



Energy flow

[www.lenyolife.com](http://www.lenyolife.com)



# sport

Fine tuning for peak performance!





„Sports are one of the highest forms of self-expression. I continually strive to help athletes improve their performance. At Hippocampus Bioregulation Technologies, we understand the necessity and importance of the body’s synchronization of metabolic activities, and we can help support both the mental and physical aspects of sports preparation. We are proud of the positive responses we have received from the Olympic champions, and we are excited to play a part in their successes.”

**Gábor Lednyiczky**

Founder and director of Hippocampus-Brt Kft, Hippocampus Research Institute and Hippocampus Bioregulation Technologies

## Summary – LENYO devices and world champion athletes



With 480 total medals, Hungary holds the all-time Summer Olympics record for the most medals won by a country that has not yet hosted the event



### Canoe / Kayak

Dávid Tóth – Tamás Kulifai  
World Champions and Olympic Silver Medalists



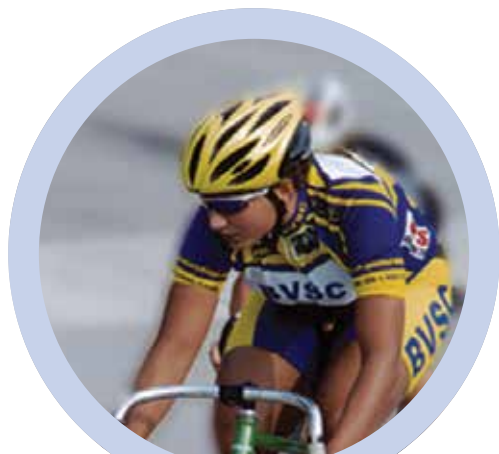
### Canoe / Kayak

Katalin Kovács  
Multiple World Champion;  
three-time Olympic Champion  
nicknamed the „Kayak Queen”



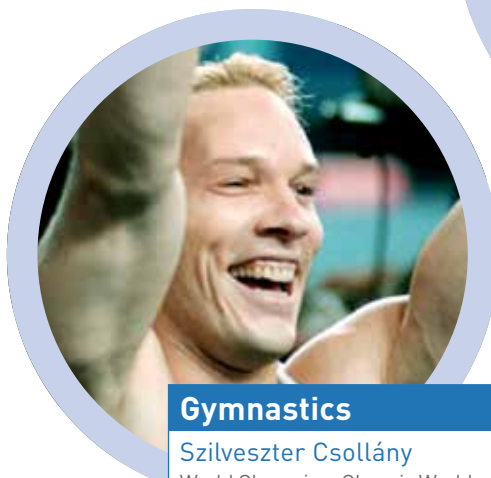
### Skating

National speed-skating team  
European Champion; 5th-place  
Olympic Champion



### Cycling

Szilvia Szabolcsi  
5th place in 2000 Summer Olympics;  
European Sprint Champion



### Gymnastics

Szilveszter Csollány  
World Champion; Olympic World  
Champion



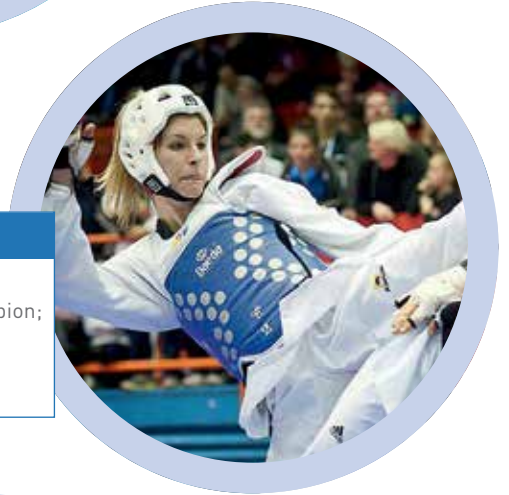
### Fencing

**Iván Kovács**  
Olympic Silver Medalist;  
World Champion



### Water Polo

**Men's national water polo team**  
The world's most successful national water polo team with nine Olympic Gold wins, three World Championship titles and 12 European Champion Victories



