

the most powerful solution on the planet!

it's works...because it's biology...it's simple science



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IMMUNE-POWER / DISEASE-PREVENTION

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STRESS-MANAGEMENT

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MIND-MANAGEMENT

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ULTIMATE RECOVERY TOOL

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BODYWEIGHT / HEALTH MANAGEMENT

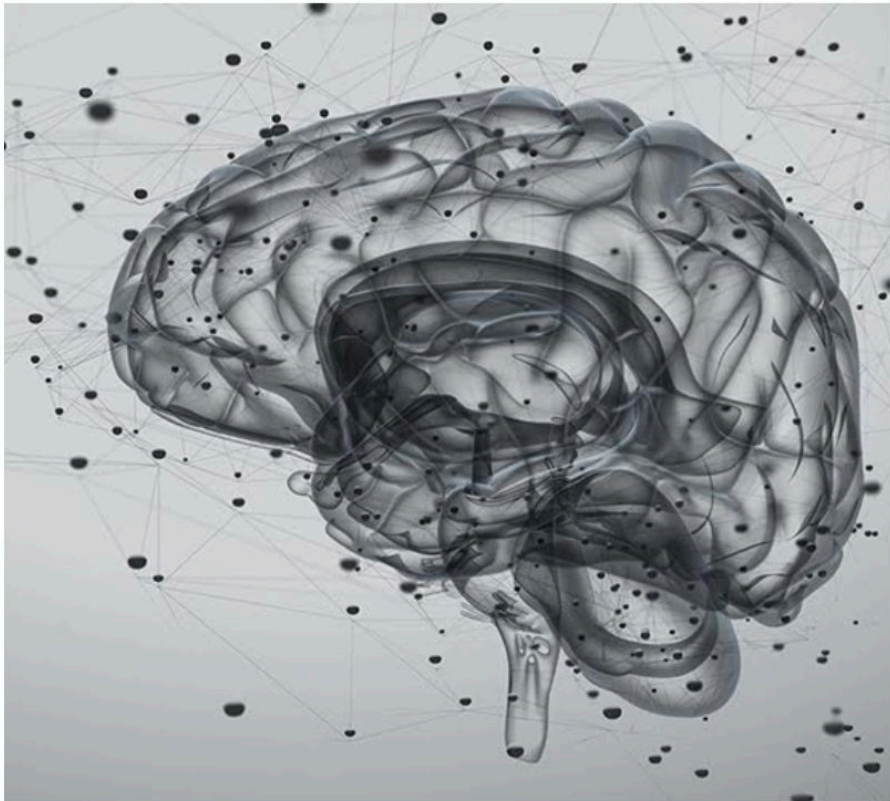
- 3-min whole body cryotherapy/cryostimulation improves sleep quality. European Journal of Sport Science 19(6):860-867 (2019)

SLEEP-POWER



concussion-management

reduce inflammation. enhance healing. repair neurons



- let cooler heads prevail after mild traumatic brain injury or concussion. *Exp Neurol* 267: 13-17
- neurobiological effect of brain cooling after concussive injury *Brain Imaging Behav* doi: 10.1007/s11682-017-9755-2.
- neuroprotective mechanisms of cooling in brain ischaemia *Nat Rev Neurosci.* 2012 Feb 22;13(4):267-78.
- the evidence for hypothermia as a neuroprotectant in traumatic brain injury *Neurotherapeutics.* 2010 Jan; 7(1): 43-50.
- the neurometabolic cascade of concussion. *Neurosurg* 75(S4): S24-S33.



<RIOBOX

pre-match / pre-training

'pre-cooling' using kriobox primes mind and muscle



- Improve reaction-time, alertness and awareness
- Decrease lactate accumulation: reducing fatigue
- Flatten Heart-rate variability: improving efficiency/effectiveness
- Boost their oxygen-uptake ability: hence energy levels



the science of a miracle

perhaps: the greatest sports-story ever, and all backed by science!



