



## CVAC Whole-Body Adaptive Cellular Conditioning

### **Building Resilience and Better Immune System Function**

Each 20-minute CVAC Session is a balanced exercise routine that produces immune-system support and stress relief while training the body to take in more oxygen. The body and the brain are fueled with the energy needed to make more immune cells while immune system function is being optimized through better lymphatic system function.

Appropriate lymphatic system function is important to healthy immune system function. Appropriate lymphatic system function requires movement (exercise) as a pump and is also reliant on relaxation and good breathing.

After they are produced, immune cells travel through the lymphatic system into the lymph nodes where they become the many varieties of the immune cells like Natural Killer Cell and T cells.

### **Better breathing, for all!**

When our body lacks the ability to efficiently use oxygen, it becomes more stressed, and then adapts to this stress. The adaptations it makes can include tightening of muscles, including the muscles used in breathing and the diaphragm. This is a vicious cycle—the body gets limited on its oxygen intake and its ability to use the oxygen that it does get. Additionally, the body's ability to appropriately rid itself of the waste product of oxygen metabolism—an appropriate exhale—can also get limited in its efficiency.

What happens next? Things that are harder to notice on the outside like decreased cellular-level metabolic activity; but this leads to many health-related issues. This cycle can also look like poor circulation, which is more likely to be noticed without a clinical examination or lab tests.

### **When you start taking CVAC Sessions**

Right away, pressure decreases; this move to lower pressure thins the air. Our body understands that it needs more oxygen. This is similar to an aerobic exercise, where the body is put into a situation where it needs more oxygen. CVAC Whole-Body Adaptive Cellular Conditioning Routines and traditional aerobic exercise each train the body to take in more oxygen and use it to fuel the body and the brain.