

The Truth About How To Restore Your

Youth



And Vitality

in 15 Minutes

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Why the Hand?

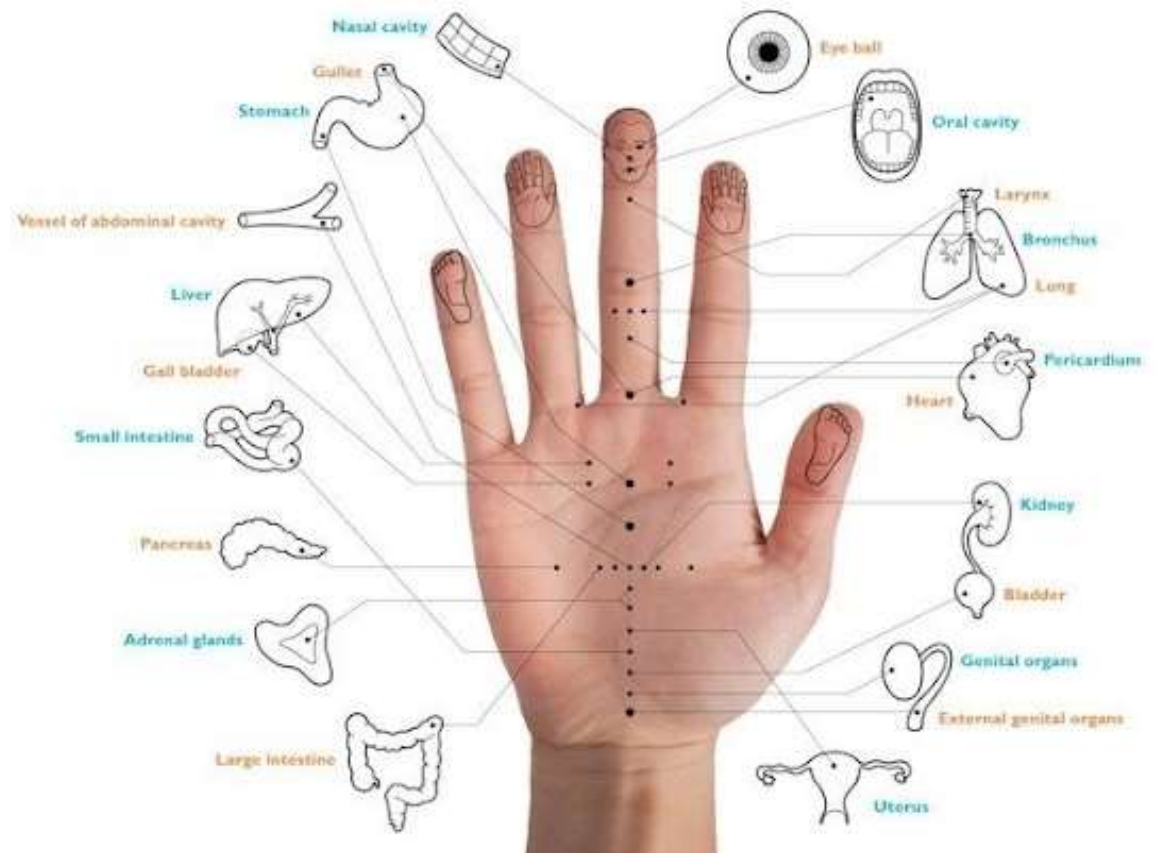
According to Aristotle, the hand is the "tool of tools."

You're as Unique as the Veins in Your Hands

According to Yale University, research suggests that warming the hands may lead to feelings of warmth toward other people.

