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CN108697531A DEVICES AND METHODS FOR MANAGING INSULIN RESISTANCE

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DEVICES AND METHODS FOR MANAGING INSULIN RESISTANCE

Abstract

The present invention discloses devices and methods for mitigating insulin resistance in a human subject by contacting one or more regions of the neck, the supraclavicular, and the interscapular regions of the human subject with a part of a cooling device, wherein the part of the cooling device has a temperature at about 15 or less Celsius degrees; cooling the one or more regions of the neck, thesupraclavicular, and the interscapular regions of the human subject for a cooling period of at least 15 minutes; and performing previous two steps daily for about 14 or more days. The devices and methods may also be used to preventing, delaying or treating type 2 diabetes in a human subject or activating brown fat without incurring a sympathetic nerve-mediated cold feeling in a human subject.