

Press release

HYPOXI-Method® Accompanying measures for Lipoedema

Wals-Siezenheim, December 2017

For the last few years HYPOXI® has worked closely with women who suffer from Lipoedema, especially in Germany. More and more doctors have been sending their patients to an Authorised HYPOXI®-Studio for our holistic approach to treating the condition, after they become aware of the benefits HYPOXI® is having on this chronic disease.

Nina Blakemore, well known Plus size model and stylist, has successfully worked as a curve model for around 20 years in photographic, catwalk and television was quite surprised when she was diagnosed with Lipoedema back in 2014.

Today also, Nina is happy to get sustainable support from HYPOXI-Training®. Lipoedema is a chronic and progressive disorder of the adipose tissue that mostly affects the lower half of the body. It's often called painful fat syndrome, and it mainly affects women. It is marked by the abnormal buildup of fat cells. Lipoedema can occur at any age but the disease generally manifests itself during puberty, pregnancy or other times of hormonal change. It is believed that up to 11% of the female population have some form of Lipoedema and know nothing about it.

Lipoedema suffers manage the condition with a certain type of diet and exercise along with compression and lymph drainage techniques and some go to the drastic measures and opt for liposuction.



Picture courtesy of www.dynasty.london

During 2016, studies were done using the HYPOXI-Method® and have had some amazing results. Following on from these positive findings HYPOXI® has asked Nina to take part in further trials.

“Over the last few months the Lipoedema has become a lot worse and I’ve been suffering with a lot larger and more painful legs that have been weighing me down and affecting me physically and emotionally. So, I’m really hoping HYPOXI® will help to manage the pain and get the condition under control” says Nina.

A two month intensive HYPOXI-Training® was arranged at VILA VITA Parc's HYPOXI®-Studio set in the beautiful grounds of the luxury 5-star resort & spa in the Algarve, Portugal.

The Certified HYPOXI®-Coach was with Nina every step of the way from applying the HYPOXI-Method®, monitoring the results, giving expert advice on nutrition and generally supporting Nina to make sure she was comfortable throughout the process.

During this period, Nina had made many truthful Vloggs highlighting the ups and downs of a Lipoedema sufferer, but has always been very positive about her HYPOXI® treatments and how she has been cared for by the Certified HYPOXI®-Coach.

"I attended the beautiful VILA VITA Parc 3 times a week for my HYPOXI® course. Margarida was my HYPOXI®-Coach, she was absolutely amazing! The support and advice that I received from her was outstanding.

Yes, HYPOXI® is a real commitment but I absolutely loved my sessions and really looked forward to them. The relief that I felt within the first couple of weeks was unbelievable. My legs felt much lighter and more sculpted and incredibly, the 'heavy' feeling started to subside. My final measurements showed a 32 cm loss in circumference.

HYPOXI® may not be a complete cure for Lipoedema but with ongoing maintenance sessions, it definitely eases the pain caused by the condition and also helps you feel much more confident" says Nina.



Nina is a great ambassador for the HYPOXI-Method® and Lipoedema. Follow her activities on social media:

<http://hypoxi-lipoedema.com/>

<https://www.facebook.com/HYPOXILipoedemaUK/>

www.ninablakemore.com

Facebook – @ninablakemorecurveambassador

Twitter – @Nina_Blakemore

Instagram – @nina_blakemore

The HYPOXI[®] devices at a glance:



HYPOXI-Trainer[®] S120

The S120 combines the three components of HYPOXI-Method[®] effectively: The computer-controlled alternation of high and low pressure takes place in a chamber that reaches up to the hips. The gentle exercise takes place sitting on the integrated bicycle ergometer. This puts the problem areas – hip, underbelly, buttocks and legs - under pressure, facilitates the activity of the veins and eliminates fat in a targeted manner.



HYPOXI-Trainer[®] L250

The L250 permits the alternating application of low-pressure for the underbelly, hip, behind and legs. The comfortable reclined position relieves the body of most of its weight during training and promotes the elimination of liquids and toxins. The results are beautiful, slender legs and a visible reduction of cellulite.



HYPOXI-Vacunaut[®]

The Vacunaut[®] is used to reduce the girth of the stomach and hips. Training is performed in the HYPOXI[®]-PressureSuit with an integrated network of 122 high and low pressure chambers.

During moderate exercise - which can take place on a treadmill, exercise bicycle or other popular cardiovascular exercise equipment - the application of high and low pressure targets the abdomen and hips.



HYPOXI[®] HD-Comfort

In order to remain firm and strong the skin needs special treatments. 400 active vacuum chambers integrated in the problem areas in the HYPOXI[®] HD-PressureSuit ensure that the skin gets the exercise it needs. A comfortable lounge chair with integrated high and low pressure technology ensures pleasant relaxation while the elastic connective fibres of the skin work diligently to achieve smooth, firm skin.

Released for publication

For more information, please visit www.hypoxi.com.