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EXPERIMENTAL IMMUNOSTRENGTHENING PRACTICES OF HIGH PERFORMANCE SPORT: HOLISTIC FITNESS APPROACH

Peter Smolianov¹; Jed Smith²; Steven Dion¹; Christopher Schoen¹; Jinghang Cui¹

Holistic fitness approaches to high performance training in Australia, China, Eastern Europe and United States have integrated various methods of physical and psychological training, as well as medical, physiotherapy, diet and nutritional methods believed to maximize strength, endurance, flexibility and other performance qualities and prevent illnesses and injuries. Advanced physical training methods included guidelines for lifelong fitness and gradual healthy long term sport-specific athlete development, comprising of cybernetic periodization and parametric training utilizing three sport practices a day in a search for the most efficient and individualized balance of work and rest for the highest desired performance. These methods minimize overtraining and weakening of the immune system. These systems utilize sequences of outdoor dynamic yoga, tai chi and tsigun integrated with weight and water training rationalized for strengthening while stretching and for full body activation (including eye and other small muscles) through compound exercises targeting multiple muscle groups at once. Programming is designed for stimulating the central nervous system—all enriched through natural effects of sun, air and water. Psychological tools for mental strength and efficient rest supporting the immune system include such methods as autogenic training, lucid dreaming, breathing and voice exercises, mindfulness, hypnosis & self-hypnosis as well as color, light and music therapy. Training is also supported by restoration therapies using heat, cold and contrasting temperatures, particularly sauna. Balneotherapy and various hydrotherapies are utilized. Post-training massage and manual therapy include mobilizing traction and analgetic puncture of body points and zones. These and other relaxation and restoration methods are aimed at decompression and prevention of the most important spine disorders suffered by most of people, particularly athletes. Immune responses are also stimulated and balanced through cupping, icing testicles, acupuncture and acupressure as well running and walking on a variety of uneven surfaces, particularly barefoot. Elite athletes now try to eat based on ancient traditions and search

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for immunostrengthening, neurohacking, antibacterial, anti-inflammatory and bioactive diets, separating and cross-enhancing different foods. Pre- and probiotics, but also single micronutrients incorporated into functional foods contribute to an enhancement of immunocompetence, stressing the positive role of selenium and dietary antioxidants. High performance sport diets strive for synergy of nutrients and individualization of healing foods experimenting with raw and salted recipes; soups; anti-infection roots, spices and greens; anti/pro inflammatory foods; sizes of portions and fasting, separation and digestion—treating disorders with food and minimizing pharmaceuticals.