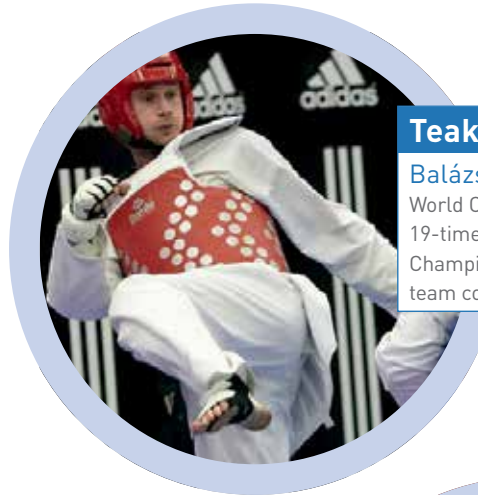
### TeakWonDo

**Edina Kotsis**  
Silver Medalist; European Champion;  
16-time Hungarian Taekwondo  
Champion



### Duathlon

**Erika Csomor**  
Long-distance runner, duathlon,  
triathlon and multiple Ironman  
Champion titles (2004, 2008, 2012  
and 2013)



### TeakWonDo

**Balázs Tóth**  
World Champion Bronze Medalist;  
19-time Hungarian Taekwondo  
Champion; Hungarian adult and junior  
team coach



### Handball

**Women's national handball  
team**  
2003 World Champion Silver Medal  
Winner; 2005 World Champion  
Bronze Medalist Winner



