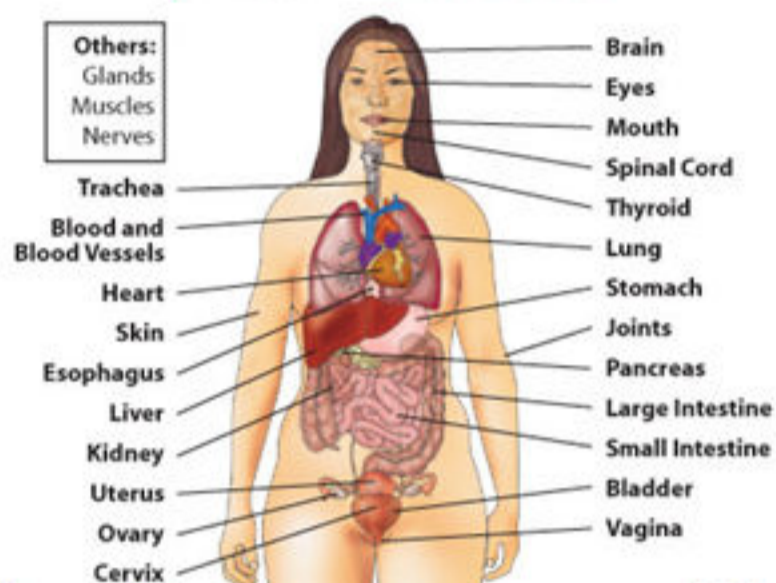


The Cryosauna is Used to Treat Auto-Immune Diseases

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Body Parts That Can Be Affected by Autoimmune Diseases



alopecia areata, autoimmune hemolytic anemia, autoimmune hepatitis, dermatomyositis, diabetes (type 1), some forms of juvenile idiopathic, arthritis, glomerulonephritis, Graves' disease, Guillain-Barré syndrome, idiopathic thrombocytopenic purpura, myasthenia gravis, some forms of myocarditis, multiple sclerosis, pemphigus/pemphigoid, pernicious anemia, polyarteritis nodosa, polymyositis, primary biliary cirrhosis, psoriasis, rheumatoid arthritis, scleroderma/systemic sclerosis, Sjögren's syndrome, systemic lupus erythematosus, some forms of thyroiditis, some forms of uveitis, vitiligo, granulomatosis with polyangiitis (Wegener's)

The Cryosauna is Used to Treat Auto-Immune Diseases

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What are autoimmune diseases?

(From <http://womenshealth.gov/publications/our-publications/fact-sheet/autoimmune-diseases.html>)

Our bodies have an immune system, which is a complex network of special cells and organs that defends the body from germs and other foreign invaders. At the core of the immune system is the ability to tell the difference between self and nonself: what's you and what's foreign.



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Autoimmune Diseases and Cryosauna Treatment Results:

- Alopecia areata
- Antiphospholipid
- Autoimmune hepatitis
- Celiac disease
- Diabetes type 1
- Graves' disease (overactive thyroid)
- Guillain-Barre syndrome
- Hashimoto's disease (underactive thyroid)
- Hemolytic anemia
- Idiopathic thrombocytopenic purpura (ITP)
- Inflammatory bowel disease (IBD)
- Inflammatory myopathies
- Multiple sclerosis (MS)
- Myasthenia gravis
- Primary biliary cirrhosis
- Psoriasis
- Rheumatoid arthritis
- Scleroderma
- Sjögren's syndrome
- Systemic lupus erythematosus
- Vitiligo

A flaw can make the body unable to tell the difference between self and nonself. When this happens, the body makes autoantibodies (AW-toh-AN-teye-bah-deez) that attack normal cells by mistake. At the same time special cells called regulatory T cells fail to do their job of keeping the immune system in line. The result is a misguided attack on your own body. This causes the damage we know as autoimmune disease. The body parts that are affected depend on the type of autoimmune disease. There are more than 80 known types.

How Common Are Autoimmune Diseases?

