

star-medico®
Your health is our priority *****

Star
Natural products for a healthy life.

BEDROOM SYSTEMS STAR-MEDICO®



Visit us at www.star-medico.com

 Made in Germany

DIBINĀTĀJS PAULS NOIMANNS UN VIŅA KONCEPCIJA

KVALITĀTE KOPŠ 2000. GADA, RAŽOTS VĀCIJĀ



**PAULS
NOIMANNS**
Uzņēmuma īpašnieks

MŪSU PANĀKUMI — JŪSU VESELĪBA – JŪSU VESELĪBA – MŪSU LIELĀKAIS STIMULS

KĀPĒC STAR-MEDICO®?

Mums visu cilvēku labklājība un veselība ir pirmajā vietā.

- Tīra ortopēdija
- Maksimāla higiēna
- Oscilējoša veselības masāža.
- 2000 uzņēmuma "Star un dabas produkti un vēl vairāk..." dibināšana.
Mājas birojs un noliktava garāžā
- 2002 pārcelšanās uz jaunām, lielākām telpām
- 2010 uzņēmuma ēkas būvniecība
- Galvenā biroja atvēršana Švēbišgmindē-Bargavā
- 2013 star-medico® produktu ražotājs

Turklāt mēs esam pārstāvēti šādās valstīs: Šveice, Norvēģija, Latvija, Grieķija, Čehija, Krievija, Kazahstāna u.c.

APMĀCĪBU
VIETAS:



THROUGHOUT GERMANY, AS WELL AS IN PHARMACIES



star-medico®
Your health is our mission ****

Consultation and Action Days on the topic
Back Pain

!! 80 out of 100 people suffer from it !!

from Monday, October 7 to Friday, October 11, 2019
daily during opening hours
at your **TURM APOTHEKE** Vilshofen

Owner: Roland Baumgartner
Kapuzinerstr. 41 • 94474 Vilshofen
Telephone 08541 - 79 98
**** Competent advice ****



"SLEEP AS IF YOU'RE IN BED, AND LIVE AS IF YOU'RE AWAKE!"

DO YOU REALLY BELIEVE THAT IT **DOESN'T**
MATTER HOW MUCH YOU SLEEP AT 27?

FACTS:

On average, a person spends about one third of their life in bed.

This means that if we live to the average age of 81, we will spend 27 full years asleep.

54 YEARS WE SPEND DOING THE FOLLOWING:

8.5 years with children, at the computer,
in meetings, at the club, visiting the doctor, etc.

2 years of housework

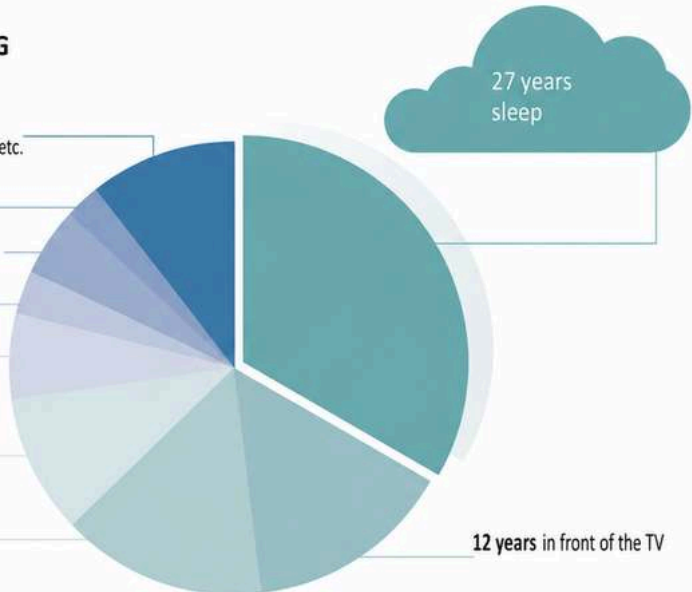
4 years improving qualifications, sports

2.5 years in the car

5 years eating

8 years working

12 years leisure



WIDESPREAD DISEASES IN GERMANY

PAIN IN THE BACK OF THE NECK, SHOULDERS AND BACK – SECOND IN PREVALENCE AFTER HIGH BLOOD PRESSURE

REASONS FOR ISSUE OF A SICK LEAVE CERTIFICATE:

- On average, back pain accounts for 40 million lost workdays per year in Germany
- 415,000 hospital admissions due to lower back pain

BACK PAIN

- Vertebral column, intervertebral discs, scoliosis, joint pain, arthrosis, rheumatism

