

element cryotherapy and wellness

Element Cryotherapy and Wellness: Your Guide to Icy Recovery and Revitalization

Feeling stressed, achy, or just plain sluggish? Imagine stepping into a chamber filled with sub-zero temperatures for a few minutes and emerging feeling refreshed, rejuvenated, and ready to conquer the day. That's the power of element cryotherapy, and this comprehensive guide will dive deep into its benefits for wellness, addressing everything from how it works to who can benefit most. We'll explore the science behind this increasingly popular therapy and answer all your burning questions about element cryotherapy and wellness.

What is Element Cryotherapy?

Element cryotherapy, or whole-body cryotherapy (WBC), involves brief exposure to extremely cold, dry air (typically between -110°C and -160°C or -166°F and -256°F) for a short period, usually 2-3 minutes. Unlike localized cryotherapy, which targets specific areas like an injured joint, element cryotherapy exposes your entire body to the cold. This extreme cold triggers a cascade of physiological responses designed to protect your body, ultimately leading to a range of potential wellness benefits. It's important to note that "element" often refers to a specific brand or type of cryotherapy chamber, but the principles remain the same across most providers.

How Does Element Cryotherapy Work?

The core mechanism behind element cryotherapy's effects lies in its impact on your nervous system. The intense cold signals your body to initiate a survival response. This involves:

Increased adrenaline production: This surge of adrenaline provides a natural energy boost and can improve mood and alertness.

Endorphin release: Endorphins act as natural painkillers and mood elevators, contributing to feelings of well-being and reducing perceived pain.

Reduced inflammation: The cold constricts blood vessels, reducing inflammation and swelling. This is particularly beneficial for those with chronic pain conditions or recovering from injuries.

Improved circulation: After the treatment, as your body warms up, blood flow increases, delivering oxygen and nutrients to tissues. This can aid in muscle recovery and promote healing.

Improved sleep: The physiological changes induced by cryotherapy can contribute to improved sleep quality.

The Benefits of Element Cryotherapy for Wellness

The potential benefits of element cryotherapy extend far beyond just muscle recovery. Many people use it as a tool for:

Pain Management: Element cryotherapy can effectively reduce pain associated with arthritis, muscle

soreness, and other inflammatory conditions. The cold numbs the pain receptors while simultaneously reducing inflammation.

Improved Athletic Performance: Athletes frequently utilize cryotherapy to accelerate muscle recovery after intense training sessions or competitions, reducing inflammation and soreness. It can also help prevent injuries by improving tissue repair and reducing muscle fatigue.

Stress Reduction: The unique experience of cryotherapy and the subsequent release of endorphins can be remarkably effective in reducing stress and anxiety. The feeling of invigorated alertness after a session is a testament to this.

Enhanced Mood: The combined effects of adrenaline and endorphin release contribute to an improved mood, leaving many feeling more energized and positive. This can be especially beneficial for those struggling with depression or seasonal affective disorder (SAD).

Improved Skin Health: Some people report improvements in skin conditions like eczema and psoriasis due to the reduction in inflammation.

Weight Management: While not a primary weight loss method, some studies suggest cryotherapy might slightly increase metabolism. However, this should not be considered a standalone weight loss solution.

Who Can Benefit from Element Cryotherapy?

While element cryotherapy is generally safe for healthy individuals, it's essential to consult your doctor before starting any new therapy, especially if you have:

Cardiovascular issues: Individuals with heart conditions, high blood pressure, or other cardiovascular problems should exercise extreme caution and seek medical advice before undergoing cryotherapy.

Raynaud's phenomenon: This condition causes blood vessels in the extremities to constrict excessively in the cold, making cryotherapy potentially harmful.

Cold urticaria (cold hives): This allergic reaction to cold can be aggravated by cryotherapy.

Pregnancy: Pregnant women should avoid cryotherapy.

Neurological disorders: Certain neurological conditions may be affected by cryotherapy.

