

## joeanddonna

KAATSU has helped me tremendously. Age 71.5. I had a knee replacement in Jan. 2023. A botched replacement I might add, with a 9 month recovery time as opposed to the typical 3 month recovery time. There was significant tissue damage in the calf and ankle as well as a blood clot (very small), and then muscle atrophy in the thigh just above the knee (even after 6 months of demanding physical therapy). It was at that point that I contacted KAATSU and purchased a set. I can't speak loudly enough to how my leg function and tissue health improved, and within just 2 months! The vein clinic said the purple color of my skin was from varicose veins.

Today there is hardly any discoloration. The muscle atrophy is gone and although my limb presents with an "odd" gate, it is 96% functional for the activities of daily living, 3 mile walks, and stair climbing. Then the other night I noticed a black and blue bruise on my left upper arm in the bicep, so I did two sessions of KAATSU in bed before going to sleep. The next morning (yes, it was that quick about it) the bruise was pale green! A KAATSU kit was for me a solid investment. And Steve and his team are wonderful people to work with. Thanks Dr. Mercola for your guidance regarding this powerful intervention.

Posted On 03/15/2024

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## fvomasch

joeanddonna-Did any of the doctors check your vitamin D and magnesium (especially RBC red blood cell) levels? Your body uses up D quickly in any trauma situation like surgery. Look into the works of Dr. Leslie Ray Matthews and the results of Vit D IV or supplementation before and after surgery and the better outcomes and less pain. [ourblkmen.com/2024/01/unveiling-the-radiance-of-vitamin-d-a-conversati..](https://ourblkmen.com/2024/01/unveiling-the-radiance-of-vitamin-d-a-conversati..)

Posted On 03/17/2024

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## **SandraKSS1**

Guillermou, below you discussed an article, referencing table 4, but for once you didn't reference the specific article. Would you please add that link?

Posted On 03/15/2024

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## **den7788**

An inexpensive way to work on your grip strength is timed hangs from a pullup bar. Aim for 30 seconds to start; increase from there.

Posted On 03/15/2024

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## **fvomasch**

Not sure what type of grip machine it was. It looked like a joy stick with a dial facing the tech. It was at a senior health fair from a local hospital. My right hand was 130 and left at 129. Tried it twice. No one came close with some people gripping at 42. I am 72 in April. So I guess it's good.

Posted On 03/15/2024

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## **depadoo**

Can katsu be done safely and effectively by a novice such as myself? I weight train on my own.

Posted On 03/15/2024

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## **Dr. Mercola**

Absolutely; just read the previous detailed articles I wrote and the company has great free web teachings every week

Posted On 03/15/2024

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## **SandraKSS1**

Yes, it's very easy to learn, using the KAATSU system, tho a bit pricy to start. It DOES make a difference.

Posted On 03/15/2024

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## **LSquare**

Building and maintaining Functional Strength cannot be overstated. In a blink of an eye you can lose the use of one or more limbs, and if you don't have the strength needed to perform basic tasks and movements, it's going to be a very long haul, and it will depress you, and will probably overtax those around that you are now dependent upon. It's not easy to prepare for, but occasionally practice doing things with only your non-dominant hand, and try moving and contorting yourself using only one leg. Hopefully, nothing bad ever happens to you, but then again, I only thought that I was going out for a quick and healthy bike ride.

Posted On 03/15/2024

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## Myosoma

At 86, dad was on his roof replacing composite shingles, but then after a car crash, although a nurse told me that there is no medical reason for him to be in the hospital, my father was a hospital hostage in Nebraska so that they could train students. He never consented to treatment, tried to get out of bed and supposedly connected a right hook with a nurse. Therefore he was kept velcroed in mittens, velcroed to the side rails for weeks until he succumbed to the corn starch and soy being force fed into his stomach. Never in my life did I see him voluntarily eat any corn or soy, except maybe some restaurant corn oil in the 70s.

