Original research

A new method of effective training of crew members for long-term space mission

Victor N. Skakov¹*

¹ 354000, Russia, Sochi, Kurortny Av., 72/3, office 2
* Corresponding author: Phone: +7 (988) 189-54-59. E-mail: ocean112@mail.ru
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Aims
The aim of the study is to select an effective method of system recovery of the organism for space pre-flight training to provide the normal long-term human stay in space.

Materials and methods
For this purpose, the method of acupuncture is used. Its distinctive feature is the needle acupuncture technique based on the fundamental knowledge of the classical Chinese Book of Changes. This technique was developed by Master of Traditional Chinese Medicine A.I. Falev (1953-2005) and improved by his followers. The above method allows awakening the energy of Chi in the human organism that in its turn initiates the therapeutic & health improving programs stored in the deepest layers of the human body nature.

Results
As a result of the Chi energy awakening, a complex of therapeutic & health improving reactions stored in the human body nature initiates. During the treatment, uncontrolled movements of the body and limbs appear, and the patient involuntarily performs some elements of point and remote energetic massage, self-manual therapy, yoga exercises, health-improving breathing exercises. The health-improving reactions appearing thereafter restore the proper circulation of Chi energy in the organism that leads to true recovery and full health restoration.

Conclusion
This method of treatment based on the ancient techniques of acupuncture, aimed at awakening the Chi energy in the organism, can be effectively used in an integrated program of systematic health improvement of crew members during long-term space missions. This method is very efficient, does not require expensive equipment and is based exclusively on releasing hidden reserves stored in the human body.

Keywords
Long-term space mission • Pre-flight training • Acupuncture • Chi energy

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