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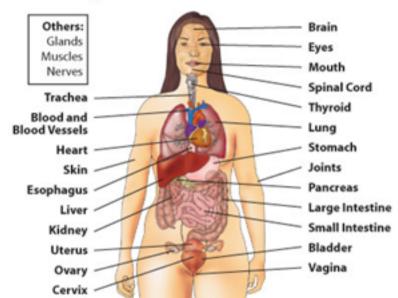
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The Cryosauna is Used to Treat Auto-Immune Diseases



Pinit

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.



Click to View Interview

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.

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- What Are Autoimmune Diseases?
- How Common Are Autoimmune Diseases?
- Who Gets Autoimmune Diseases?
- How Do Cryosauna Treatments
 Work to Help Autoimmune
 Conditions
- Mechanisms of Action

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

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.

Glands

Muscles

Nerves

Trachea

Heart

Liver

Kidney

Uterus

Ovary

Cervix

Blood and

Esophagus

Blood Vessels

Body Parts That Can Be Affected

by Autoimmune Diseases

Spinal Cord

Thyroid

Stomach

Bladder

Large Intestine

Small Intestine

· 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/preliminaryoverview-clinical-relevance-of-whole-bodycryotherapy/

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

http://helpforhealthnova.com/http:/helpforhealthmobile.com/studieson-whole-body-cryotherapy/

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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, adrenocorticotropic hormone(ACTH) and pro-opiomelanocortin (POMC) concentrations.

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people can't tolerate

Diarrhea or

Disease (Diseases are in alphabetical order. Please scroll down to view a disease of interest)	Symptoms	Cryosauna Studies
Alopecia areata (Al-	Patchy hair loss	http://helpforhealthnova.com/http:/helpforhealthmobile.com/preliminary-overview-clinical-relevance-of-whole-body-cry
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.	on the scalp, face, or other areas of your body	
Ankylosing	The most common	http://helpforhealthnova.com/http:/helpforhealthmo
spondylitis, previously known as Bechterew's disease and Marie-Strümpell	symptom of AS is low back pain.	therapy/http://www.lifestreammed.com/resources/resources/cryotherapy/wbc_ClinicalRelevanceOf.pd
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.		
Antiphospholipid (an-teye-FOSS-foh-	 Blood clots in veins or arteries 	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/
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.	 Multiple miscarriages Lacy, net-like red rash on the wrists and knees 	
Autoimmune hepatitis The immune system attacks and destroys the liver cells. This can lead to scarring and hardening of the liver, and possibly liver failure.	 Fatigue Enlarged liver Yellowing of the skin or whites of eyes Itchy skin Joint pain Stomach pain or upset 	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/
Celiac diseaseA disease in which people can't tolerate	Abdominalbloating and painDiarrhea or	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/

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.	constipation Weight loss or weight gain Fatigue Missed menstrual periods Itchy skin rash Infertility or miscarriages	
Diabetes type 1A	Being very thirsty	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/
disease in which your immune system	Urinating oftenFeeling very	
attacks the cells that	hungry or tired	
make insulin, a	Losing weight	
hormone needed to control blood sugar	without trying • Having sores	
levels. As a result,	that heal slowly	
your body cannot	 Dry, itchy skin 	
make insulin. Without	Losing the facility in your	
insulin, too much sugar stays in your	feeling in your feet or having	
blood. Too high blood	tingling in your	
sugar can hurt the	feet	
eyes, kidneys, nerves, and gums and teeth.	Having blurry eyesight	
But the most serious	Cycsignt	
problem caused by		
diabetes is heart disease.		
uiscasc.		
Graves' disease	Insomnia	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/
(overactive thyroid)A	 Irritability 	
disease that causes	Weight loss	
the thyroid to make too much thyroid	Heat sensitivitySweating	
hormone.	Fine brittle hair	
	• Muscle	
	weakness Light menstrual	
	periods	
	Bulging eyes Shalar hands	
	Shaky handsSometimes there	
	are no	
	symptoms	
Guillain-Barre (GEE-	Weakness or	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/
yahn bah-RAY)	tingling feeling in	, , , , , , , , , , , , , , , , , , ,
syndromeThe	the legs that	
immune system attacks the nerves	might spread to the upper body	
that connect your	Paralysis in	
brain and spinal cord	severe cases	
with the rest of your		
body. Damage to the nerves makes it hard	Symptoms often progress relatively	
for them to transmit	quickly, over a period	
signals. As a result,	of days or weeks,	
the muscles have trouble responding to	and often occur on both sides of the	
the brain.	body.	
Hashimoto's (hah-	Fatigue Weakness	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/
shee-MOH-tohz) disease (underactive	WeaknessWeight gain	
thyroid)A disease that	Sensitivity to	
causes the thyroid to	cold	
not make enough thyroid hormone.	 Muscle aches and stiff joints 	
a grow normone.	Facial swelling	
	 Constipation 	

