

ALTERNATIVE HEALTH & REHAB. CENTRE, PLLC
Alternative, Complimentary and Preventive Health Care Services
A Treatment Centre with a Holistic Personal Approach.
2284 S. Ballenger Hwy, Suite F, Flint, MI. 48503. Phone: (810) 235-5181.
Open: Monday-Friday: 8am - 8pm. Saturday 9am-6pm, By Appointment.

Mild HYPERBARIC OXYGEN THERAPY (mHBOT)

General information

Our bodies need a great amount of Oxygen to function effectively. In some circumstances and conditions we can not physically take in as much as our cells need to do their jobs. This can be due to many factors (lung problems, circulation problems, polluted air, low air-Oxygen concentration, injuries, lung problems and infections, etc.). Hypoxia, Clinical and Sub-Clinical, (lower than acceptable oxygen levels in the body), can hinder our body's natural healing processes, immune system, reproduction, memory, strength, balance and all other systems. Concentrated Oxygen of the mHBOT enhances the body's available oxygen virtually risk free. The mHBOT uses concentrated filtered Oxygen. The chamber uses 1.3 ATA of air in the chamber and 1.9 ATA of 93% concentrated oxygen sent directly to the patient as a metabolism stimulator and body fuel.

Oxygen therapy has been in use for over 100 years to treat many different conditions. More recent research has shows concentrated oxygen benefits conditions such as: **stroke, vascular/closed/traumatic brain/head injury, cerebral palsy, bone-fractures, migraine headaches, chronic fatigue-syndrome (CFS), injuries, sickle cell anemia, acute spinal cord injury, multiple sclerosis (MS), Lyme disease, Diabetes, PAD, colitis, decreased immune function, macular degeneration, Menier's disease, RSDS, Retinitis pigmentosa, Scleroderma, diabetic foot ulcers, ADD/ADHD, Autism, Bell's palsy, Burns, Colitis, Potts, Heavy metals toxicity, Parkinson's Disease, ALS, Alzheimer's, Cardio-Vascular Disease, Disc injury, herniation and degeneration, Fibromyalgia, Virus's, Yeast and Bacterial Infections, Chemical toxicity/sensitivity, Post-polio conditions, healing of Reconstructive and Plastic surgery, Allergies, Arthritis, Vascular restrictions, Delayed wound healing, Hepatitis, Crohn's, AIDS, Assist in Burn treatments, Compromised skin grafts, Crushing injury, Allergies, Arthritis, Vascular restrictions, Osteomyelitis, Radiation necrosis, Reynard's Disease, Sudden Deafness, Radiation Cystitis, Liver toxic problems, Psoriasis, Irritable Bowel Syndrome, Body Detoxification, Post-polio syndrome, Mental fog/forgetfulness, Tired/Exhaustion, Restless leg syndrome, Post Apnea syndrome, Mild high blood pressure, Digital numbness/coldness/Post frost bite, PTSD and more.** For more in depth information, see research article handout.

Oxygen plays a critical role in the healing process. Due to our current environment many people are not able to maintain enough Oxygen concentration in their bodies to fight off infections, recover from illness or injury. This insufficient Oxygen supply keeps the body from healing and repairing and we age faster...

How Does mild Hyperbaric Oxygen help in healing?

Humans can only live without oxygen for approximately 3-5 minutes. Lack of oxygen results in a dysfunction of organ systems and death to the cells which causes numerous health conditions. When using the mHBOT, with concentrated oxygen, extra oxygen is forced into the tissues, organs, brain and fluids throughout the body. Thus pushing cells to function more efficiently and effectively.

- Oxygen gets forced into areas that are oxygen starved thus stimulating cell growth and regeneration.
- Oxygen increases neural brain function due to oxygen saturation and cell metabolism stimulation.
- Oxygen displaces toxins and other impurities to assist in detoxification of the body.
 - Oxygen acts as an anti-viral and anti-bacterial, as bacteria and viruses typically cannot tolerate high concentrations of oxygen.
- Concentrated oxygen slows tumor cell growth due to oxygen's toxic effect on rapid growing cells.
- Increased pressure acts as an immune modulator, supporting the immune system by increasing T and B cell production and forcing oxygen into areas that are restricted due to blood interference.

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Why hasn't my MD told me about the use of mHBOT?

He/she has, think about why after surgery they put you on oxygen. The problem is insurance companies will pay for only 13 certain Oxygen deprivation/life threatening conditions. Therefore, to be paid by insurance dollars, MD's only use oxygen for those 13 specific conditions. Mild hyperbaric oxygen therapy, mHBOT, which we use at the Centre, is FDA approved and is used for over 80 low oxygen component conditions, documented with scientific evidence that is stronger than many of the high pressure HBOT conditions. The use of mHBOT benefit's the body globally.

