

Whole Body Cryotherapy (WBC)

Active Components

Indications for WBC

"Power from the Cold" The Book

Downloads

Videos Cold Chamber icelab -110 °C

Links

Indications for WBC at -110 °C

Immune mediated inflammatory diseases

Rheumatoid arthritis

Bekhterev's disease

Psoriasis

Multiple sclerosis

Fibromyalgia

Osteoarthritis

Spinal syndromes

Tendopathies

Chronic pains

Atopic diseases

Neurodermitis

Bronchial asthma

Infantil cerebral palsy

Sleep disorders

Primary insomnia

Secondary insomnia

Movement coordination

Circulatory disorders

Mental disorders

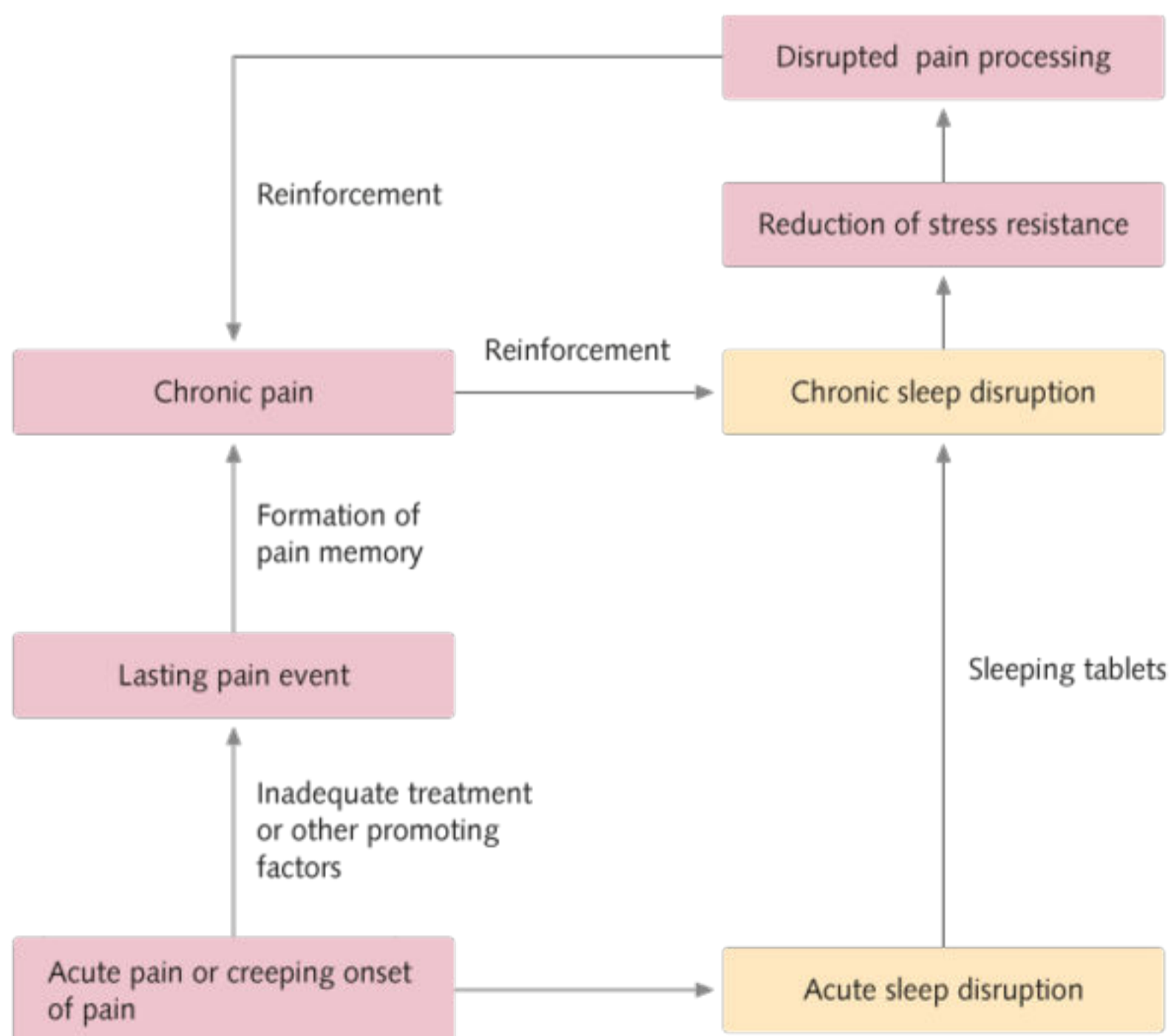
Further indications

Whole body cryotherapy in cryo-chamber for treating pain-dependent secondary insomnia

In principle, this sleep disorder is characterized according to the same criteria as primary insomnia, and it resembles this form in its symptomatology, but the causes lie in the chronic pain event that the patient suffers. The condition appears as a result of an organic disease. Inadequate pain treatment and wrong or lacking treatment of the onsetting sleep disorder are often unfortunately the components that lead to the condition becoming chronic and have negative effects on the pain event (figure 4.10). The pain-relieving effect of whole body cold is the major aspect of the treatment. Often sleep improves already after a few treatments, coinciding with a fall in pain. "I can now sleep properly again for the first time in months" is a typical response to the simple and liberating effect of the therapy.

It has also proven useful to conduct the second of the daily cold treatments in the evening hours, or when conditions are available to treat the painful body parts with cold air (-30°C) before going to sleep. The resulting freedom from pain allows the individual to rapidly fall asleep and renounce on the intake of analgesic medications.

Fig. 4.10 Associations between chronic pain and chronically disrupted sleep



For further useful information about whole-body cryotherapy at -110 °C, and the mechanisms of action, we recommend the book "The Power of the Cold" by Prof. Dr. sc med Winfried Papenfuss, published by Edition K Wolfsegg. Large parts of the content of this website were taken from this book.

The catchy standard work is suitable for both professionals and interested readers. With pleasure we forward your order of "The Power of the Cold" directly to the publisher.

