

The Science

WHOLE BODY

ACTIVE & PASSIVE

**HYPERTHERMIC WELLNESS
& FITNESS RECOVERY**

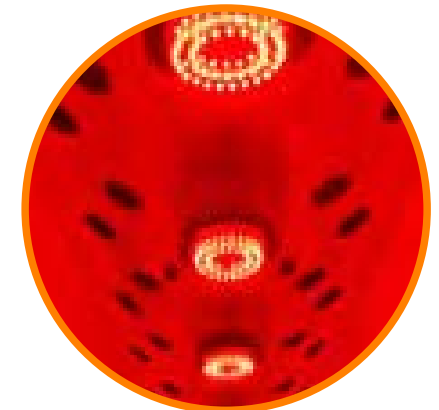


HYPERTHERMIC CONDITIONING



Hyperthermic INFRARED sessions coupled with restorative **photonic red light and oxygen energy**, totally upregulates and stimulates a series of **Physiological and Biochemical changes** (BDNF, HGH, HSPs, IGF-1, etc.) to:

**ACCELERATE IMPROVED RECOVERY AND
ATTAIN AMPLIFIED & MAXIMIZED HUMAN
PERFORMANCE CAPABILITIES.**

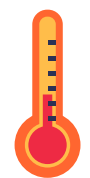


HYPERTHERMIC CONDITIONING



Hyperthermic Conditioning provides wellness benefits similar to exercise:

EFFECTS ON THE THE BODY



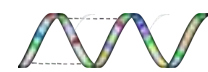
INCREASED CORE BODY TEMP.



INCREASED PERSPIRATION



INCREASED METABOLISM



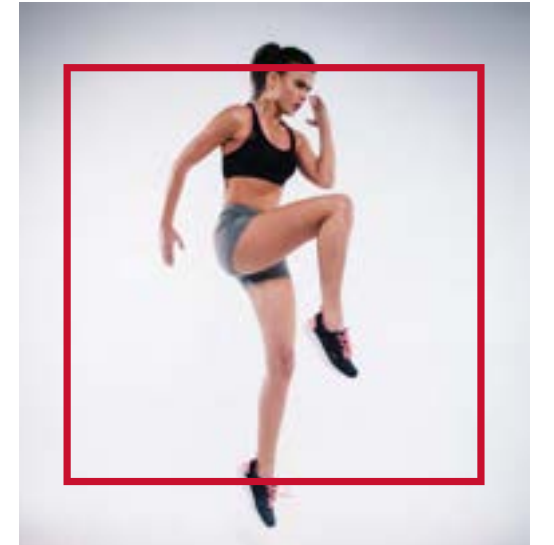
**ACTIVATION OF HSPs
(HEAT SHOCK PROTEINS)**



INCREASED HEART RATE

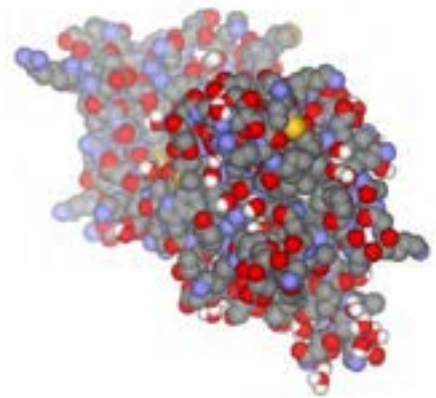


GROWTH HORMONES





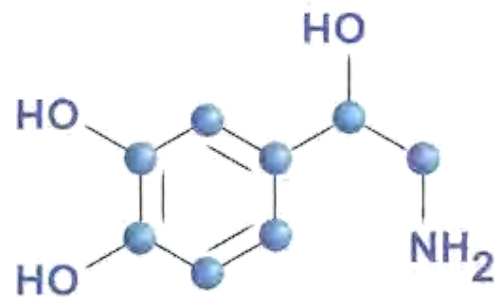
EFFECTS ON THE THE BRAIN



Increase the Expression of BDNF

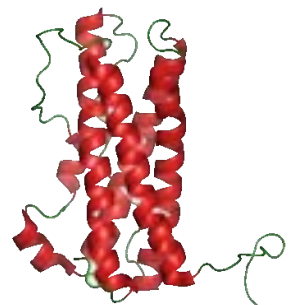
(Brain Derived Neurotrophic Factor)

Important growth factor for growing new neurons. BDNF plays important roles in memory, learning, mood disorders, food intake and energy metabolism



Increase **NOREPINEPHRINE**

Improves attention and focus



Increase **PROLACTIN**

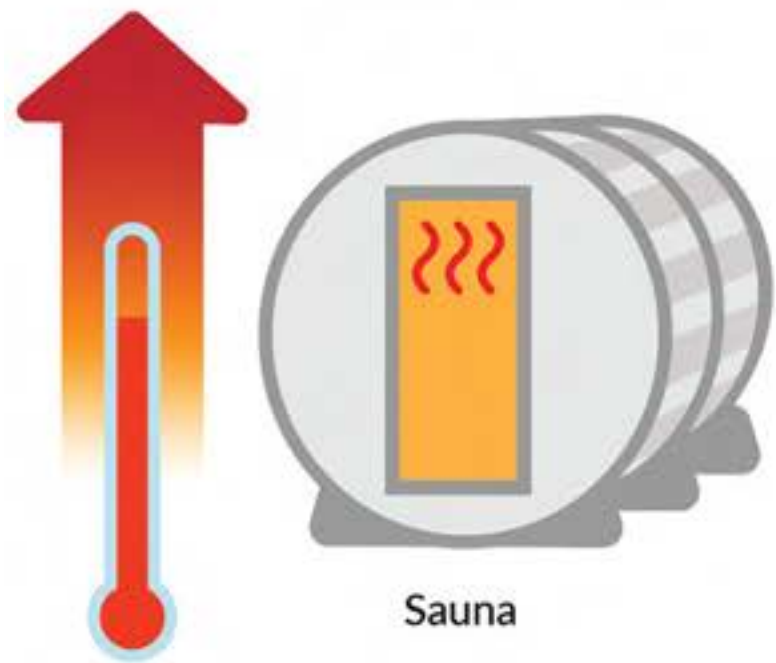
Causes your brain to function faster



HYPERTHERMIC CONDITIONING

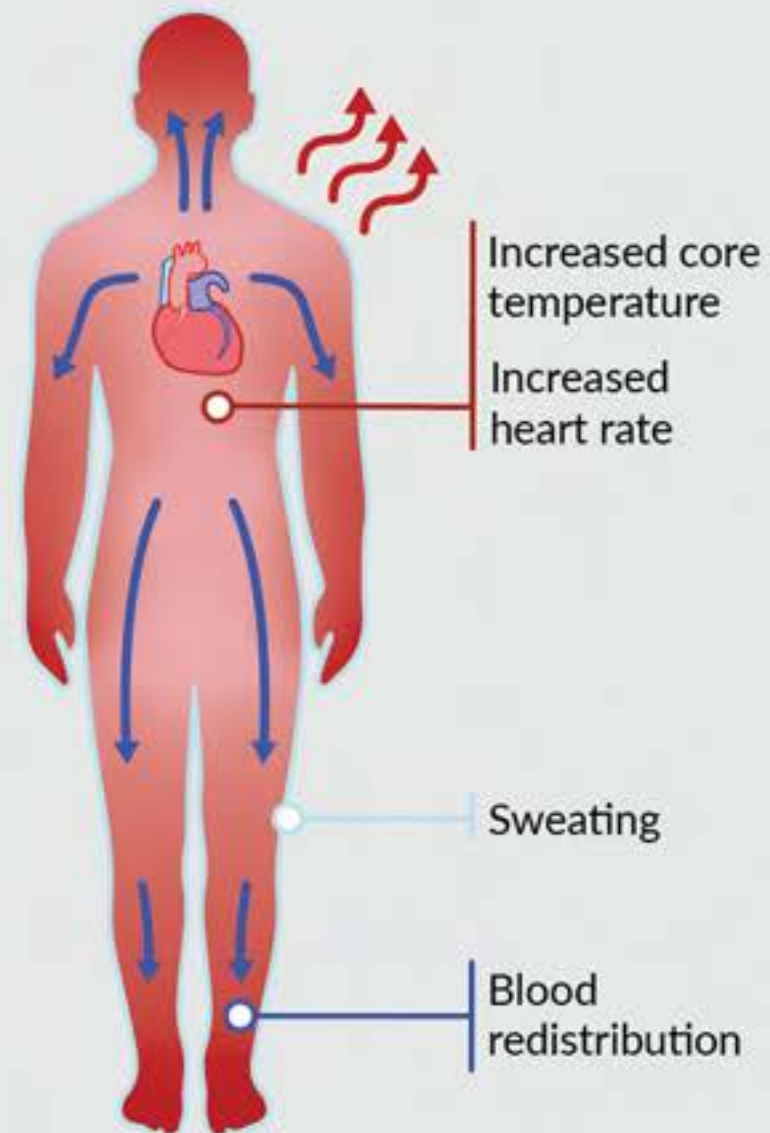


HEAT STRESS

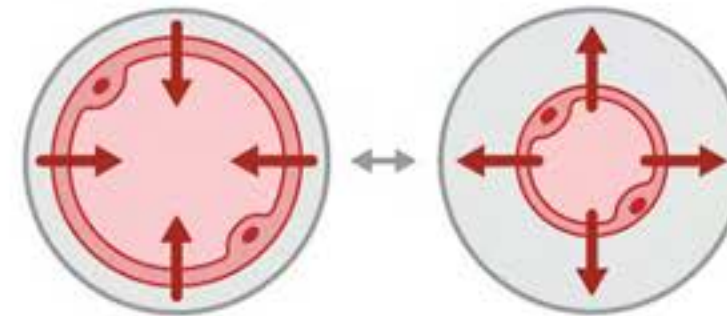


- ↓ Cardiovascular disease
- ↓ Muscle atrophy
- ↓ Neurodegenerative disease
- ↑ Healthspan

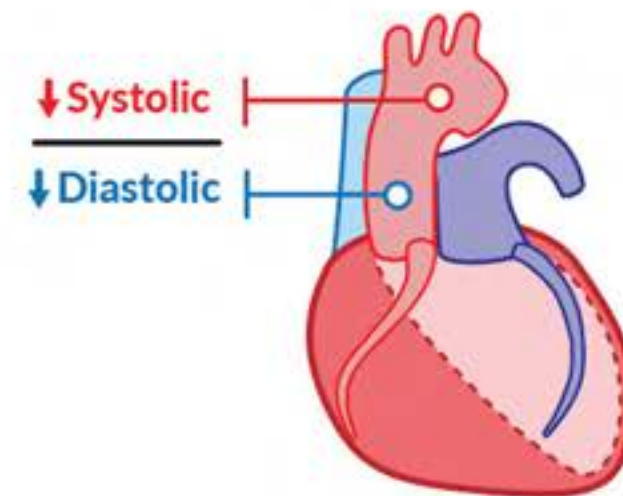
Mimics exercise-induced physiological responses