BENEFITS:

- greater levels of oxytocin
- lower blood pressure, and
- reduced heart rates (Light et al., 2005)



Vacuum Seal Creates Negative Pressure for Deep Healing

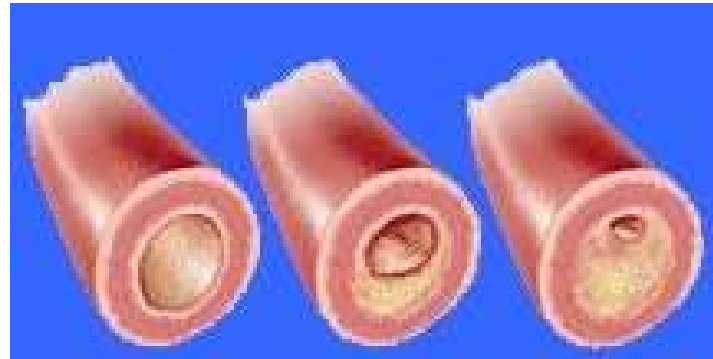


- This holds the blood in an area to be warmed before flowing back to the heart for the heart to pump it out to the rest of the body.
- This vacuum seal concept has been used for many things since the 90s, which are:
 - Burns
 - Ulcers
 - Traumatic and Surgical Wounds
 - Diabetes
 - Infections
 - Skin healing

[Int Wound J.](#) 2021 Oct; 18(5): 639–646.

Published online 2021 Mar 30. doi: [10.1111/iwj.13565](https://doi.org/10.1111/iwj.13565)

What happens when body temperature drops?



Normal 50% 90%

When **body temperature drops**, the chances of having arteries hardening **increase**.

Cold Hands & Feet



Insomnia

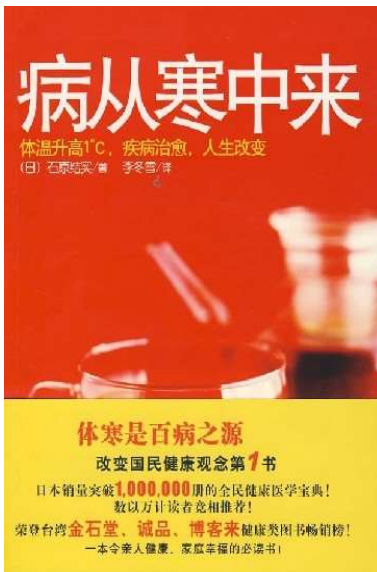


Shoulder & Neck Pain



AND MUCH MORE

- Gastric Problems
- Headaches
- Migraines
- Constipation
- High Blood Pressure
- Arthritis
- Fatigue
- Sinusitis
- Depression
- Gout
- Weight Gain
- Water Retention
- Memory Issues
- Anxiety
- Asthma

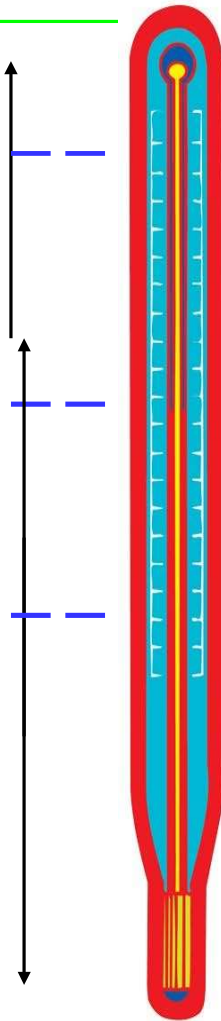


Prof Ishihara Yumi is an expert in naturopathy and best-selling author of wellness books. He is the Medical Director of Ishihara Clinic in Japan.

• Low body temperature is the **root cause** of many illnesses.

35°C: Cancer cells multiply most rapidly.

AVACEN makes no claims that its device use improves cancer outcome. The AVACEN device is a heat therapy system FDA indicated for the temporary relief of minor muscle and joint pain and stiffness; the temporary relief of joint pain associated with arthritis, muscle spasms, minor strains and sprains; and muscular relaxation.



39.6°C Cancer cells die rapidly here!

36.5°C Healthy person's average body temperature should be at or above this temperature

35.0°C

Cancer cells multiply most rapidly here!

Prof Ishihara Yumi is an expert in naturopathy and best selling author of wellness books. He is the Medical Director of Ishihara Clinic in Japan.

Professor Hiromi Shinya is well known as the developer of the field of colonoscopic surgery (the 'Shinya technique'). He performed the first non-invasive colon surgery. He is Clinical Professor of Surgery at Albert Einstein College of Medicine and Chief of Endoscopy Unit of Beth Israel Hospital in New York.

