

NEW

*Your upgrade
for more
quality of life!*

Book an
antistress room



TERRA Medico[®]
ANTISTRESS ROOMS

Welcome

ANTISTRESS ROOMS

Antistress. For your health.

FUEL UP ON ENERGY

Vitalizing your body and mind is easy!

In an antistress room you can not only expect the high comfort of this house, but also the TERRA MEDICO THERAPY PAD integrated in your bed and the REGENERATIVE SYSTEM in a special bag. Both use the biological and physical laws of nature, whose positive effects have been proven by science many times.

You don't have to do anything!

Lay down on your bed or on the TERRA MEDICO REGENERATIVE SYSTEM. While you sleep, or relax, read a book, or watch tv, you let nature work for your health. You don't have to do anything!



*Thanks for being here,
your host and the Terra Medico Team*

Fall asleep faster and sleep better

In an antistress room you'll sleep earthed on the TERRA MEDICO THERAPY PAD. While you rest, it clears your body of free radicals and oxidative stress. You'll fall asleep faster, sleep better and more profoundly, and will fortify your immune system at the same time.

Refuel on energy and regenerate

The TERRA MEDICO REGENERATIVE SYSTEM stimulates your cells and regulates your body functions. Furthermore, it increases your internal body temperature to 37°C. You'll regenerate faster, have more energy and an optimized metabolism.

Deep relaxation for body and mind

In addition to the benefits mentioned above, the TERRA MEDICO systems have also a positive effect on the blood pressure and the cardiocirculatory system. This helps your body and mind relax.

Therefor our advice:
**Book an ANTISTRESS
ROOM now!**



This is
MY PROMISE

Results of medical research:

Benefits for your FITNESS:

- More energy
- Improved fitness and strength
- Improved performance
- Less muscle fatigue and soreness
- 85 reduction of muscle soreness and pain after working out
- Reduced time of recovery
- Fosters healing processes in case of injury
- 8% increase in standard oxygen tests
- 32% increase in compression tests
- 12% increase in grip tests

Benefits for your SLEEP:

- Higher quality of sleep
- Wake up time reduced of 18,3 minutes
- Efficiency of sleep improved 2,6 times
- 33% of the probands in a clinical trial reported less pain during the night

Benefits for your HEALTH:

- Stabilizing and regulating effect on the cardiocirculatory system
- Regulates the blood pressure and improves the blood flow
- Positive effect on the skin (anti-aging)
- Fortifies the immune system
- Fatigue significantly improves
- Reduces physical and mental tensions
- Proband reported 2,7 times less pain

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