



# Cryotherapy

## What is it?

NATURAL WELLNESS IN THREE MINUTES

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## Overview

A single three-minute refreshing Impact Cryotherapy session promotes natural healing and reduces pain. Step into an Impact Cryotherapy cryosauna to experience the benefits of whole body cryotherapy! Using cold temperatures to promote natural healing and wellness, Cryotherapy provides a fast and effective alternative to traditional 30-minute ice baths. Using nitrogen vapor, the cryosauna gives a dry chill with temperatures as low as -90 C (-130°F) to -120 C (-184°F).



Cryotherapy stimulates the sympathetic nervous system via thermoreceptors, causing dramatic peripheral vasoconstriction. This induces adaptive

changes correlating with effects of analgesia (pain relief), reduction of inflammation, and an increase in blood serum markers for tissue repair.



## Benefits

Cryotherapy is three minutes of intense cold that results in many physiologic benefits that include:

- **Pain relief.** Vasoconstriction (reduced blood flow) to the arms and legs causes a cold-induced analgesia (pain relief) that can last up to 8 hours.
- **Muscle healing.** When blood flow is restricted from the limbs, it is forced into your core where it passes through the liver and kidneys to process out any impurities, such as lactic acid, which is then returned to the muscle as glucose for energy. Once the session is over, vasodilation occurs, allowing blood to return to the limbs, free of

impurities and loaded with oxygen and nutrients that help with muscle recovery.

- **Prevention.** Due to the healing effects of a session of cryotherapy, it can actually be preventative against exercise-induced inflammation and soreness.
- **Anti-inflammatory effects.** Cryotherapy increases concentration of anti-inflammatory markers, making it an effective adjunct to treatment for arthritis, fibromyalgia, and even rheumatoid arthritis.



- **Improved performance.** When used immediately prior to exercise, studies have found heart rate and lactic acid build up were decreased during and after activity. This suggests that the increase in parasympathetic (nervous system) activity increases, allowing the energy usually used for cooling the body to be redirected to actual muscular activity.
- **Supporting weight loss.** While cryotherapy alone does not lead to weight loss, it causes the body to work harder to generate warmth. Additionally, cryotherapy mimics the effect of exercise on muscle cells, and one session burns as many as 800 calories!

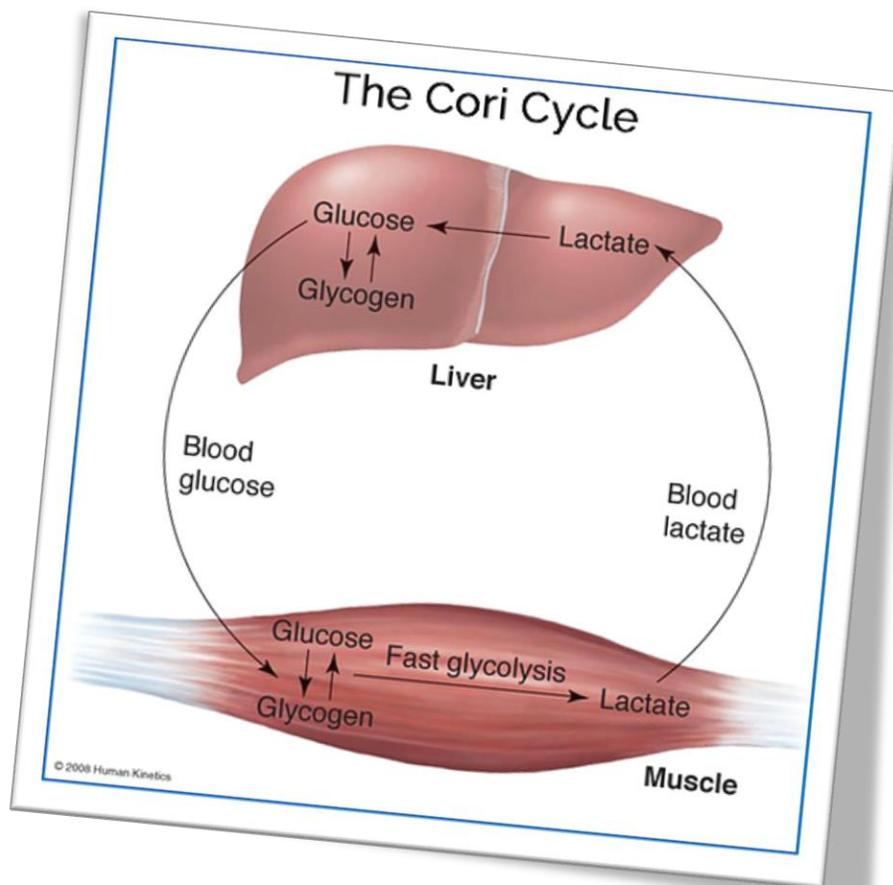
### After Cryotherapy

During each session, the body releases endorphins which are hormones that make you feel good and energetic. As you have more sessions, the number of endorphins released increase. The buoyant effects from each session are felt throughout the whole body, last at least 6-8 hours, and increase with number of treatment sessions. Many clients have expressed that they have the best night of sleep following a Cryotherapy session.

### Expectations and Attire

Whole Body Cryotherapy (WBC) is an experience similar to an ice bath in a fraction of the time. Prior to entering the cryosauna, it will be pre-cooled with Nitrogen gas. Once the desired temperature has been reached, you will enter, the door will be closed, and the three minutes will begin. The first time in the chamber is the most intense; you will be very cold. Some clients experience shortness of breath, and slow, controlled breathing helps keep the blood flowing to avoid feelings of lightheadedness. When the temperature reaches -90 C, the machine will start pulsing, in order to maintain this temperature. Many people experience shivering, but if you begin to feel uncomfortable, you are able to stop the session at any time.

Before entering the cryosauna, clients are required to remove all clothing, except undergarments, and all metal from the body (including bras with underwire). Protective socks and gloves will be provided along with a robe, which is removed once inside the cryosauna



*The "Cori Cycle": As you exercise, glucose is used to fuel muscles, resulting in a byproduct of lactate. As exercise intensity increases, there is a build-up of lactate which needs to be cleared by the liver.*



with the door closed. Once inside, only the face is visible to the operator, preserving modesty at all times. You will be supervised at all times throughout each three-minute session to ensure safety and comfort.

### Is Cryotherapy right for you?

There are certain conditions in which cryotherapy should be avoided. Do not use if pregnant. Consult with your physician prior to using cryotherapy if you have any of the following conditions:

- Cold intolerance
- Severe hypertension (> 180/100)

- Venous thrombosis
- Raynaud's disease
- Uncontrolled seizures
- Acute respiratory system disorders
- Unstable angina
- Heart failure
- Recent myocardial infarction
- Bleeding disorder
- Claustrophobia