Finding a Reputable Element Cryotherapy Provider

When choosing a provider, consider the following:

Experience and Training: Ensure the staff is well-trained and experienced in administering cryotherapy safely and effectively.

Safety Protocols: A reputable provider will adhere to strict safety protocols, including proper equipment maintenance and monitoring during sessions.

Cleanliness and Hygiene: The chamber and surrounding areas should be impeccably clean and hygienic.

Client Reviews: Read online reviews to get a sense of other clients' experiences.

Conclusion

Element cryotherapy offers a unique and potentially powerful approach to enhancing wellness and promoting recovery. From managing pain and improving athletic performance to reducing stress and boosting mood, its benefits are diverse and increasingly well-documented. However, it's crucial

to understand the potential risks and to consult with your doctor before undertaking cryotherapy, especially if you have any pre-existing health conditions. Choosing a reputable provider with a strong emphasis on safety is paramount to ensuring a positive and beneficial experience.

FAQs

1. Is element cryotherapy painful? While initially feeling very cold, most people don't describe it as painful. It's more of an intense cold sensation that subsides quickly once you leave the chamber.
1. How often should I undergo element cryotherapy? The frequency depends on your individual needs and goals. Some people opt for daily sessions, while others find weekly sessions sufficient. Consult with your provider for personalized recommendations.
1. What should I wear during an element cryotherapy session? You'll typically wear lightweight clothing such as socks, gloves, and underwear or a bathing suit. Your provider will provide specific instructions.
1. Are there any side effects of element cryotherapy? Possible side effects are generally mild and temporary, including shivering, temporary skin redness, and a slight headache. Serious side effects are rare but possible, hence the importance of consulting your physician beforehand.
1. How much does element cryotherapy cost? The cost varies depending on location and provider. Expect to pay a per-session fee, with potential discounts for package deals. Check with your provider for accurate pricing information.

element cryotherapy and wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for

advanced students of hospitality, leisure and tourism and related disciplines.

element cryotherapy and wellness: Restore Jim Donnelly, Steve Welch, 2024-05-14 Discover how cutting-edge treatments are helping people of all ages reverse common health issues and live longer, healthier, pain-free lives—and how you can start your new life today. Pain, disease, and complications of aging are universal problems, but “right-away” wellness is far more accessible than most people realize. Restore is a preventative approach to wellness based on a simple principle: therapies that make you feel better in the short term lead to consistent, long-term improvement. You don’t need a cryo chamber to reap the benefits of cryotherapy. This book will teach you how to get the most from these techniques, whether or not you have access to specialized treatments. With clear, supporting science, Restore Hyper Wellness cofounders Jim Donnelly and Steve Welch share the real-life success stories behind paradigm-changing technologies—and how to use the power of those technologies in your everyday life for an immediate, palpable boost. This much-needed guide will change the way you think about your health, arming you with insider knowledge such as: The science and history of cryotherapy, red light therapy, nutrient-infused IV drips, and infrared saunas How restorative practices are used to relieve and even reverse major health issues, including chronic pain, arthritis, cancer, Alzheimer’s, and anxiety Simple adjustments to everyday factors—like sleep, movement, oxygen, light, and connection—that can lead to tangible changes in energy, mood, and overall health How to leverage proven treatments for a lasting healthspan and lifespan No matter who you are, where you live, or how old you are, Restore highlights practices and modalities that can help you treat and prevent health struggles, level up your wellness, and live longer, so you can do more of what you love.

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need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

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and robotics have been added. Updated chapters incorporate the latest advances and the newest information in neuroscience and intervention strategies. Student resources on an Evolve companion website include references with links to MEDLINE and more.

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Institute features the latest medical management guidelines and standards of care for hematopoietic stem cell transplant patients. Spanning the timeline from the initial consultation throughout the transplant process, this handbook includes indications for transplantation and donor selection, treatment guidelines for addressing complications during and after transplant, and recommendations for long-term follow up care. Concise, comprehensive, and easy-to-use, Blood and Marrow Transplant Handbook, 2nd Edition presents a multidisciplinary approach to information for physicians and advanced practice medical providers who care for transplant patients, and also residents, fellows, and other trainees.