- fewest injuries ever
- fittest players ever
- 1'st team to ever use true cryotherapy
- every-player used the cryo at least once daily
- some players used it 3-4 times/day
- mood-enhancement & great sleep-habits



the most-powerful tool on Earth

because it's from OUTER-SPACE

Space-grade technology applied to Primal Bio-Trigger

'Fight/Flight': the most powerful primal response. Simple, Safe, Scientifically proven. Guaranteed by Nature



- Technique and Technology of Whole-Body Cryotherapy (WBC). 2019: 10.5772/inthopen.83680
- Thermophysical bases of effective Cryotherapeutic exposure. 2019:Dagestan University Technical Sciences 45(3):39-57
- What everybody should know about whole-body cryotherapy/cryostimulation: an up-dated review. 2019: 10.18462/iir.icr.2019.1859
- Review: the Physiology and Effectiveness of Whole-Body Cryotherapy Treatment for Sports Recovery. Journal of Physical Medicine. 2019: 10.13140/RG.2.2.26481.02409
- Effects of Whole-Body Cryotherapy vs. Far-Infrared vs. Passive Modalities on Recovery. PLoS ONE 6(12): e27749. doi:10.1371/journal.pone.0027749



Temperature-significance!

-135C is the 'sweetspot'

...there is 10x less effect -135C v's -110C

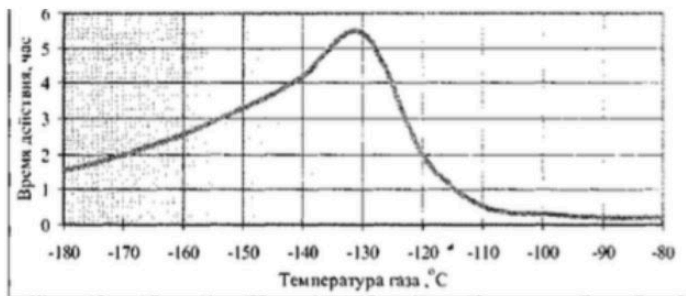


Рис. 1 Продолжительность аналгетического действия криотерапии при различных температурах охлаждающего газа.

Важным аспектом криотерапевтического воздействия является площадь поверхности контакта между телом и криогенным газом. Эффект криотерапии определяется суммой тревожных сигналов, поступивших от холодовых рецепторов в ЦНС. Увеличение площади холодового раздражения качественно меняет реакцию организма, поэтому общая криотерапия несопоставимо эффективней локальной.

В спортивной травматологии общая криотерапия практически не применяется, в основном из-за отсутствия соответствующей аппаратуры. В тоже время, общепризнанная способность на 6 – 8 часов подавлять любые боли делает спортивное применение криотерапии крайне перспективным. Массовое производство в России компактных и достаточно мобильных криосаун «Крион» создает необходимые условия для широкого практического применения в спортивной травматологии.

Особую ценность представляет то, что криотерапия не просто купирует болевые ощущения, а еще и ускоряет процессы регенерации. Наблюдения за результатами применения общей криотерапии в МСЧ №122 г. Санкт-Петербурга показали, что сращивание переломов и лечение ожогов ускоряется в 3 раза.

Вопреки ожиданиям многих авторов [4,5], общая криотерапия не сможет заменить экспресс-анестезию, например с использованием хлорэтила. Это связано с тем,

- the effect of temperature Whole-Body Cryotherapy exposure on professional Rugby players. PLoS ONE 9(1): e86-420: 10.1371
- Technique and Technology of Whole-Body Cryotherapy (WBC)2019: 10.5772/intechopen.83680
- Whole-Body Cryotherapy in Athletes: from Therapy to Stimulation. Review of Literature. frontiers in Physiology. 10.3389/fphys.2017.00258



<RIOBOX

what the 'electric' cryo-companies don't tell you...

...the 'refrigerants' they use are deadly-poisonous & seep into every realm of the atmosphere



- the refrigerants they use are known as 'FOREVER CHEMICALS'
- they last 'forever' - they never break-down
- they eventually get into 'everything'
- into the air you breathe, the food you eat...every single part of the planet!
- they have been found in the arctic, and a trigger of global-warming

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SLEEP-POWER



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- Efficacy of the Whole-Body Cryotherapy as Treatment of Depression. Frontiers in Psychiatry 11:522 (2020)
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case-study: Leicester City



Immediate, 'pop-up'
solution. instant delivery



immediate effect and
influence.



tested & proven. period!



add to stadium & other
facilities

