

How does ACP work?

ACP uses the unique Alpha Cooling Technology, which stimulates blood circulation and supports the body's thermal regulation through a combination of vacuum pressure and cooling. Since the application takes place through the palms, cooled blood is circulated through the body without constricting the capillaries, allowing for effective and gentle cooling of the entire system.

Can the effects of ACP be measured?

Yes! Anyone using a vital or a fitness tracking device can observe the positive effects of ACP. Measurable improvements include:

- ❖ Better heart rate variability (HRV) - indicating improved stress resilience
- ❖ Lower resting heart rate, showing improved recovery and relaxation of the nervous system
- ❖ Optimized sleep metrics, particularly deeper sleep phases
- ❖ Reduced inflammation markers with continuous use

ACP provides a measurable, trackable, and individual experience that users can verify themselves.

In addition, DNA testing can be done to determine biological age of the client before and after ACP anti-aging treatment course.

WHAT IS ALPHA COOLING PROFESSIONAL?

Alpha Cooling Professional® (ACP) is an innovative technology that combines gentle vacuum pressure and targeted cooling through the palms of the hands. This method leverages the body's natural thermoregulation system and can be used in various areas, including pain relief, recovery, beauty, wellness, stress management, and vitality enhancement.

Who is the target audience of ACP?

ACP can be used by anyone who wants to improve their well-being, enhance their stamina and strength, rejuvenate their body and turn back biological clock. It is also a perfect treatment for individuals with chronic pain, patients with injuries or those who just underwent a surgery or invasive treatment and are in need of faster recovery and reduction of inflammation. Therefore, there is no limit to those, who can use the machine: from professional athletes to pain patients to people looking to rejuvenate their organs, reduce wrinkles and restore their youthful appearance and vitality.

Is there an age limit for ACP users?

ACP is safe to use at any age, as the treatment is based on a totally natural bodily processes. Children as young as 12 y.o. can use ACP to improve their focus in studies or to recover from physical activity. It is also ideal for older individuals, as it provides a gentle yet effective way to enhance vitality and blood circulation without invasive treatments or extreme cold exposure like ice baths or cryotherapy.

Are there any contradictions?

ACP should not be used by pregnant women and people with cold allergies, just as they should not be swimming in cold waters, take ice baths or have cryotherapy treatments. It is also not recommended to do more than 5 sessions of 2 minutes in one go as it might reduce a client's blood pressure resulting in temporary dizziness. Therefore the optimal treatment is 5 sessions of 2 minutes with 2 minutes intervals every other day for optimal results.

What are the main benefits?

- ❖ Gentle, non-invasive, well tolerated
- ❖ Effective for pain relief, recovery, beauty and wellness
- ❖ Measurable results via vital trackers
- ❖ Scientifically backed by Stanford research
- ❖ Suitable for all age groups
- ❖ Fast results and long-term effect
- ❖ Easy to use and operate

ACP FOR WELLNESS

How can ACP help with pain?

ACP can help relieve pain by enhancing circulation, cooling down inflammation and stimulating the vagus nerve, also known as self-healing nerve. It is particularly beneficial for:

- ❖ Muscle tension
- ❖ Joint discomfort (e.g., arthritis, rheumatism)
- ❖ Osteoarthritis
- ❖ Strains
- ❖ Back pain
- ❖ Nerve pain
- ❖ Menstrual pain
- ❖ Toothache
- ❖ Migraines and headaches
- ❖ Elevated blood pressure
- ❖ Post-surgery or injury inflammation pain

ACP is also recommended to mental health and well-being and has proven to reduce stress, enhance focus and elevate depression symptoms.

How many sessions are recommended for pain relief?

The number of recommended sessions depends on the severity of the issue:

- First two weeks 3 treatments a week.
- Next two weeks: 2 treatments per week.
- Followed by: 1 - 2 treatments per week depending on the condition.

ACP FOR SPORT

When should ACP be used in sports?

ACP in sports is primarily used for rapid recovery and increase in physical strength and stamina. It can also be used for treatment of sport injuries, as it reduces swelling, inflammation, and pain and shortens significantly rehabilitation time. In addition, when used during training, ACP sessions allow sportsmen to enhance their athletic performance and increase their strength training output times fold.

Typical applications for ACP therapy:

- ❖ Bruises and sprains: reduction in swelling and bruising.
- ❖ Muscle strains: helps control inflammation and supports healing.
- ❖ After intense training sessions: ACP therapy can prevent muscle soreness and accelerate recovery.
- ❖ During intense training sessions: stamina and weight lifting capability can be increase up to 4 times due to muscle cooling effect.

Recommendations:

- 2 minutes between sessions of weight lifting / curls training.
- For recovery: 2 - 5 sessions of 2 minutes after training.
- Before any training: 2-3 sessions of 2 minutes.

ACP FOR BEAUTY

How ACP can be used for anti-aging?

ACP naturally promotes rejuvenation via stimulation of vagus nerve. With its activation, the body sets in motion cell regeneration, along with the release of stem cells. That, in turn, helps to repair tissues that have been affected by aging or damaged post-surgery. ACP also speeds up recovery time after invasive beauty treatments.

- ❖ Fresher and more radiant skin
- ❖ Tighter skin and improved elasticity
- ❖ Stimulation of collagen production
- ❖ Reduction in wrinkles
- ❖ Scar healing
- ❖ Full-body rejuvenation
- ❖ Regulation of water retention
- ❖ Better sleep and increased vitality

In addition, ACP has proven to reverse biological age by up to 8 years just after 20 sessions.

How many sessions are needed for visible rejuvenation effects?

The recommended frequency depends on individual goals:

- Treatments recovery: 3 sessions per week.
- For youthful complexion: 2-3 sessions per week for at least 4 weeks.
- For a profound anti-aging effect: 20 sessions 2-3 times per week for 6-8 weeks.