The dilation and constriction function of blood vessels is increased and blood flow improves.

The blood that circulates the human body is sent from the heart to the aorta and then around the body. Blood from throughout the body is then collected in the veins and returned to the heart.

By applying pressure to the top of an arm or leg, through which large arteries and veins both pass, the flow of blood above the heart is temporarily reduced.

When this happens, the brain senses danger and sends a message to the heart to increase blood flow. As a result, the volume of blood flow rises, blood reaches the most remote capillaries, and blood vessels dilate. Repeatedly applying and relieving pressure increases the number of capillaries, and this improves blood flow.

Glossary

- **Capillaries**: The tiny blood vessels at the points where arteries become veins. Capillaries transfer oxygen and nutrients from arteries to tissues, and they accept carbon dioxide and waste products from tissues and carry them to veins.

Vascular endothelial cells become softer, restoring the elasticity of blood vessels.

Blood vessels harden with age and their ability to convey blood is weakened. In particular, the vascular endothelial cells that form the innermost layer of blood vessels play a vital role in keeping blood vessels healthy. These vascular endothelial cells produce nitric oxide (NO) which is involved in the constriction and relaxation (the degree of hardness or softness) of blood vessel walls and also regulates inflammatory cells in the blood vessel walls.

Clinical data shows that continued KAATSU Training rejuvenates and increases the number of vascular endothelial cells by facilitating the secretion of this nitric oxide.

Glossary

- **Nitric oxide (NO)**: A gaseous compound formed in the body which has various functions. Nitric oxide is thought to be one of the working substances in vascular endothelial cells that make blood vessels dilate.