- People with **low body temperature** are prone to have **bad gene mutation**, hence suffering **cancer!**
 - When body temperature drops by 0.5°C, **immunity decreases by 35%.**
 - People with **low body temperature have poor immune system!**
-

Certain Lifestyles Promote Low Body Temperature



Stress



No Exercise



Drinking too much



Eating too much



Hot Showers



Medications

What Does Heat Do For Us Anyway?

At a body temperature of 39.6°C, cancer cells die rapidly!*

**Increase your normal body temperature by 1°C,
immunity increases by 5-6 times**

* Rep Pract Oncol Radiother. 2020 May-Jun; 25(3): 323–326.
Published online 2020 Feb 26. doi: [10.1016/j.rpor.2020.02.008](https://doi.org/10.1016/j.rpor.2020.02.008)

*AVACEN makes no claims
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cancer outcome*

First Exposure To Heat



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- Fever is not an illness. It is a symptom, or sign, that your body is fighting an illness or infection.
 - Fever stimulates the body's defenses, sending white blood cells and other "fighter" cells to fight and destroy the cause of the infection.

Next Exposure To Heat

- Heat stimulates the sensory receptors in the skin, which means that applying heat to the lower back will decrease transmissions of pain signals to the brain and partially relieve the discomfort.
- Heat application facilitates stretching the soft tissues around the spine, including muscles, connective tissue, and adhesions. Consequently, with heat therapy, there will be a decrease in stiffness as well as injury, with an increase in flexibility and overall feeling of comfort.



Heat Used As
A Treatment
Is Called
Hyperthermia

Hyperthermia research reveals it can address imbalances in major systems through:

- Improved Oxygenation
- Immune Support
- Parasympathetic Stimulation



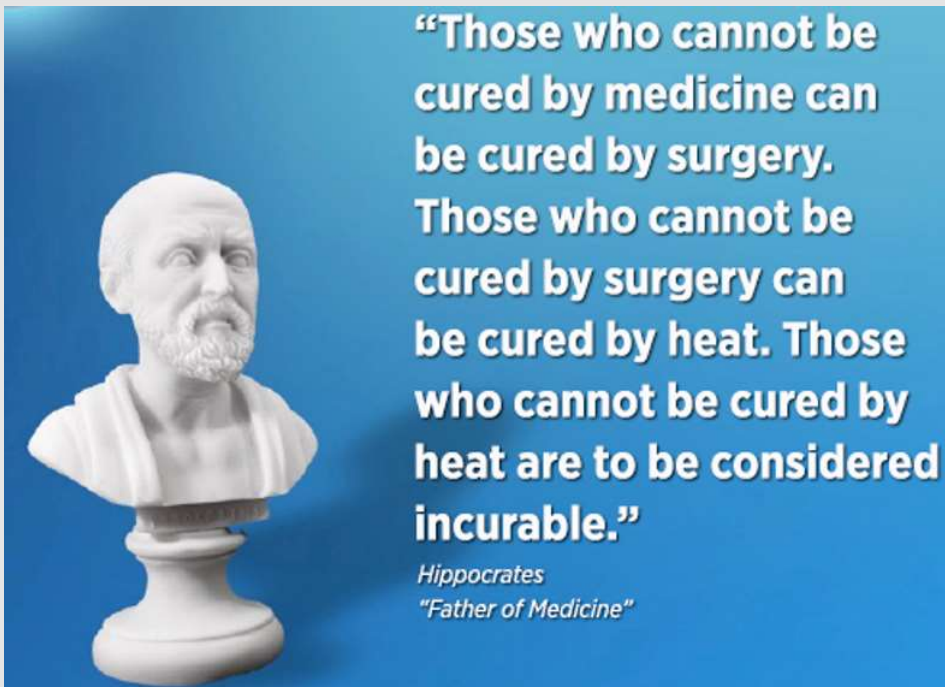
Oxygenate the Blood with Heat

Relaxation, Digestion, and
Regeneration

- Stimulate Stems Cell Production
- Helps fight off infection and bacteria
- Reduces pressure, pain, and swelling