Overall, autoimmune diseases are common, affecting more than 23.5 million Americans. They are a leading cause of death and disability. Yet some autoimmune diseases are rare, while others, such as Hashimoto's disease, affect many people.

Who Gets Autoimmune Diseases?

Autoimmune diseases can affect anyone. Yet certain people are at greater risk, including:

- **Women of childbearing age**

— More women than men have autoimmune diseases, which often start during their childbearing years.

- **People with a family history**

— Some autoimmune diseases run in families, such as lupus and multiple sclerosis. It is also common for different types of autoimmune diseases to affect different members of a single family. Inheriting certain genes can make it more likely to get an autoimmune disease. But a combination of genes and other factors may trigger the disease to start.

- **People who are around certain things in the environment**

— Certain events or environmental exposures may cause some autoimmune diseases, or make them worse. Sunlight, chemicals called solvents, and viral and bacterial infections are linked to many autoimmune diseases.

- **People of certain races or ethnic backgrounds**

— Some autoimmune diseases are more common or more severely affect certain groups of people more than others. For instance, type 1 diabetes is more common in white people. Lupus is most severe for African-American and Hispanic people.

How Do Cryosauna Treatments Work to Help Autoimmune Conditions

(From: http://www.lifestreammed.com/resources/resources/cryotherapy/wbc_ClinicalRelevanceOf.pdf)

WBC treatments work by subjecting the patient's skin to controlled levels of gasiform liquid nitrogen. The treatment is conducted in a device called a cryochamber. Before treatment, the cryochamber is pre-cooled and dried, and the patient is given informed consent. Next, the patient disrobes inside the chamber, keeping on socks to protect their toes. Men also wear regular underwear to protect external genitalia. The floor of the unit elevates allowing the patient's head to be outside of the chamber so they can continue to breath room air.

Nitrogen gas is safe to breathe since it makes up roughly 80% of our atmosphere, however in a pure state it displaces oxygen. The patient's fingertips are protected by keeping their hands placed on a padded ledge around the top of the chamber.

During a session, bursts of nitrogen are circulated around the chamber, directed away from the patients skin. The bursts serve to maintain the therapeutic temperature. In a typical 3 minute session, 10 second bursts are released with 20-30 second pauses between them. The ambient temperature in the chamber is maintained at -200 to -250°F throughout the course of treatment.

Ideal treatment intensities cause a spontaneous shiver reflex to began just at the end of the session. The cryotherapist is able to adjust certain variables, to achieve a brief shiver reflex without the cold being too intense. These include: amount of pre-cooling, duration of bursts, duration of pause between bursts and the duration of the session.

Those who are older, less physically active and less tolerant of cold, can achieve this response with milder treatments and briefer durations. Those who undergo a series of treatments usually prefer colder treatments as their series progresses.

Immediately after the 2.5 – 3 minute session, the majority of subjects experience marked improvements in pain and joint discomfort and notice measurable reductions in joint edema. Most also experience endorphin releases normally experienced only after intense exercise.

Mechanisms of Action

The genome of modern humans experienced the majority of its evolution over the Pleistocene Epoch. This time period is demarcated by alternating glacial (ice ages) and interglacial (temperate) periods. The majority of time was likely spent in glacial periods, thus engendering many genetic adaptations to cold.

These adaptations are the likely reason that WBC induces homeostatic responses from most of the body's regulatory mechanisms.

The initial cold startle response elicits a strong sympathetic nervous system reaction. This causes a dramatic parasympathetic rebound.



Are chronic fatigue syndrome and fibromyalgia autoimmune diseases?

Chronic fatigue syndrome (CFS) and fibromyalgia (feye-broh-meye-AL-juh) (FM) are not autoimmune diseases. But they often have symptoms of some autoimmune disease, like being tired all the time and pain.