PAIN IN THE BACK OF THE NECK AND SHOULDERS

- Migraines, headaches, concentration problems

SLEEP DISORDERS

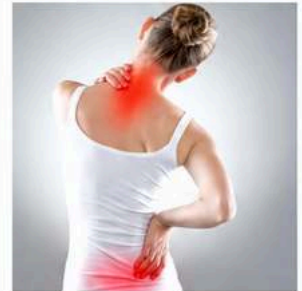
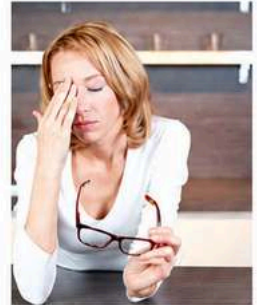
- Fatigue, frequent waking, depression, burnout syndrome

CIRCULATORY DISORDERS

- Cold feet, numb hands and wrists

ALLERGIES OR BREATHING PROBLEMS

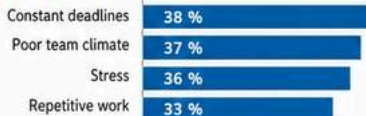
- Hay fever or sneezing, house dust mites, allergies



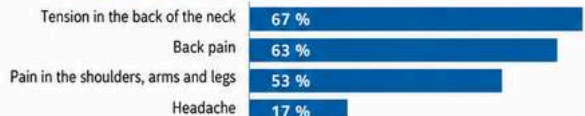
STRESS AT WORK

Causes and consequences of stress in working life

MAIN CAUSES



TYPICAL COMPLAINTS AT WORK



SPINE

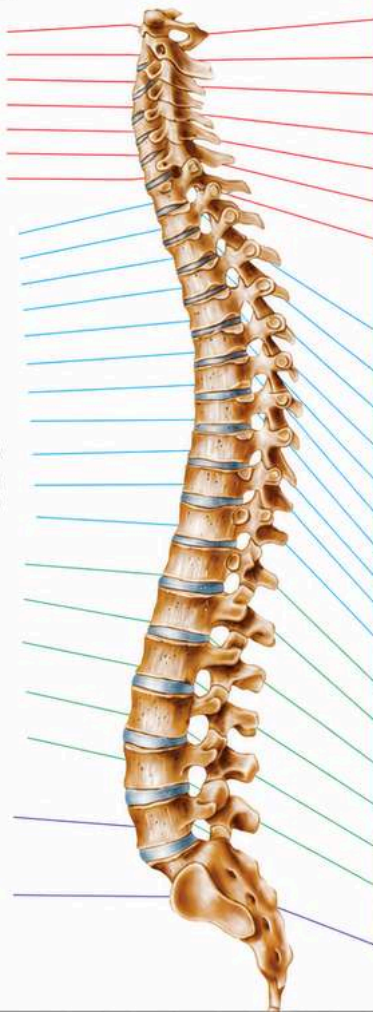
1. Cervical vertebra (C1)
2. Cervical vertebra (C2)
3. Cervical vertebra (C3)
4. Cervical vertebra (C4)
5. Cervical vertebra (C5)
6. Cervical vertebra (C6)
7. Cervical vertebra (C7)

1. Thoracic vertebra (Th 1)
2. Thoracic vertebra (Th 2)
3. Thoracic vertebra (Th 3)
4. Thoracic vertebra (Th 4)
5. Thoracic vertebra (Th 5)
6. Thoracic vertebra (Th 6)
7. Thoracic vertebra (Th 7)
8. Thoracic vertebra (Th 8)
9. Thoracic vertebra (Th 9)
10. Thoracic vertebra (Th 10)
11. Thoracic vertebra (Th 11)
12. Thoracic vertebra (Th 12)

1. Lumbar vertebra (L 1)
2. Lumbar vertebra (L 2)
3. Lumbar vertebra (L 3)
4. Lumbar vertebra (L 4)
5. Lumbar vertebra (L 5)

Sacrum

Coccyx



Cervical Spine Department (CSD)

- C 1** Headache, hypertension, migraine, memory impairment, chronic fatigue, dizziness
- C 2** Imbalance of cerebral blood flow, epilepsy, fainting, eye diseases, hearing impairment, ear pain
- C 3** Pain in the face, nerves, neuralgia, acne, sarcoles, toothache, decayed teeth, slurred speech, vertebral canal stenosis, tinnitus
- C 4** Enlarged adenoids, cataract, hearing loss, loss of taste, permanent sore throat, shoulder pain, paresis of the upper arm muscles
- C 5** Sore throat, pain in the throat, chronic cold, hoarseness
- C 6** Inflammation of the tonsils, goiter, croup, stiff neck and shoulders, pain in the upper arm, elbow
- C 7** Thyroid gland disease, cold, bronchitis, diseases of the shoulder joint lining, depression, fear