Improves vascular compliance



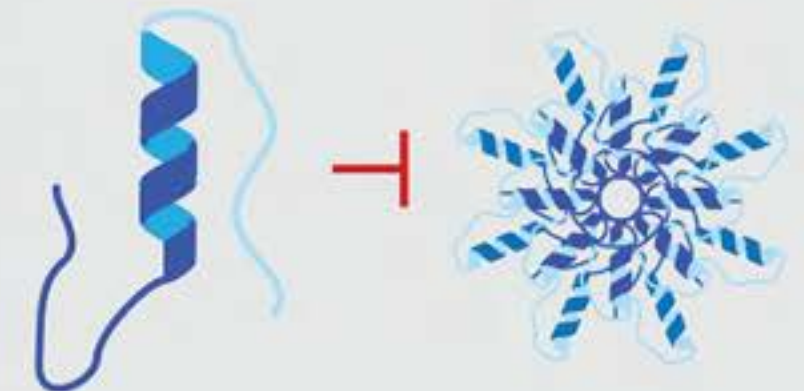
Improves resting blood pressure



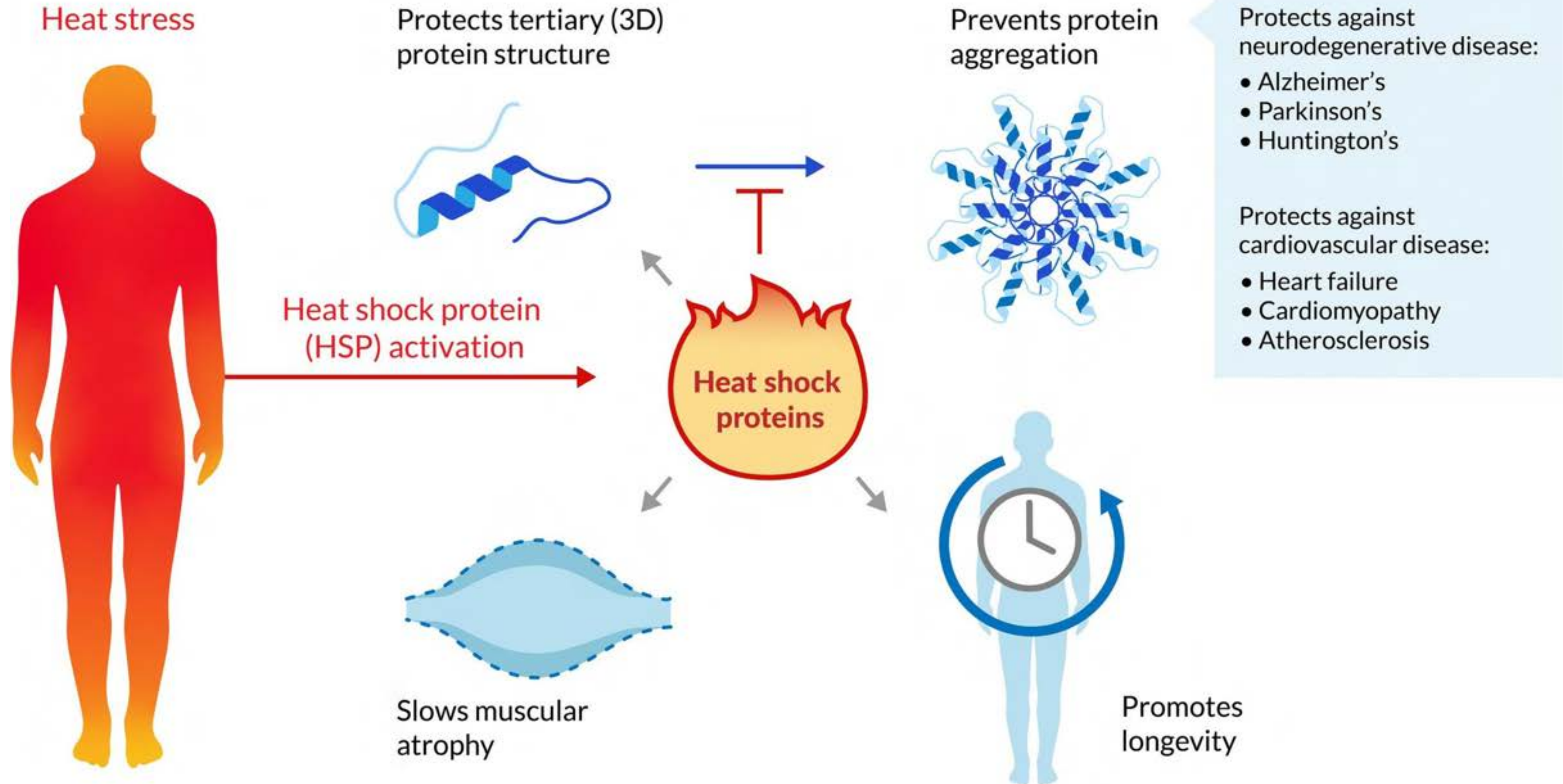
Activates heat shock proteins



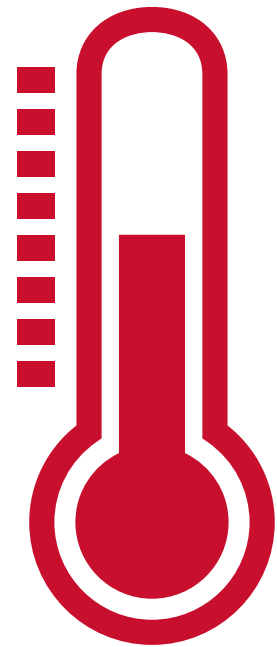
Prevents protein aggregation



HYPERTHERMIC CONDITIONING



HYPERTHERMIC CONDITIONING IS EQUIVALENT TO TRADITIONAL EXERCISE



HYPERTHERMIC CONDITIONING CAN
INCREASE YOUR CORE BODY TEMPERATURE
BY UP TO **4 DEGREES F / 2.5 C.***

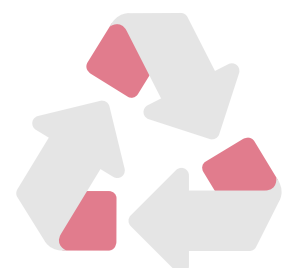


* LANDSBERG L, YOUNG JB, LEONARD WR, LINSENMEIER RA, TUREK FW. DO THE OBESE HAVE LOWER BODY TEMPERATURES? A NEW LOOK AT A FORGOTTEN VARIABLE IN ENERGY BALANCE. TRANSACTIONS OF THE AMERICAN CLINICAL AND CLIMATOLOGICAL ASSOCIATION. 2009;120:287-295.

HYPERTHERMIC CONDITIONING IS EQUIVALENT TO TRADITIONAL EXERCISE



Hyperthermic Conditioning **Increases Metabolism** by **10% - 13%** for Each Degree Fahrenheit (*18%* for each Degree Celsius) the Core Body **Temperature Increases**

 **INCREASE IN BODY TEMPERATURE IS ALSO ASSOCIATED WITH A FASTER METABOLIC RATE*.**

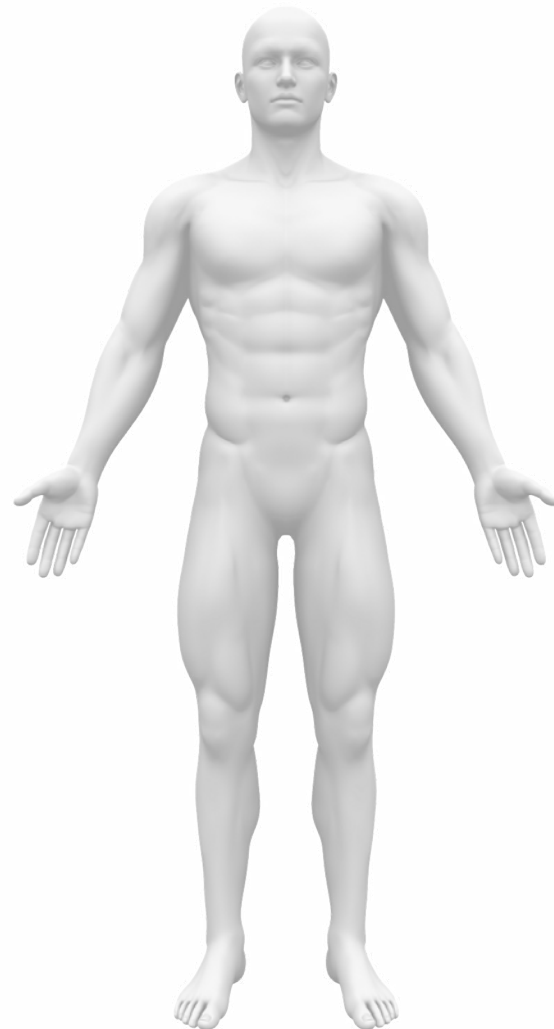
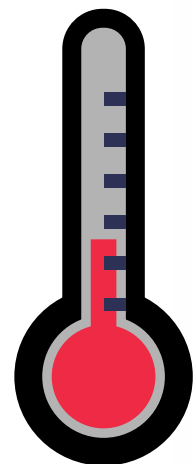
* Landsberg L, Young JB, Leonard WR, Linsenmeier RA, Turek FW. Do the Obese Have Lower Body Temperatures? A New Look at a Forgotten Variable in Energy Balance. Transactions of the American Clinical and Climatological Association. 2009;120:287-295.

HC INCREASES CORE BODY TEMPERATURE

When you increase your core body temperature, your metabolism increases

THE CORE INCREASES IN RESPONSE TO THE ENERGY REQUIRED TO KEEP OUR BODY COOL.

1 °F
1 °C



=



10-13%
16-18%

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



HOW OLD ARE YOU?

50

How many degrees has
your temp. gone up?

3

Percentage increase in
metabolism per every
degree your core body
temp. goes up: **13%**

39%

Age "reduction"
number for 24 hrs*

30.5 yrs old

*If you achieve + 3 degrees F x 13% = .39 x 50 age = 19.50 + (-50) = **30.5 metabolic age for 24 hours.**
If you achieve + 2 degrees F x 13% = .26 x 50 age = 13 + (-50 age) = **37 metabolic age for 24 hours.**

13%

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



HYPERTHERMIC CONDITIONING
SESSIONS PROVIDE **CALORIC BURN AND
ENERGY EXPENDITURE EQUIVALENT TO
A 30 MINUTE WALK***.



* Faulkner, S.H., Jackson, S., Fatania, G., Leicht, C.A., The effect of passive heating on heat shock protein 70 and interleukin-6: A possible treatment tool for metabolic diseases?

HYPERTHERMIC CONDITIONING IS EQUIVALENT TO TRADITIONAL EXERCISE



**HC INCREASES FITNESS
ENDURANCE UP TO 32%**

J Sci Med Sport. 2007 Aug;10(4):259-62. Epub 2006 Jul 31.

Scoon GS, Effect of post-exercise sauna bathing on the endurance performance of competitive male runners.

HEAT TRAINING PROMOTES RECOVERY IMPROVES PERFORMANCE



“

Heat training not only does a better job at increasing $\dot{V}O_2$ max than altitude, but it also makes athletes better at withstanding a wider range of temperatures.

Santiago Lorenzo, Professor of Physiology

HYPERTHERMIC CONDITIONING PROMOTES RECOVERY IMPROVES PERFORMANCE



“

Passive heating of the organism stimulates secretion of **Growth hormone (hGH)** to a greater extent than does elevation of the body temperature induced by physical activity

Biology of Sport, Vol. 24 #4, 2007

HYPERTHERMIC CONDITIONING PROMOTES RECOVERY IMPROVES PERFORMANCE



BOOST YOUR PERFORMANCES WITH HEAT

“

Heat is a shock to the system, generating some of the same cellular responses that exercise and altitude do

Chris Minson, University of Oregon Physiologist

How Heat Therapy Could Boost Your Performance. Elite athletes are turning up the thermostat in pursuit of an edge, August 2018 <https://www.outsideonline.com/2337621/heat-therapy-performance-research>

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



**HSPs' INCREASE
MUSCLE RE-GROWTH
OVER 30%**



Sesby, J T. et al. **intermittent hyperthermia enhances skeletal muscle regrowth and attenuate oxidative damage following reloading.** J Appl Physiol (1985). 2007 Apr;102(4):1702-7. Epub 2006 Nov 16.

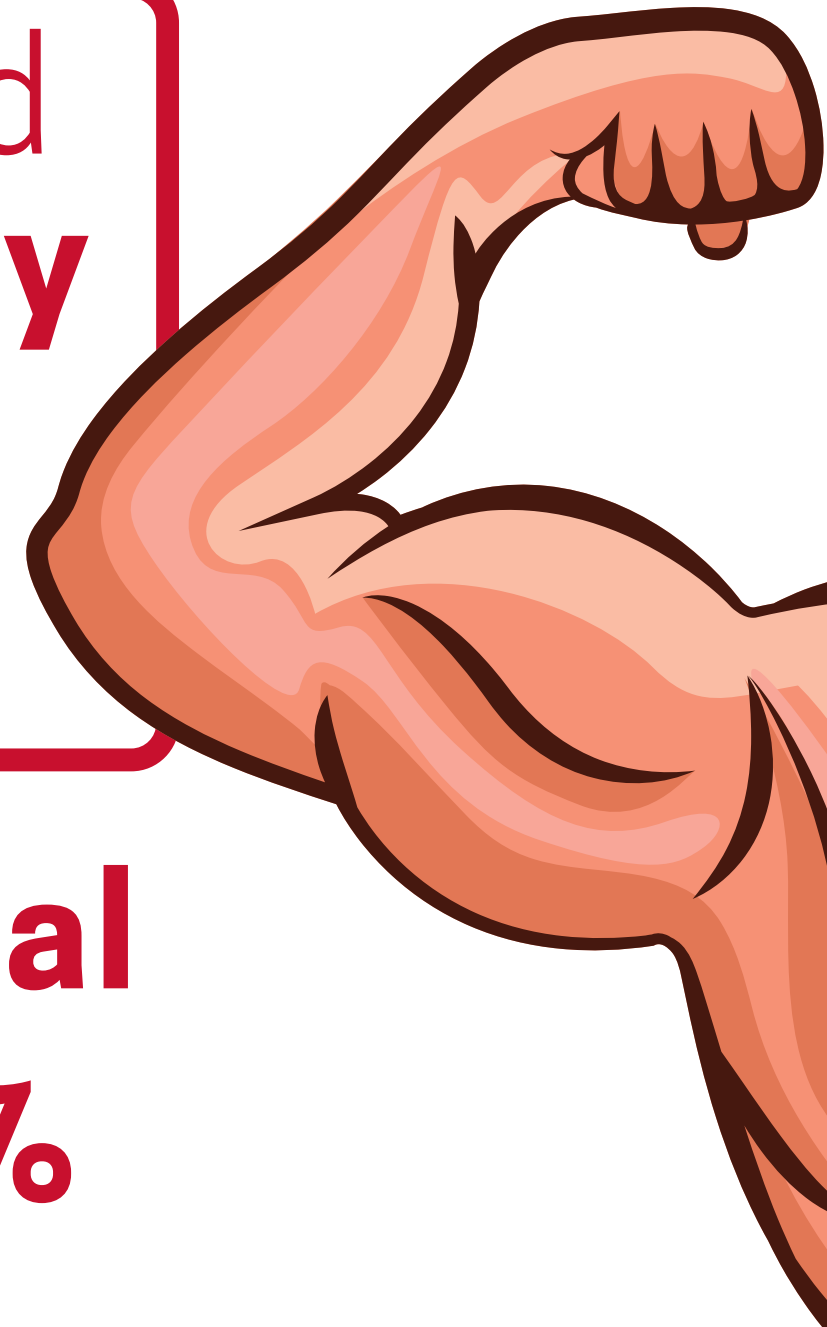
HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



HC helps retain Muscle Mass and
reduces **Skeletal Muscle Atrophy**

BY 37%

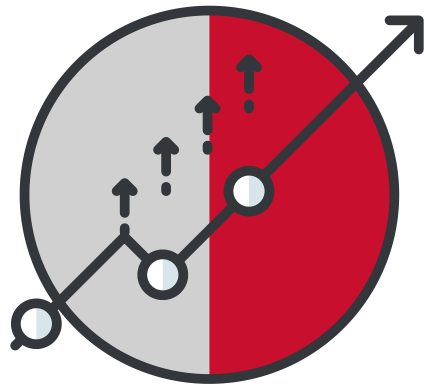
+ Enhances MUSCLE **Mitochondrial
Biogenesis** and **Function by 28%**



Daily heat treatment maintains mitochondrial function and attenuates atrophy in human skeletal muscle subjected to immobilization

Paul Samuel Hafen_02 MAY 2019 <https://doi.org/10.1152/jappphysiol.01098.2018>

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



**HC MAINTAINS MUSCLE MASS
WITHOUT EXERCISE & BOOSTS
MUSCLE STRENGTH UP TO 17%.**

Passive heat acclimation improves skeletal muscle contractility in humans. Am J Physiol Regul
Integr Comp Physiol. 2017 Jan 1; Racinais S, Wilson MG, Périard JD.



HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



**INCREASE GROWTH HORMONE
UP TO 1600%**



Sesby, J T. et al. intermittent hyperthermia enhances skeletal muscle regrowth and attenuate oxidative damage following reloading. J Appl Physiol (1985). 2007 Apr;102(4):1702-7. Epub 2006 Nov 16.

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE

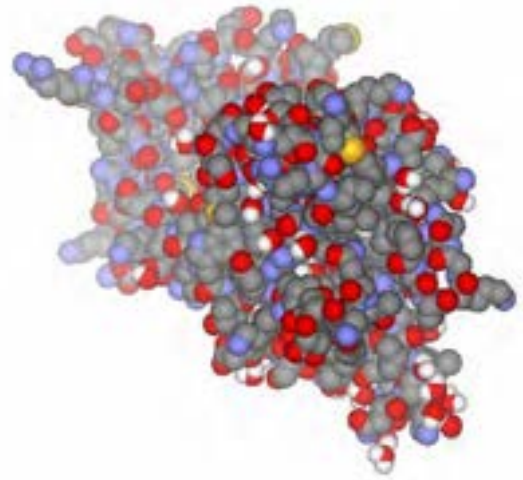


**INCREASE DELIVERY OF NUTRIENTS
& PERFORMANCE OF MUSCLE
GLYCOGEN BY UP TO 50%**

Glycogen reserves provide energy to power the muscles



HYPERTHERMIC CONDITIONING PROMOTES BDNF



**EXERCISE AT HIGH ROOM
TEMPERATURE INCREASES &
RESULTS IN HIGHER BDNF LEVELS
THAN AT LOW ROOM TEMP.**



Goekint M, Roelands B, Heyman E, et al. (2011). **Influence of citalopram and environmental temperature on exercise-induced changes in BDNF.** *Neurosci Lett* 494:150-4

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



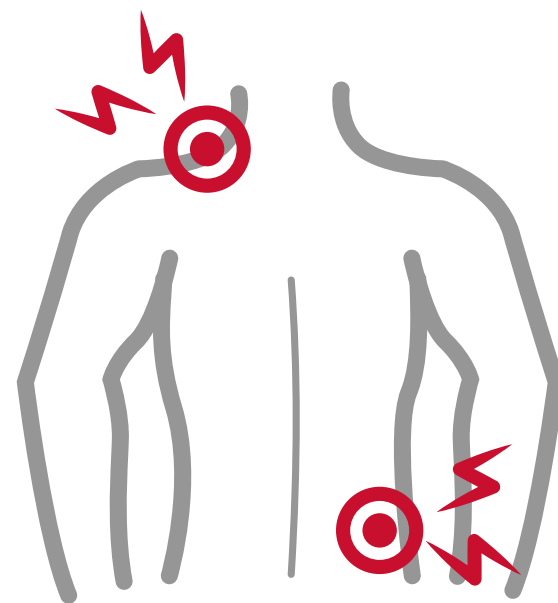
Cardiovascular Improvements

HC INCREASES **FAVORABLE BLOOD CIRCULATION**
PROFILES AND **VASCULAR ADAPTATIONS**
SIMILAR TO TREADMILL RUNNING.*

* Kate N Thomas, André M van Rij, Samuel J E Lucas, and James D Cotter, Lower-limb hot-water immersion acutely induces beneficial hemodynamic and cardiovascular responses in peripheral arterial disease and healthy, elderly controls, Am J Physiol Regul Integr Comp Physiol 2017 Mar 21;312(3):R281-R291. Epub 2016 Dec 21.



Hyperthermic conditioning **helps treat** **Rheumatoid Arthritis** and temporarily **reduces Pain & Stiffness**



Agrawal S. (2018): Effects of moderate whole-body hyperthermia and complementary medicine in the treatment of rheumatoid arthritis: a preliminary study; *Oncothermia Journal* 22:8-19

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



HEAT INCREASES FLEXIBILITY

BY 205%

0%



Hyperthermic conditioning **relieves**
the SYMPTOMS OF MAJOR
DEPRESSION with a prolonged
therapeutic benefit



Whole-Body Hyperthermia for the Treatment of Major Depressive Disorder. A Randomized Clinical Trial; JAMA Psychiatry | Original Investigation. August 2016. Clemens W. Janssen, PhD; Christopher A. Lowry, Charles L. Raison, MD.

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



HELP BRAIN FUNCTION FASTER,
INCREASE FOCUS & ATTENTION

INCREASE NOREPINEPHRINE BY 310%

INCREASE PROLACTIN BY AS MUCH AS 1000%



Eur J Appl Physiol Occup Physiol. 1989;58(5):543-50. Haemodynamic and hormonal responses to heat exposure in a Finnish sauna bath. Kukkonen-Harjula K

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



**INCREASE GROWTH OF
NEW BRAIN CELLS**

INCREASE SYNTHESIS OF BDNF BY OVER 300%



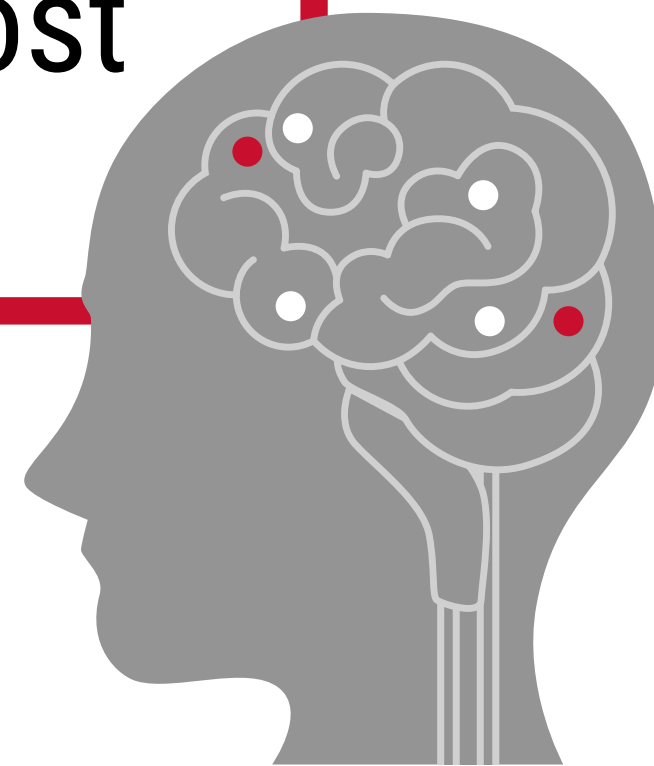
HYPERTHERMIC CONDITIONING PROMOTES BDNF & THERMOGENESIS



INCREASE BDNF TO PROTECT AGAINST NEURODEGENERATIVE DISEASES*

*such as **Alzheimer's, Parkinsons, Huntington, Dementia**. Help prevent protein aggregation & boost repair of damaged proteins

J Cell Commun Signal. 2014 Dec;8(4):293-310. **Heat shock proteins in neurodegenerative disorders and aging.** Leak RK.



BRAIN DERIVED NEUROTROPHIC FACTOR



Low BDNF may drive some disease states:



BDNF is best known for its influence on the:

- Formation, growth, survival, and development of neurons and
- for its role in mediating the beneficial cognitive effects associated with exercise.

BDNF also plays key roles in numerous signaling pathways associated with:

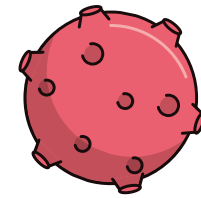
- Depression
- Schizophrenia
- Obesity
- Diabetes

In general, **LOWER BDNF LEVELS** are linked with **POOR HEALTH**

Lifestyle behaviors that may increase BDNF levels:



HC REDUCES INFLAMMATION



HYPERTHERMIC CONDITIONING
increases anti-inflammatory biomarkers.

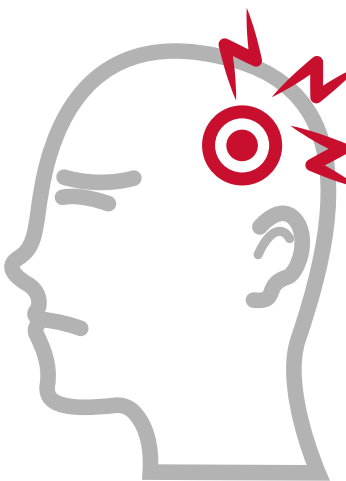
and helps play a major role in longevity, the aging process and prevention of many age-related diseases (cancer, heart disease, Alzheimer's disease, etc.) and temporary reduction of Pain.

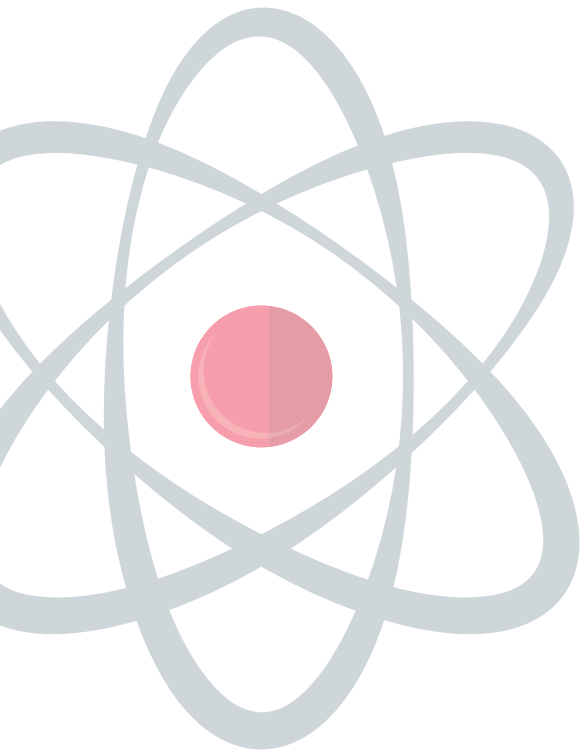




HYPERTHERMIC CONDITIONING REDUCES STRESS

- ➡ HC helps **minimize stress, Increase Relaxation and reduce Anxiety**
- ➡ HC **increases "feel good" Endorphins for greater Vitality, Mental Health and Emotional Well-being.**
- ➡ HC helps **reduce chronic metabolic imbalances caused by stress**





HC INCREASES BETA-ENDORPHINS **TO HELP**
THE SYMPTOMS OF DRUG ADDICTION &
PSYCHOLOGICAL DEPENDENCE

HC INDUCES GREATER **DYNORPHIN & BETA ENDORPHIN** INTERACTION
FOR A **NATURAL 'FEEL GOOD' MU OPIOID REWARD STATE**

J Neurochem. 2003 Jun;85(5):1171-9. Heterologous mu-opioid receptor adaptation by repeated stimulation of kappa-opioid receptor: up-regulation of G protein activation and antinociception. Narita M

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



PASSIVE HYPERTHERMIC CONDITIONING HELPS
COMBAT **CHRONIC INFLAMMATION &
PROVIDES SIMILAR CARDIO-METABOLIC
BENEFITS AS EXERCISE***.



* Faulkner, S.H., Jackson, S., Fatania, G., Leicht, C.A., 2017 The effect of passive heating on heat shock protein 70 and interleukin-6: A possible treatment tool for metabolic diseases?