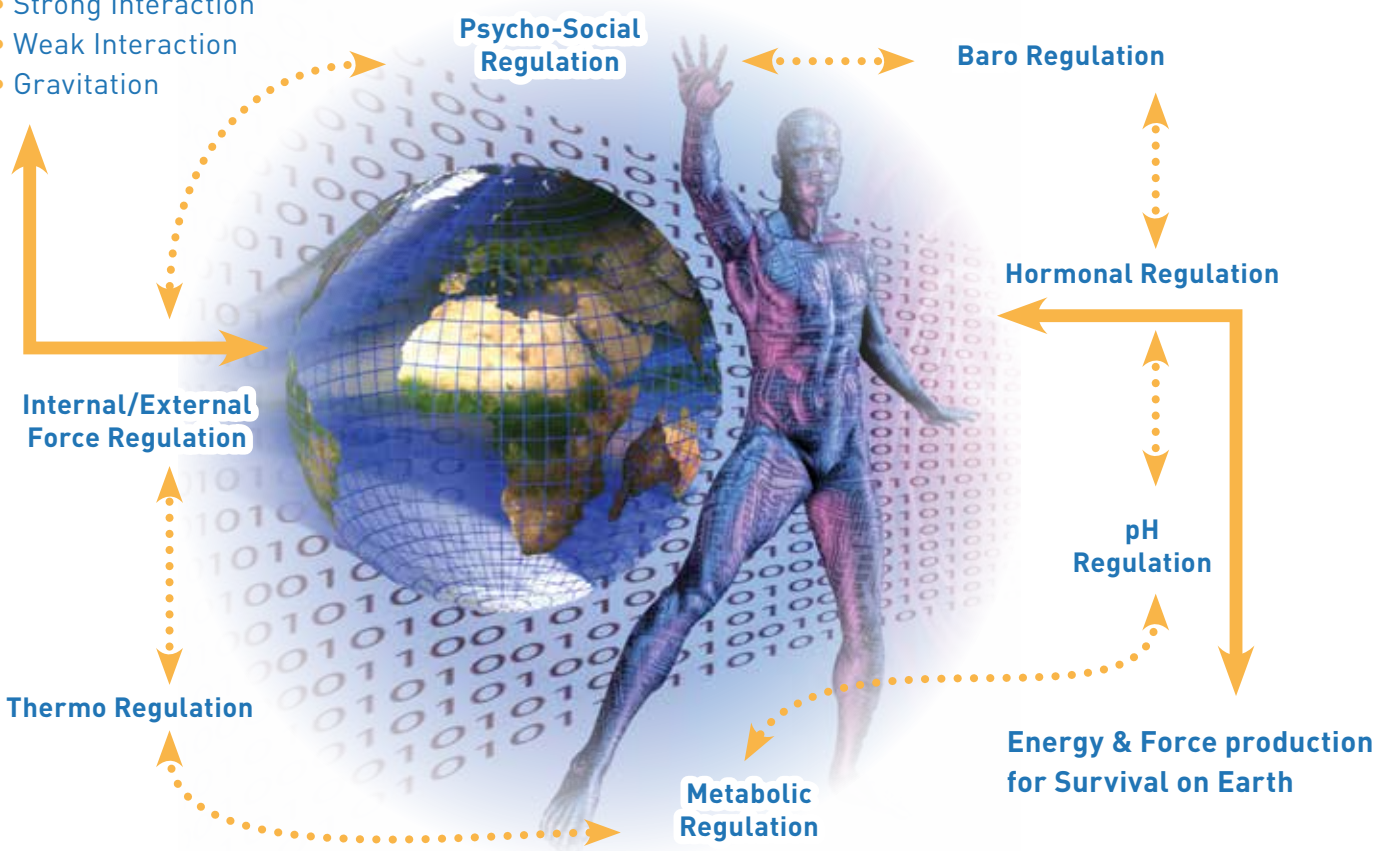
### Wrestling

**Balázs Kiss**  
World Champion

# Homeostasis

## Forces of Nature:

- Electromagnetism
- Strong Interaction
- Weak Interaction
- Gravitation



**Homeostasis** is the ability of living organisms to adapt to changing internal and external conditions – a process that guarantees relative biological stability.

The organism continuously exchanges information and energy with its environment. These exchanges are driven by the self-sustaining operations for living organisms, which is called self-regulatory function. Scientific research has demonstrated that adaptation and homeostasis are governed by electromagnetic waves. The internal and external electromagnetic communication processes in the organism is collectively called electromagnetic biocommunication.

## BRT Technology

In the age of quantum physics, it has been proven through scientific research that the functioning of cells, tissues, and organs in the human body – and their harmony – is based on electromagnetic communication.

On average, more than 100,000 chemical reactions occur in our cells each second. As these exchanges take place, information is processed that tells the organism how to self-regulate and adapt. This process is called bioregulation. Bioregulation Therapy (BRT) is a method that uses pulsed electromagnetic field (PEMF) signals to aid in this process.

## Why LENYO?

### Complex solutions

Often the symptoms surrounding a condition or imbalance do not actually indicate the true underlying problem. LENYO BRT is a holistic approach that considers the organism as a complex whole, and BRT programs address all aspects of a problem.

### Personalized options

There are more than 22 different types of BRT devices that cover a wide range of applications, from home to professional use. There are more than 600 different automated BRT programs that can be customized to address a variety of health issues – both simple and complex.

### Convenient, pocket-size, mobile devices

The LENYO mobile BRT devices are portable, lightweight and easy to operate. With a built-in antenna, all mobile devices can be used in the office, at home or on-the-go.

### Wide frequency range

The LENYO endogenous devices that use electrodes and antennas together operating in the range of 1Hz to 1MHz, while the exogenous devices that use antennas-only operate in the frequency range of 1Hz to 200kHz. This makes it possible to create very complex programs and protocols.

### Speed of light

The body is a complex system. On average, more than 100,000 chemical reactions occur in our cells each second. The internal electromagnetic processes that influence and synchronize homeostasis take place in a fraction of a moment. LENYO technology is attuned to this, which is why BRT programs deliver continuously changing signals.

### Complementary

LENYO BRT devices can work alone or be used in conjunction with other modalities and therapies – both conventional and holistic. When using BRT together with another modality, one should consult a doctor or a naturopath to carry out the treatment.

### Professional-use devices

LENYO professional-level BRT devices are simple to use and come with automated BRT programs and pre-programmed protocols. The LENYO line of professional devices includes an endogenous BRT device that offers frequency-based biofeedback technology, special antennas, special phase modulation (0-360 degrees), magnetically insulated, high-precision electronics, a battery that is independent from external electrical sources, an optional homeopathic imprinter module and a wide range of programs and protocols.



## Sports applications for LENYO BRT devices



„For the victory, it is not enough to work hard and have natural talent. Emotional and mental fortitude is also needed for successful competition. Without optimal concentration, four years of hard work could be wasted and a medal lost. Stress management programs help athletes to give their very best, improve their decision-making capabilities, accelerate response times and increase muscle performance.

I use this method if the athletes need peak performance.”

**Dr. Elvira Babindák**

Medical Director of the Hungarian Taekwondo Federation



„During the preparations for the London Olympic Games the athletes could withstand load much better. They slept better and any symptoms resulting from overload disappeared by morning. They also used the LENYO BRT devices at night during the preparation period.”

**Dr. Zsolt Komka**

Hungarian Canoe Federation and physician  
for the Hungarian national team





**Dr. Elvira Babindák:**

„A high level of performance is required for good results.