Thoracic Spine Department (TSD)

- Th 1** Pain in the shoulder, pain in the back of the neck, pain in the forearms and hands, dryness of the mucous membranes, laryngitis
- Th 2** Heart conditions, dysfunction of the arms and legs
- Th 3** Heart disease, arrhythmia, distress, fear, pain in the chest
- Th 4** Bronchitis, pleurisy, inflammation of the lungs, cough, shortness of breath, asthma, pain in the chest area
- Th 5** Gallstones, gallbladder diseases, jaundice, headache on the side
- Th 6** Impaired liver function, low blood pressure, back pain, acid reflux, gastritis, arthritis
- Th 7** Stomach disease, impaired digestion, diabetes, nausea, subdiaphragmatic neuralgia
- Th 8** Stomach disease, intestinal discomfort, lack of vitamins, weakened immunity, mononucleosis, problems with the spleen
- Th 9** Heart attack, allergy
- Th 10** Chronic fatigue, arteriosclerosis, chronic problems with the spine, excessive salt retention
- Th 11** Hernia, ulcers, eczema, boils, itching, sensitivity of the skin, dandruff
- Th 12** Rheumatism, infertility, increased gas formation, chronic back pain in the lower back

Lumbar Spine Department (LSD)

- L 1** Constipation, gas, indigestion, violation of the large intestine circulation, poor blood circulation
- L 2** Spasms of the stomach, irritation of the large intestine, increased acidity, varicose veins
- L 3** Impotence, bladder disease, kidney problems, pain in the knees, complaints during pregnancy, menstrual disorders, rheumatism
- L 4** Sciatica, hemorrhoids, numbness in the legs, frequent pain, partial impotence, painful urination, lameness, night cramps
- L 5** Circulatory disorders in the blood, cold feet, flat feet, microneuralgia, cold legs, weak leg muscles and feet

Sacrum, Coccyx

- Sciatica, pain in the legs and feet, chronic constipation, problems in the lower abdomen
- Hemorrhoids, anal itching, pain during sitting

INTERVERTEBRAL DISC HERNIATION – A SPINAL CONDITION

INTERVERTEBRAL DISC HERNIATION IS ALSO CALLED PROLAPSE:

- due to improper lifting and carrying of heavy loads,
- excess body weight,
- improper sitting and lying posture,
- jolts and trauma

When the fibrous ring tears, the gel-like nucleus material protrudes and puts pressure on the nerves.

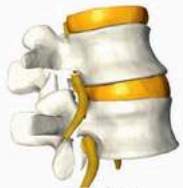
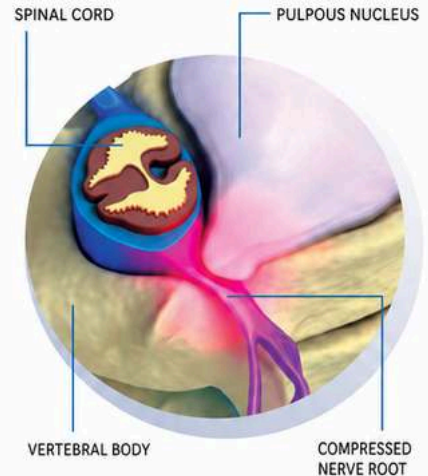
Consequences:

- severe pain, often radiating to the limbs
- numbness caused by compression of the nerve root
- sometimes also symptoms of paralysis

OSCILLATION MESSAGE:

Regular use of oscillation massage can help prevent intervertebral disc herniation. In the event of acute pain, it can provide direct and effective relief.

ILLUSTRATION OF AN INTERVERTEBRAL DISC HERNIATION (PROLAPSE)



HEALTHY
INTERVERTEBRAL DISC
(DISC)



BULGING
INTERVERTEBRAL DISC
(PROTRUSION)



INTERVERTEBRAL DISC
HERNIATION
(PROLAPSE)