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE

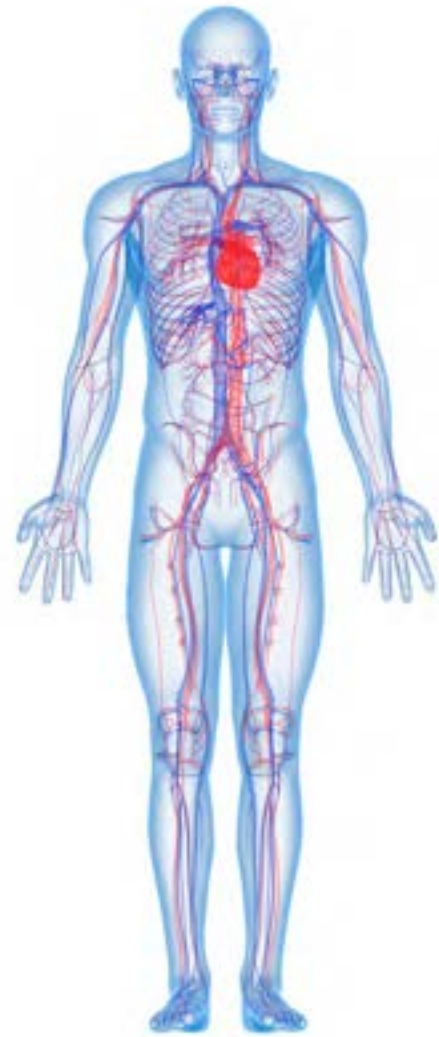


WHOLE-BODY PASSIVE HEATING GENERATES
FAVORABLE BLOOD CIRCULATION PROFILES
AND ASSOCIATED VASCULAR ADAPTATIONS
IN COMPARISON TO TREADMILL RUNNING



* Kate N Thomas. **Lower-limb hot-water immersion acutely induces beneficial hemodynamic and cardiovascular responses in peripheral arterial disease and healthy, elderly controls**, Am J Physiol mRegul Integr Comp Physiol 2017 Mar 21;312(3):R281-R291.
Epub 2016 Dec 21. School of Physical Education, Sport and Exercise Sciences, University of Otago, Dunedin, New Zealand

HYPERTHERMIC CONDITIONING HAS BENEFITS SIMILAR TO EXERCISE



IMPROVEMENT OF QUALITY OF LIFE: AMONG
65 PATIENTS, **THERMAL THERAPY REDUCED
CARDIAC DEATH AND REHOSPITALIZATION**
by 31.3%.

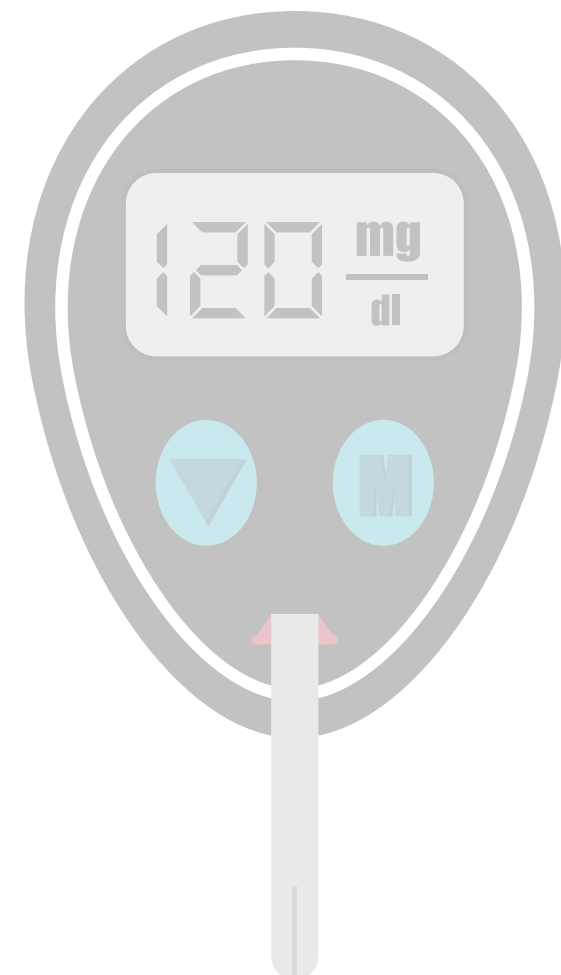
Conclusion: A slight increase in core body temperature is a promising, non-invasive, effective, and complementary therapy for patients with heart failure.

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



REDUCE RISK OF DIABETES



HSP's Reduce Blood Sugar Level and
Increase Insulin Sensitivity by **30%**

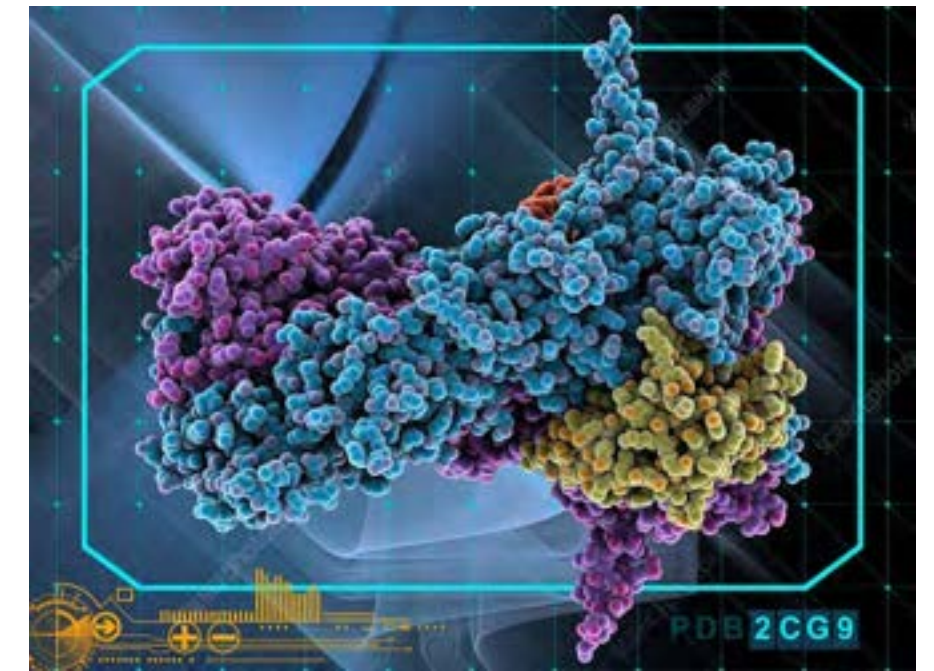


* Kokura, S. et al. International Journal of Hyperthermia; Int J Hyperthermia. 2007 May;23(3):259-65.

Heat Shock Proteins (HSPs)



-  **HYPERTHERMIC CONDITIONING**
increases HSP levels by 50%
-  **INCREASED HSP levels stay**
elevated for 48 hrs.



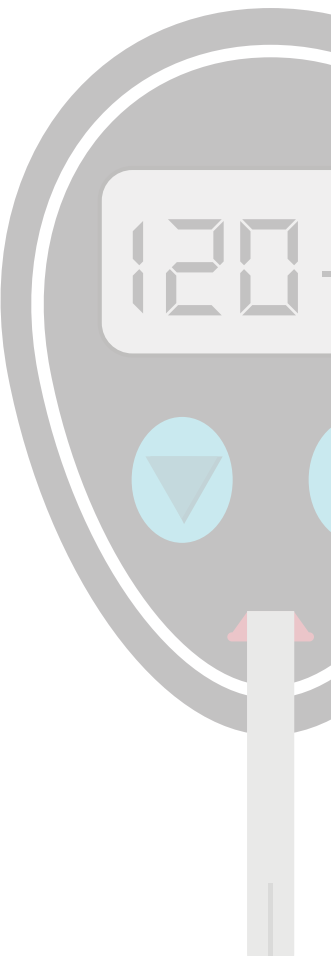
Increased expression of HSPs **prevents protein disorder & aggregation** by **repairing proteins that have been damaged**

HYPERTHERMIC CONDITIONING IS SIMILAR TO TRADITIONAL EXERCISE



HEAT SHOCK PROTEINS AND HEAT THERAPY FOR TYPE 2 DIABETES

"Transient increments in **nitric oxide and heat shock protein 70** levels may **explain the benefits of heat therapy**. Together, higher (or normalized) nitric oxide levels, HSP70, AMPK, and eNOS **will improve insulin signaling, body composition, endothelial dysfunction, and the low grade inflammation found in people with diabetes.**





HC SESSIONS 4-7 TIMES A WEEK,
LOWERED THE RISK OF DEMENTIA BY 66%

...AND LOWERED
THE RISK OF ALZHEIMER'S DISEASE BY 65%



* Laukkanen, T., Kunutsor, S., Kauhanen, J., Laukkanen, J.A., Sauna bathing is inversely associated with dementia and Alzheimer's disease in middle-aged Finnish men Age Ageing first published online December 7, 2016

HC For WEIGHT MANAGEMENT

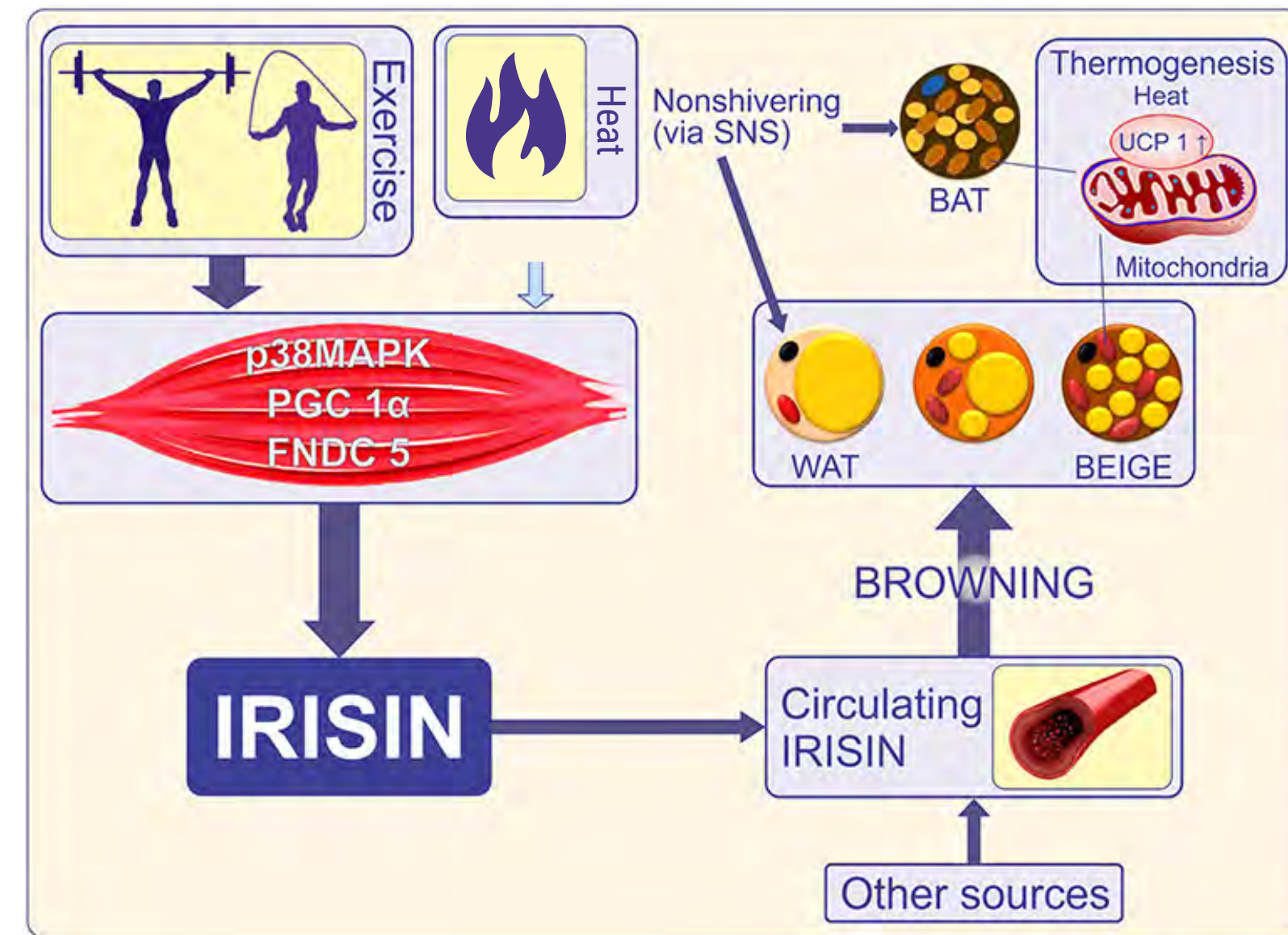
+ Hyperthermic conditioning can cause **sweat loss** of from 1 to 3 liters per hour –from **2 to 6 pounds!**



+ Each vaporized liter of sweat extracts **580 calories** from the body!

