



Cooling Application (ACP Method):

- Cooling is applied externally, but the body is cooled internally.
- The palms are used as heat exchangers, as they are one of the largest heat exchangers on the body, along with the soles of the feet and the scalp.
- ACP uses the palms to cool the blood, thereby temporarily lowering core body temperature.

To achieve this, ACP uses vacuum pressure to keep veins and arteries (capillaries) open, ensuring that cooled blood circulates immediately. This vacuum creates a pressure difference equivalent to being at an altitude of 2000m (about 0.25 bar). Without vacuum pressure, the capillaries would close to protect the core body temperature, preventing the cooled blood from circulating. The cooled blood circulates through the body approximately once per minute, improving blood flow and oxygen/nutrient transport while accelerating the removal of waste products from muscles and tissues. Additionally, ACP has a detoxifying effect, so it's crucial to hydrate well before and after treatments. Many notice changes in urine (e.g., stronger smell or discoloration).

The treatment also stimulates metabolism and releases endorphins, cortisol, adrenaline, noradrenaline, and dopamine. These effects activate the body's natural emergency immune response, alleviating pain, reducing inflammation, and easing tension. The effects can be immediate and may last up to two days, with continuous improvement. However, some individuals may only notice results after multiple sessions, which is why 10 sessions are recommended for sustained benefits. Initial discomfort or worsening of symptoms may occur in some cases.

ACP offers effects similar to or even more intense and lasting than cryosaunas, cold chambers, or ice baths. Unlike these methods, ACP circulates cooled blood throughout the entire body instantly, working from the inside out rather than the outside in. Cold chambers, in comparison, have limited depth of effect.

Stress and Adaptation:

Extraordinary physical or psychological stress has been a part of human life for millennia, from crossing rivers and hunting to managing group conflicts. The human body is inherently equipped to handle stress through the rapid release of neurotransmitters like acetylcholine, triggering the "fight or flight" response. This redirects blood flow to muscles, releases adrenaline and cortisol, raises blood pressure, and increases heart rate.

Short-term stress responses are a natural and necessary survival mechanism, preparing the body for immediate action. Studies show that short bursts of stress, known as positive stress or eustress, can improve overall health when followed by proper recovery. Eustress can lead to better sleep, mental balance, and long-term vitality, provided the body is given time to return to a state of rest and balance.



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How does Alpha Cooling work?

Alpha Cooling naturally stimulates cell regeneration. The natural heat exchangers in the palms of the hands gently cool the blood flow. This internal cold stress stimulus leads to short-term stimulation of the body. After cooling, the body realizes that the stimulus has ended and initiates relaxation via the so-called vagus. In medicine, the vagus nerve is also often referred to as the self-healing nerve. With its activation, the body begins to activate cell regeneration in addition to anti-inflammatory processes. Initial research results indicate that there is also a release of stem cells.

When the cells in the body regenerate, this not only results in a fresher and younger appearance, but also in more energy in everyday life. The quality of sleep usually improves significantly. This in turn also has a positive effect on the recovery and regeneration of the cells.

Another goal of all longevity approaches is to proactively strengthen health and prevent illnesses.

The first changes can be noticed after just one application. The effects then continue to build from week to week.