mostly lethal bike crashes - Lumbal & Cervix-Herniae / Muscle-Injuries

For more info about the primary REHAB please see info-pdf [Bike-Crash-REHAB](#) on www.aloesport.info

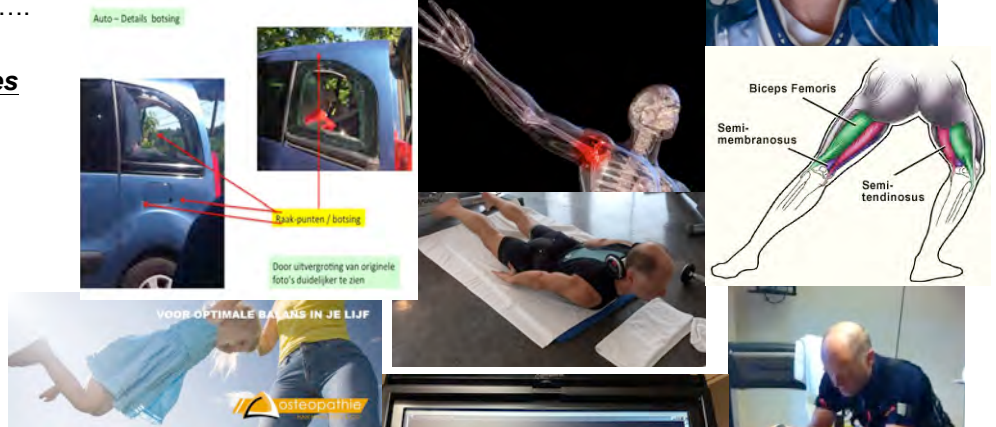
Case Owner of www.aloesport.info underwent in early 2015 at least 2 -mostly lethal- bike crashes, obviously without any own fault.....



Should have been dead 2 times

Scapula sinister immobilis
 Right knee destructed
 Crane – columna vertebralis damaged
 Psychological destructive
 Double quadruple crashing

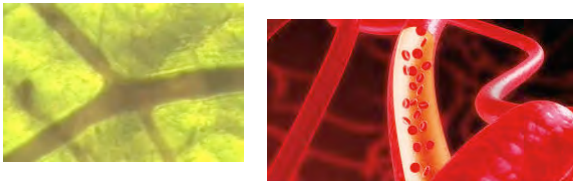
Cervix – Hernia at C4
 Lumbal – Hernia at L5



Program / Therapy

1. **Look in the mirror ...and believe in Yourself.**
2. Trust in & on your mind's & body's capacity & resources on **self-healing**.
Look for the "thinking" Lion in yourself
3. Support yourself **"YES, I can do THIS"**
4. Weekly **osteopathy on sports** www.oesteopathiehameleers.nl
5. Clear triple research on diagnosis "what are the **real** damages"
6. Fromout the confirmed diagnose(!)s special **physio-therapy**
7. Fromout program osteopathy and physiotherapy, develop "extended" program for gym-exercises on your **own** level
8. Severe hamstring-injuries (3 within 4 weeks in July 2016), based on lumbal hernia after bike-crashes, late pathologic response based on hip-anomalic structure
9. **Special track-and-field training**, leading up to 6 TRAI's/week:
2 Semi-Marathons / week; 2 spinning-hours (±34K); 2 sessions at gym with Rowing (20 min at 13,5K/hr); 15 tons weight-TRAI; running belt at ±8% elevation, 12kg extra weight, COOPER's of 1K at 10K/hr.....
10. **BEMER**
Vascular Therapy in extended versions & application; means 3 times/dy

Höhe	6150 m
Sauerstoff	8.77 %
Luftfeuchte	50.6 %H
Temperatur	23.02 °C



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