

Cryotherapy

-Joe Woodwell



In the March 10, 2014 issue of the Open Access Journal Of Sports Medicine, research doctors from Northern Ireland, Paris France, and Brisbane Australia have written a well-documented article on the benefits of cryotherapy, particularly in treatment of athletes.

My own exposure to cryotherapy came through the experience of a lifelong friend turned ultra-

marathoner at age 50 who used cryotherapy to help with his own post-run recovery. What is cryotherapy you may ask?

Here's a synopsis from the doctors' abstract: "Cryotherapy is defined as body cooling for therapeutic purposes. In sports and exercise medicine, cryotherapy has traditionally been applied using ice packs or cold water immersion (CWI) baths. Recently, whole-body cryotherapy (WBC) has become a popular mode of cryotherapy. This involves exposure to extremely cold dry air (usually between -100°C and -140°C) in an environmentally controlled room for short periods of time (typically between 2 and 5 minutes).

"During these exposures, individuals wear minimal clothing, gloves, and socks to reduce the risk of cold-related injury. Although it was originally developed to treat chronic medical conditions, such as multiple sclerosis and rheumatoid arthritis, WBC is being increasingly employed by athletes as well as non-athletes seeking help with myriad health-related issues. Its purported effects include decreased tissue temperature, reduction in inflammation, analgesia, and enhanced recovery following exercise. WBC is typically initiated within the early stages (within 0–24 hours) after exercise and may be repeated several times in the same day or multiple times over a number of weeks.

"A recent review by Banfi (et al) found observational evidence that WBC modifies many important biochemical and physiological parameters in patients. These include a decrease in proinflammatory cytokines, adaptive changes in antioxidant status, and positive effects on muscular enzymes associated with muscle damage (creatine kinase and lactate dehydrogenase). They also concluded that exposure to WBC is safe and does not deleteriously affect cardiac or immunological function."

My personal experience with cryotherapy began on December 1, 2015 at Collin County Cryo in Prosper off of Hwy 289. I had seen firsthand my wife's dramatic improvement in mobility, physical stamina, appetite control, and even enhanced mood. These were truly remarkable and so I began treatment as well, taking treatments three or four times per week. This resulted in enhanced length & quality of sleep, improved mood, appetite control, increased energy, and even weight-loss. In fact, I combined cryotherapy with a program of intermittent fasting which has resulted in a drop of 16lbs in the first 30 days! These benefits are in addition to the already-documented drug-free benefits of reduced joint pain and inflammation.

Cryotherapy is the real deal. Proven over decades in Japan in treating patients with rheumatoid arthritis, and now improving athletic and non-athlete performance & recovery as well all over the world.