Posted On 03/17/2024

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## bpm4539

Kaatsu v3 is showing "sold out" for a long time. V4 needs pre-order. Dr M has recommended in the past to buy v3 instead of v4 because the latter comes with bluetooth. I don't like a bluetooth device either.

[kaatsu.com/.../c3-airbands-kit](https://kaatsu.com/.../c3-airbands-kit)

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## Ronybegoode

You list four factors that affect health span and that two, lifestyle and nutrition are under a person's control and they also affect a third factor, comorbidities. That only leaves a fourth factor not listed as being under control, genetics. But that is not totally true, because a very important aspect of genetics is epigenetics. Epigenetics is the activation of the genes. Both good and bad genetic processes are activated by many things we do (epigenetics in action). So all four of your factors that affect health span are subjected to what a person can control.

Posted On 03/15/2024

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## Ronald\_H

Regarding: "This research team sought to identify the pathways that connect grip strength to negative health consequences by looking at DNA methylation (DNAm) age acceleration" I avoid cheap multivitamins, read the labels and reject anything that has folic acid and versions of folate other than the methylated versions and B-12 must also be the methylated version because proper methylation is of critical importance that is generally overlooked. Though highly individual, the non-methylated versions can interfere with the body's methylation processes and uptake of particular vitamins particularly with doctors often being fooled to believe high blood levels of particular vitamins means there is plenty when the opposite can be true by the non-methylated versions blocking receptor sites for utilizing even the correct versions only high in the bloodstream because they are blocked from utilization.

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## juststeve

KAATSU could be an extremely useful tool for recovery from many kinds of injury too. To keep in mind for whatever reason if an injured area no matter what method is being used to strengthen can pick up improvements if and when the other side if uninjured is exercised. Done properly, strength trained muscle looks much like young adult tissue. Long distance, marathon runner tissue looks like a war zone disaster.

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## Guillermou

Yes Just, a great choice and management of your old injuries. In this review, the data collected indicate that the blood flow restriction tool is a therapeutic alternative due to its effectiveness under different exercise modalities. After identifying 486 articles in the different databases, and eliminating 175 of them due to duplication and 261 after reading the title and abstract, 50 articles were selected. Finally, 14 articles were selected for this systematic review. The benefits found include a decrease in pain thresholds and improvement in the functionality and quality of life of the neuromusculoskeletal patient during the first six weeks.

Currently, it has been analyzed whether the BFR intervention is capable of directly influencing other variables such as pain, functionality and quality of life, obtaining favorable results that indicate that this technique can improve, above all, the intensity of pain and the ability to realization. daily life activities. Table 3 shows the results of the functionality variable (objective results), analyzed in the short, medium and long term, both during the intervention period and in a follow-up that could be longer than 6 months after completing the intervention.

In Table 4 functionality analyzed in the short, medium and long term, both during the intervention period and in a follow-up that could be longer than 6 months after completing the intervention. In Table 5, the pain analyzed in the short, medium and long term, both during the intervention period and in a follow-up that could be longer than 6 months after completing the intervention.

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## Guillermou

Regarding the quality of life variable, in the short term changes were observed in each of the areas of the SF-36 Health Questionnaire, with 10 points in the area of physical function, 13 points in body pain, four points in vitality . , 13 points in social function, 18 points in emotional role and 11 points in mental health for the control group, while the BFR intervention group improved 29 points in the physical role section and six points in general health. in the quality of life of the subjects. According to the results analyzed from the different studies included in this systematic review, it can be observed how the BFR intervention acts as a therapeutic adjuvant that can be used with different objectives depending on the conditions of execution of the intervention (including the patient, environment, therapist ...).

In this sense, it is important to highlight that it is an adjuvant technique to physical exercise, aimed therefore at enhancing the effects of its execution in different conditions. [www.mdpi.com/.../1401](http://www.mdpi.com/.../1401) (2023)

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