The Cryosauna is Used to Treat Auto-Immune Diseases

What are autoimmune diseases?

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.

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

(WBCClinicalRelevancesOf.pdf)

Cryosauna treatments work by subjecting the patient’s skin to controlled levels of gas form 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 dons 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 the patient’s head to be outside of the chamber so they can continue to breathe 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 patient’s 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 begin 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.

Chronic fatigue syndrome and fibromyalgia autoimmune disease

References:


http://media.wix.com/ugd/77b06d_3d1ede91732b9870218506e48e6311f9.pdf


About This Service

Service Price Schedules

Preparing for Treatment

Call 703-644-4325 for the latest available pricing package.

Learn More About How Cryosauna Therapy Can Help You – Make a Selection Below

- The Cryosauna Significantly Reduces Your Stress Levels
- The Cryosauna is Used to Treat Auto-Immune Diseases
- Cryosauna Boosts Sports Performance
- Supercharge Your Body to Lose Weight with the Cryosauna
- The Cryosauna Helps with Depression and Anxiety
- Cryosauna Helps Fight Pain and Promote Healing
- Cryosauna Makes Your Face and Body More
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, adrenocorticotropic hormone (ACTH), and pro-opiomelanocortin (POMC) concentrations.

### Diseases

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

<table>
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<tr>
<th>Disease</th>
<th>Symptoms</th>
<th>Cryosauna Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alopecia areata</td>
<td>Patchy hair loss on the scalp, face, or other areas of your body</td>
<td><a href="http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-overview-clinical-relevance-of-whole-body-cryotherapy/">http://helpforhealthnova.com/http://helpforhealthmobile.com/preliminary-overview-clinical-relevance-of-whole-body-cryotherapy/</a></td>
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</table>
- Gluten, a substance found in wheat, rye, and barley, and also some medicines. When people with celiac disease eat foods or use products that have gluten, the immune system responds by damaging the lining of the small intestines.

- **Diabetes type 1**
  - A disease in which your immune system attacks the cells that make insulin, a hormone needed to control blood sugar levels. As a result, your body cannot make insulin. Without insulin, too much sugar stays in your blood. Too high blood sugar can hurt the eyes, kidneys, nerves, and gums and teeth. But the most serious problem caused by diabetes is heart disease.

- **Graves’ disease**
  - (overactive thyroid)
  - A disease that causes the thyroid to make too much thyroid hormone.

- **Guillain-Barre**
  - (GEE-yahn bah-RAY)
  - *Syndrome*
  - The immune system attacks the nerves that connect your brain and spinal cord with the rest of your body. Damage to the nerves makes it hard for them to transmit signals. As a result, the muscles have trouble responding to the brain.

- **Hashimoto’s**
  - (hah-shhee-MOH-tohz)
  - *Disease* (underactive thyroid)
  - A disease that causes the thyroid to not make enough thyroid hormone.
### Hemolytic Anemia

Hemolytic anemia (HEE-moh-lit-ihk uh-NEE-mee-uh) is a condition in which the immune system destroys the red blood cells. Yet the body cannot make new red blood cells fast enough to meet the body's needs. As a result, your body does not get the oxygen it needs to function well, and your heart must work harder to move oxygen-rich blood throughout the body.

- Fatigue
- Shortness of breath
- Dizziness
- Headache
- Cold hands or feet
- Paleness
- Yellowish skin or whites of eyes
- Heart problems, including heart failure

### Idiopathic Thrombocytopenic Purpura

Idiopathic thrombocytopenic purpura (id-ee-oh-PATH-ihk throm-boh-seye-toh-PEE-nik PUR-pur-uh) (ITP) is a disease in which the immune system destroys blood platelets, which are needed for blood to clot.

- Very heavy menstrual period
- Tiny purple or red dots on the skin that might look like a rash.
- Easy bruising
- Nosebleed or bleeding in the mouth

### Inflammatory Bowel Disease (IBD)

Inflammatory bowel disease (IBD) is a disease that causes chronic inflammation of the digestive tract. Crohn's (krohnz) disease and ulcerative colitis (UHL-sur-uh-tiv koh-LEYE-tuhss) are the most common forms of IBD.

