CRYOTHERAPY
Whole Body Chamber

CRYOTHERAPY
Cryotherapy suppresses inflammatory processes throughout the body, disposing of old and damaged immune cells and replacing them with new ones, and ramping up metabolism to create more body heat. This leads to reduced inflammation, improved immune, brain, gut and adrenal function.

MOST COMMON CONDITIONS
- DEPRESSION
- CHRONIC INFLAMMATION
- CHRONIC FATIGUE
- FIBROMYALGIA
- GUT DYSFUNCTION
- LOW METABOLIC RATE
- POOR CIRCULATION
- INJURY RECOVERY

WHAT IS CRYOTHERAPY?
Whole Body Cryotherapy uses temperatures lower than -170 degrees Fahrenheit. The purpose of this is to elicit a systemic response. Temperature receptors in the skin detect an extreme atmospheric drop in temperature and this tricks the brain into thinking that hypothermia is imminent. In as little as 90 seconds at this temperature the nervous system prepares for hypothermia. This entails shunting blood from the extremities to the body core (brain and gut), suppressing inflammatory processes throughout the body, enhancing anti-inflammatory processes throughout the body, disposing of old and damaged immune cells and replacing them with new ones, and ramping up metabolism to create more body heat. You can think of it as a "Hail Mary" pass or a last-ditch effort to keep you alive against all odds. In other words, it's possibly the most robust survival response the body is capable of putting forth.

TREATMENT PROTOCOL
Treatment time is only 3 minutes several times per week over the course of 4-12 weeks. The only contraindications with WBC are significant heart disease, recent heart attack, significantly elevated blood pressure, Raynaud’s Phenomenon, or allergy to cold.