

Dear users,

The importance of strengthening the immune system and reducing virus replication by diet change is acknowledged by all scientists.

So, how can we ensure these changes ?

I suppose phytotherapeutic products such beta glucan, ginger, turmeric (curcumin), elderberry, sage ... etc. came to mind. Ah, I wish it was that simple.

Remember that before the invention of antibiotics infections were treated with phytotherapeutic products and that the mortality rate was high.

Unfortunately, contrary to popular belief only phytotherapeutic support isn't enough in ensuring continuity of the immune system's vigor and quickly strengthening it in preparation for numerous threats.

Today's medicine has determined with scientific researches who, in case of which diseases, needs how much of approximately 100 nutrients (*amino acids, fatty acids, vitamins, minerals, electrolytes, phytosterols*) known to have a much more prevalent effect on the immune system.

For example, who needs how much of which nutrient (*caffeine, arginine, glutamic acid, zinc, palmitic acid, docosapentaenoic acid, stigmasterol... etc.*) in the case of respiratory tract viruses can be determined.

Organizations such as the USDA... etc. provide information on how much of these nutrients are in 100 grams of food and drinks.

Why then, aren't this information processed and recommended to us as menus ?

It is impossible for us doctors, dietitians, phytotherapists make these complicated calculations and recommend menus without the support of HMG.

Imagine an airplane. It is only able to fly safely after the perfect union of ten thousands of pieces and hundreds of test flights. We know that any minor error in assembly or change could result in a crash

For the human body to reach peak life quality and expectancy, all required parameters should be determined according to the individual and their diseases, and their nutrition, exercise and living conditions should be optimized.

COVID 19

APPLICATION OFFERS



Us health professionals making these calculations that are thousands of times more complex than airplane construction and creating menus couldn't even be imagined prior to the HMG projects.

Because of this us health professionals were recommending treatments unscientifically " this is rich in x, eat some of this, this helps x " etc., as it was in times prior to antibiotics and thought we were supporting patients and clients who had no idea on the subject matter and who wouldn't question.

In 2001, Hakan HAMZAÇEBİ, M.D. and colleagues set out to find solutions to the shortcomings and erroneous approaches of the medicine world by developing the Health Master Global (HMG) and Health Master Solution Partners Network projects.

With this many demands in diagnosis, treatment and monitoring have been unprecedentedly resolved and brought into service for both individuals and health professionals and a new age for the medicine world has started.

The respiratory trackt viruses application is the humble product of this labour.

We ask you to visit the pages below to access the features listed as headings below offered to you and health professionals.

Hakan HAMZAÇEBİ, M.D.
(Project Coordinator)

MENU RECOMMENDATION and FOLLOW UP

First, the individual's daily requirement of energy, water and approximately 140 nutrients are determined. Parameters such as the patient's diseases (nearly 5 000 disease options with COVID 19 preselected, are available), exercises, weight goals... etc. are used

Then, fitting menus are recommended using e-learning algorithms. Food can be filtered out according to unwanted, allergy inducing, high intolerance foods or dietary restrictions such as vegan, vegetarian, pescetarian etc. and won't be recommended in your menus.

MONITORING SYMPTOMS / FINDINGS

This algorithm determines the presence and severity of the disease and whether immediate treatment is required.

In countries where the ministry of health is integrated users can use this service by allowing the ministry of health to view this information.

This way, patients with immediate risk can be delivered to the hospital by ambulance.

INTERACTIVE GRAPHICS

Our goal is to enable both the individual and their assigned health professionals to be able to evaluate current health data in a fast and reliable manner, and manage drug use, exercise and nutrition accordingly.

Health data (hundreds of parameters such as fasting blood glucose, postprandial 2nd hour blood glucose, HbA1c, weight (kg), exercise energy expenditure (kcal), blood pressure, pulse etc.) can be input along with related dates by merely clicking.

DRUG AND FOOD SUPPLEMENT SELECTION

Both the individual and health professionals can choose from ten thousands of drug and food supplements around the world, edit their dosage and set alarms and view as prescriptions if requested.

The energy, water and nutrient values of these drugs and food supplements also affect menu recommendation.

COVID 19

APPLICATION OFFERS



EXERCISE OPTIONS

Hundreds of outdoor and indoor (GYM) exercises can be planned, along with their dates, duration, repeats and program sets.

Thus, both races and training speed and performance can be managed professionally.

LABORATORY TESTS

Thousands of analysis results from solution partners network partner organizations are displayed as interactive graphics as soon as they're verified (*checked according to normal values*).

HEALTH MESSAGE

Application users, their friends and health professionals can interact on the HMG SPN WEB or Mobile platforms via Health Message.

This enables messaging, data sharing etc. Both incoming and outgoing messages can be translated instantly into almost 60 languages.

MANAGING APPOINTMENTS

Both personal and medical appointments can be interactively managed.

HEALTH EDITOR

Is an application where you can store and edit your medical information. There is also an integrated word processor which allows for the translation of your texts into nearly 60 languages.

BONUS ve PROMOSYONLAR

Over 7500 steps per day are rewarded.

In the bonus function, foods and beverages corresponding to the calories burnt during extra exercises will be recommended.

HMG Solution Partners Network member companies offer promotions valid for 24 hours.