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element cryotherapy and wellness: *The Cold Therapy Code: Rediscover Your Vitality Through Cold Exposure* James H Smart, 2022-06-20 Maintain peak physical and mental performance so you can make the most of your day, every day. Tiredness. Pain. Stress. They affect your productivity. They rob you of precious time with your loved ones or your hobbies. They decrease the quality of your life. Could you imagine what it's like to be free of these complaints more often than not? You'll walk into the office with a spring in your step and deliver top-notch work. Then, you'll get together with friends or do personal projects for hours. You'll sleep soundly through the night, and you'll wake up full of enthusiasm in the morning, ready to do it all again. The good news is, you don't have to resign yourself to merely imagining these outcomes. Nowadays there are several methods that promise to help you bring about such ideal conditions. But what you have here right now is a surprising solution that's truly worth getting into. Not just because of its distinctive approach, but also because of its wide-ranging benefits. In *The Cold Therapy Code*, you will discover: - How to harness the unique advantages of cold exposure therapy to gain optimum health - How to rejuvenate and strengthen your body through natural, inexpensive methods - while greatly increasing your mental fortitude at the same time - Cryotherapy demystified, so you can get the science down without any confusion - How to ease into cold exposure, although you may be scared to even take a cold shower - The difference between acute and chronic stress, and why stress is not always bad - Special gear and techniques to take your cold exposure experience to the next level - How to maintain your health gains for the long-term by developing the right habits - Reliable advice to help you maximize results and avoid risks when engaging in cryotherapy And much more. It's not entirely inaccurate when people say you should keep out of the cold. That's because prolonged exposure to extremely cold temperatures can lead to dangerous conditions like hypothermia. There's an important distinction, however - in cryotherapy, you only need to expose yourself to extreme cold for short periods of time. As you become more adept, it may be tempting to do more than you did the last time, but always remember that too much of anything can be greatly detrimental. That said, cold exposure and cryotherapy may well be the secret you've been waiting to discover for achieving long-lasting health. If you're eager to discover how to double your energy, sleep better, and fight stress through revolutionary yet easy methods, then scroll up and click the "Add to Cart" button right now.

element cryotherapy and wellness: Laser and IPL Technology in Dermatology and Aesthetic Medicine Christian Raulin, Syrus Karsai, 2011-02-14 The editors have gathered 15 laser experts

from the United States, Europe and Asia to present the most up to date information in cutaneous laser surgery and intense pulsed light technologies. This innovative book describes new laser techniques (laserlipolysis, fractional photothermolysis, among others) and provides expert guidance on using lasers successfully in over 80 clinical indications.

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element cryotherapy and wellness: Neurological Rehabilitation - E-Book Darcy Ann Umphred, Rolando T. Lazaro, Margaret Roller, Gordon Burton, 2013-08-07 Using a problem-solving approach based on clinical evidence, Neurological Rehabilitation, 6th Edition covers the therapeutic management of people with functional movement limitations and quality of life issues following a

neurological event. It reviews basic theory and covers the latest screening and diagnostic tests, new treatments, and interventions commonly used in today's clinical practice. This edition includes the latest advances in neuroscience, adding new chapters on neuroimaging and clinical tools such as virtual reality, robotics, and gaming. Written by respected clinician and physical therapy expert Darcy Umphred, this classic neurology text provides problem-solving strategies that are key to individualized, effective care. UNIQUE! Emerging topics are covered in detail, including chapters such as Movement Development Across the Lifespan, Health and Wellness: The Beginning of the Paradigm, Documentation, and Cardiopulmonary Interactions. UNIQUE! A section on neurological problems accompanying specific system problems includes hot topics such as poor vision, pelvic floor dysfunction, and pain. A problem-solving approach helps you apply your knowledge to examinations, evaluations, prognoses, and intervention strategies. Evidence-based research sets up best practices, covering topics such as the theory of neurologic rehabilitation, screening and diagnostic tests, treatments and interventions, and the patient's psychosocial concerns. Information. Case studies use real-world examples to promote problem-solving skills. Non-traditional approaches to neurological interventions in the Alternative and Complementary Therapies chapter include the movement approach, energy approach, and physical body system approaches. Terminology adheres to the best practices of the APTA as well as other leading physical therapy organizations, following The Guide to Physical Therapy Practice, the Nagi model, and the ICF World Health Model of patient empowerment. Updated illustrations provide current visual references. NEW chapters on imaging and robotics have been added. Updated chapters incorporate the latest advances and the newest information in neuroscience and intervention strategies. Student resources on an Evolve companion website include references with links to MEDLINE and more.