- Abdominal pain
- Diarrhea, which may be bloody

Some people also have:
- Rectal bleeding
- Fever
- Weight loss
- Fatigue
- Mouth ulcers (in Crohn's disease)
- Painful or difficult bowel movements (in ulcerative colitis)

### Inflammatory Myopathies

Inflammatory myopathies (meye-OP-uh-theez) is a group of diseases that involve muscle inflammation and muscle weakness. Polymyositis (pol-ee-meye-uh-SYT-uhss) and dermatomyositis (dur-muh-toh-meye-uh-SYT-uhss) are two types more common in women than men.

- Slow but progressive muscle weakness beginning in the muscles closest to the trunk of the body. Polymyositis affects muscles involved with making movement on both sides of the body. With dermatomyositis, a skin rash comes before or at the same time as muscle weakness.

May also have:
- Fatigue after walking or standing
- Tripping or falling
- Difficulty
### Multiple sclerosis

(MUH-lee skur-uh-sis) (MS)

A disease in which the immune system attacks the protective coating around the nerves. The damage affects the brain and spinal cord.

- 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


### Myasthenia gravis

(meye-uhss-THEEN-e-uh GRAV-uhss) (MG)

A disease in which the immune system attacks the nerves and muscles throughout the body.

- 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


### Primary biliary cirrhosis

(BIL-ee-air ee-uh sur-ROH-suhs) (PBC)

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.

- Fatigue
- Itchy skin
- Dry eyes and mouth
- Yellowing of skin and whites of eyes


### Psoriasis

(suh-REYE-uh-suhs)

A disease that causes new skin cells that grow deep in your skin to rise too fast and pile up on the skin surface.

- 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

May have:
<table>
<thead>
<tr>
<th>Disease</th>
<th>Description</th>
<th>Symptoms</th>
</tr>
</thead>
</table>
| Rheumatoid arthritis (ROO-muh-toid ar-THREYE-tuhhs) | A disease in which the immune system attacks the lining of the joints throughout the body. | - Painful, stiff, swollen, and deformed joints  
  - Reduced movement and function  
  May have:  
  - Fatigue  
  - Fever  
  - Weight loss  
  - Eye inflammation  
  - Lung disease  
  - Lumps of tissue under the skin, often the elbows  
  - Anemia |
| Scleroderma (sklair-oh-DUR-muh) | A disease causing abnormal growth of connective tissue in the skin and blood vessels. | - 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 |
| Sjögren's (SHOH-grins) syndrome | A disease in which the immune system targets the glands that make moisture, such as tears and saliva. | - 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  
  - Trouble swallowing  
  - Weight loss  
  - Hair loss |
| Systemic lupus erythematosus (LOO-puhss ur-ih-meh-THAY-moh-tuhss) | | - Fever  
  - Weight loss  
  - Hair loss |
Whole-body cryotherapy in patients with inflammatory rheumatic disease. A prospective study

Braun KP1, Brookman-Amissah S, Geissler K, Ast D, May M, Ernst H. 

**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

**Vitiligo (vi-TIL-i-goh)**
The immune system destroys the cells that give your skin its color. It also can affect the tissue inside your mouth and nose.

- White patches on areas exposed to the sun, or on amanita, genitalia, and rectum
- Hair turns gray early
- Loss of color inside your mouth

**Auto-Immune Articles and Research**

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

**Cryotherapy not just for Cavaliers**

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

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

To view this video click the link below: http://bcove.me/nks3bm1h On May 26. 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,

**Studies on Whole-body Cryotherapy**

**Whole-BODY CRYOTHERAPY IN INFLAMMATORY AND NON-INFLAMMATORY RHEUMATIC DISEASES KARGUS, K.BLUH, 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
CRYOGENIC PHYSICAL THERAPY

Tweet Cryogenic physiotherapy— medical and generally therapeutic procedure based oil the short-term contact of the skin surface with the gas cooled to the temperature of -120°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

CRYOTHERAPY IN THE TREATMENT OF RHEUMATIC DISEASE

Tweet Cryotherapy in the treatment of rheumatic disease. Ksiezpolska-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