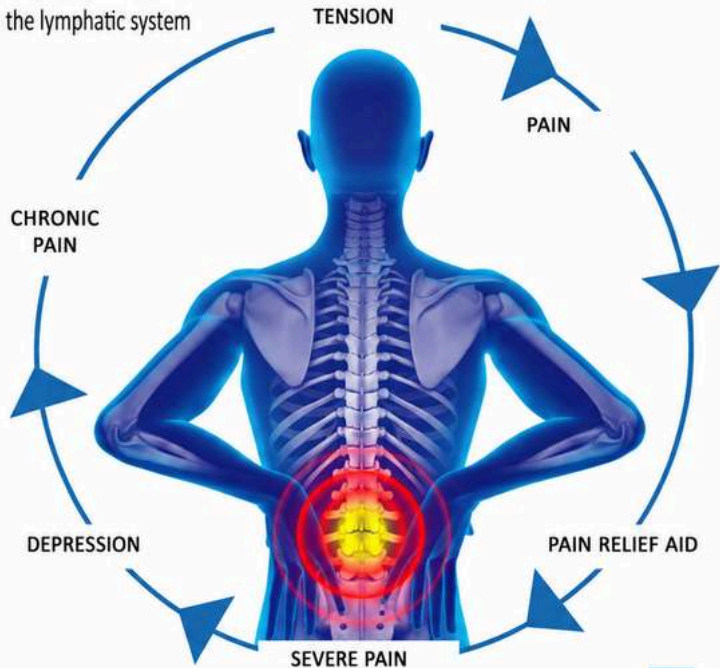
DEGENERATIVE
INTERVERTEBRAL DISC
(SEQUESTRATION)

85 OUT OF 100 PEOPLE ALREADY SUFFER FROM THE FOLLOWING PAINS:

- in the spine and intervertebral disc
- from tension and headaches
- from joint pain, such as arthritis, arthrosis, rheumatism
- from impaired blood circulation and the lymphatic system

FACTS:

- Over 50% of early retirements are due to back problems.
- Every fourth person suffers from sleep disturbances today.
- Most commonly sold in pharmacies: painkillers, tranquilizers, sleeping pills, and anti-inflammatory tablets.



Regular use of the star-medico®
sleep system can break this
vicious cycle.



STAR-MEDICO® ORTHOPEDIC FOAM MATERIAL MDI RG

The upper layer (brown foam) is soft, with a high point elasticity and a density of 70/30 kg/m³ polyurethane MDI.
The lower layer (white foam) is firm, with a high point elasticity and a density of 40/45 kg/m³ polyurethane MDI.

- long-lasting, highly point-elastic, resistant to various influences
- hips and shoulders are well cushioned
- made from the same material as artificial knee and hip joints
- supports the restoration of the spine and intervertebral discs
- lumbar lordosis and knee joints are optimally supported
- proper pressure relief helps to maintain healthy blood circulation

How do you sleep? Should your body conform to the mattress, or should the mattress support your body?

OPTIMAL SLEEP
POSITION



SOFT
MATTRESS



FIRM
MATTRESS



STAR-MEDICO® TENCEL® PILLOW "CLIMAACTIVE" SILVER VITAL PLUS

GET THE BEST SUPPORT FOR YOUR HEAD, BACK OF THE NECK,
AND SHOULDERS WHILE YOU SLEEP.

THE PILLOW HELPS YOU RELAX AND FALL ASLEEP.

BENEFITS FOR SLEEP INCLUDE:

- Optimal support for the head, back of the neck, and shoulders
- Suitable for sleeping on the side, back, and stomach
- Individual height adjustment by adding or removing fiber balls
- Antibacterial, actively breathable, antistatic fabric enhanced with Tencel® "Climaactive" and SilverVitalPlus® materials
- Precise elasticity and durability
- Removable cover, washable at 60 °C
- 5-year warranty, Made in Germany
- Available in various sizes

Also available as the OrthoRelax pillow:

Memory foam with the added benefits of sea salt and silver, providing an additional antibacterial effect.



STAR-MEDICO®

BED BASES FOR EVERY ORTHOPAEDIC SLEEPING SYSTEM

Our recommendation – slatted frame

ADVANTAGES:

- optimum body position
- optimal sleeping comfort
- orthopaedic support for the spine
- stable for years in use

FOR YOUR HEALTH:

- easier getting up thanks to raised head and leg sections
- reduced pressure on the veins
- point-elastic lying comfort



PAD MODULES

NOT RECOMMENDED:

- metal springs
- springy or sagging slats, because an overly elastic base quickly loses stability and support

MOTORIZED

adjustment with remote control
of the head and leg sections



MANUAL

adjustment of the head
and leg sections



LEGS



ORTHOPAEDIC MATTRESSES

The market is flooded with many mattress models. In specialised bed stores you can find the following mattresses at different prices:

ORTHOPAEDIC
SLEEP SYSTEMS

50 – 400 €



HEALTH
MATTRESSES
FOR INTERVERTEBRAL
DISCS

400 - 1,500 €



MATTRESSES
FOR
INTERVERTEBRAL
DISCS

from 2,500 €



Absolutely absurd — because all mattresses look similar, and yet there are enormous differences.