- CFS can cause you to be very tired, have trouble concentrating, feel weak, and have muscle pain. Symptoms of CFS come and go. The cause of CFS is not known.
- FM is a disorder in which pain or tenderness is felt in multiple places all over the body. These “tender points” are located on the neck, shoulders, back, hips, arms, and legs and are painful when pressure is applied to them. Other symptoms include fatigue, trouble sleeping, and morning stiffness. FM mainly occurs in women of childbearing age. But children, the elderly, and men are sometimes can also get it. The cause is not known.

Chronic fatigue syndrome and fibromyalgia autoimmune disease References:

<http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-overview-clinical-relevance-of-whole-body-cryotherapy/>

http://media.wix.com/ugd/76b06d_3d1ede919732b9870218506e48e531f9.p

<http://helpforhealthnova.com/http://helpforhealthmobile.com/studies-on-whole-body-cryotherapy/>

<http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/>

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The circulatory system undergoes dramatic peripheral vasoconstriction followed by strong rebound vasodilation. This improves peripheral vascular tone while reducing histamine release due to vascular permeability.

The neuromuscular system responds with a decrease in troponin I, creatine kinase and edema.

Positive immune responses include increased white blood cell counts, increased anti-inflammatory cytokines, and reduced pro-inflammatory prostaglandin.

In the endocrine system, WBC triggers an increase in noradrenaline, β -endorphins, adrenocorticotrophic hormone (ACTH) and pro-opiomelanocortin (POMC) concentrations.

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Diseases are in alphabetical order. Please scroll down to view a disease of interest.

Disease (Diseases are in alphabetical order. Please scroll down to view a disease of interest)	Symptoms	Cryosauna Studies
<p>Alopecia areata (Al-uh-PEE-shuh AR-ee-AYT-uh)The immune system attacks hair follicles (the structures from which hair grows). It usually does not threaten health, but it can greatly affect the way a person looks.</p>	<ul style="list-style-type: none"> • Patchy hair loss on the scalp, face, or other areas of your body 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-overview-clinical-relevance-of-whole-body-cryotherapy/</p>
<p>Ankylosing spondylitis, previously known as Bechterew's disease and Marie-Strümpell disease, is a chronic inflammatory disease of the axial skeleton, with variable involvement of peripheral joints and nonarticular structures. AS is one of the seronegative spondyloarthropathies and has a strong genetic predisposition.</p>	<p>The most common symptom of AS is low back pain.</p>	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://www.lifestreammed.com/resources/resources/cryotherapy/wbc_ClinicalRelevanceOf.pdfhttp://</p>
<p>Antiphospholipid (an-teye-FOSS-foh-lip-ihd) antibody syndrome (aPL)A disease that causes problems in the inner lining of blood vessels resulting in blood clots in arteries or veins.</p>	<ul style="list-style-type: none"> • Blood clots in veins or arteries • Multiple miscarriages • Lacy, net-like red rash on the wrists and knees 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://</p>
<p>Autoimmune hepatitisThe immune system attacks and destroys the liver cells. This can lead to scarring and hardening of the liver, and possibly liver failure.</p>	<ul style="list-style-type: none"> • Fatigue • Enlarged liver • Yellowing of the skin or whites of eyes • Itchy skin • Joint pain • Stomach pain or upset 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://</p>
<p>Celiac diseaseA disease in which people can't tolerate</p>	<ul style="list-style-type: none"> • Abdominal bloating and pain • Diarrhea or 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://</p>

