

The use of CVAC technology to aid in the battle against weight loss

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Every day Chicago residents are struggling with body image. Whether it comes from the images of models on magazine covers, tons of local gyms sprouting up in their areas or from the weight loss industry, the pressure to be thin and live a healthier lifestyle is prevalent.

However, in many cases, there are people who have worked out trying to lose weight on their own and failing. The reason why may surprise the readers because some people may not be sabotaging their weight loss, whether, it's their own bodies that are destroying their chances of successfully achieving their goals.

In a press release in January of this year, [Chicago's Complete Clinics](#) said that there may be an underlying cause for why some people cannot lose the extra pounds they desire to and that is previous health concerns/issues. What this means is that if a person is predisposed to polycystic ovaries, diabetes, had children and the list goes on, those causes created a negative reaction in their system which stagnates their chances of losing the weight. So no matter how hard they may workout or how much more healthy foods they eat, they just cannot lose the weight.

Everyday, millions of people across the world are battling with their weight. In Chicago, the population of obese adults is 24 percent. As much as 56 percent of the state's entire population is overweight or obese. [The Center for Disease Control](#) places Obesity as the possible highest preventative killer in America by as soon as next year alone.

Yet with all the talk for preventative measures and billions of dollars spent in the weight loss industry alone on pills, supplements and other weight loss products, obesity is still yet to be contained or cured.

One facility in the Chicagoland area is trying to make strides in changing the way the world views health care and weight loss. Complete Clinics or CC, is a physician-supervised weight loss center in the Chicagoland area, that helps individuals understand the impact medical issues may have on attempts to lose weight.

So what are the different forms of disorders which may cause people to have a harder time losing those unwanted pounds? According to the Complete Clinics of Chicago report, *"One common metabolic disorder known as Insulin Resistance is a prime suspect. In fact, the American Cardiology Association estimates that 30% of the US population is resistant to insulin and most don't even know of it. Other causes are thyroid issues, poor diet and slow metabolism."*

Another uncommonly known factor in women is due to PCOS or [Polycystic Ovarian Syndrome](#). Many women with PCOS experience overweight/obesity and difficulty losing weight, possibly due to high insulin levels promoting fat storage and hence are at a greater risk for heart disease, diabetes (60-68% of women with PCOS), and high blood lipid levels.

So what can Complete Clinics do for these individuals as well as others who may be carrying baby weight or are diabetic? Complete Clinics offers a customized, long term solution to weight loss. They design programs, customizing it for each individual they treat and to their specific ailments and needs. Also, they offer their clients non-biased medical advice which, if anyone has ever been overweight/obese and been into a doctor's office, nine times out of ten, there is a singular focus for those individuals to just lose the weight instead of treating the problems while in the weight loss process.

At Complete Clinics, their non-caloric restrictive program also allows the individuals room to learn how to better maintain their diet as well as control the volume of food/calories that they consume. Complete

Clinics also use a cutting edge technology called [Cyclic Variations in Altitude Conditioning](#), CVAC for short. Featured also on the Doctors, CVAC or Accelerated altitude adaptation can help anyone from those who wish to maintain their weight, lose weight, or gain better health and wellness.

*CVAC is a rhythm-based cycling of changes in pressure, temperature and oxygen that simulate changes in altitude and promote the body's natural adaptation response. Jennifer Fortney, President of Cascade Communications, wanted to point out why the system is key to the future of health.*

*Why is this key to the future of health? [Simply] put, when the body goes into higher altitude, it must work hard to get oxygen; and in its brilliant efficiency, it creates more blood vessels in the body allowing more red blood cells and oxygen, get in to major organs. . .*

Whether CVAC is right for every individual remains to be seen; still relatively new, this cutting edge technology is helping doctors deal with patients whom are diabetic in a non invasive way and may help those with raised insulin levels, reduce their levels and gain better health. Before undergoing any new diet or exercise plan, each individual should always consult with their physicians and for those who are overweight or obese, it is increasingly important to get tested for diabetes as well as other health issues that may concern them.

*Did you know?*

*Most general practitioners are not knowledgeable on how to create a specific program, designed for individuals to care for their particular problems such as [hypothyroidism](#) and diabetes, so they can achieve good health. The only thing they can do is recommend a patient to a specialist, and that costs more money.*