

Since Whole Body Cryotherapy chills the body, it causes an increase in the basal metabolic rate. A single session of Whole Body Cryotherapy has been shown to cause the body to burn an additional 500 - 800 calories. For weeks after even a single session, the Basal Metabolic Rate as measured by Indirect Calorimetry has been shown to improve by 200 - 300 calories per day. Without change in diet, this would represent a burn of 2 pounds of body fat per month without diet or exercise.

Our body's fat is formed in two main types: white fat and brown fat. White fat is the type we are all familiar with. It surrounds the organs and creates inflammation and resistance to insulin when it is excessive. Brown fat is the good fat. It is just like white fat except that it is very rich in mitochondria. This allows it to generate significant amounts of heat as needed. When the brown fat is strong and healthy, it can also create heat for the purposes of regulating the amounts of white fat. When white fat becomes excessive, the brown fat can burn it up for extra heat to control it and keep it at healthy levels. Many researchers believe that one of the reasons for the current increases of obesity and diabetes is indoor climate control. Our genetic coding for thermoregulation has not changed significantly for 2.58 million years. During our history, we spent over 90% of the time in one ice age or another. The periods between ice ages, known as interglacial retreats were much more the exception than

the norm.

In short, our bodies need episodic exposure to cold to properly control our metabolisms and our body mass.

Obesity and overweight now account for 70% of the American population according to statistics from the Center for Disease Control. The rates have gone up dramatically over the last few decades. As a consequence of obesity, diabetes has doubled since 1980. All effective weight loss programs work by one shared method: they create a caloric deficit. Our bodies burn calories for fuel each day. This is done to keep us alive and to power specific activities. Anytime we burn less fuel than we ingest, we gain weight. If we burn more than we ingest, we lose weight.



Each pound of body fat we carry represents approximately 3500 calories of stored fuel. To lose a pound of body fat, we need to create a deficit of 3500 calories over a period of at least 1 week.

This can be done by 3 methods:

Consuming fewer calories

Burning more calories through exercise

Burning more calories through metabolism

Whole Body Cryotherapy is the only safe, non-stimulant method to significantly raise our metabolism. Stimulants such as ephedra or fen-phen raise metabolism by no more than 5% and only work temporarily. Those who use them for longer periods of time find that more of the drug is required for the same effect, they become resistant. Furthermore, when they stop taking the drug or lower their dose, they find that they burn fewer calories than they did on their own before taking it.

Whole Body Cryotherapy has been shown to raise the basal metabolic rate by 200 - 300 calories, even weeks after treatment. That means the typical woman can go from 2000 calories per day to 2300 calories per day.

This is roughly the amount of additional calories that are burned with 45-60 minutes of daily exercise.

If Whole Body Cryotherapy is done in a protocol to elevate and maintain a higher basal metabolic rate and this is done in conjunction with a thermogenic diet plan and supportive supplements, consistent fat loss of 1-3 pounds per week can be expected. The very obese may notice even faster rates of initial fat loss.