Heat & the Immune System



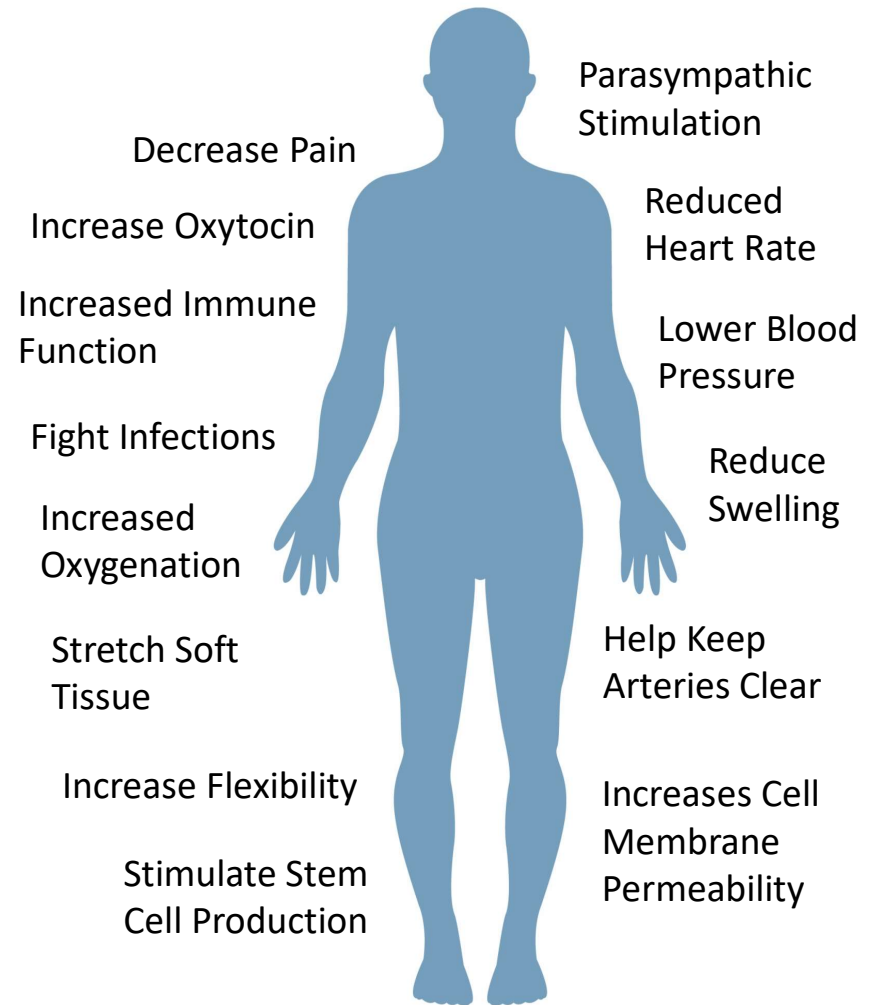
- Stimulates a coordinated immune response and apoptosis
- Increase in cell membrane permeability
- Helps produce heat shock proteins (HSP), which can stimulate innate and adaptive immune responses

Parasympathetic Nervous System holds keys to your health

- Immediately reduces stress and anxiety which strengthens the immune system
- Decreases heart rate and blood pressure
- Lowers inflammation in the gut
- Produces endorphins, which act like painkillers for the body



Heat Therapy Benefits



[J Appl Physiol \(1985\)](#). 2020 Dec 1; 129(6): 1468–1476.

Published online 2020 Sep 24. doi: [10.1152/jappphysiol.00168.2020](https://doi.org/10.1152/jappphysiol.00168.2020)

PILOT STUDIES

- **Diabetes 2** – A University 20-person study of glucose tolerance in Type 2 diabetics. The study revealed a 62 mg/dl reduction in postprandial blood glucose (PBG) after 30 minutes

ClinicalTrials.gov ID NCT04018976

- **Fibromyalgia** - The twice daily 15 min warming sessions, resulted in a 40.5% decrease in widespread pain and weekly pain intensity symptoms for the majority of participants

ClinicalTrials.gov ID NCT01619579