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element cryotherapy and wellness: A Guide to the Clinical Care of Women with HIV Jean R. Anderson, 2005 NOTE: NO FURTHER DISCOUNT FOR THIS PRODUCT ITEM -OVERSROCK SALE-- Significantly reduced price. Edited by Jean R. Anderson. This guide addresses the health care needs unique to women with HIV. It targets clinicians who provide primary care to women as well as those seeking an understanding of how to take care of women with HIV/AIDS. This guide includes tables, figures, color plates, resources, references, and indices. This 2005 edition includes new chapters on international issues and nutrition. Edge indexed.

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Conditions Charlotte Michael Versagi, 2011-07-26 Step-by-Step Massage Therapy Protocols for Common Conditions is intended to give massage therapy students and practitioners the knowledge and confidence to work safely with clients who have medical conditions. The text provides practical, thorough protocols to help therapists support their clients while steering them away from doing any harm.

element cryotherapy and wellness: Health Financing in Indonesia , 2009-01-01 In 2004 the Indonesian government made a commitment to provide its entire population with health insurance coverage through a mandatory public health insurance scheme. It has moved boldly already provides coverage to an estimated 76.4 million poor and near poor, funded through the public budget. Nevertheless, over half the population still lacks health insurance coverage, and the full fiscal impacts of the government's program for the poor have not been fully assessed or felt. In addition, significant deficiencies in the efficiency and equity of the current health system, unless addressed will exacerbate cost pressures and could preclude the effective implementation of universal coverage (Ue and the desired result of improvements in population health outcomes and financial protection. For Indonesia to achieve UC, systems' performance must be improved and key policy choices with respect to the configuration of the health financing system must be made. Indonesia's health system performs well with respect to some health outcomes and financial protection, but there is potential for significant improvement. High-level political decisions are necessary on key elements of the health financing reform package. The key transitional questions to get there include: [the benefits that can be afforded and their impacts on health outcomes and financial protection; [how the more than 50 percent of those currently without coverage will be insured; [how to pay medical care providers to assure access, efficiency, and quality; [developing a streamlined and efficient administrative structure; [how to address the current supply constraints to assure availability of promised services; [how to raise revenues to finance the system, including the program for the poor as well as currently uninsured groups that may require government subsidization such as the more than 60 million informal sector workers, the 85 percent of workers in firms of less than five employees, and the 70 percent of the population living in rural areas.