I use LENYO devices regularly during the preparation period in the case of:

- Poor coordination
- Weak concentration
- A lack of optimal physical and mental condition
- Poor oxygenation of the body
- Poor blood circulation and accumulation of excreta
- Slow reaction time and poor muscle function
- Overweight issues”



**Dr. Zsolt Komka:**

„The athletes are very tired during the competitions and regeneration is very important. I frequently use LENYO devices during preparation time in the case of:

- Travel
- Injuries
- Sleep problems
- Tension
- Digestion disorders
- Muscle soreness and aches
- Common illnesses (cold)”



„While playing in Italy in 1997, Tamás Varga was diagnosed with a large inflammatory process related to several vertebrae. No treatment was successful and an operation was already indicated when a friend recommended electromagnetic therapy. This is how Tamás found the Hippocampus Institute. He used BRT devices several times per day, combined with a change of diet and regular massage. In 1999 he resumed playing professional water polo again and won several major titles including two Olympic Gold Medals and the World Championship title.”

**Prof. Dr. Gábor Pavlik**

Sports physician, member of the Hungarian Academy of Sciences and Professor Emeritus at Semmelweis University - Faculty of Physical Education and Sports Sciences

The Hungarian Men’s national water polo team is **the world’s most successful national water polo team** with nine Olympic gold wins, three world championship titles and 12 European champion victories.



## Sports applications for Lenyo BRT devices

**Prof. Dr. Gábor Pavlik:**

„Athletes often suffer injuries when preparing for competitions, therefore rehabilitation is crucial. It is important that the athletes are back in the game as soon as possible. I often use the LENYO BRT devices in the case of:

- Injuries
- Pain
- Muscle and bone injuries”



“BRT is part of my life. Since I first tried BRT and experienced its positive effect, I have never gone a week without using the devices.”

**Tamás Varga**, water polo player World Champion and two-times Olympic Champion



„I often need regeneration and perfect concentration. I want to give 100% performance. I use the LENYO devices consistently.”

**Balázs Kiss**, wrestler  
World Champion

„If I want to regenerate and start the next training of the day or competition recharged, I like using the LENYO BRT devices. I use the devices at night as well. It is nice to wake up rested!”

**Tamás Kulifai**, World champion and Olympic Silver Medalist in kayaking



„During the 2012 London Olympic Games, we often used the LENYO devices. I am thrilled to have won an Olympic gold medal.”

**Katalin Kovács**, Multiple world champion, three-time Olympic champion kayaker

„During competitions it is important to prepare quickly and to treat injuries immediately. We used the LENYO BRT devices before and after trainings and competitions.”

**Erika Huszár**, European champion, 5th-place, Olympic speed skater





„I use the LENYO devices for daily preparation. Maintenance of the muscles, adaptation and mental preparation are very important to me. After an almost 9-hour Ironman competition, the first thing I do is lie down on a LENYO pad.”

**Erika Csomor**, Hungarian long-distance runner, duathlon, triathlon and Ironman champion

„My leg was injured at a competition abroad – my metatarsus broke but there was no swelling, edema or pain. After any injury I immediately use the LENYO BRT device.”

**Edina Kotsis**, Silver Olympic medalist, European champion and 16-time Hungarian Taekwondo champion



„My right Achilles tendon hurt for years, and nothing helped. Ever since I was introduced to the LENYO BRT devices, I use them regularly. I am in very good shape now and my Achilles is strong.”

**Balázs Tóth**, World championship bronze medalist, 19-time Hungarian Taekwondo champion, Hungarian adult and junior team coach

„Before the world championship in 2002 I was injured – my double-muscle was sore and it hurt very much. I even had to cancel a competition. I learned about the LENYO BRT devices during the world championship in Debrecen where we had the opportunity to use them during the training period. I ended up winning a gold medal.”

**Szilveszter Csollány**, Hungarian Olympic and world champion gymnast



### Improving wellbeing with tender energy

**Wellness and regeneration:** According to American doctor, Halbert L. Dunn, the human being is the entirety of body, soul, and mind, and it depends on its environment. The goal of wellness is therefore wellbeing – a generally good condition at a high level.

Dunn therefore defined high-level wellness as „an integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable. It requires that the individual maintain a continuum of balance and purposeful direction within the environment where he is functioning” (Dunn 1961: 4-5).



#### **The presence of the familiar and consistent environmental factors generates wellbeing**

If environmental factors are changing faster than usual, the adaptation activities of the organism can be disrupted, and in turn, feelings of wellbeing and inner balance can also be effected. Factors such as long travel, unusual diet, unfamiliar climatic conditions, the repetitive mental and physical stress of major competitions, sleeping in unfamiliar places, etc., may contribute to compromised wellbeing.

