

# WHOLE BODY CRYOTHERAPY

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## *What is it?*

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Whole Body Cryotherapy exposes the whole body to subzero temperatures to decrease inflammation, increase cellular survival, decrease pain and spasms, and promote overall health. WBC is a non-invasive option for people seeking faster recovery and better health. While this method has been used widely in training centers, wellness centers, and high-end spas in Europe for the last 25 years, it has just recently become available here in the United States within the last 4 years.

You will get into the machine for 2-3 minutes while the temperatures gradually drop down to negative 250 degrees Fahrenheit. Women will wear gloves and socks, and men will wear gloves, socks and boxers/underwear while in the machine. You will be wearing a robe until you get into the machine so you will not be exposed to any employees during your visit. All items needed are provided in the changing rooms at DFW Cryo except for men's boxers/underwear.

## *What are the benefits?*

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Promotes Pain Relief	Decreases Inflammation
Injury Therapy	Promotes Rapid Recovery
Enhances Performance	Boosts Immune System
Promotes Anti-Aging	Skin Rejuvenation
Sleep Disorders	Weight Loss

## *What is it most commonly used for?*

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It was invented originally to treat Rheumatoid Arthritis in Japan, but has been found to help many other things.

Arthritis	Rheumatoid Arthritis
Fibromyalgia	Osteoarthritis
Chronic Back Pain	Other Autoimmune Diseases
Surgery Recovery	Assisting in Physical Therapy
Mood Disorders	Anti-Aging

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## *Is it Cold? How do you stand it?*

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The answer to this question is always YES, obviously -250 degree Fahrenheit is cold. But it is a dry cold so it makes it easier to withstand. People always tell us that if it makes them feel better than they can do anything for 2-3 minutes. It is something that you will get used to the more sessions you do. The first session will be the hardest just because you do not know exactly what to expect.

Some people say “Well I just absolutely hate the cold, I can’t stand it,” well I always use an example of my mom: My mom hates the cold and will do just about anything to avoid it and she sleeps with a heated blanket year round in Texas, yet she does cryotherapy every other day and has been for about a year now. She has chronic back pain due to a scoliosis curve and is doing everything she can to avoid surgery, and this is one thing she believes really helps.

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## *How often do I need to do it?*

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The best result occur when you do 3-6 sessions as close together to as possible when first introducing WBC to your body. I say 3-6 session because depending on the intensity level of the pain, you can get accelerated results. Arthritis patients for example will usually notice a difference after one or two sessions because of how much pain they are in. After about a month or so of consistent sessions you can do what we call “maintenance” and do about 2-3 sessions per week.



Head will be outside of the chamber at all times throughout the session, claustrophobia is typically not an issue.

There is mechanical lift inside the machine that raises to the correct height for each person.