In your opinion, which
mattress do most people
with back pain buy:
a soft mattress or
rather a firm mattress?



What do most people choose
if they receive proper advice:
an orthopaedic sleeping system
or rather a cheaper mattress?



Here you can also find orthopaedics:

- shoes,
- office chairs,
- car seats,
- beds,
- and star-medico® mattresses with and without massage function.

HYGIENE IN BED

A WELL-KNOWN SAYING: 'GO TO BED AND WAKE UP HEALTHY.'

Even today, pillows and duvets are still made mainly from the following materials:

- feathers
- cotton
- wool
- polyester or synthetic fibres

All of these are feeding grounds for bacteria, microbes, mould, microorganisms and house-dust mites.

Does your bed really look clean enough if you only:

- shake it out
- wash the bed linen
- cover brown stains
- ignore unpleasant odours caused by night sweat



DOES YOUR BED REALLY LOOK CLEAN ENOUGH IF YOU ONLY:

Bacteria and disease-causing agents can hide in feathers and in fabrics, and people inhale them during sleep.



HYGIENE IN BED

HOW MANY YEARS SHOULD A MATTRESS BE REPLACED?

FACTS

1. Hygiene institutes and allergists recommend replacing a mattress after no more than 3–4 years.
2. A car is often replaced sooner than a mattress!
3. Night perspiration: approximately 0.5–1.0 litres of biological fluid per night, even more in case of illness. It seeps into the mattress night after night. Here it is:
 - damp
 - warm
 - dark
4. Every third person in Germany suffers from allergies. The tendency is increasing because the human immune system is becoming more weakened and vulnerable.
5. Mould and mite waste products can trigger severe asthma attacks and allergies, especially in children and older people.

MOULD FUNGI
IN BEDDING



Car:
about 2–3 years



Mattress:
about 8–15 years



**Imagine what
may be inside
an old mattress
after 10 years!**

HOW DO I GET DISEASE-CAUSING AGENTS, FOR EXAMPLE MITES, OUT OF MY BED?



These are
house-dust mites.
Around 2 to 10 million
of them can live in
one bed.



TENCEL®

BOTANICAL FIBRE FROM NATURE



TEST WINNER

Tencel® is a lyocell fibre. It is No. 1 in moisture regulation and absorbs about 50% more moisture than cotton.

ECOLOGY

Tencel® is a pure wood-cellulose fibre obtained from eucalyptus wood from sustainably managed forests. The production of Tencel® does not harm the environment and contains no harmful chemical additives.

ECO-FRIENDLY

Compared with cotton, Tencel® requires 10–20 times less water and has a yield up to 6 times higher.

Environmentally responsible production

REPEATEDLY TESTED WITH EXCELLENT RESULTS. ECOLOGICAL AWARDS FOR TENCEL® PRODUCTION:

- Austrian Industry Ecology Award 1998
- European Union Ecology Award 2000

TENCEL® – BEST MOISTURE REGULATION



TENCEL®
Water dyed blue



Cotton



Polyester

EXCELLENT CLIMATE PROPERTIES

Absorption of water vapour even at extreme humidity.



TENCEL®



COTTON



POLYESTER



FOREST



WOOD



WOOD PULP



FIBRE



YARN



FABRIC

SILVER THREAD AND TENCEL® FOR THE HIGHEST BED HYGIENE

Silver thread and Tencel® provide true hygiene with antibacterial and antistatic action.

Real protection against

- bacteria,
 - viruses,
 - microorganisms,
 - dust mites, and all types of fungi,
 - streptococci and staphylococci
- have no chance in your bed.

SILVER WORKS LIKE AN EFFECTIVE ANTIBIOTIC:

- in refrigerators
- in dressing materials
- in water reservoirs
- in medical and surgical instruments

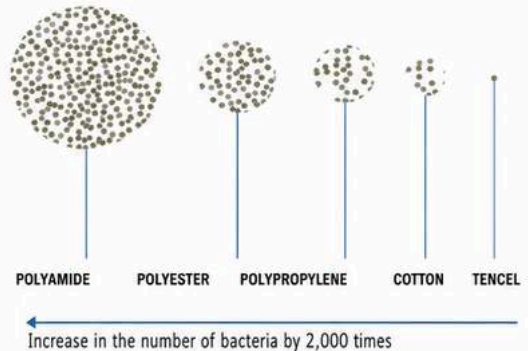
SILVER THREAD PREVENTS ODOURS AND IS ALSO USED IN THE TEXTILE INDUSTRY:

- socks
- underwear
- sportswear

DUST MITES HAVE NO CHANCE TO SURVIVE!

