

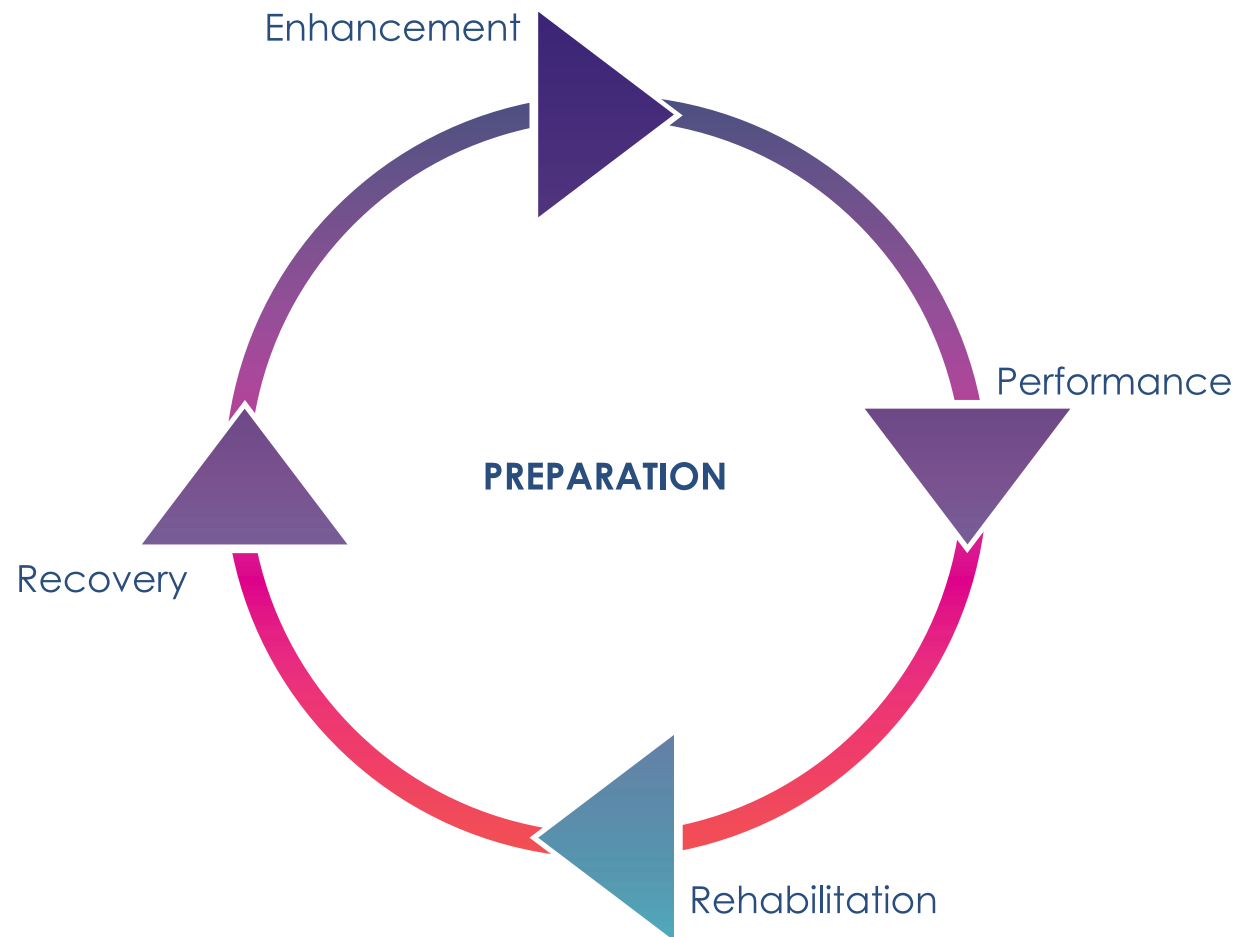


PREVITAL

ATHENS

ATHLETIC
REHABILITATION
RECOVERY

The Athletic Cycle



In Prevital we are not aiming at replacing or altering the way, the methods and the cycle of preparation, enhancement, performance, recovery and rehabilitation that you have been following up to now, in any way.

In Prevital you will find more than that.

What only top athletes in the world enjoy.

Always in cooperation with your sports medicine physician.



Preparation

Proper preparation cannot be achieved
without proper evaluation.

In Prevital we use our diagnostic devices in order to measure and provide information regarding the level of electrolytes, free radicals and biochemical factors helping the scientific personnel to plan an individualized treatment.