#### **When depleted wellbeing warns us that we are not in harmony with our environment, we can pay extra attention and take measures to help adaptation processes**

When experiencing a lack of vitality, it is not always possible to change our environment. One way to help adaptation processes is BRT technology. By running the appropriate programs to improve wellbeing, we can help offset the troublesome effects of environmental stress at any time.

**It is important to remember that wellbeing can also be greatly influenced by liquid intake. In the case of chronic worsening of wellbeing, a doctor should be consulted.** According to Thomas Fahey, sport-physiologist at California State University, the functioning of muscles is generated by the so-called sodium-potassium pump. It pulls out sodium ions from the cell and pushes potassium ions in. The difference between the levels of the two ions generates electric charge. The muscle cells react to these electric charges (signals) coming from the nerves.

The role of the nervous system in activating muscles is well-known. If these information processes are not synchronized properly, locomotion becomes scattered, and the coordination and loadability of our muscles becomes limited. By improving the information processes thorough BRT, increased performance can be achieved – not only in professional sports but in everyday life as well.

### **Sports activities**

Sports activities are beneficial because regular exercise improves the state of the heart and vascular system, decreases the risk of being overweight, addresses diabetes and several other metabolic diseases, and helps to increase endurance. On the other hand, sports can be risky because a sudden training regimen can be a great strain on the heart, joints and muscles. Moreover, evacuation of excreta can also lag behind, thus, improper arresster motion can cause harm and serious metabolism disorders in the long run. Assessing the intensity of a sport is a subjective factor, because in the moment, we perceive the level of strain on our organism caused by the physical exertion. Overburden that manifests as extreme fatigue – during or after sports activities – can be dangerous.

### **Regeneration**

Regeneration which takes place after physical activity is essential to wellbeing and physical performance. Muscles develop after a heavy workload as an adaptive response, so muscles are actually built and injuries repaired during those times between and after training. Perfect regeneration of the body, soul, and mind between periods of physical exertion is the key to outstanding performance (stable metabolism, detoxification, psychological balance, harmonic circulatory and muscle development, regeneration of micro-injuries). With attentive preparation and wellbeing (low stress level, good metabolism, focused state of mind), one can better bear the increased strain of sports activities, as well as decrease the risk of injuries. It is important to beaware of our wellbeing during times of environment changes (switch of time zone, climate zone, or altitude) and physical training (low acidification, psychic balance, optimal vegetative functioning).

## **LENYO Mobile Sport**

The LENYO Mobile Sport BRT device was developed for sportsmen, athletes and for anyone living an active life. It is a convenient, pocket-size BRT device that can be used before, during and after physical activity. It contains 14 BRT protocols (program combinations) that are related with sports preparation, physical load, performance and regeneration. Each protocol lasts from 35 minutes to nine hours and can be easily started and stopped with the push of a button.

The Mobile Sport device has a built-in antenna, but can also be connected to external pads to enhance efficacy or comfort. When on-the-go, we recommend using the Mobile Sport device with the optional waist-belt or arm-band.



## Lenyo Fitness

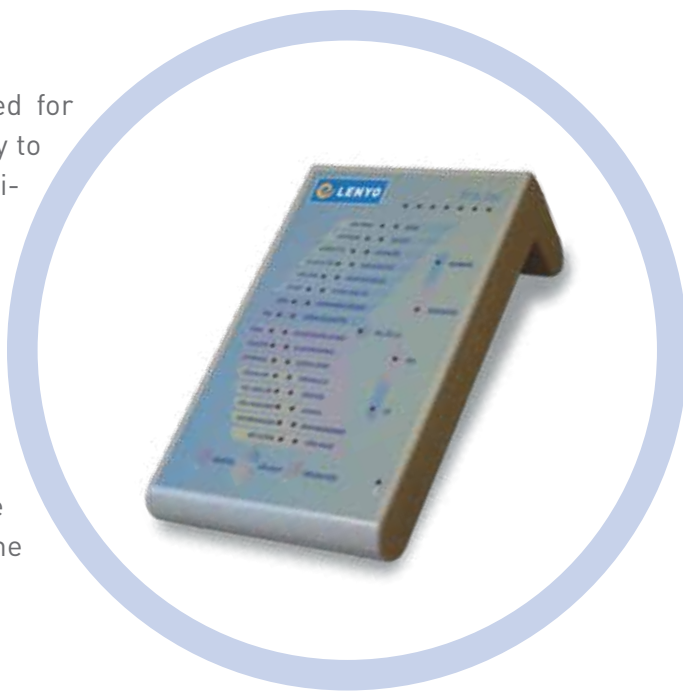


The LENYO Fitness BRT device is ideal for anyone who regularly participates in strenuous sports activities or physical activity. It is ideal for professional athletes and people who work on their feet all day or are involved in heavy manual labor. It contains two automated protocols (program combinations), one short and one long, and is portable and easy to use. The Fitness device allows two antennas to be connected at the same time.