The mHBOT that we provide starts with regular air (currently about 19.8% Oxygen in Genesee County down from 40% - 500 years ago) and through an Oxygen concentrator (concentrates Oxygen up to 93%) feeds this concentrated Oxygen at 26.7 psi (1.88 ATA - 12 psi above regular air pressure) and 10 liters/ minute directly to the patient in the pressurized chamber at 1.3 (18.7 psi - 4 psi above regular pressure) - (this chamber pressure is like swimming at 11-12 feet of water) atmospheres of pressure, this increased pressure pushes this extra Oxygen into the blood cells, plasma and body fluids, thus helping more life stimulating Oxygen reach all parts of the body.

Our mild HBOT therapy varies in time length. Therapy usually lasts ½ to 3 hours in length and may be repeated daily. Your condition and changes are reviewed every 24 hours of therapy. In the chambers you will have a help button, a flash light for use in reading, a fan to help keep cool, a temperature and humidity gauge, magazines, CD or a DVD player and walkie talkie, if needed. If the chamber becomes too warm, we can flush the chamber with regular pressurized air to cool. We use a special airtight chamber to allow increasing of the atmospheric pressure inside. We adjust the pressure in the chamber to the pressure you can comfortable handle, you then relax, breath regularly and normal to allow the increased pressure and Oxygen to help saturate your entire body. The longer you are in the chamber at one time, the more accumulating and lasting is the long term residual benefits. (It is better 2x/wk at 3 hrs, then 6x/wk at 1 hr.) (Many professional athletes spend 2 hours in these chambers after their events).

While in the chamber, you will be breathing 90+% Oxygen. With a normal cardiovascular system, this increased Oxygen will be delivered to all the cells of the body, by the blood stream, plasma and interstitial fluids (Henry's and Boyle's Law's). You will be breathing about 4+x's the normal Genesee county Oxygen concentration, but still at a safe, non-toxic pressure and concentration level.

Henry's Law - Concentration levels

A young strong healthy, undamaged individual with excellent circulation, lung capacity and breathing clean air at sea level, (Are you this person?) will saturate their blood cells with oxygen about 95%. The mHBOT saturates the red blood cells to 98-100% and the blood plasma 4-5% due to the oxygen pressure plus a spill over into the interstitial fluid. The total Oxygen carried and available to the tissues can then become more than breathing regular air at sea level. The increase in the Oxygen concentration in the body promotes lowered blood pressure, increased circulation, tissue repair, metabolism, reproduction and healing in all the cells receiving the extra oxygen. Stimulated brain and body activity increases about 3% the first hour and 2% more per hour in the chamber, with permanent residual changes of about 1%. (5-10% increase in IQ noticed after 24-36 hours of therapy). (You will also notice the chamber increases in heat about 5-10 degrees and humidity 10-20% and you will loose about one pound of body weight).

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This long-term residuals accumulate as the chamber continues to be used. Research shows this is more of a tiered lineal progression. As more brain and body cells activate they in turn activate other cells, like a critical mass being reached. Those who stay in the chamber 2 hours at a time have more long-term permanent changes, than those at 1 hour at a time.

Boyle's Law (Bubbles) - Pressure Levels

Divers may acquire air bubbles in their body when they ascend to the surface too rapidly, this is because the air in the body expands as the pressure decreases. Divers can develop a condition known as decompression sickness (the "bends") as a result of these air bubbles forming too rapidly upon ascension. These bubbles, if big enough, can restrict blood flow and then cause local cell damage. Hyperbaric chambers pressurize the body and then slowly de-pressurize at a safe rate. During pressurization, your ears may feel full and need to "pop", similar to the feeling experienced when traveling in an airplane or swimming. We can use this principle to help create permanent oxygen utilization changes in the body. By controlling the rate of depressurization, we can get the oxygen molecules to gently expand about 1-2% before they exit the body. thus gently stretching open the body area they are at, so that more circulation can reach the area from then on. (This increased oxygen carrying ability is seen on people who dive and those who train at high altitudes and then compete at lower altitudes. Their blood is more saturated with oxygen, they have more strength and endurance, they fight diseases better, have better brain retention and they tend to age slower). (Oxygen is the chemical/fountain of youth for many cells and systems in the body). (In California, many people use the chambers as a fountain of youth for their muscles and skin).