Hemolytic anemia (HEE-moh-lit-ihk uh-	FatigueShortness of	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://helpforhea
NEE-mee-uh)The	breath	
immune system	Dizziness	
destroys the red blood cells. Yet the body can't make new red blood cells fast enough to meet the	 Headache Cold hands or feet Paleness Yellowish skin or 	
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	whites of eyes • Heart problems, including heart failure	
throughout the body.		
Idiopathic thrombocytopenic	Very heavy menstrual period	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://helpforhea
purpura (id-ee-oh-	Tiny purple or	
PATH-ihk throm-boh- seye-toh-PEE-nik PUR-pur-uh) (ITP)A disease in which the	red dots on the skin that might look like a rash. Easy bruising	
immune system destroys blood platelets, which are needed for blood to clot.	Nosebleed or bleeding in the mouth	
Inflammatory bowel disease (IBD)A disease that causes	Abdominal painDiarrhea, which may be bloody	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:
chronic inflammation of the digestive tract. Crohn's (krohnz)	Some people also have:	
disease and ulcerative colitis (UHL-sur-uh-tiv koh-LEYE-tuhss) are the most common forms of IBD.	 Rectal bleeding Fever Weight loss Fatigue Mouth ulcers (in Crohn's disease) Painful or difficult bowel movements (in ulcerative colitis) 	
Inflammatory myopathies (meye-	Slow but progressive muscle	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:
OP-uh-theez)A group of diseases that	weakness	
involve muscle	beginning in the	
inflammation and	muscles closest	
muscle weakness.	to the trunk of	
Polymyositis (pol-	the body.	
ee-meye-uh-SYT-	Polymyositis	
uhss) and	affects muscles	
dermatomyositis (dur-muh-toh-meye-	involved with	
uh-SYT-uhss) are 2	making movement on	
types more common	both sides of the	
in women than men.	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 fallingDifficulty	

	swallowing or breathing	
Multiple sclerosis (MUHL-tip-uhl sklur-	Weakness and trouble with	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://www.lifestre
OH-suhss) (MS)A	coordination,	
disease in which the	balance,	
immune system attacks the protective coating around the nerves. The damage affects the brain and spinal cord.	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	Double vision,	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/
(meye-uhss-THEEN-	trouble keeping	
ee-uh GRAV-uhss)	a steady gaze,	
(MG)A disease in	and drooping	
which the immune	eyelids	
system attacks the	Trouble	
nerves and muscles throughout the body.	swallowing, with frequent gagging or choking • Weakness or paralysis • Muscles that work better after rest • Drooping head • Trouble climbing stairs or lifting	
Primary biliary cirrhosis (BIL-ee-air-	things Trouble talking Fatigue Itchy skin	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/
ee sur-ROH-	Dry eyes and	
suhss)The immune	mouth • Vallowing of skin	
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	Yellowing of skin and whites of eyes	
scar, and eventually stop working.		
Psoriasis (suh-	Thick red	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http://helpforhea
REYE-uh-suhss)A	patches,	
disease that causes	covered with	
new skin cells that	scales, usually	
grow deep in your skin to rise too fast	appearing on the	
and pile up on the	head, elbows, and knees	
skin surface.	Itching and pain,	
GMIT GUITAGO.	which can make	
	it hard to sleep,	
	walk, and care	
	for yourself	
	May have:	

	 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. 	
Rheumatoid arthritis (ROO-muhtoid ar-THREYEtuhss)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 	http://helpforhealthnova.com/http:/helpforhealthnobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/helpforhealthnova.com/http:/helpforhealthnobile.com/prelimcryotherapy/http://media.wix.com/ugd/76b06d_3d1ede919732b9870218506e48e531f9.pdfhttp://media.wix.com/ugd/76b06d_fee598on-whole-body-cryotherapy/
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 	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/helpforhealthnova.com/http://helpforheal
Sjögren's (SHOH-grins) syndromeA 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 	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/
Systemic lupus erythematosus (LOO-puhss ur-ih-	FeverWeight lossHair loss	http://helpforhealthnova.com/http:/helpforhealthmobile.com/cryogenic-physical-therapy/http://helpforhealthnova.com/http:/

thee-muh-TOH-Mouth sores suhss)A disease that Fatigue can damage the "Butterfly" rash across the nose joints, skin, kidneys, heart, lungs, and and cheeks other parts of the Rashes on other body. Also called SLE parts of the body or lupus. Painful or swollen joints and muscle pain Sensitivity to the sun Chest pain Headache, dizziness, seizure, memory problems, or change in behavior Vitiligo (vit-ihl-EYE-White patches

