

# CRYO



## the latest aid to sports recovery and performance enhancement

When professional athletes like cricketer Peter Siddle, jockey James Doyle, runners Amy and Lily Harding-Delooze and a string of Rugby League players begin using Cryo whole body cryotherapy for sports recovery and performance enhancement you know that something new and exciting is happening.

It's not by chance that these professionals use Cryo, it's because it works!

Studies world wide reveal the benefits of Cryo whole body cryotherapy and show that it:

- Maximises sports recovery and repair
- Improves overall performance
- Super-charges metabolism
- Improves circulation
- Increases range of motion and flexibility

It does it by exposing your body to extremely cold temperatures for a short period of time

and increasing the rate at which filtered, oxygen-rich blood flows through the muscles.

This is achieved using the body's natural response to extreme cold, which quickly concentrates blood in the core of the body to maintain core body temperature. The process dramatically oxygenates the blood which then floods back into damaged muscles and cells when the cold chamber is left, dramatically increasing healing and recovery.

Cryo provides a safe and natural way of decreasing inflammation while accelerating the healing of damaged soft tissue and sore joints. Think of it as an extreme version of an ice pack or ice bath but faster, more efficient and way more comfortable.

No matter whether you are an athlete, weightlifter, bodybuilder, weekend warrior or regular exerciser, Cryo sessions help speed up muscle repair allowing you to achieve your peak performance and goals.

### CRYO

226 New South Head Rd, Edgecliff

1300 332 796

[cryo.com.au](http://cryo.com.au)



Cricketer, Peter Siddle, enjoys a CRYO session

### PodMED Podiatry Centre

5/491 New South Head Rd,  
Double Bay

9363 1876

[podmedpodiatry.com.au](http://podmedpodiatry.com.au)



## UGLY TO

### It could be a fu

Finding a treatment for fungal infection that works can be difficult. Many products on the market have proven to be quite ineffective for nail fungus.

Every day we treat patients feeling terribly embarrassed and frustrated with their unsightly nails, however, treating infected nails is not that difficult.

### How do we do it?

We removal the unsightly infected nail and kill off the fungal infection using a 'cool' laser treatment. It's pain free and only takes 40 minutes.

We follow you up in 3-4 weeks to trim and tidy up the nail plates and reapply the laser treatment in full, at the cost a short appointment only.

We can also rebuild the nail plates using Kerryflex to return the nails to an aesthetic pleasing state as severely damaged nails may take 10 months to grow through.