

Find out how 3 minutes in a -180°F Chamber can ease your Pains



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Can you imagine that a 3 minute ice shock can help you with your pain management? Sounds unbelievable, but it is true!



Maybe you haven't heard about [cryotherapy \(cold therapy\)](#), but I am sure you have practiced it already many times! The term cryotherapy comes from the Greek: *cryo* means *cold* and *therapy* stands for *cure*. It is referred to the application of cold temperatures to the injured area of the body to remove heat and decrease inflammation. Most known form is the use of ice packs, either filled with ice cubes or gels that are stored in the freezer.

Another most common form of cryotherapy is cryosurgery; mostly applied by dermatologists. With the help of liquid nitrogen the skin tissues are frozen and surgically removed. This procedure is regarded to be very effective, especially to treat skin conditions like warts, moles, skin tags and solar keratosis.

Cryogenic Chamber Therapy

New to the USA, but widely used in Europe for many decades, is the Cryogenic Chamber Therapy (also known as whole body cryotherapy). The treatment takes place in a cold chamber, where the temperature has been cooled with liquid nitrogen to -180°F or lower. The patient enters the chamber in a bathing suit and only his/her feet, hands, mouth, nose and ears are covered to protect from frostbites. The total duration of this treatment is no longer than three minutes. Within seconds, the ice shock drops the average skin temperature to as low as 45°F, while leaving the core body temperature unchanged. This major difference between skin and body temperature triggers the release of endorphins, which in turn have an immediate pain relieving effect. This pain-free feeling lasts only for a couple of hours, but when the therapy is applied more often, has a long-lasting effect.

Cryogenic Chamber Therapy + Physical Therapy

Many European wellness centers offer a combination of cryotherapy and physical therapy. As mentioned, the pain-free condition only lasts for a short period of time. Therefore, to use this valuable state free of any pain, the patient receives subsequently customized physiotherapeutic exercises with movements he or she would otherwise not be able to perform due to prevailing agony. These targeted exercises lead to an even longer-lasting relief. When applied regularly, your pain can be gone for months.

Natural Alternative for Pain Management

Medical studies have confirmed that cryogenic chamber has beneficial effects on a variety of health problems. Therefore, it is widely used throughout Europe for medical wellness purposes in clinics, private practices as well as health and wellness resorts. The cryogenic chamber is a great, natural alternative to treat pain associated with rheumatism, arthrosis, arthritis, spinal degeneration, and chronic inflammation of joints or tendons. It has also therapeutic effects on physical stress, insomnia and even skin problems, such as neurodermatitis or psoriasis. The therapy is likewise widely used in sports medicine to treat injuries and for faster recovery after surgeries. To obtain long-lasting effects, one should consider at least 20 chamber visits. You may be surprised, but only minor side effects, such as skin irritation or blisters have been noticed. Besides that, this treatment is considered to be completely safe - and 100% medication free!

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

- Spanish Proverb

