

Bioregenerative medicine

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As the author of the bioregenerative medicine concept in Slovakia and the founder and president of the Slovak Bioregenerative Medicine Association (a member of the Slovak Medical Association), I have had the pleasure to prepare, together with an international team of colleagues, a thematic issue on the topic of bioregenerative medicine.

Bioregenerative medicine helps to maintain health in healthy individuals until a higher age and in ill persons, and in integration with classical medicine, accelerates the healing process or improvement of the health status of an individual. The objectives of bioregenerative medicine in the sphere of (a) diagnostics and (b) therapy are as following:

1. (a) To find disease causes, to study the relationship between wrong nutrition and the growth of civilization diseases in the population, to research and identify clinical symptomatology caused by the deficit of individual nutrients not known before in clinical praxis, and to detect harmful additives in processed foods and determination of their adverse influence on cell metabolism.
 - (b) Causal therapy of diseases and elimination of harmful substances from processed foods.
2. (a) Research of influences of decreased, increased, and adequate physical activity on physical and biochemical processes in cells and tissues, and biomechanical analysis of the statics and dynamics of healthy and diseased musculoskeletal systems.
 - (b) Individual analysis of the statics and dynamics of the musculoskeletal system and the develop-

ment of an individual set of corrective exercises, applied biomechanics in osteology, orthopedics, and kinesitherapy.

3. (a) Determination of stressogene factors, and their influence on cell metabolism and the aging process of cells by measuring the length of telomeres, the analysis of stressing behavior models, the analysis of thought processes of individuals in stressing situations and their ability to solve those situations and the adaptability to stress, and the analysis of social environment of individuals and its influence on their health.
 - (b) Psycho-somato-social consultancy.

In a natural way, bioregenerative medicine supports the ability of organisms to maintain dynamically their autonomy through self-regulating mechanisms in organisms loaded everyday with biochemical, microbiological, physical, and psychical stress.

Bioregenerative medicine is a part of integrative medicine (IM—the term used in Europe) and of complementary and alternative medicine (CAM—the term used in the USA, Canada, Australia, and other countries), which have recently been winning more and more supporters among physicians and patients.

Therapy based on the principles of supporting self-regulating and self-compensating processes within the organism was known in the traditional Chinese, European, and Indian medicine. Bioregenerative medicine links up with the tradition of these ancient and medieval medical and healing sciences based on experience, with hundreds or thousands of years of knowledge verified in practical medicine; today, it can be verified and confirmed by modern methods of scientific research in experimental and clinical practice. At present, bioregenerative medicine functions on the principles of evidential medicine, and, simultaneously, is developing further on the basis of applied knowledge, gained from the latest

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scientific and clinical research studies. Bioregenerative medicine, as a part of CAM and IM, is then a paradigm in the classical medicine. The future will be defined by the contest and competition of both paradigms—classical and CAM (IM) medicine, according to the principles of dialectics (unity and conflict of opposing sides), and will lead to the formation of a new paradigm, in which the best diagnostic and therapeutic procedures from both paradigms will be accepted. It is a usual historical and revolutionary progress and development of new scientific disciplines within the system of accomplished scientific research.

I would like to take the liberty to thank on my behalf as well as on behalf of the authors Prof. Peter Pietschmann for his acceptance of the proposal to produce this single-topic issue and for his kind support in its realization. I believe that the new knowledge and non-conventional therapeutic procedures will be an asset for many colleagues and will raise an interest in this scientific discipline.

Conflict of interest

The author declares that she has no competing interests (financial or non-financial).