	swallowing or breathing	
<p>Multiple sclerosis (MUHL-tip-uhl sklur-OH-suhss) (MS)A disease in which the immune system attacks the protective coating around the nerves. The damage affects the brain and spinal cord.</p>	<ul style="list-style-type: none"> • Weakness and trouble with coordination, balance, speaking, and walking • Paralysis • Tremors • Numbness and tingling feeling in arms, legs, hands, and feet • Symptoms vary because the location and extent of each attack vary 	http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://www.lifestre
<p>Myasthenia gravis (meye-uhss-THEEN-ee-uh GRAV-uhss) (MG)A disease in which the immune system attacks the nerves and muscles throughout the body.</p>	<ul style="list-style-type: none"> • Double vision, trouble keeping a steady gaze, and drooping eyelids • Trouble swallowing, with frequent gagging or choking • Weakness or paralysis • Muscles that work better after rest • Drooping head • Trouble climbing stairs or lifting things • Trouble talking 	http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://
<p>Primary biliary cirrhosis (BIL-ee-air-ee sur-ROH-suhss)The immune system slowly destroys the liver's bile ducts. Bile is a substance made in the liver. It travels through the bile ducts to help with digestion. When the ducts are destroyed, the bile builds up in the liver and hurts it. The damage causes the liver to harden and scar, and eventually stop working.</p>	<ul style="list-style-type: none"> • Fatigue • Itchy skin • Dry eyes and mouth • Yellowing of skin and whites of eyes 	http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://
<p>Psoriasis (suh-REYE-uh-suhss)A disease that causes new skin cells that grow deep in your skin to rise too fast and pile up on the skin surface.</p>	<ul style="list-style-type: none"> • Thick red patches, covered with scales, usually appearing on the head, elbows, and knees • Itching and pain, which can make it hard to sleep, walk, and care for yourself <p>May have:</p>	http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://

	<ul style="list-style-type: none"> • A form of arthritis that often affects the joints and the ends of the fingers and toes. Back pain can occur if the spine is involved. 	
<p>Rheumatoid arthritis (ROO-muh-toid ar-THREYE-tuhss)A disease in which the immune system attacks the lining of the joints throughout the body.</p>	<ul style="list-style-type: none"> • Painful, stiff, swollen, and deformed joints • Reduced movement and function <p>May have:</p> <ul style="list-style-type: none"> • Fatigue • Fever • Weight loss • Eye inflammation • Lung disease • Lumps of tissue under the skin, often the elbows • Anemia 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-cryotherapy/http://media.wix.com/ugd/76b06d_3d1ede919732b9870218506e48e531f9.pdfhttp://media.wix.com/ugd/76b06d_fee5991732b9870218506e48e531f9.pdfhttp://media.wix.com/ugd/76b06d_fee5991732b9870218506e48e531f9.pdf on-whole-body-cryotherapy</p>
<p>Scleroderma (sklair-oh-DUR-muh)A disease causing abnormal growth of connective tissue in the skin and blood vessels.</p>	<ul style="list-style-type: none"> • Fingers and toes that turn white, red, or blue in response to heat and cold • Pain, stiffness, and swelling of fingers and joints • Thickening of the skin • Skin that looks shiny on the hands and forearm • Tight and mask-like facial skin • Sores on the fingers or toes • Trouble swallowing • Weight loss • Diarrhea or constipation • Shortness of breath 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://helpforhealthmobile.com/cryotherapy/http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-cryotherapy/http://media.wix.com/ugd/76b06d_3d1ede919732b9870218506e48e531f9.pdf</p>
<p>Sjögren's syndrome (SHOH-grins)A disease in which the immune system targets the glands that make moisture, such as tears and saliva.</p>	<ul style="list-style-type: none"> • Dry eyes or eyes that itch • Dryness of the mouth, which can cause sores • Trouble swallowing • Loss of sense of taste • Severe dental cavities • Hoarse voice • Fatigue • Joint swelling or pain • Swollen glands • Cloudy eyes 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://helpforhealthmobile.com/cryotherapy/http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-cryotherapy/http://media.wix.com/ugd/76b06d_3d1ede919732b9870218506e48e531f9.pdf</p>
<p>Systemic lupus erythematosus (LOO-puhss ur-ih-</p>	<ul style="list-style-type: none"> • Fever • Weight loss • Hair loss 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://helpforhealthmobile.com/cryotherapy/http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-cryotherapy/http://media.wix.com/ugd/76b06d_3d1ede919732b9870218506e48e531f9.pdf</p>