element cryotherapy and wellness: The Murad Method Howard Murad, Dianne Lange, 2003-04-22 The renowned dermatologist's easy-to-follow, quick-results program to treat skin both inside and out, using widely available products Since 1972, Dr. Howard Murad has been studying the effects of the environment, nutrition, and lifestyle on skin and creating a skin-care program to slow the aging process. The Murad Method is the result of his three decades of clinical experience treating more than 40,000 men and women as well as independent research proving the effectiveness of the program. His unique approach to skin care combines external products and internal supplements in a simple regimen that will improve the texture and look of anyone's skin. This book clarifies the science behind what Dr. Murad believes is the next generation of skin care, an approach based on what he calls the Water Principle. Rather than relying on a single miracle ingredient, this breakthrough program includes a combination of exfoliants, polyphenols and other antioxidants, amino acids, fatty acids, and anti-inflammatory agents that enhance skin hydration. The Water Principle is the foundation of Dr. Murad's unique system for repairing and rejuvenating your skin. The skin is your body's largest organ, and The Murad Method is the first book to show you how its appearance directly reflects your overall health. The Murad Method has been clinically proven to: - boost hydration - reduce wrinkles - increase elasticity - improve sun protection By following a regimen that suits your skin type and requires just five minutes, morning and night, for five weeks, you will not only counter the damage that causes aging, but actually reverse the visible signs of aging and reduce wrinkles. Simple, clear charts show you how to customize an anti-aging regimen for your skin type and special concerns. You can assemble your own program, using either Murad or name-brand products. There is an extensive listing of products that contain the key ingredients Dr. Murad recommends in his anti-aging prescription to guide you. The information in this book will change the way you think about your skin--and give you the tools you need to make your skin look younger in five weeks.

element cryotherapy and wellness: Somatics Thomas Hanna, 2004-08-04 When our bodies start to feel stiff, sore, or tired, we often say that we're getting old. But is that really the problem? In this groundbreaking work, Thomas Hanna shows that much of the physical decline associated with aging is not inevitable but avoidable. Building on the work of Moshe Feldenkrais, Hanna's practical program for the mind and body proves once and for all that problems you've always thought of as the symptoms of age--stiffness, bad back, chronic pain, fatigue, and, at times, even high blood pressure--need never occur if you maintain conscious control of your nerves and muscles. He shows how the body can turn a habitual action into an involuntary, destructive pattern called sensory-motor amnesia, and demonstrates a simple but effective method for conquering these habits with sensory-motor awareness. With only a five-minute routine once a day, you can maintain the pleasures of a limber, healthy body indefinitely and escape the confines of age or injury. Practical and easy to use, Somatics is the essential guide to reversing the physical effects of aging--or staving them off before they even begin.

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element cryotherapy and wellness: A Week to Change Your Life Olivia Audrey, 2023-02-21 Renowned naturopathic doctor to the stars shares a "perfect roadmap" (Dr. Mike Moreno, New York Times bestselling author of The 17 Day Diet book series) to the life-changing seven-day plan personalized to you and your birthday that can radically improve your health and wellbeing. Do you regularly get the Monday Blues? Are you always tired on Fridays, even though you want to be excited for the weekend? There may be more to it than just a long work week. Over the course of a week, the human body goes through a cycle of self-regulation. Our energy levels, inflammation levels, capacity to focus, and even our immunity all fluctuate naturally based on this internal seven-day cycle, scientifically known as the circaseptan rhythm. Now, Dr. Olivia Audrey reveals how we can tap into the power of this seven-day cycle to transform our health and overhaul our mind and mood. The key to understanding your own circaseptan rhythm is, remarkably, from the day of the week on which you were born. The birth experience is like a hormonal storm that inflames the body, one that is repeated week after week with an ebb and flow of inflammation and repair that lasts seven days. This cycle has a measurable impact on mood, energy, and all the facets of physical health. Dr. Audrey's protocol provides instructions for aligning your health goals with your body's natural circaseptan rhythm, unlocking extraordinary benefits. With her accessible writing and actionable advice, Dr. Audrey reveals the secret to harnessing your body's natural rhythm in order to heal whatever ails you and boost how you look, feel, and live. This plan can be effective for losing weight, gaining focus, fighting specific diseases, or simply feeling more in tune with your life. A Week to Change Your Life is the ultimate program to "show us a different way of looking at the problems, reminding us to keep practicing and to feel joy," (Sarah Ferguson, Duchess of York) so you can create a life of radiant health and energy.

element cryotherapy and wellness: Genius Foods Max Lugavere, Paul Grewal, M.D., 2018-03-20 New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of

dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called "biochemical liposuction"; and the foods that can improve your happiness, both now and for the long term. With *Genius Foods*, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today—and decades into the future.

