

Full list of contraindications for Therapeutic Fasting program.

1. Age under 18

2. Age over 60

Individual treatment under Health 60+ or General Wellness programs is possible with the approval of a doctor.

3. Cardiovascular diseases:

Stage 2-3 resistant arterial hypertension.

Cardiomyopathy.

Indications for heart surgery and postoperative rehabilitation period (12 months).

Rheumatic endomyocarditis.

Myocarditis of infectious and allergic origin.

Ischemic heart disease (acute myocardial infarction (less than 12 months after the rehabilitation period)).

Unstable angina.

Heart arrhythmia (atrial fibrillation, frequent premature ventricular contractions, paroxysmal tachycardia, complete atrioventricular block, second-third degree atrioventricular block, sinus bradycardia with heart rate less than 50 per minute, complete bundle branch block).

Frequent attacks of stable angina and angina at rest (IV FC).

Chronic heart failure. Stage 3 hypertension unresponsive to hypotensive therapy.

Atherosclerotic dyscirculatory encephalopathy with impaired mental adaptation to the environment.

Multifocal atherosclerosis.

Atherosclerosis of the lower extremities with decompensation of peripheral blood circulation, ulcers, gangrene.

Thromboembolic disease.

Anticoagulants intake.

Thrombophlebitis, phlebothrombosis.

4. Respiratory diseases:

All diseases in the acute period.

Chronic obstructive pulmonary disease and asthma requiring systemic glucocorticoids.

All respiratory diseases, accompanied by the development of cardiopulmonary failure. Hemoptysis.

Pleural effusion.

Pulmonary heart disease.

5. Digestive diseases:

All diseases in the period of exacerbation.

Cirrhosis.

Liver failure.

Stomach ulcer.

Autoimmune hepatitis.

Ulcerative colitis.

Crohn's disease.
Gluten enteropathy.
Diverticulitis.
Acute viral hepatitis.
Chronic viral hepatitis with medium and high degree of activity.
All forms of jaundice.
Gallstones.

6. Neuropsychiatric diseases:

Epilepsy and epileptic syndrome with various forms of seizures.
Acute cerebrovascular diseases, transient ischemic attacks and their consequences related to motor, speech and other disorders.
Pathological personality development with apparent behavior disorders and social adjustment disorders.
Multiple sclerosis.
Amyotrophic lateral sclerosis.
Parkinson's disease.
Alzheimer's disease.
Myopathy.
Nervous system diseases, accompanied by mental disorders (psychosis, obsessive-compulsive disorders) and disabilities affecting intellectual abilities.
Antidepressants, tranquilizers, neurotropic drugs intake.

7. Sexually transmitted diseases:

All sexually transmitted diseases in acute or contagious form (syphilis, gonorrhoea, etc.)

8. HIV infection.

9. Diseases of the urinary system:

Chronic kidney disease.
Acute and chronic glomerulonephritis.
Hematuria of any origin.
Benign prostatic hyperplasia in the stage of decompensation.

10. Diseases of the endocrine system:

Type 1, 2 diabetes
Graves' disease (hyperthyroidism).

11. Diseases of blood and blood-forming organs:

All blood system diseases in the acute stage and the stage of exacerbation.
Leukemia. Hodgkin's lymphoma. Lymphoma. Hemophilia.
Myeloma.
Anemia of any severity and origin.
Bleeding diathesis.

12. Systemic and autoimmune diseases:

Systemic lupus erythematosus (SLE).

Dermatomyositis.

Active rheumatoid arthritis with corticosteroid dependence.

Systemic scleroderma

Systemic vasculitis

Ankylosing spondylitis

13. Gout

14. Pregnancy.

15. Tuberculosis.

16. Conditions after surgery (6 months after abdominal surgery).

17. Oncological diseases, oncological diseases in the past medical history

Less than 5 years after the end of the follow up period (after the treatment was provided).

18. Drug addiction.

19. All diseases requiring inpatient care.