HC For WEIGHT MANAGEMENT

⊕ Role for **passive heating (PH)** and **Heat Shock Proteins (HSP)** in improving cardio-metabolic health or **IRISIN**, a skeletal muscle-secreted myokine, also produced in response to physical exercise which has protective functions in both the central and the peripheral nervous systems, including the regulation of **Brain Derived Neurotrophic Factor (BDNF)***.



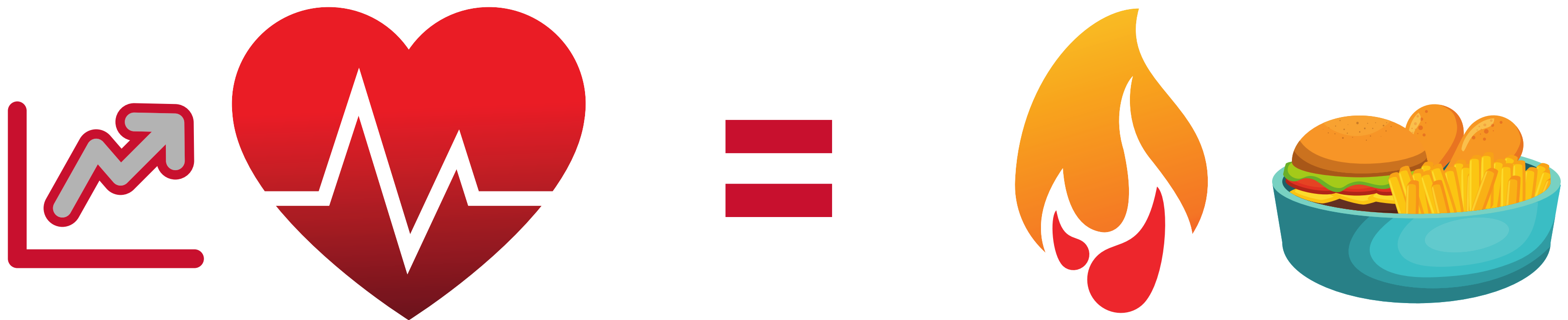
Irishin, primarily known as a myokine and as a chemical messenger, transmits the beneficial effects of physical exercise to the adipose tissue (browning and thermogenesis) and other organs involved in metabolism.

HC For **WEIGHT MANAGEMENT**

- + Passive Whole Body Hyperthermia (PH)** performed with our Cocoon Pod (Alfa Basic) leads to the **increase in IRISIN levels and caloric uptake of fat burn.**
- + Indicative of a new role for hyperthermia** as a potentially useful, non-pharmacological, **non-invasive treatment, alternative to exercise for people suffering from metabolic diseases and/or obesity.**

HYPERTHERMIC CONDITIONING INCREASES HEART RATE

**The higher the heart rate, the
more calories burned.**



HC For **WEIGHT MANAGEMENT**

- + Passive Whole Body Hyperthermia (PH)** performed with our Cocoon Pod (Alfa Basic) leads to the **increase in IRISIN levels and caloric uptake of fat burn.**
- + Indicative of a new role for hyperthermia** as a potentially useful, non-pharmacological, **non-invasive treatment, alternative to exercise for people suffering from metabolic diseases and/or obesity.**

HC For WEIGHT MANAGEMENT

+ Increased lean mass causes increased calorie burning (muscle tissue burn over 90% of the Calories we consume)



+ Both exercise and heat exposure cause heat shock and promote mitochondrial biogenesis (2–3-fold increases in muscle mitochondria) leading to increased muscle mass

* Tremblay A, Despres JP, Leblanc C, et al. Effect of intensity of physical activity on body fatness and fat distribution. *Am J Clin Nutr* 1990;51:153-7.

Skeletal muscle fatty acid metabolism in association with insulin resistance, obesity and weight loss, *American Journal of Physiology* Vol 277, Dec. 1, 1999. *Free Radical Biology and Medicine*, Vol. 11 (1991) 239-246, HSP70 and other possible heat shock or oxidative stress proteins are induced in skeletal muscle.

HC For WEIGHT MANAGEMENT

- + Hyperthermic conditioning has been shown to triple the synthesis of **BDNF (BRAIN DERIVED NEUROTROPIC FACTOR)** in the human brain



- + Studies show that BDNF is important for controlling appetite and satiety

HC For WEIGHT MANAGEMENT

IMPROVED BODY COMPOSITION THROUGH REDUCED ADIPOSITY AND IMPROVED WEIGHT CONTROL*

⊕ **Increased lean mass** causes increased **calorie burning** (muscle tissue burn over 90% of the Calories we consume)



⊕ Both exercise and **heat exposure** cause **heat shock** and promote **mitochondrial biogenesis** (2–3-fold increases in muscle mitochondria) leading to increased muscle mass

* Tremblay A, Despres JP, Leblanc C, et al. Effect of intensity of physical activity on body fatness and fat distribution. Am J Clin Nutr 1990;51:153-7. Kelley, D.B., Goodpaster, B. Skeletal muscle fatty acid metabolism in association with insulin resistance, obesity and weight loss, American Journal of Physiology Vol 277, Dec. 1, 1999.

HC For WEIGHT MANAGEMENT

⊕ Hyperthermic conditioning also had improving effects of mood such as anxiety, anger and irritability.



⊕ There was no acceleration of appetite or abnormal feeding behavior during the treatment.

HYPERTHERMIC CONDITIONING IMPROVES DETOX PATHWAYS



SWEAT CLEANSING is **SUPERIOR TO URINE** for **EXCRETION OF** certain **HEAVY METALS**

- 500%  ALUMINUM IS EXCRETED **5X GREATER** IN SWEAT THAN URINE.
- 1000%  CADMIUM IS EXCRETED **10X GREATER** IN SWEAT THAN URINE.
- 1400%  LEAD IS EXCRETED **14X GREATER** IN SWEAT THAN URINE.

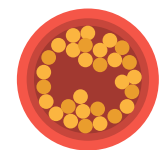




* **Blood, urine, and sweat (BUS) study:** monitoring and elimination of bioaccumulated toxic elements.
Genuis SJ1, Birkholz D, Rodushkin I, Beeson S. Arch Environ Contam Toxicol. 2011 Aug;61(2):344-57. doi: 10.1007/s00244-010-9611-5. Epub 2010 Nov 6.

HYPERTHERMIC CONDITIONING IMPROVES DETOX PATHWAYS



Hyperthermic Conditioning may enable your body to **eliminate environmental toxins through sweat.**

**15-20% OF INFRARED SAUNA-INDUCED SWEAT IS
COMPOSED OF:**

-  CHOLESTEROL
-  FAT-SOLUBLE TOXINS
-  HEAVY METALS
-  SULFURIC ACID
-  AMMONIA

150%

A graphic of three blue water droplets of varying sizes, positioned at the bottom right of the page.

HYPERTHERMIC CONDITIONING IMPROVES DETOX PATHWAYS



Certain chemicals (Cytokines) in the body lead to **INFLAMMATION**.

...some are known as "**OBESOGENS**" and cause **water retention and bloating**, leading to a greater number of **fat cells, stress hormones, endocrine disruption, lymph congestion**.



Sweating also eliminates **hormone-disrupting polycarbonateplastics (Bisphenol A)** which accumulates in your fat cells.



HYPERTHERMIC CONDITIONING IMPROVES DETOX PATHWAYS



Certain chemicals (Cytokines) in the body lead to **INFLAMMATION**.

...some are known as "**OBESOGENS**" and cause **water retention and bloating**, leading to a greater number of **fat cells, stress hormones, endocrine disruption, lymph congestion**.



Sweating also eliminates **hormone-disrupting polycarbonateplastics (Bisphenol A)** which accumulates in your fat cells.



HC HELPS IMPROVE SLEEP

HC helps normalize neurotransmitters (Serotonin, Dopamine, Endorphins, GABA, Melatonin) for improved relaxation and better sleep

Studies have shown that fatigue, sleep disturbance, pain were dramatically improved with HYPERTHERMIC CONDITIONING

QUALITY SLEEP is also a crucial component to WEIGHT LOSS.

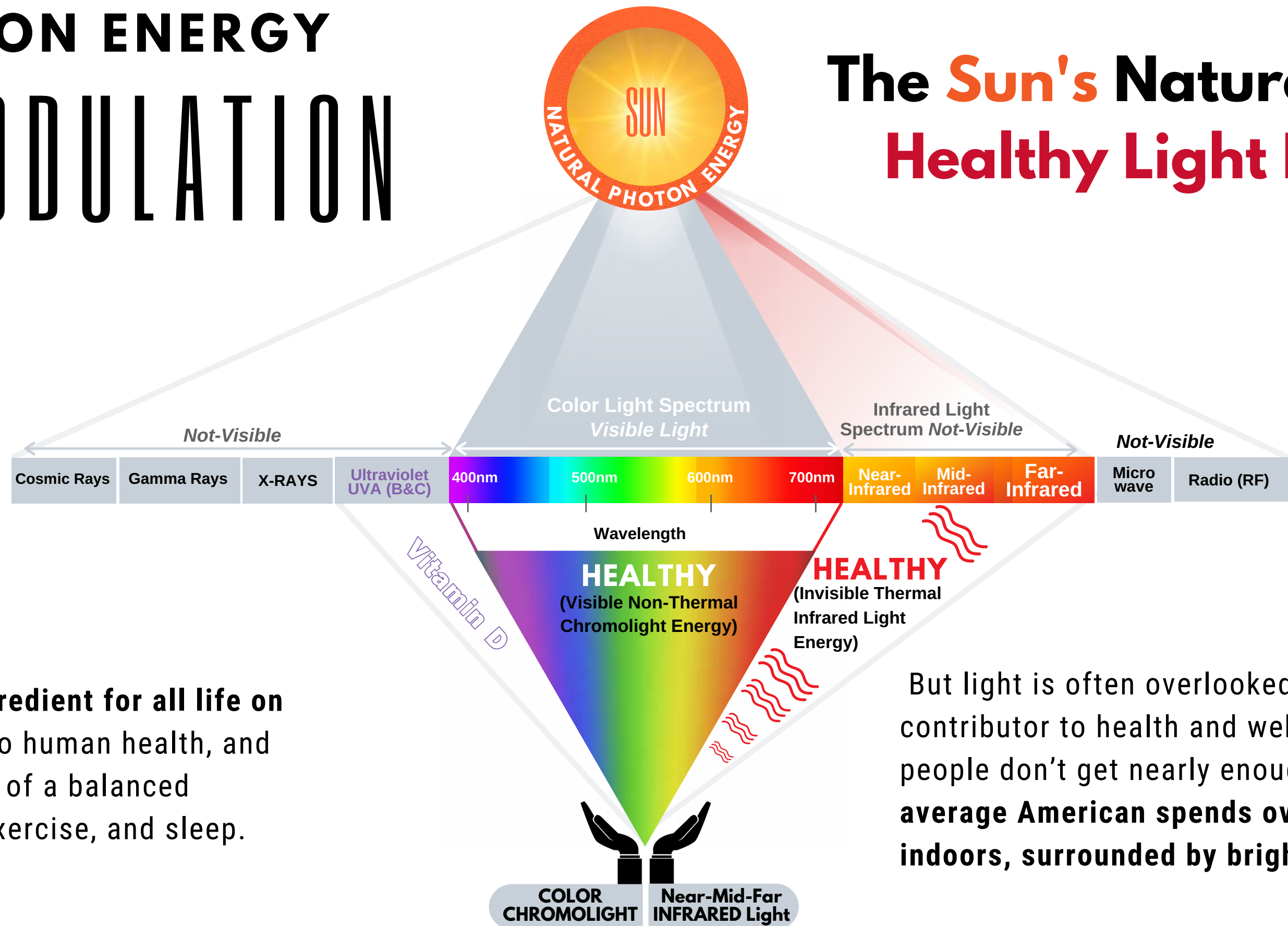


Sleep for 7-8 hours at night



PHOTON ENERGY BIOMODULATION

The Sun's Natural Photon Healthy Light Energy



Light is an essential ingredient for all life on earth. It's fundamental to human health, and light is a key component of a balanced lifestyle, just like diet, exercise, and sleep.