element cryotherapy and wellness: Pulmonary/respiratory Therapy Secrets Polly E. Parsons, John E. Heffner, 2002 The new edition of this popular pulmonary/respiratory therapy text in question-and-answer format is completely updated and expanded. The new edition contains expanded coverage of endoscopy. Great as a concise clinical text or as a review for rounds and exams. The book contains 83 chapters organized in 18 sections, covering all aspects of pulmonary evaluation, disease, and therapy. All chapters are thoroughly revised and updated. The new edition features a new chapter on Interventional Bronchoscopy. Thorough, highly detailed index.

element cryotherapy and wellness: Own Your Day Keith Rosen, 2016-04-07 Discover Keith Rosen's powerful roadmap to doubling your productivity, developing your team, achieving your business objectives, and creating more harmony and significance in your life. Sales managers and executives work under intense conditions unique to their roles that traditional time management strategies fail to address. Consequently, many leaders believe it's impossible to develop an effective routine when their time is consumed with phone calls, emails, meetings, texts, internal company challenges, competing priorities, and customer needs constantly demanding their attention. But *Own Your Day* changes all that. In addition to learning time management strategies that will yield immediate results in your life, you will learn how to master the inner game of time management which will enable you to coach your team to thrive and help them improve their personal productivity. Discover how to: Reduce your daily workload and protect your time. Obliterate your never-ending to-do list. Make time your ally rather than your adversary. Develop a Personal Navigation System that aligns your routine with your goals, values, and priorities. Stop reacting to problems and become hyper-responsive so that you can take charge of your day. Identify and eliminate your time killers that distract you from your priorities, cause stress, and waste time.

element cryotherapy and wellness: Dorland's Dictionary of Medical Acronyms and Abbreviations Dorland, 2015-07-24 Medical acronyms and abbreviations offer convenience, but those countless shortcuts can often be confusing. Now a part of the popular Dorland's suite of products, this reference features thousands of terms from across various medical specialties. Its alphabetical arrangement makes for quick reference, and expanded coverage of symbols ensures they are easier to find. Effective communication plays an important role in all medical settings, so turn to this trusted volume for nearly any medical abbreviation you might encounter. - Symbols section makes it easier to locate unusual or seldom-used symbols. - Convenient alphabetical format allows you to find the entry you need more intuitively. - More than 90,000 entries and definitions. - Many new and updated entries including terminology in expanding specialties, such as Nursing; Physical, Occupational, and Speech Therapies; Transcription and Coding; Computer and Technical Fields. - New section on abbreviations to avoid, including Joint Commission abbreviations that are not to be used. - Incorporates updates suggested by the Institute for Safe Medication Practices

(ISMP).

element cryotherapy and wellness: Out Cold Phil Jaekl, 2021-06-01 “A fascinating look into the strange and sometimes unbelievable history of hypothermic medicine. Jaekl weaves together a story that is part history lesson and part science thriller. This is truly a must-read for any fan of science and science fiction!” —Douglas Talk, MD/MPH, chief medical consultant, SpaceWorks Inc., Human Torpor Project The meaning of the word “hypothermia” has Greek origins and roughly translates to “less heat.” Its symptoms can be deadly—shivering, followed by confusion, irrationality, and even the illusion of feeling hot. But hypothermia has another side—it can be therapeutic. In Out Cold, science writer Phil Jaekl chronicles the underappreciated story of human innovation with cold, from Ancient Egypt, where it was used to treat skin irritations, to eighteenth-century London, where scientists used it in their first explorations of suspended animation. Throughout history, physicians have used cold to innovate life extension, enable distant space missions, and explore consciousness. Hypothermia may still conjure macabre images, like the bodies littering Mt. Everest and disembodied heads in cryo-freezers, but the reality is that modern science has invented numerous new life-saving cooling techniques based on what we’ve learned over the centuries. And Out Cold reveals a surprisingly warm future for this chilling state.

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