<p>thee-muh-TOH-suhss)A disease that can damage the joints, skin, kidneys, heart, lungs, and other parts of the body. Also called SLE or lupus.</p>	<ul style="list-style-type: none"> • Mouth sores • Fatigue • “Butterfly” rash across the nose and cheeks • Rashes on other parts of the body • Painful or swollen joints and muscle pain • Sensitivity to the sun • Chest pain • Headache, dizziness, seizure, memory problems, or change in behavior 	
<p>Vitiligo (vit-ihl-EYE-goh)The immune system destroys the cells that give your skin its color. It also can affect the tissue inside your mouth and nose.</p>	<ul style="list-style-type: none"> • White patches on areas exposed to the sun, or on armpits, genitals, and rectum • Hair turns gray early • Loss of color inside your mouth 	<p>http://helpforhealthnova.com/http://helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://</p>

(From <http://womenshealth.gov/publications/our-publications/fact-sheet/autoimmune-diseases.html>)

Auto-Immune Articles and Research

Whole-body cryotherapy in patients with inflammatory rheumatic disease. A prospective study

Tweet [Article in German] Braun KPl, Brookman-Amisshah S, Geissler K, Ast D, May M, Ernst H. Author information 1Praxis für Allgemeinmedizin (Inhaber: MR Dr. H.-P. Braun), Albert-Schweitzer-Strasse 11, 03050 Cottbus. kay-p.braun@web.de Abstract BACKGROUND: As yet, whole-body cryotherapy is especially used for the therapy of chronic inflammatory arthritis. An analgetic effect has been described in several



Posted in Auto-Immune, Cryosauna- auto immune, cryosauna-Pain, Cryosauna-Pain | Comments Off on Whole-body cryotherapy in patients with inflammatory rheumatic disease. A prospective study

Cryotherapy not just for Cavaliers

Tweet By Jen Picciano BEREA, OH (WOIO) – LeBron James uses it, and claims cryotherapy helps players heal faster. The Cavs practice facility even has its own cryo sauna now. But non-athletes can benefit from using it, as well. Cryotherapy is helping weekend warriors and professional athletes alike, heal faster. “It’ll cut muscle recovery time down to



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Channel 9 Airs Cryosauna Session at Help For Health, May 26, 2015

Tweet To view this video click the link below: <http://bcove.me/nks3bmlh> On May 28, 2015, Channel 9 News aired a Health Alert interview featuring the Cryosauna Therapy available at Help For Health, Vienna VA. It featured the benefits of Cryosauna Therapy afforded a Help For Health client, Terry Doyle. Terry, a hairdresser for over 30 years,



Posted in Auto-Immune, Cryosaun-BEAUTY, Cryosauna - Whole Body, Cryosauna- auto immune, cryosauna-Pain, Cryosauna-Pain, Cryosauna-Sports, Depression-Anxiety, Help For Health News, Sports Performance | Comments Off on Channel 9 Airs Cryosauna Session at Help For Health, May 26, 2015

Studies on Whole-body Cryotherapy

Tweet WHOLE-BODY CRYOTHERAPY IN INFLAMMATORY AND NON-INFLAMMATORY RHEUMATIC DISEASES KARGUS, K.BLUM, T. TÄUBER, J. TEUBER, BAYREUTH Since 1999, our clinic is equipped with a whole-body cryochamber which is used to combat rheumatic disorders. The cryochamber design is a two-chamber system consisting of an antechamber with a temperature of approx. -60°C and a main

chamber



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CRYOGENIC PHYSICAL THERAPY

Tweet Cryogenic physiotherapy- medical and generally therapeutic procedure based on the short-term contact of the skin surface with the gas cooled to the temperature of -130°C to -120° C. The duration of the contact is considerably important. Since the skin surface has to be cooled to the temperature low than 0° C (32° F) for



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Cryotherapy in the treatment of rheumatic disease

Tweet Cryotherapy in the treatment of rheumatic disease. Ksiezopolska-Pietrzak K1.
<http://www.ncbi.nlm.nih.gov/pubmed/17984885> Abstract Cryotherapy is the application of a temperature lower than -100 C to the outer surface of the body, for a period of 2-3 minutes, in order to evoke and make use of physiological reactions to cold. The body's positive response to cryotherapy is



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