

NEW AT HEALTHSPRING HOLISTIC CENTER

WHAT IS MILD HYPERBARIC OXYGEN THERAPY?

Mild Hyperbaric Oxygen Therapy (HBOT) safely increases the body's oxygen uptake by raising the barometric pressure. Hyperbaric chambers are simple enclosures, which can be pressurized to allow the person inside to experience atmospheric pressures greater than normal environmental pressures. Hyperbaria is based on Henry's Law of Physics which states that more gas is dissolved in a liquid by increasing the pressure of the gas.

Blood is made up of three main components: white blood cells that fight infection, red blood cells that carry oxygen, and plasma, the fluid that carries both kinds of cells throughout the body. Under normal circumstances, only the red blood cells carry oxygen. Since HBOT forces oxygen into the body under pressure, oxygen dissolves into all of the body's fluids, including the plasma, the lymph, the synovial (joint) fluid, the cerebrospinal fluid surrounding the brain and spinal cord. These fluids can carry the extra oxygen even to areas where circulation is poor or blocked, either by trickling past blockages or by seeping into the affected area.

Since a mild hyperbaric chamber utilizes ambient air purified through filters, combined with an oxygen concentrator, it is completely safe. It can be used regularly without any danger of oxygen toxicity in the body. There is no risk of the negative effects that can be experienced from the elimination of ions and valuable gases such as nitrogen, as with regular treatments in 100% pure oxygen chambers. There are no usage hazards that exist with the pure oxygen chambers.

BENEFITS OF OXYGEN

There is little in the physical universe that is more important to sustaining life than oxygen. Physiologists sometimes remind us of the 3, 3 & 3 Rule: the body survives without food for three weeks, without water for three days, but without oxygen for only three minutes. Our body needs energy and 90% of our body's energy comes from oxygen, only 10% from food and water. The average adult consumes six pounds of oxygen per day. Anaerobic bacteria, toxins, fungi, and viruses all have one thing in common – none can survive in an oxygen rich environment. Oxygen feeds the body, supports the immune system, destroys toxic substances, and promotes new cell growth. Oxygen is our primary source of energy, and is the fuel required by the body for the proper operation of all major systems. *OXYGEN IS ESSENTIAL.*

Usually we get all the oxygen we need from breathing atmospheric air. The atmosphere is 21% oxygen out in the middle of the ocean. Only a few hundred years ago, oxygen was almost 35%. But the sad fact is that our air isn't what it used to be. It's more. There's more pollution, more toxins, more particulate matter but less of what we need most. Today most cities have 15-18% oxygen. Proponents of HBOT doubt that the human body has been able to evolve quickly enough to require less oxygen. HBOT is only one of several forms of oxygen therapy. All of them are intended to make more oxygen available to the body. Some of the oxygen therapies include the use of Hydrogen Peroxide (H₂O₂), Ozone Therapy, Stabilized Oxygen, and Ionization.

HBOT Can Be Used To Treat The Following Conditions:

ADD/ADHD	AIDS/HIV	Allergies
Altitude Sickness	Asthma	Autism
Autoimmune Disease	Bacteria Infections	Boost Immune Function
Brain Injury	Cerebral Palsy	Chronic Fatigue Syndrome
Circulation	Diabetic Complications	Digestive Disorders
Disc Herniation	Dizziness	Fatigue
Fibromyalgia	Headaches	Frequent Flying/Jet Lag
Hypoxia	Lyme Disease	Multiple Sclerosis
Muscle /Tendon Pain	Chemical Sensitivity	Non-Healing Wounds
Memory Loss	Premature Aging	Rheumatoid Arthritis
Sleep Disorders	Smoking	Stress/Anxiety
Stroke	Surgical Recovery	Viral Infections
Cancer	Alzheimer's	Acne
Body Detoxification	Parkinson's Disease	Candidiasis

ATHLETES – ENHANCE YOUR PERFORMANCE

What Does It Do?

The pressurized environment of the hyperbaric chamber promotes healing and general wellness by allowing wounds to heal faster, reduces swelling at a much quicker rate by restoring/increasing blood flow to restricted areas. Hyperbaric therapy helps athletes by forcing more oxygen to reach tissue, organs, cells and bodily fluids providing up to 300% oxygen saturation. Furthermore, it has been shown that the pressurized environment of the chamber allows the athlete to recover more quickly from injury due to swelling, dehydration and jetlag. Many professional athletes travel with them and sleep in them.

Results Experienced:

Peak Training Output	Increase in Energy
Shorten Repair Time	Improved Concentration
Improved Detoxification	Decreased Lactic Acid
Increased ATP	Maximized Organ Function
Reduced Dehydration	Up to 300% Oxygen Saturation

WHAT SHOULD I DO TO PREPARE FOR A TREATMENT?

A person can go into the chamber fully clothed. It is recommended to wear loose comfortable clothing. Shoes, jewelry, or any sharp objects should be removed before getting into the chamber. It is recommended that women not wear stockings in the chamber, because it may cause feelings of claustrophobia.

HOW WILL THE TREATMENT FEEL?

The chamber will fill with air. Once the chamber has expanded to its filled size, it will begin to pressurize. While the chamber is pressurizing, your ears will feel the change in pressure in the chamber. Otherwise it should be unnoticeable. To equalize the pressure and avoid the feeling of fullness in your ears, you will need to clear your ears by chewing (gum or food), swallowing, yawning, or Valsalva maneuver. The Valsalva maneuver is performed by closing the mouth, pinching the nostrils, and blowing.

During the pressurization of the chamber, your mouth may become dry. Once the chamber is fully pressurized, your salivation should return to normal. Additionally, the chamber may become slightly warm while it is pressurizing. Once it is to full pressure, the release valves will begin to pull the warmer air out of the chamber. Then you can sleep, meditate, read, watch a DVD, listen to music, etc.

ARE THERE ANY CONTRAINDICATIONS?

Yes: pneumothorax, upper respiratory infection, emphysema with CO₂ retention, asymptomatic pulmonary lesions on chest x-ray, history of thoracic surgery or ear surgery, uncontrolled high fever, and/or pregnancy. Each patient is evaluated to determine the relative risk and benefits of hyperbaric therapy.

WHAT DOES THE ATTENDANT NEED TO KNOW BEFORE GIVING A TREATMENT?

We need to know when you experience a cold, flu symptoms, sinus or nasal congestions or chest congestions. Also, if you have any concerns, anxiety, or are claustrophobic.

ARE THERE ANY SIDE EFFECTS?

The most common side effect is barotraumas to the ears and sinuses caused by pressure changes. To minimize the risk, patients learn to promote the adequate clearing of your ears during pressurization. Some patients who have become sedentary or very toxic may have cells which do not get good circulation. Therefore, HBOT provides oxygen to these cells. They may in turn detoxify more quickly. Transient symptoms could be headaches, soreness, or skin rashes.