



Cyclic Variations in Adaptive Conditioning™

Health Care Provider:

Your patient is interested in starting the Cyclic Variations in Adaptive Conditioning™ (CVAC™) Process to improve their overall fitness. Exercise training requires the body to adapt to increased workloads to improve fitness. The dynamically

cycling changes in atmospheric pressure, temperature, and air density of a CVAC exercise algorithm require the body to respond similarly. The resultant adaptations have similar effect on multiple metabolic pathways and cardiovascular fitness without requiring musculoskeletal exertion. University-based studies report improvements in VO₂max (the gold standard for measuring cardiovascular fitness). During a CVAC Session, the individual sits comfortably in the CVAC Pod, which has a large window (right).

To assure that each individual progresses at an appropriate and sensible rate, the workload of a CVAC fitness regimen is increased in a gradient scale via carefully composed pressure profile sequences. The occupant is exposed to mild-to-moderate, transient, pulsed low atmospheric pressure. As a rule of thumb, those who can tolerate short commercial flight can tolerate the CVAC Process™.

To date, six Institutional Review Boards including those at Stanford University, University of California, San Diego and Florida State University have determined that the CVAC technology poses no significant risk; therefore the CVAC technology is considered safe.

Difficulty in equalizing the pressure between the middle ear and the Eustachian tubes can occur in some individuals. This is similar to an individual's difficulty in equalizing this pressure during such activities as air flight, traveling in mountainous areas, swimming or diving. All individuals beginning a CVAC Process regimen are taught to equalize this pressure by yawning, swallowing, or using techniques such as the ear-clearing Valsalva maneuver, or an ear-clearing jaw-jack at the appropriate times.

To assure safety and comfort in each CVAC Session, CVAC Systems, Inc. recommends that all individuals are without any physical indicators of an acute cold, flu, sinus allergies or infection, toothache or dental infection, swelling in the throat, or any condition that would prevent them from equalizing the pressure in their ears while using the CVAC System.

Published data and more information on the CVAC technology can be requested via email at:

CVACfit@CVACSystems.com.



FOR MORE INFORMATION: CVACSystems.com