TRUE HYGIENE

Real protection against bacteria



SILVER THREAD IN ALL STAR-MEDICO® SLEEP PRODUCTS

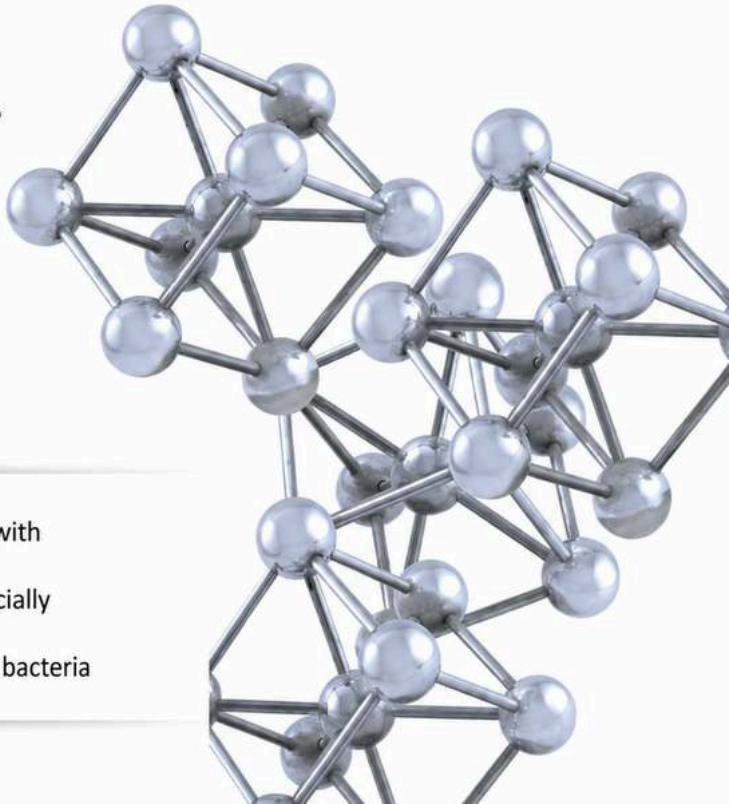
This silver protection has a strong antistatic and antimicrobial effect for maximum hygiene.
Thanks to this, it is ideally suited for people with allergies.
It can also dissipate static electricity.

Silver**Vital**Plus®

SilverVitalPlus® – our
patented silver-thread brand.



- unique structured fabric with integrated silver thread
- silver bioactive fabric specially developed in Germany
- optimal protection against bacteria



MATTRESS TOPPER

3-layer system, highly breathable, water-repellent, antibacterial and extremely point-elastic.

SOLUTION TO MOISTURE PROBLEMS IN OUR MATTRESSES

ADVANTAGES:

- keeps warm
- actively breathes
- antibacterial
- antistatic
- reduces odours
- flame-resistant like silk
- warm like wool

1. The outer side of the mattress topper consists of elastic, pre-washed Tencel® fabric, a very high-quality natural fibre. The upper and lower sides can be changed and washed.
2. The filling consists of Tencel® wadding, a thermo-insulating and breathable fibre with longitudinal air channels.
3. The grey inner layer is a highly elastic functional fabric with silver particles.
4. 3D spacer fabric: breathable and very good at regulating moisture.

FINAL NOTE:

Thanks to SilverVitalPlus®, complete all-round protection against allergy-causing substances. A strong capillary effect prevents moisture from penetrating into the core material.



DUVET

WITH CLIMATE-ACTIVE TENCEL® FABRIC AND SILVER VITAL MICRO®

ADVANTAGES

- adapts optimally to the shape of the body
- antibacterial, breathable, antistatic
- regulates temperature and keeps you warm
- durable and comfortable

Available in all standard sizes or in
custom sizes on request:

135 / 155 / 180 / 200 x 200 / 220 / 240 cm

Two duvet versions are available:

- light duvet 100 g/m²
- warm duvet 300 g/m²
- washable at 60 °C



SilverVital[®]

TENCEL®



THERAPEUTIC MASSAGE COUCH WITH OSCILLATION MASSAGE

FOR PROFESSIONALS:

- health spa salons
- fitness centres
- cosmetic institutes
- massage studios
- and also in private use and amateur sport

OSCILLATION MASSAGE CAN HELP IN:

- for detoxification,
- for circulatory disorders,
- for deacidification,
- for removing metabolic waste,
- for back pain,
- for rheumatism,
- for lack of exercise,
- and for faster recovery, etc.