## Lenyo Fractal

The LENYO Fractal BRT device has been designed for every day, personal use. It is light, durable and easy to carry. It has 32 short programs which address a variety of common areas related to the mind and body.

The Fractal device can be used to maintain overall good health, or in the case of health problems, accidents and injuries, before and after surgery, or when there is an increased need for smooth operation of the organism. It works with two external antennas which can be used at the same time on one person to enhance effect or on two people to run the BRT program simultaneously.



„The girls used the LENYO Fractal device primarily when they were tired but also in the case of minor injuries, sprains and bruises. They performed very well during the matches.”

**Dr. András Tállay**, Physician for the Hungarian women's national handball team (2003)



### New diagnostic device – LENYO Activity Monitor!

A device which measures – in real time – complex activity indicators and shows pulse, respiratory and acceleration parameters. The LENYO Activity Monitor stores data on an SD card, and can be used to control the training level, design an optimal training workout and avoid over training.



### LENYO Lux (LLP)



The LENYO Lux BRT device is an advanced, computer-controlled wellness device which contains 96 normal and 40 short program packages. Protocols (package combinations) can be created and stored for an infinite number of users, which simplifies session tracking and ease of application.

The Lux device can be used at any time, day or night. It can be used by two users simultaneously (running the same program) or one user can connect the device to as many as three antennas to achieve a more intense effect.

„I use the LENYO Lux Pro and Mobile BRT devices regularly to assist the athletes. I use them when they are tired, after hard trainings, if they have digestion problems, or in the case of an overall bad condition.”

**Dr. Károly Pikó**, Sports physician

## LENYO Cell Com

The LENYO CellCom (LCC) BRT device is the most advanced device in the LENYO portfolio of BRT products. The CellCom is a computer-controlled, endogenous, wellness device that uses the body's own signal changes to selectively regulate the electromagnetic field.

The CellCom has more than 500 automated BRT programs that can be used to create custom protocols, which can then be stored with comments. The CellCom also has an optional Homeopathic Imprinter (HI) module.

„In my opinion, BRT is ideal to use before and after sports competitions. Because of its non-invasive and non-medication nature, wide range of programs, and easy operation, the athletes are very receptive and use it with pleasure.”

**Dr. Gábor Pavlik**

Sports physician, member of the Hungarian Academy of Sciences and Professor Emeritus at Semmelweis University - Faculty of Physical Education and Sports Sciences

## LENYO Sport

The LENYO Sport BRT device is optimized for cases where wellbeing may be worsened due to an active sports program or physical lifestyle. It offers 12 automated program combinations (27-79 minutes) including short versions, and can be run on a built-in battery. The Sport device can be used by two athletes at the same time (by applying 4-4 antennas) to increase intensity. It is simple to use, and programs can be started and stopped with the push of a button on the front panel.



## LENYO SanoCenter

The LENYO SanoCenter (LSC) BRT device is an advanced, centrally-controlled system for professional use. It provides the broadest selection of programs (160 normal and 40 short) among the exogenous LENYO devices, all of which can be combined and stored as protocols for sports-related disorders. It can be used by several athletes at the same time, it can save protocols for an infinite number of users, and it can be pre-programmed up to two weeks in advance. The SanoCenter can be used any time, day or night.



The SanoCenter provides an intense experience through four antennas which simultaneously run different protocols associated with a specific problem.

„The LSC pre-programmable protocols were of great help because I cannot always be with every athlete in-person. I would be very happy if this system were installed in the training camps as well.”

**Dr. Zsolt Komka**

Hungarian Canoe Federation and physician  
for the Hungarian national team





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**Hippocampus-Brt Kft.**

R&D and Sales Office:  
1082 Budapest, Hajós u. 32, Hungary  
E-mail: [lenyo@lenyolife.com](mailto:lenyo@lenyolife.com)  
Tel: + 36 70 3827291 or + 36 70 335 0586  
[www.lenyolife.com](http://www.lenyolife.com)