



ALPHA COOLING®

MENTALHEALTH

EFFECTS OF A NEW TYPE OF COLD APPLICATION, READY FOR THE USA
Engineering and science made in Germany



Palm Cooling brought to perfection.

ALPHA COOLING® Professional is the first professional whole-body cooling application that only works by gently cooling the palms of the hands. No undressing. No freezing.

Ease of use, reliability in function, an attractive design language and perfect service, combined in one product - made for professionals.

The now more than mature 3rd generation of our device should provide the ideal foundation for a successful market launch in the united states.



REDUCE STRESS LEVELS

ALPHA COOLING[®] can reduce perceived stress levels in everyday life by 27%

Study from 2024 with 15 participants
by Prof Dr Peter Schneider & Dr Martin Morgenstern

The perceived stress level in everyday life was measured in 15 participants over a period of four weeks using the scientific Perceived Stress Questionnaire (PQS). The measured values improved significantly by 27% at the end of the study. This showed that the ALPHA COOLING[®] application alone can significantly reduce perceived stress levels, even without changes in everyday behaviour.



INCREASE MENTAL HEALTH

ALPHA COOLING[®] can increase mental well-being by 47%.

Study from 2023 with 108 participants
by Prof. Dr. Peter Schneider

Hypothesis

The Palm Cooling method has positive stimulating effects on mental well-being.

Study design

Mental well-being was examined as part of a study with 108 study participants. The effects were measured before and after treatment with the cold application ALPHA COOLING[®] Professional.

Result

The mental well-being of study participants improved after treatment with ALPHA COOLING[®] Professional by 47% according to the participants (highly significant difference).



ASINGLE TREATMENT

Does even a single treatment with ALPHA COOLING® Professional (ACoP) affect the quality of life?

A brief analysis of the influence of subjective resilience, satisfaction and feeling of wellbeing after a single treatment using ALPHA COOLING® Professional
Frank Wolfram, MD *

Summary

Background

In December 2022, the author conducted an observational study on the short-term treatment with ALPHA COOLING®. In this context, the participants were also asked to give a before-and-after assessment of the parameters "resilient", "satisfied" and "feeling healthy". The current study evaluates these results.

Method

A total of 150 participants underwent treatment using ALPHA COOLING®. They assessed their subjective resilience, general satisfaction and feeling of health immediately before and after the treatment and on the morning of the following day. The significance test was carried out using the dependent t-test, the effect size was calculated using the Cohen value.

Results

A statistically significant improvement in all the parameters examined was confirmed. A strong effect was seen immediately after the single cold treatment with ALPHA COOLING®. An improvement was still measurable on the following day.