- 10 PRESET OSCILLATION MASSAGE PROGRAMS
- REMOTE CONTROL
- 2 INFRARED DEEP-HEAT BLOCKS

2 INFRARED DEEP-HEAT BLOCKS



REMOTE CONTROL



INFRARED MASSAGE COUCH

THE LYMPHATIC SYSTEM

THE LYMPHATIC SYSTEM, TOGETHER WITH OUR CIRCULATORY SYSTEM, IS THE MOST IMPORTANT TRANSPORT AND FLUID SYSTEM IN THE HUMAN BODY.

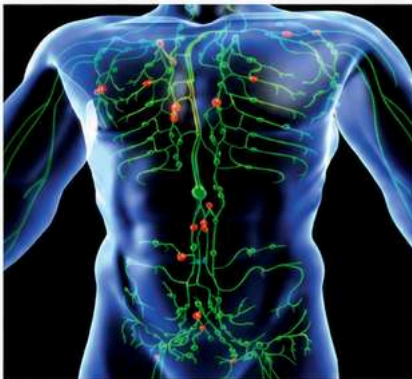
Lymph is a watery, light-yellow fluid that forms the link between tissue fluid and blood plasma. It supports the function of the veins and moves about 4 litres of lymphatic fluid every day.

THE MOST IMPORTANT TASKS OF THE LYMPHATIC SYSTEM ARE TO FILTER AND REMOVE FROM THE BODY'S TISSUES:

- metabolic waste products,
- proteins and fats,
- cell residues (including tumour cells),
- dead cells,
- foreign bodies,
- bacteria and viruses.

It serves as a transport system for the cells of the immune system and thus helps strengthen the body's resistance.

Regular use of **oscillation massage** can positively stimulate the lymphatic system.



OSCILLATION WELLNESS MASSAGE SYSTEM

WHAT IS OSCILLATION?

Oscillation means rhythmic vibration. It is extremely important because it supports the body, blood circulation and oxygen supply. With oscillation massage, the tissue is 'pumped through' to its full depth. Oscillation wellness massage can activate the body's self-healing powers.

ADVANTAGES OF OSCILLATION WELLNESS MASSAGE:

- provides excellent relaxation, even after a short sleep
- has a positive effect on falling asleep and staying asleep
- positively stimulates the lymphatic system
- reduces water retention in the legs
- firms the tissues and helps fight cellulite
- improves blood circulation
- reduces pain in the joints
- reduces pain in the spine and neck
- improves the nourishment of the intervertebral discs
- improves general well-being
- increases concentration through deeper relaxation
- has a long-lasting pain-relieving effect
- activates weakened functions of cells and the organism
- harmonises the body's regulatory mechanisms
- relaxes and is perceived as pleasant

TODAY IT IS ALSO USED:

- when accompanying fasting and for weight reduction
- for eliminating metabolic waste
- for deacidification
- as a relaxing treatment
- for general recovery

PURRING OF THE CAT AS A HEALING EFFECT
PURRING ACTIVATES THE BODY'S
SELF-HEALING POWERS.



FIELDS OF APPLICATION OF OSCILLATION THERAPY





FUNCTION OF THE OP BUTTON

**PRESS THE OP BUTTON TO
ACTIVATE THE MASSAGE PROGRAMMES.**

OP1 – PRESS THE OP BUTTON ONCE

The OP1 programme can be used for:

- pain in the intervertebral discs
- pain in the lower back
- lumbago
- sciatica
- back pain
- pain in the spine
- frontal and side headaches and migraine

OP2 – PRESS THE OP BUTTON TWICE

- pain in the shoulders and the back of the neck
- tension and hardening in the cervical and thoracic spine
- circulatory disorders
- women's complaints
- varicose veins
- lymphoedema
- swelling
- states of exhaustion
- fluid retention
- fibromyalgia
- activation of the lymphatic system
- treatment of cellulite
- support for weight reduction
- overweight accompanied by hunger
- deacidification and detoxification
- prevention
- recovery for muscle pain
- elimination of metabolic waste products

OP3 – PRESS THE OP BUTTON THREE TIMES

- pain in the intervertebral discs
- pain in the lumbar spine
- muscle cramps
- sciatica
- back pain
- pain in the spine

