

Improving Physical Conditioning with the CVAC™ Process

Good physical conditioning is a primary component of a healthy, balanced lifestyle and it is well understood that certain adaptations stimulated by aerobic activity have a dramatic effect on all of the body's energy systems. By engaging in activities that provide these adaptations, a person can strive to live at their highest potential.

As an example, in a person with a low level of fitness these adaptations can stimulate regulation of the body's energy systems, promote proper organ function, and support an efficient metabolism. In a conditioned person, these same adaptations will optimize the body's systems that are not out of balance.

The CVAC (Cyclic Variations in Adaptive Conditioning™) Process provides the benefits of traditional aerobic and anaerobic exercise without the joint stress and physical exertion that can be associated with these activities. The CVAC Process does this by challenging the body with the increased effort required to adapt to dynamically varied, patterned changes in air pressure.

One university-based study of the CVAC Process performed with athletes showed great improvement in the athletes' utilization of oxygen¹. A placebo-controlled university-based study with sedentary men using the CVAC Process for 10 weeks resulted in improved blood glucose levels similar to the results of a traditional exercise program. Their counterparts, who received a placebo, did not achieve similar improvements².

What happens in a CVAC Session?

Air is steadily drawn out of the CVAC Pod to create a low-pressure environment. Fresh, filtered air is then dynamically returned providing changes in pressure and varying the density of the air. The body's energy systems get a workout while the lymphatic system receives a 'touchless massage,' that facilitates the removal of waste products.

How safe is the CVAC Process?

People at all levels of fitness have taken CVAC Sessions totaling thousands of hours. Ear-clearing techniques are learned prior to CVAC Sessions to reduce the chances of any ear discomfort.



¹Wilderness and Environmental Medicine, 20, 26-32 (2009).
²High Altitude Medicine & Biology. September 2013, 14(3): 263-272

The CVAC Process is intended to be used for improving a person's physical conditioning and overall fitness in a way that does not require the aggressive physical exertion needed for traditional exercise programs; however, it is important to note that the CVAC Process does not replace other forms of exercise or physical conditioning.

CVAC Systems, Inc. recommends that you consult with a licensed healthcare professional prior to beginning the CVAC Process or any other exercise.

The CVAC technology is intended to provide adaptation-based physical conditioning and is categorized as fitness equipment. The U.S. Food and Drug Administration (FDA) does not regulate fitness equipment, therefore, it is not approved by the FDA. The CVAC technology is not intended to be used to diagnose, treat, heal, lessen, manage or prevent any disease or other medical condition.



Cyclic Variations in Adaptive Conditioning™

For more information on the CVAC technology, contact: CVACfit@GoCVAC.com.

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