Conclusion

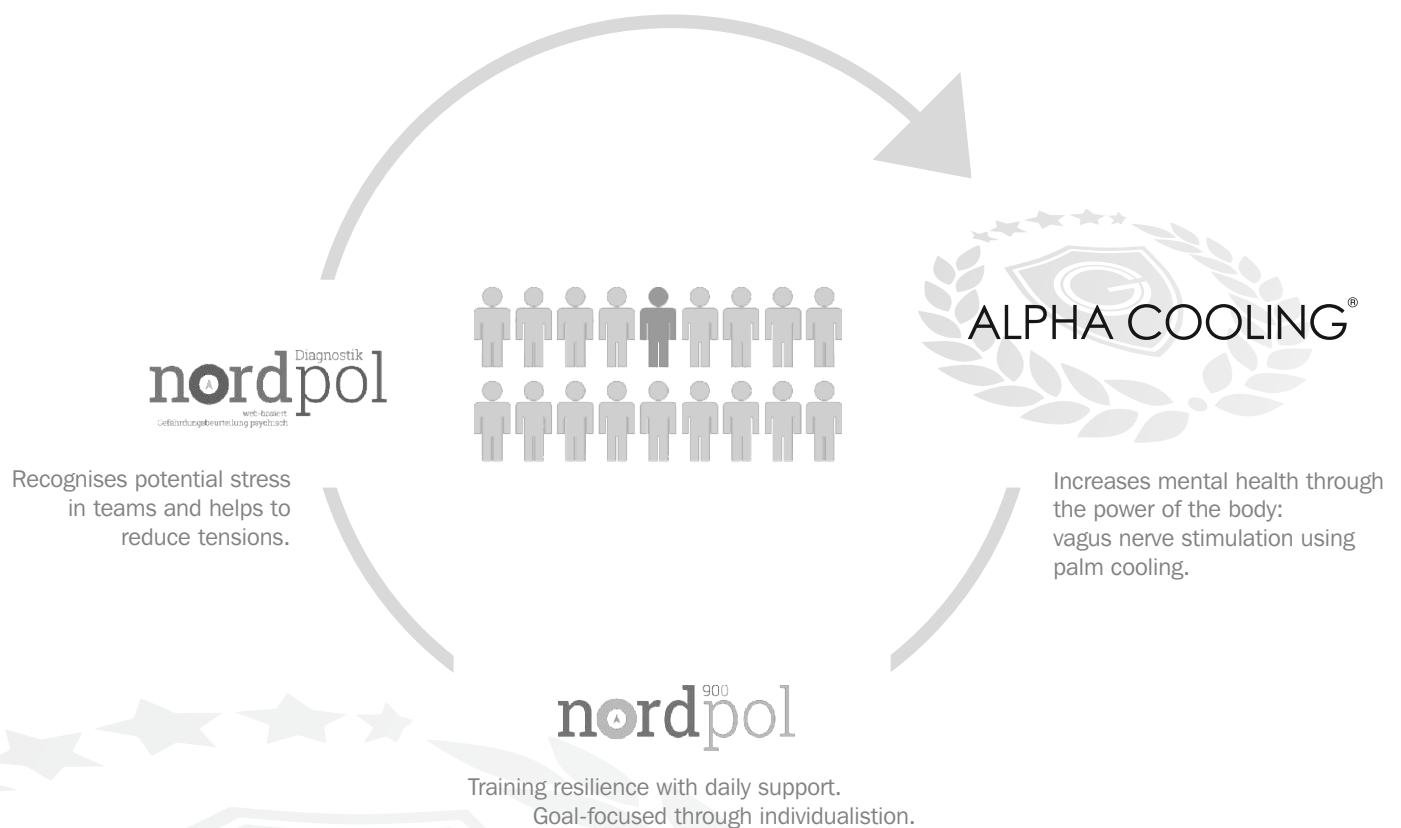
Even a single application of ALPHA COOLING® can achieve a subjective improvement in general resilience. This effect appears to last for several hours and was still measurable the morning after the treatment.

Contact us by e-mail to receive the detailed study | studies@alphacooling.de

NORDPOLJOINSUS

ALPHA COOLING® welcomes nordpol to its field of work

The 3-module system for highest effectiveness - scientifically proven.
For mentally strong employees & a healthy company.



Digital prevention programmes for employees.
Individually tailored to each of your employees by leading scientists.

Prof Dr Peter Schneider | Dr Martin Morgenstern | Dipl. Vw Daniel Pusch | Prof Dr Ralf Pukrop
Prof Dr Thomas Kurscheid | Prof Dr Renate Pfaff | Dr Michael Feld | Prof. Dr Mathias Bellinghausen
Prof Dr Herbert Cseff | Prof Dr Michelle Ryan | Prof Dr Arnoud R. Arntz

PARTNERSHIP

Mental health - the increasingly important focus in occupational health management.

A small selection of clients who have already benefited from the nordpol team and nordpol.



ALWAYS GOOD ADVICE

Scientific Advisory Board

at our side with advice and support



Prof. Dr. Peter Schneider

Professor of Psychology, Federal University of Applied Sciences for Public Administration, Advisory Board of the German Society for Stress Prevention, Member of the Board of the German Society for Digital Health Applications. Research in the field of psychological stress for the Federal Police, Federal Armed Forces Administration, Federal Foreign Office, German Pension Insurance, etc. Advises Alpha Industries AG on psychological and stress medicine-related issues.



Prof. Dr. Corinna Armbrüster

Professor of Psychology, Federal University of Applied Sciences for Public Administration, lecturer at the University of Cologne, WHU, IB University of Applied Sciences Cologne, advises Alpha Industries AG on issues relating to psychology and stress medicine.



Prof. Dr. Hans Peter Zenner

Issued President of the Society of German Natural Scientists and Physicians. Chairman of the Medical Ethics Committee of the University of Tübingen. Advises Alpha Industries AG on regulatory and medical-ethical issues.



Prof. Dr. med. Thomas Kurscheid

Specialist in general medicine, sports and nutritional medicine, naturopathy and preventive medicine, book author, well-known TV expert and lecturer at the Fresenius University of Applied Sciences in Cologne. Advises Alpha Industries AG on medical-scientific and study-related issues.