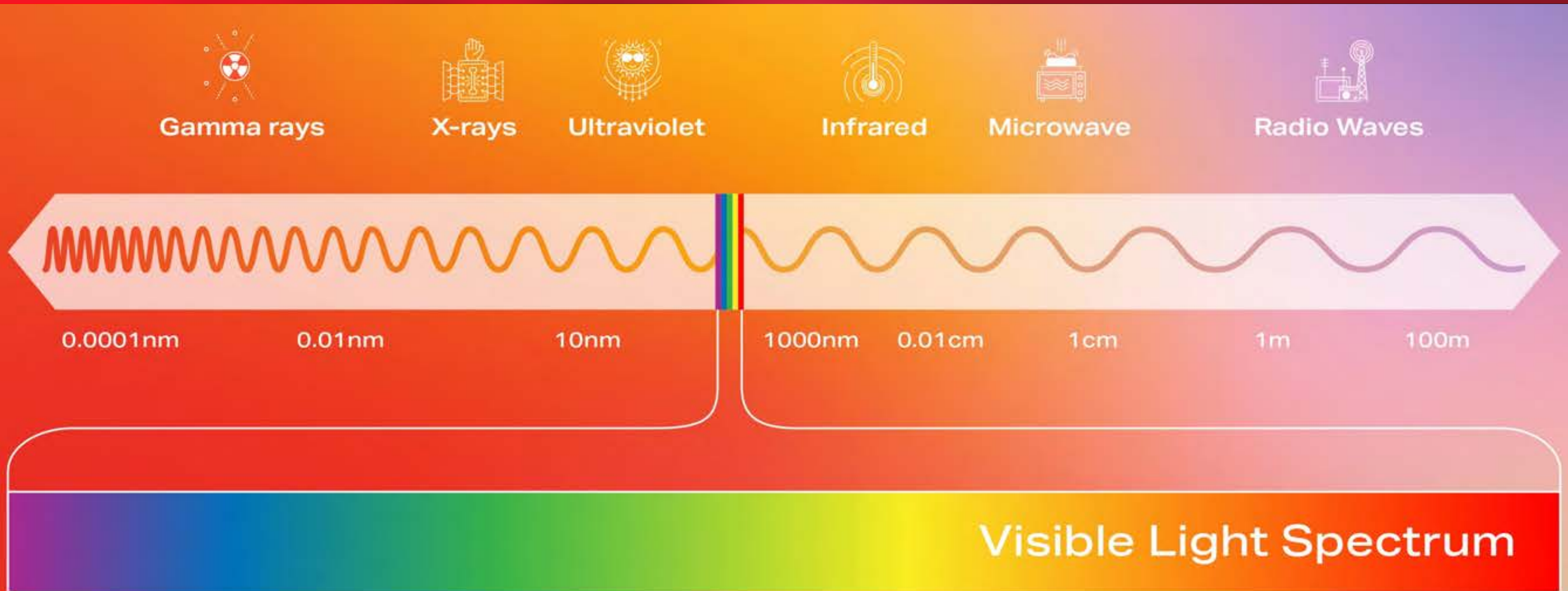
But light is often overlooked as a major contributor to health and well-being. And most people don't get nearly enough sunlight: **the average American spends over 90% of their time indoors, surrounded by bright artificial light. [1]**



[1] KLEPEIS NE, NELSON WC, OTT WR, ET AL. THE NATIONAL HUMAN ACTIVITY PATTERN SURVEY (NHAPS): A RESOURCE FOR ASSESSING EXPOSURE TO ENVIRONMENTAL POLLUTANTS. JOURNAL OF EXPOSURE ANALYSIS AND ENVIRONMENTAL EPIDEMIOLOGY. 2001 MAY.



**The benefits of light therapy—or PBM
(Photobiomodulation)
relate to how light energy impacts the body at the
cellular level.**

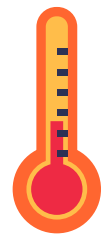


HEAT

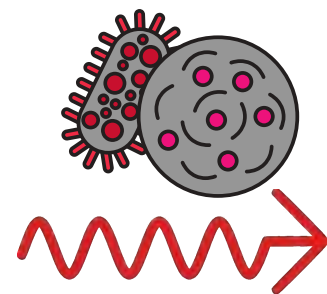


RED LIGHT

THE WINNING COMBINATION OF RED LIGHT
INFRARED DELIVERED SIMULTANEOUSLY



Rise in Body Core Temp stimulates an increase in all metabolic processes



The greater we stimulate our metabolism with **HYPERTHERMIC** treatments (to maximize biochemistry output results), it makes sense that will also achieve an uptake ratio increase and greater **RedLight PBM** biochemistry and increase in ATP outputs and benefit results.

HEAT

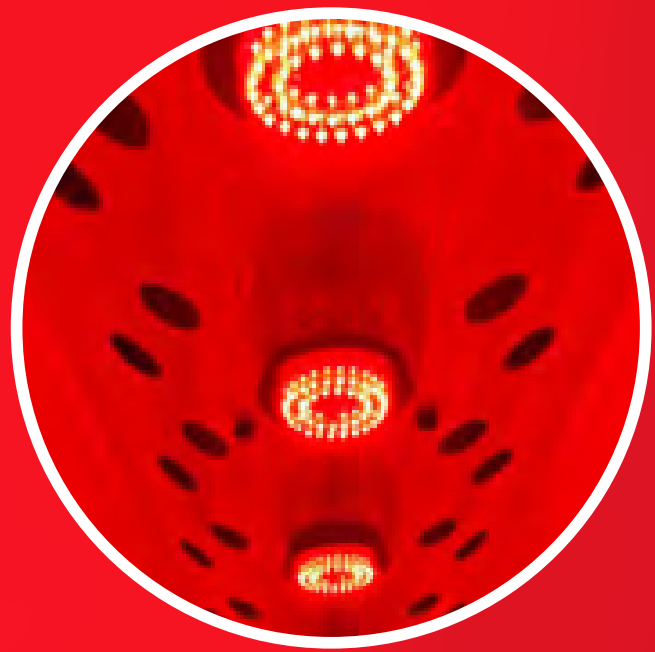


RED LIGHT

THERMAL AND LIGHT THERAPY ARE TWO CLINICALLY-PROVEN TO OFFER AMAZING BENEFITS.

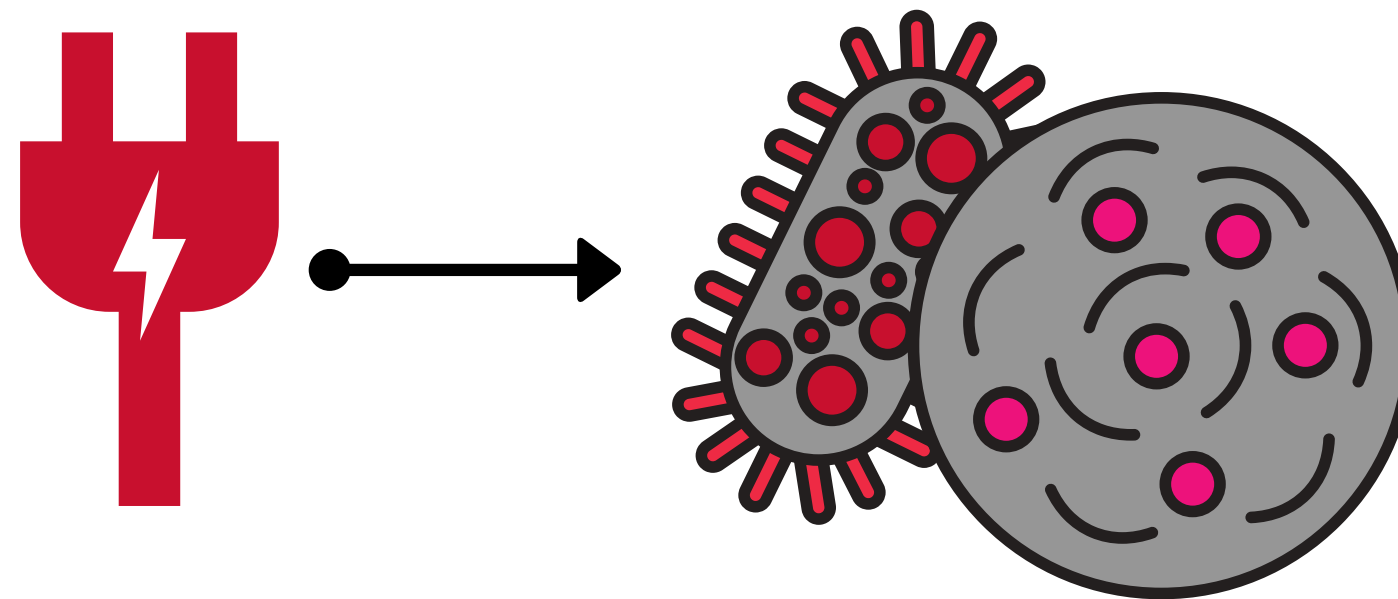
Because saunas deliver energy in different forms and wavelengths, there is no effective overlap between the two therapies. They actually compliment each other quite well!

Therefore, as you continue your personal wellness journey, consider adding both light and heat therapy to safely and naturally enhance your overall health.



**PBM literally feeds energy into our cells
with photons from light, similar to
natural sunlight.**

This narrow band of wavelengths that can penetrate human tissue much more effectively, and scientists have discovered that some of these wavelengths have a unique ability to **BOOST CELLULAR FUNCTION & ENERGY**

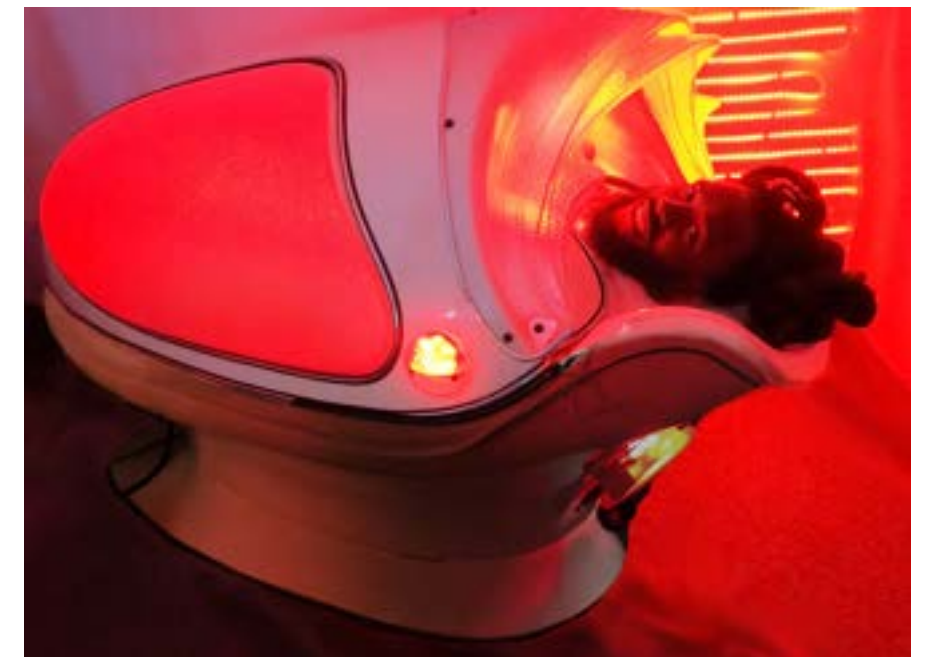


HEAT



RED LIGHT

A HEALTHY & HOLISTIC LIFESTYLE
REWARDING YOU WITH
WELLNESS & MEANINGFUL LONGEVITY.