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inside your mouth and nose.

goh)The immune

system destroys the

cells that give your

skin its color. It also

can affect the tissue

on areas
exposed to the
sun, or on
armpits, genitals,
and rectum
Hair turns gray

Hair turns gray early

Loss of color inside your mouth

(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 KP1, Brookman-Amissah 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/nks3bm1h 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,

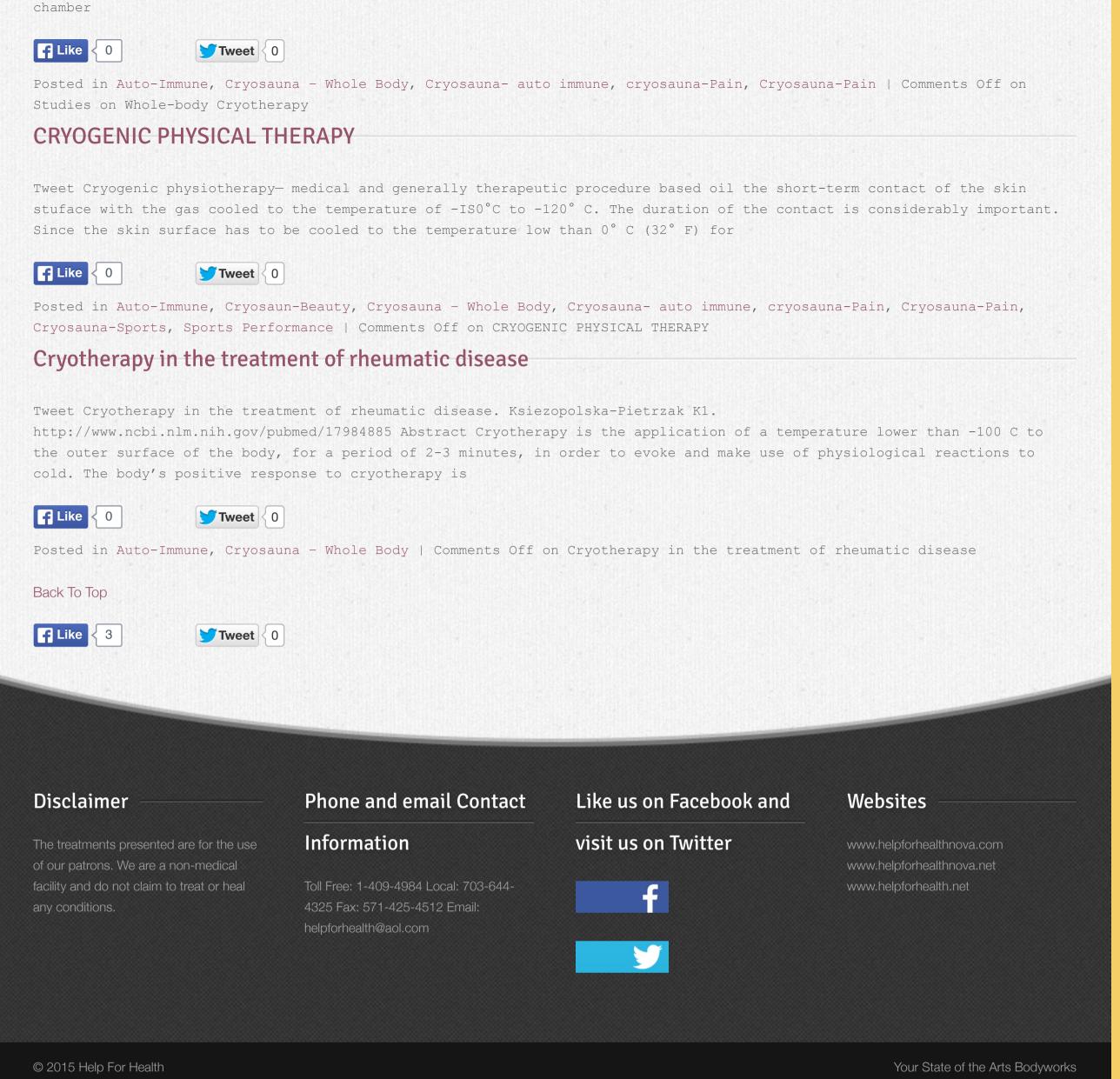




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Studies on Whole-body Cryotherapy

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



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