Proper preparation requires an enhanced immune system.

Therefore, we must provide our body the necessary nutrients and stimuli in order to activate it to the greatest extent possible.



Enhancement

Time is precious.
Earn the time that you deserve.

Prevital provides immune enhancement at a cellular level, activating the enzymatic reactions of Krebs cycle or citric acid cycle, therefore unfolding the dynamics and releasing the energy produced by each cell of your body.

We also provide hydration with intravenous protocols along with the essential trace elements, amino acids and vitamins that enter circulation immediately and in high concentrations.



Intravenous Therapy pRE-vital

Energy + Strength + Explosive athletic performance

Specially designed for an active and exhausting athletic program.

An enhanced combination of the whole Vitamin B complex and the natural substances, which activate or maximize cellular performance.

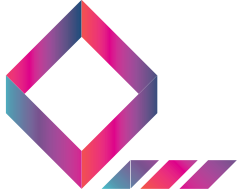
This intravenous cocktail will maximize your performance, strength and endurance.

In pRE-vital intravenous therapies improve your performance gradually, avoiding temporary outcomes and sudden crashes induced by Energy Drinks.

Performance
Exceed your limits.

We use natural and innovative protocols in order to provide enhancement, increase the levels of oxygen in your body and the conversion of material into energy, therefore improving the endurance and the performance that will lead you to the best possible outcome.



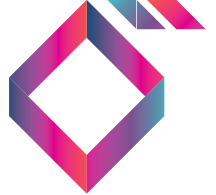


We all know that ozone is an element in the earth's atmosphere. What we don't know is that over the last few years, ozonotherapy constitutes a modern medical approach.

Ozone therapy as a method.

Ozone therapy has the ability to awaken the immune system, increase blood pressure upon entering the circulation and make red blood cells flexible, in order to reach even the finest capillaries.

Due to the fact that it causes hyperaemia it may help promote the effects of other treatments.



Oxygen occurs as free oxygen in the atmosphere and constitutes essential fuel for our body cells.

Oxygen therapy as a method

An ideal method for champions.

An ideal method for adequate tissue oxygenation before a game and sports injury rehabilitation.



Recovery

Intended outcomes

Wholebody hyperthermia is the best and most natural way to achieve the intended recovery after intensive training or a difficult game.

As your body has been stressed to its limits, it suffers from inflammations and minor injuries. The results from the application of increased temperature at every part of and in every depth of your body can be compared to that of a muddy sponge that we wash under a waterfall. It increases blood circulation even at the deepest areas of your body and your muscle groups.

We achieve recovery that may not be achieved in any other way.

Thermal therapy or else hyperthermia may be applied locally or in the whole body. It constitutes a new, modern approach in preventive medicine and the treatment of chronic diseases and conditions with a broad range of applications for which there are hundreds of studies and extensive literature.

The implementation of hyperthermia takes place in Prevital. The implementation is facilitated using two modern devices, Iratherm and Celsius. Iratherm is used in whole-body hyperthermia, whereas Celsius is used in local hyperthermia.



Advantages of hyperthermia

- ▶ Increases organ & tissue perfusion
- ▶ Accelerates the metabolism
- ▶ Activates the hormone system
- ▶ Activates the immune system
- ▶ Treats chronic inflammation
- ▶ Reduces muscle spasms
- ▶ Accelerates nerve fibers' conduction



Rehabilitation

Special detoxification and activation protocols

After the game and after many trainings, combustion byproducts are accumulated at high rates. Same high rates are required in order to remove and replace these products with new, healthy and beneficial ingredients.

Special protocols for the detoxification and activation of our lymphatic and excretory system are applied providing stressed muscle groups the ability to recover in a short period under optimal conditions for the body.



Colon hydrotherapy is a therapy that contributes to the improvement, cleansing and restoration of the intestinal flora, allowing people eliminate all the harmful substances and make a fresh start, with the proper diet in order to strengthen their health.

Colon hydrotherapy as a method

Small and large intestine have a surface ranging from 200 to 400 m².

They constitute the largest point of contact with harmful substances in our body.

Ever since metabolism was associated with our immune system, it helped develop a theory that contributes to colon cleansing aiming at the restoration of the intestinal flora and its appropriate metabolic function.

The disturbance of the intestinal flora is called dysbiosis. It has been observed that dysbiosis may lead to metabolic disorders and may impair the immune system.



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