CUSTOMER SUCCESS

WEIGHT MANAGEMENT

Treatment Series:
12 sessions/ 3 x per wk



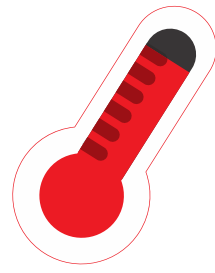
BEFORE



AFTER



CORINNE L., AUGUST 2019



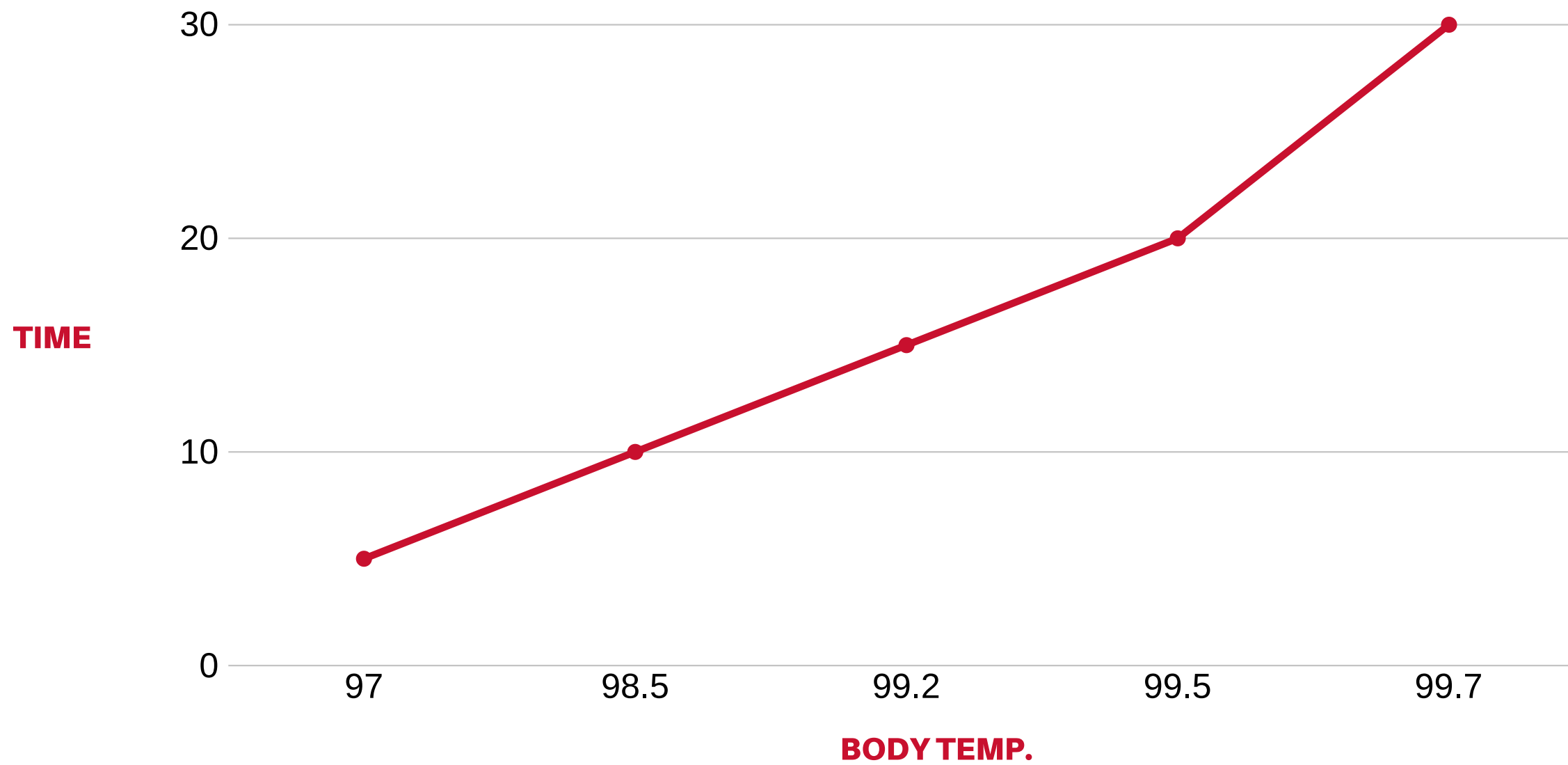
COCOON

HC SESSION CHART

NAME: CORINNE LAWRENZ

DATE: 8/12/19

TIME OF THE DAY
1 PM



RESULTS

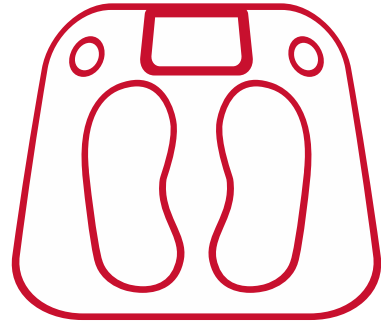
TEMP +/-

+2.7 F

97-99.7 F.

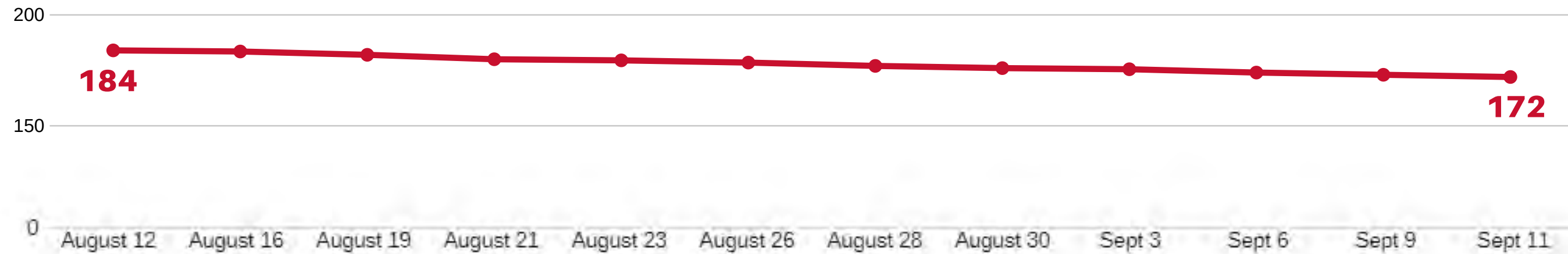
NOTE: COCOON TEMP 190F

COCOON



WEIGHT CHART

NAME: CORINNE LAWRENZ



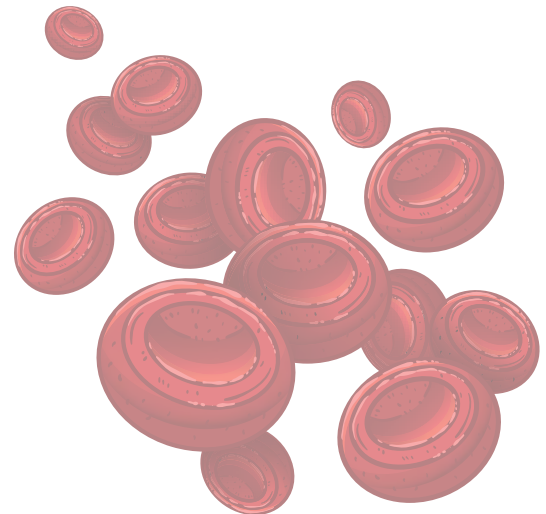
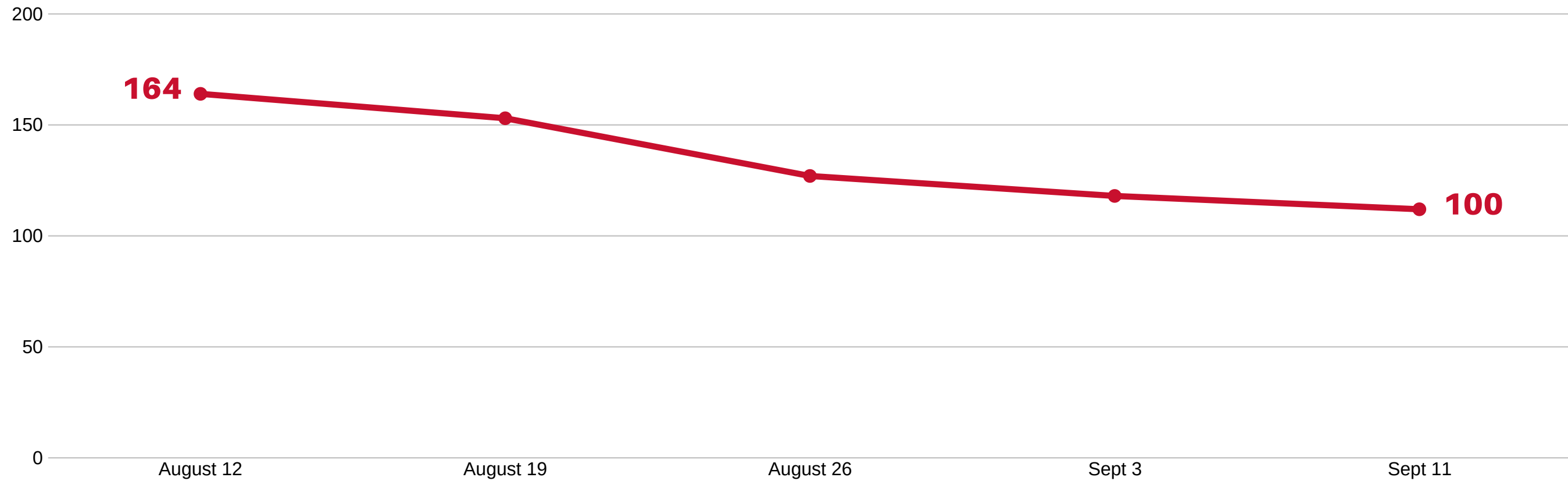
RESULTS

WEIGHT +/-
-12lbs

COCOON

BLOOD GLUCOSE CHART

NAME: CORINNE LAWRENZ



RESULTS

GLUCOSE +/-

-64



SEAN CHOI FUTURE LEGENDS II
 MUAY THAI FIGHTER

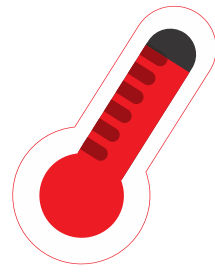


RedFit™ Center
 INFRARED WEIGHT MANAGEMENT + WELLNESS



WINNER BY K.O. Sean Choi





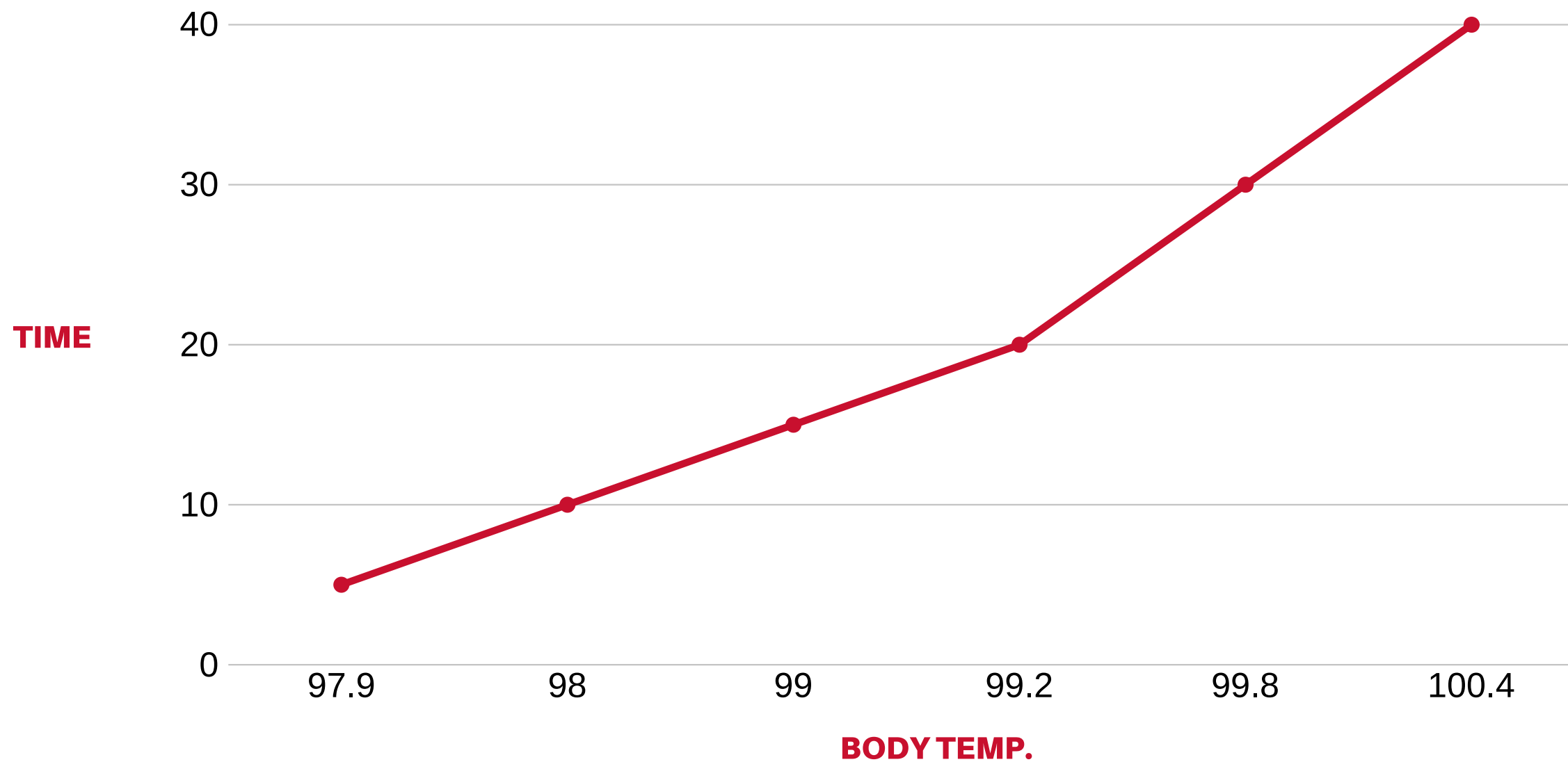
COCOON

HC SESSION CHART

NAME: SEAN CHOI

DATE: 4/18/19

TIME OF THE DAY
2 PM



RESULTS

TEMP +/-
+2.5 F

% +/-
+25%

97.9-100.4 F.

