

POLO

TIME



130TH ARGENTINE OPEN

Second Win for La Natividad

POLO VALLEY SOTOGRANDE

The Perfect Spot to Hone Your Skills

VII WOMEN'S ARGENTINE OPEN

El Overo Z7 UAE Strike Again

PLUS: Rugby Polo Club Spotlight, SUPA Special & Hugo Taylor's Passions



Contents

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Cover photograph:

Adolfo Cambiaso secured his 15th Hurlingham Open title. By Matias Callejo / Prensa AAP

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Dr.med. Andreas Krüger is a Swiss board orthopaedic and trauma surgeon in Zurich, who specialises in knee and shoulder surgery. Andi is a second generation of tournament doctors for equine sports, known as Polodoc since 2013

Biohacking & Pushing Recovery Limits

Prepare longevity while improving your performance & reducing injury risk

In polo, professional players can maintain their competitive edge well into their thirties. Juan Martin Nero and David Stirling, and others continue to compete at the highest level even beyond that age. One extraordinary example is 'best ager' Adolfo Cambiaso who at 48-years-old is still competing at the highest level of the sport. With 'biohacking' a systematic approach to improve the body's functions is suggested. Its goal is to prepare for better performance whilst also recovering better and reducing the risk of season breaks due to injury. The long-term goal is longevity, to be able to play even with 60 plus years behind you. Science and the practice of living a long and healthy life is not just a passing hype, but a holistic philosophy. The focus is on improving and maximising the quality of life in sports. A focus is based on preparing to perform and respecting the recovery time after the battle. Biohacking in polo involves optimising various aspects of your physical and mental performance to enhance your overall well-being and proficiency in the sport.

Nutrition & Hydration

A balanced diet with a focus on nutrient-rich foods and antioxidants is the be-all and end-all of a healthy supply of vitamins and minerals. This ensures that the body still has enough depots to maintain its functions. An important point is to keep an eye on acid-base balance. An alkaline pH value of seven and above protects the immune system and usually leaves no room for free radicals. If you want to be sure that your depots are optimally filled, prioritise a nutrient-dense diet that supports energy production,

muscle recovery and overall health. Consider incorporating supplements like omega-3 fatty acids, vitamin D and antioxidants. Optimal hydration before and during playing is crucial for optimal performance. Monitoring the fluid intake and adding electrolytes, especially during intense training sessions and matches in the heat of the summer, is essential.

Adaptogens & Supplements

The use of adaptogenic herbs and supplements that may help the body adapt to stress and enhance resilience to high demand during a tournament or long season. Especially important is their bioavailability. With high-tech engineered products, the efficiency of food supplementation gets a maximal booster. An optimised combination of absorption, efficiency, cell permeability and toxicity is scientifically based. Products with a MyCell™ Technology can make a difference according to these values. Vitamic® Zero limits is a good example for a supplement with this advanced method bringing the needed substrates to the regenerating tissue.

Biometric & Fitness Tracking

Use wearable fitness trackers to monitor key metrics such as heart rate, sleep patterns, and physical activity. Analysing this data can provide insights into your overall health and help optimise training routines. A focus should be the heart rate variability (HRV). Here you can monitor and assess your body's stress response and adjust training intensity accordingly. This can help optimise the timing and intensity of your workouts. Tracking metrics like blood pressure, glucose levels and sleep time will be of additional help.



Fitness trackers can be used to monitor heart rate variability (HRV)

Cold Exposure & Cold Therapy

Cold exposure, such as ice baths or cold showers, may aid in reducing inflammation and promoting recovery after intense training or matches. Alternate between hot and cold therapy to stimulate blood flow and promote recovery. This can include using hot packs or saunas followed by cold packs or ice baths. More sophisticated ways to the cold are available as extreme cold therapies. -110° C is the way to go. Within minutes a boosting effect on the immune system and vitality is provoked. With an impact on anti-inflammation pain relief through reduction of muscle soreness and tension is granted. As soon as the body is immersed to the cold, a stress reaction is triggered that leads to the release of adrenaline, noradrenaline and cortisol. This in turn provokes contractions of the superficial skin capillaries and causes blood pressure and heart rate to rise. If the body now counteracts this with heat, the blood flow becomes faster and transports the waste products away.

Photography courtesy of Polodoc



Cold exposure aids inflammation reduction and promotes post-game recovery

Experiences from cold research in competitive sport:

Shortening the regeneration time in the event of injuries

Faster recovery time after exercise

Reduction of the risk of injury

Suitable as accompanying therapy for sports injuries

More energy to increase performance

Reduction of sore muscles and muscle overstimulation

Multi-Biohacking Devices

Negatively ionised air is another source to kill fatigue and stress. We need the negative part of the oxygen for a lively cell metabolism. Sources of negatively ionised air are found in the mountains, forests, by rivers, waterfalls, lakes, by the sea or after a thunderstorm. There are various devices on the market which produce negative ions and release them into the air we breathe. The unique MCS Multi Cryohacking System chamber from Art of Cryo is an ingenious full-body chamber which combines negative ion (plasma) therapy with coloured light (photobiomodulation) and deep heat (far infrared radiation). In short, eight minute sessions, concentrated energy package with over 15 million negative ions per cm³, far infrared heat and coloured light (red, green and blue, each in 2 frequencies) is applied to the body.



The MCS Multi Cryohacking System chamber



A biohacking detox dome

Endothel Stimulation

The function of the circulatory system is crucial on a healthy endothelium. The endothelium, the innermost tissue layer of all our vessels such as blood and lymph vessels, is responsible, among other things, for nitric oxide (NO) production – also known as the youth molecule, which is responsible for global vasodilation and thus improves blood circulation and metabolism throughout the body. Pneumatic micromassage works by measuring the heart rate and other cardio-synchronous impulses, which are transmitted to the lower body through a gel-filled cuff and stimulate the vascular endothelium naturally and deeply. The increased vascular gymnastics boosts nitric oxide production and reactivates blood and lymph flow. Regular sessions of 30 to 60 minute of pulse therapy have a



Endothel stimulation

Five Point Success Mantra

- 1) Get ready
 - Polo is a tough and physically demanding sport.
- 2) Fly high
 - High performance does not grow over night. A profound and meticulous preparation routine and regeneration protocol is the basic for high performance players as in other athletic sports.
- 3) Fill the tank right
 - Re-think your set up and control your balance of nutrition intake, burning and refilling your energy reservoir.
- 4) Regeneration
 - After game is before the game. Give your body and mind enough time to regenerate to maintain performance.
- 5) Stay in the saddle
 - Polo is most fun when doing it. There is no reason to get injured and to miss a season.
 - A thoughtful recovery program has a major impact on the reduction of injuries.

positive reduction of heavy legs and improves circulation, acceleration healing with a proven reduction of fatigue and pain. With the Flow System a non-contact lymphatic drainage and effective vein training technique can stimulate the arterial, venous and lymphatic vascular system. This non-contact method of improving circulation and metabolism originally comes from space travel and works the vessels alternately with positive and negative pressure. The system can detoxify the body, reduce oedema, inflammation and swelling.

During the session of eight – 15 minutes the system is optimal for players who have problems with stronger touch and massage techniques e.g. in rehabilitation setting after surgery. ✕