***Zdenko Domančić Method of Bioenergy Therapy*®** **in sport**

*Zdenko Domančić Method of Bioenergy Therapy® is* mainly used by people suffering from milder or more severe chronic diseases. There are, however, groups of healthy people who benefit from the *Zdenko Domančić Method of Bioenergy Therapy®.* These are athletes: children, adolescents, and adults, recreational or professional athletes. If they wish to achieve results they need to train regularly. During training, as well as competitions, they become tired; they can suffer from infections, mild or severe injuries.

Apart from regular medical attention, athletes usually receive treatments by physiotherapists or massage therapists. Frequently this combination is not enough, so they turn to bioenergy therapy.

Bioenergy therapy can be used in sports:

* during post-injury rehabilitation
* as a mobilisation method before training or competition
* during recovery after training or competition

Injuries are unpleasant, especially with professional athletes who wish to get back to their regular training and competing as soon as possible.

Bioenergy therapy can start after the provision of medical services. The results are often astounding, or – as a physician once observantly said – „surprisingly good“.

Improvement of conditions happens because of increased circulation, which is important in the rehabilitation phase. The more intense blood flow adds more oxygen to muscle, affects lubrication of joints, tendons and ligaments, which become more flexible and elastic. Post-operative wounds heal more quickly, and pain is significantly reduced or disappears.

My personal experience warns against the scepticism of medical practice. The Method has been proven to speed up the recovery process, but physicians seldom believe what they see and strictly keep to the usual procedures. They prohibit athletes to start training early even though the objective findings and subjective feeling of athletes point to no reasons to hold back from further training.

Before training and especially before competitions, the *Zdenko Domančić Method of Bioenergy Therapy® can* be especially effective.

Energy has beneficial effects on concentration, attention, endurance, even on reducing nervousness. These effects are especially beneficial to children, adolescents and competitors in specific sports.

Athletes must give attention to training and recovery. Not enough time or inadequate procedures during recovery can affect eventual injuries, a feeling of „over-training“, as well as the quality of performance in competition. A good recovery requires sleep, healthy diet, various types of massage therapies, cold/warm baths, hyperbaric oxygen therapy etc.

A lot of athletes, however, do not know that after a ten-minute bioenergy therapy they can recover faster, easier and more comfortably than with methods they are used to.

I was happy and challenged to participate in the pioneer research study conducted at the Zagreb Faculty of Kinesiology, under the title „Evaluation of bioenergy therapy effects on physiological parameters in recovery after highly intensive stimuli“.

It was a graduation paper, confirming the thesis on beneficial effects of bioenergy therapy on physiological parameters, marked as signs of fatigue.

„Among the analysed physiological recovery factors, oxygen consumption and heart rate frequency showed results of a clear tendency to reduction in values during bioenergy therapy treatment“. In other words, the effects of bioenergy therapy help to achieve „homeostasis“ more quickly, which is the objective of any organism. This makes athletes ready sooner to make new efforts in training or in competition, which is especially important today, when athletes face the challenge to overcome the „limits of the impossible“.

Sport is important. It is defined by law as an activity that facilitates children, adolescents and adults to meet their need for movement and play, development of abilities, personality traits and athletic knowledge, athletic expression and creativity, **health preservation and improvement** and achievement of athletic results in all levels of competition.

I hope and expect that relevant health organisations and people will recognise the importance of the Method in sports. Its implementation in sport, as well as sport itself is beneficial to the general health development. Moreover, it significantly influences faster recovery, better athlete readiness, and consequently better results.

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