NOTE: COCOON TEMP 190F



COCOON

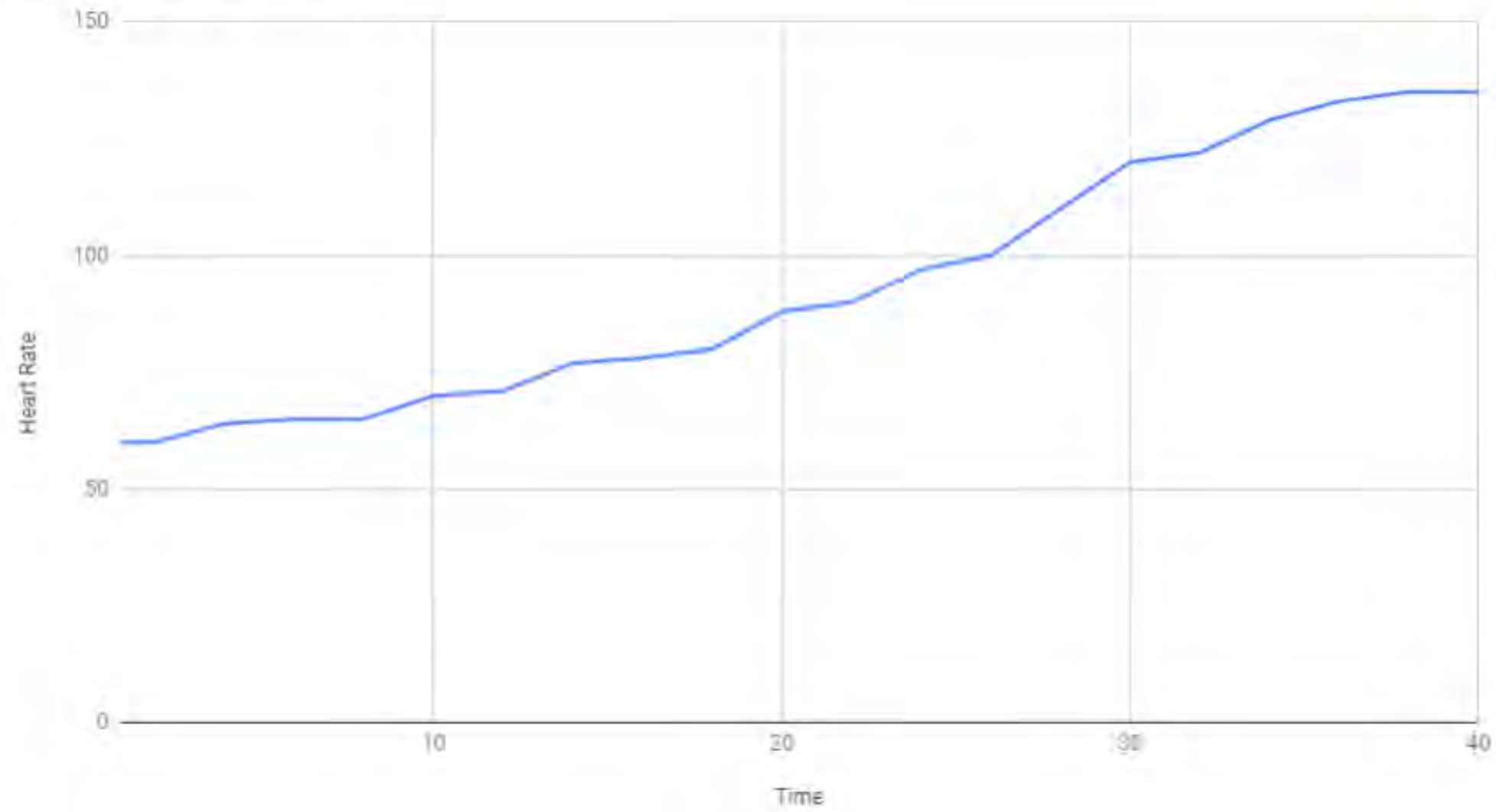
HC SESSION CHART

NAME: SEAN CHOI

DATE: 4/18/19

TIME OF THE DAY
2 PM

Heart Rate vs. Time



RESULTS

NOTE: COCOON TEMP 190F

HR +/-

+75

60-135

% +/-

+55%



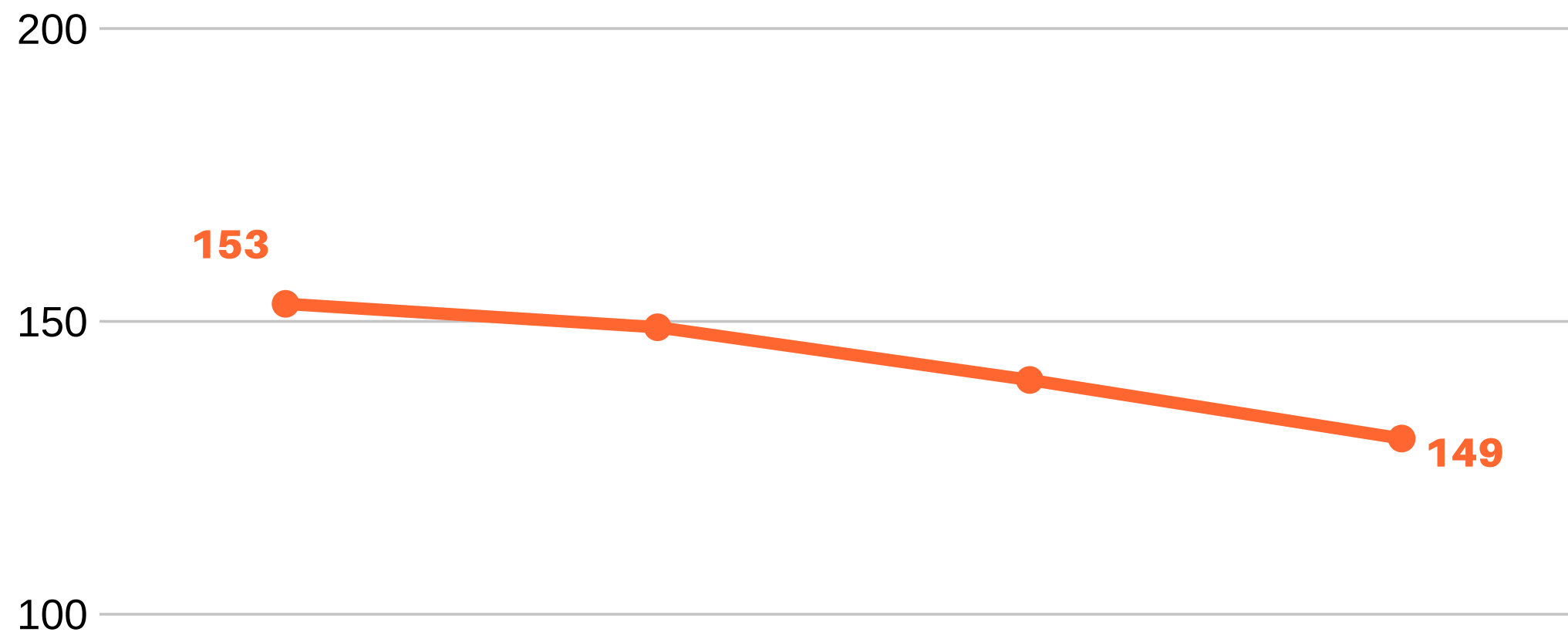
COCOON

HC SESSION CHART

NAME: SEAN CHOI

DATE: 4/18/19

TIME OF THE DAY
2 PM



RESULTS

WEIGHT +/-

-4lbs

% +/-

-26.8%

CUSTOMER SUCCESS

WEIGHT MANAGEMENT



Ongoing treatment:
6 sessions



BEFORE



AFTER



CUSTOMER SUCCESS

WEIGHT MANAGEMENT



BEFORE

AFTER



BEFORE

AFTER



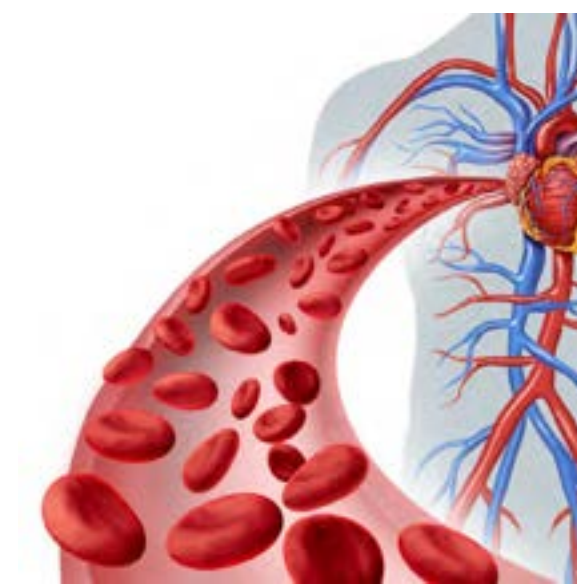
Brett R., April 2020_AUSTRALIA

“

In the next 10 years sauna bathing
*(sic **HYPERTHERMIC CONDITIONING**)* will
become part of the STANDARD OF CARE
for the prevention and treatment for heart
disease and a variety of heart conditions. ”

DR. RHONDA PATRICK, PHD

Renown Wellness & Longevity Expert



RESEARCH

Open Access



Effects of far-infrared sauna bathing on recovery from strength and endurance training sessions in men

Antti Mero^a, Jaakko Tornberg, Mari Mäntyselkä and Risto Puurtinen

Journal of Thermal Biology 101 (2021) 103067



Whole-body repeated hyperthermia increases irisin and brain-derived neurotrophic factor: A randomized controlled trial

Oleg Stanislavovich Glazachev^{a,*}, Maxim Andreevich Zapara^a, Svetlana Yuryevna Kryzhanovskaya^a, Elena Nikolaevna Dudnik^a, Eugeny Antonovich Yumatov^b, Davide Susta^c

^a IM Sechenov Moscow State Medical University, Physiology Department, Trubetskaya str, 8, bld.2, 119992, Moscow, Russia
^b PK Anukhin Research Institute of Normal Physiology, Balitskaya str, 8, 125315, Moscow, Russia
^c Dublin City University, School of Health and Human Performance, Glasnevin Campus, Dublin, Ireland

FEBS Letters 588 (2014) 517–530



Review

Contribution of small heat shock proteins to muscle development and function

Magda Dubińska-Magiera^a, Jadwiga Jabłońska^a, Jolanta Saczko^b, Julita Kulbacka^b, Teresa Jagła^c, Małgorzata Bączewska^{a,*}

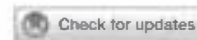
^a Department of Animal Developmental Biology, University of Wrocław, 21 Sienkiewicza Street, 50-335 Wrocław, Poland
^b Department of Medical Biochemistry, Medical University, Chalubinskiego 10, 50-368 Wrocław, Poland
^c Institut National de la Santé et de la Recherche Médicale U384, Faculté de Médecine, Clermont-Ferrand, France



REVIEW

Cardiovascular and Other Health Benefits of Sauna Bathing: A Review of the Evidence

Jari A. Laukkanen, MD, PhD; Tanjaniina Laukkanen, MSc; and Setor K. Kunutsor, MD, PhD



Health, 2020, 12, 14-26
<https://www.scirp.org/journal/health>
ISSN Online: 1949-5005
ISSN Print: 1949-4998

Passive Whole-Body Hyperthermia Increases Aerobic Capacity and Cardio-Respiratory Efficiency in Amateur Athletes

Maxim A. Zapara¹, Elena N. Dudnik¹, Vlada G. Samartseva¹, Svetlana Yu. Kryzhanovskaya¹, Davide Susta², Oleg S. Glazachev¹

¹Department of Normal Physiology, I. M. Sechenov First Moscow State Medical University (Sechenov University), Moscow, Russia
²School of Health and Human Performance, Dublin City University, Dublin, Ireland
Email: glazachev@msu.ru



published: 10 January 2021
doi: 10.3389/fpsyg.2021.01.004

Could Heat Therapy Be an Effective Treatment for Alzheimer's and Parkinson's Diseases? A Narrative Review

Andrew P. Hunt^{1,2*}, Geoffrey M. Minett^{1,2}, Oliver R. Gibson^{3,4}, Graham K. Kerr^{1,2} and Ian B. Stewart^{1,2}

¹School of Exercise and Nutrition Sciences, Faculty of Health, Queensland University of Technology, Brisbane, QLD, Australia, ²Institute of Health and Biomedical Innovation, Queensland University of Technology, Brisbane, QLD, Australia, ³Centre for Human Performance, Exercise and Rehabilitation, College of Health and Life Sciences, Brunel University London, Uxbridge, United Kingdom, ⁴Division of Sport, Health and Exercise Sciences, Department of Life Sciences, College of Health and Life Sciences, Brunel University London, Uxbridge, United Kingdom

Physiological Reports

Open Access

Physiological Reports ISSN 2051-817X

ORIGINAL RESEARCH

Once- and twice-daily heat acclimation confer similar heat adaptations, inflammatory responses and exercise tolerance improvements

Ashley G. B. Willmott¹, Mark Hayes¹, Carl A. James^{1,2}, Jeanne Dekerle¹, Oliver R. Gibson³ & Neil S. Maxwell¹

¹ Environmental Extremes Laboratory, University of Brighton, Brighton, Eastbourne, United Kingdom
² Institut Sukan Negara (National Sports Institute), National Sports Complex, Kuala Lumpur, Malaysia
³ Centre for Human Performance, Exercise and Rehabilitation (CHPER), Brunel University London, Uxbridge, United Kingdom

Medicine & Science IN Sports & Exercise



Combined Heat-acclimation And Exercise-training Improves Cardiac Mechanical And Metabolic Performance And Enhances Cardioprotection.

Kodesh, Einat; Horowitz, Michal; Levi, Einat

Medicine & Science in Sports & Exercise: October 2010 - Volume 42 - Issue 10 - p 40-41
doi: 10.1249/01.MSS.0000389633.00306.12

FRIDAY, SEPTEMBER 24, 2010, 1:00-3:00PM POSTER SESSION 2: Board #3: Cardiovascular Control and Adaptation to Exercise

Perceptual responses to passive heat therapy – towards more tolerable heating protocols using the Cocoon POD

Sven P. Hoekstra & Christof A. Leicht

The Peter Harrison Centre for Disability Sport, Loughborough University, UK