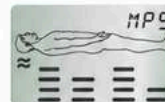
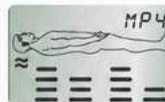
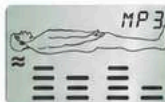
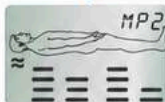
OP4 – PRESS THE OP BUTTON FOUR TIMES

- arthritis
- arthrosis
- joint pain
- osteoporosis
- Bechterew's disease
- rheumatic diseases
- weak bones
- stimulation of metabolism

OP5 – PRESS THE OP BUTTON FIVE TIMES

- for bedridden patients
- with limited physical activity
- reduces fluid retention in the legs
- muscle cramps
- tendency to cramps
- muscle tension
- sudden numbness

SETTING EXAMPLES



OUR RECOMMENDATION, THE IDEAL SLEEP SYSTEM

THE IDEAL SLEEP SYSTEM:

- 1. TRUE ORTHOPAEDICS**
mattresses, bed bases, pillows, duvets
- 2. MAXIMUM HYGIENE**
use of enhanced fabrics and materials
- 3. OSCILLATION WELLNESS MASSAGE**
an impulse for activating the body's self-healing powers and promoting well-being

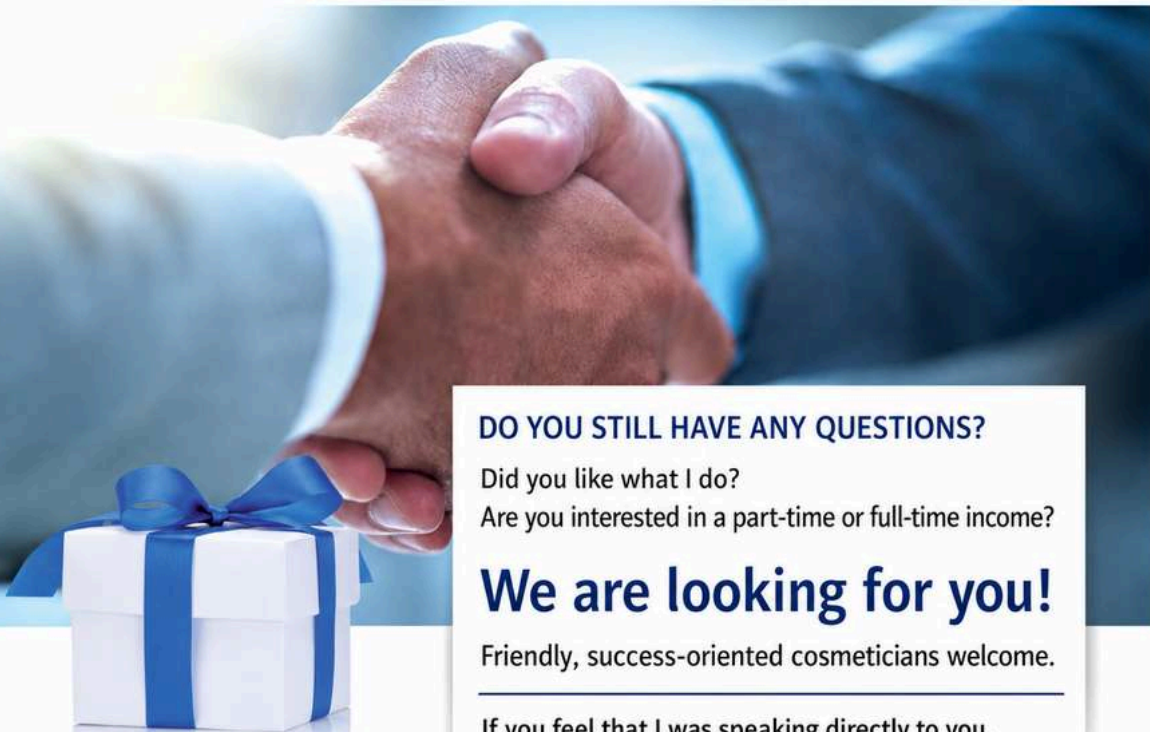


"WELLNESS SLEEP"
WITH OSCILLATION
WELLNESS MASSAGE

- ✓ patented brand
- ✓ 5-year guarantee
- ✓ handmade
- ✓  Made in Germany



HEARTFELT THANKS FOR YOUR ATTENTION AND YOUR INTEREST IN THE HEALTH PRESENTATION



DO YOU STILL HAVE ANY QUESTIONS?

Did you like what I do?

Are you interested in a part-time or full-time income?

We are looking for you!

Friendly, success-oriented cosmeticians welcome.

If you feel that I was speaking directly to you,
do not hesitate to contact me!

LOTTERY DRAW