

# Regenerative Cryotherapy

**Regenerative Cryotherapy** (deep freeze treatment) for snoring, chronic tonsillitis (inflammation of the tonsils), chronic pharyngitis (inflammation of the throat), chronic rhinitis (sniffles) and other diseases.

**Specialist in Regenerative Cryotherapy** – Dr. Sergej Doročov

**Study:** Medicine in Russia: Otolaryngologist Pediatrician  
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**Patents:** 1994 - Russian Patent – *“Treatment for Snoring by Means of Regenerative Cryotherapy”*  
1998-1997 – German Patent – *“Device for Sectional Tightening and Revitalization of the Mouth and Throat Mucosa”*

**Cryotherapy** (‘kryos’ gr. ‘deep freeze’) is a treatment by means of Regenerative Cryotherapy and has been used for many centuries in different medical treatments depending on the intensity of the deep freeze effect. Deep freeze is used as well as the regenerative and healing treatment (**regenerative cryotherapy**) as in cryosurgery; where cells, organs and ulcers are put under **destructive** influence (the so-called destructive necrotic cryotherapy or **cryosurgery**).

In this article I have outlined regenerative cryotherapy (regenerative and healing) by discussing the application of the procedure in treating chronic inflammations of the nose, throat and anti-snoring therapy. In 1986, I developed, researched and applied the procedure for regenerative cryotherapy in Russia and set up private practice in Germany from 1995. Many of my patients have shown dramatic health improvements from my treatment. The regenerative cryotherapy adjusts the mutated cells and activates the whole organism for increasing the body’s immunity. This is achieved by means of regenerative renewal. It is important to note that the procedure of regenerative cryotherapy has no known side effects and is highly recommended for both adults and children.

It is important for everyone to maintain and care for their complete/whole self and avoid surgery wherever possible. It is therefore important to care about the throat by applying a therapy which, when needed, does not involve

surgery. Latest immunological research has proved that the tonsils play a vital part in the protection of the body. The procedure of regenerative cryotherapy cares about the inflamed and degenerative cells of the tonsils (in the case of **chronic tonsillitis**). The procedure, therefore, regenerates and activates the cells so that the body's defense against viruses and bacteria is wholly restored.

Other lymphatic cells, such as the lymphfollicel and lymphgrains, also exist in the throat. They look like little knots and grains and are placed towards the back and sides of the throat. **Chronic pharyngitis** results from the inflammation of these little knots and grains. Regenerative cryotherapy restores the function of these lymphatic follicles and grains so that the immune system adjusts itself to its optimum and healthy potential, fighting against viruses, bacteria and other foreign microorganisms.

Chronic inflammation in the throat (chronic tonsillitis and pharyngitis) pass by very often without symptoms. Sometimes they can be accompanied with scratching or burning in the throat. During this time the patient has the feeling that something is stuck in their throat, which causes coughing.

Another symptom is the frequent inflammation of the tonsils.

The therapeutic effect of regenerative cryotherapy is the complete regenerative care of the protective function of the lymphatic cells in the follicles, grains and tonsils. In this way, a full elimination of the inflammation is achieved. Chronic throat inflammations are dangerous for the whole organism because they may lead to complications, such as rheumatism, heart disease, kidney failure/disease and others. Arthritis (disease of the joints), asthmatic illnesses, blood-cell diseases, skin problems, disease of the sexual organs, etc. With regenerative cryotherapy all these problems begin to disappear by themselves. The therapeutic effect on the entire system is stimulated and the increased immunity of the cellular system wholly restored.

**Regenerative cryotherapy** is suitable for chronic inflammation of the constipated nose, Ozaena (stink nose) and Polypose. After the deep-freeze treatment the structure of the mucus in the nose is regenerated and heals itself. The breathing system, below the swallowed mucus, therefore regenerates. Asthmatic attacks are reduced, polyps become smaller and even disappear.

It is also possible to cure the patient from snoring with the help of regenerative cryotherapy. Snoring is an unpleasant noise which, whilst in a deep sleep, can be extremely dangerous. There is a direct connection between high blood pressure, myocardial attack (heart), cell-disease and psycho-neurotic disturbances. In most cases the muscles of the palate are treated with deep freeze. A local narcotic spray is used in the throat to avoid vomiting. Regenerative procedures begin on the muscle cells of the palate. The strength of the muscle palate cells is restored and palate tension shortens. In most cases, the reason for snoring is the slackening of the muscles, which is caused by other diseases that effect the palate. These include: chronic tonsillitis chronic pharyngitis, chronic sniffles, colds and flu. If one does not treat chronic inflammations and swallowed mucus, one starts snoring and after some time, the dangerous apnoea syndrome – frequent stops of breathing in the night – will set in. In some cases it was confirmed that after the application of cryotherapy in the nose and throat the strength and elasticity of the palate was slowly gained back. Naturally this depends on the individual nature of the person, which is assessed during my treatment.

I was granted a patent from the Russian Committee for Patents and Inventions for my method and procedure for treating snoring with regenerative cryotherapy. The procedure does not require any preparation and can be applied to a conscious patient who is sitting upright. A local narcotic spray is used before treatment to reduce vomiting stress. The procedure takes half an hour, after which time the patient is back to their “normal” eating/drinking habits. I was also granted a Patent for my cryo-equipment for this use of cryotherapy. Deep freeze is produced by circulating nitrogen, which does not have any direct contact with the nose, throat or mouth. Some patients feel an unpleasant cold feeling for a few seconds, whilst others feel nothing. After the procedure the cell system regenerates and restores new and healthy cells. This process lasts for four to six weeks. After this period, the patient should go for a check-up. If the cells are not completely renewed another treatment is required to complete the regenerative process.

Many people (especially children) suffer from different stresses of the heart, blood vessels, kidneys, joints, skin, inner organism bronchial asthma and other disease. They are not aware that their inner stresses are caused by a chronic inflammation in the throat and nose. These inflammations pass by very often without any symptoms. **Normal cell functioning is restored and**

**increased stability of the entire immune system is wholly established by means of regenerative cryotherapy.**

By means of the generative cryotherapy system, diseases of the skin can be cured such as: psoriasis, atopic and allergic dermatitis, erythema, eczema, warts, papilloma and kondylomathe.

I strongly believe that if everyone (especially children) underwent prophylactic treatment of the lymphoid tissue of the tonsils, pharynx and nasal mucosa using the method of regenerative cryotherapy the following positive effects would be observed.

- improvement of the protective functions of the entire organism
- correct and healthy stimulation of the immune system

**We conclude therefore that the general risk of catching systemic, rheumatoid, infectious allergic and oncological diseases, immune deficiency states, snoring and sleep apnea would be distinctly reduced.**

The regenerative cryotherapy of Dr. Dorochov guides a new direction in modern medicine. Regenerative Medicine helps the sick mutated organism to regenerate itself by renewing cell function to a complete restored “whole.” “My aim is to introduce regenerative cryotherapy into all aspects of medicine so that we can all benefit from the rich life we were granted at birth.”

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