Non-Healing Wounds and Infections

Hyperbaric oxygen therapy also can help heal many types of wounds and infections in the following ways:

- Diabetes and radiation therapy destroy blood vessels (capillaries). Increasing oxygen to the body helps new blood vessels rebuild, repair and grow in bone or soft tissue.
- With this growth, more oxygen rich blood can reach the affected area for healing. Certain types of chronic wounds and damaged blood flow areas can benefit and return additional blood to the area.
- Increased pressure and oxygen levels decrease the swelling (edema) around a wound site. Decreasing the swelling allow blood and oxygen to flow more freely to the area.
- High oxygen helps the 'infection fighting' cells (white blood cells) to kill off offending bacteria, by slowing their growth. This gives the wound a better chance of healing more completely. While usually not a primary source of therapy, hyperbaric oxygen helps treat infections.
- Many bacteria cannot survive at high oxygen levels. They become dormant and or killed, if exposed to the high levels of oxygen that can be achieved with hyperbaric oxygen therapy. This applies to gas gangrene and some of the "flesh eating" diseases. (It's like pouring hydrogen peroxide on an open bacterial infected wound, the oxygen is toxic to the bacteria and kills it. (We then add the global wellness to electrocute and burn the bacteria).

While using the mild hyperbaric oxygen therapy, it is important that you notify us if you have any change in your body chemistry/health such as:

- You have recently eaten a large meal less than 1 hour prior.
- You are suffering from a Cold or Flu congestion.
- You have Diarrhea or bladder problems.
- You have a Ear/Sinus infection.
- You have a recent Change in your medication with stomach upset.
- You have nasal, chest congestion or a current lung condition.
- You have had nausea or vomiting less than 24 hours ago.

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Mild Hyperbaric Oxygen Therapy is best used as a part of an overall approach, global enhancement to one's health, and should not be viewed as a "miracle cure" for any one condition. Oxygen is a very natural non-drug therapy that helps the body function more efficiently and effectively.

For more information of this wonderful therapy, see the 6 page research hand-out.

(S.N.: My wife and I use this therapy and it has made a major increase in our energy levels. We have noticed a decrease in sickness frequency and duration, better memory, is helping us to loose weight, along with our hands and feet being warmer. The only side effect we have noticed is that it is very boring in the chamber if you do not bring something to do. You should also detoxify after each session.)

Cost: Initial history/condition review: \$25 (\$15). Then 1st ½ hour treatment \$5 set-up/clean up fee plus \$25, then \$12.50 every 15 minutes. First person - first mask is included, each additional mask is \$5.00.
Add a second person in the chamber, add \$5/15 minutes. (Instead of 12 psi and 10 liters/minute, the machine is adjusted to 15 psi and about 12+ liters/minute (machine max).

Normal therapy sessions are about ½ -4 hours in length. Our current chamber's will handle an adult up to 6'2", 285 pounds or a small adult and a child.

Acute conditions may only need 24 hours of therapy. Most chronic conditions, see second paragraph, page 1, may need 72-120 hours of therapy. Follow-Up consult/case review: \$25, every 24 hours of therapy (to determine continuation and progress).

You will start out at first at ½ hour therapy session, then move to 1, 2 or 3 hours/session. I recommend due to the progressive and cumulative effect of the oxygen concentration and dilation to consider 3 times per week of 2-3 hours each for at least the first 24 hours of therapy (3-4 weeks). We will do a case review every 24 hours of therapy. The case review is to determine progress, further therapy modifications, changes, frequency, duration, etc.

To enhance the oxygen effect, for those with high blood pressure, blocked arteries and past history of vascular problems, I suggest adding IntraMax, Angioprim and EDTA to open the blood vessels quicker, massage therapy to relax the muscles, the sauna to help detoxification, relaxation and increase circulation, Chiropractic adjustments and spinal decompression therapy to reduce structural interference, Global wellness to kill bacteria, virus, parasites, mold and fungus and Ion Cleanse to remove toxins and toxic metals, Colon hydro-therapy and also home exercise to increase muscle strength and endurance.

(S.N.: We hope to be able to purchase the next larger chamber within 2008, which will accommodate 2 adults. Due to the fact that it uses 2 oxygen concentrators, the fee will be \$7.50 set-up/clean-up plus \$40 1st. ½ hour and \$20 per each 15 minutes there after. Pre-paid discount percentage will be available also).

Prepaid: 6-12 hrs: 5% disc. (\$47.50) + \$5/session, 13-36 hrs: 10% disc.(\$45/hour) + \$5/session,
37 + hours: 15% disc. (42.50/hour) + \$5/session, (# of hours x rate = prepay, plus \$5/copay/session).

Appointments are limited, so consider this therapy before appointments fill!
We are seeing an increase demand from the PTSS, TBI, ADHD, Autism and LD patients
due to the major improvements this therapy is achieving!

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Oxygen therapy has been in use for over 100 years to treat many different conditions. More recent research has show it to benefit conditions such as: **stroke, vascular/closed/traumatic brain/head injury, cerebral palsy, bone-fractures, migraine headaches, chronic fatigue-syndrome (CFS), injuries, sickle cell anemia, acute spinal cord injury, multiple sclerosis (MS), Lyme disease, Diabetes, PAD, colitis, decreased immune function, macular degeneration, Menier's disease, RSDS, Retinitis pigmentosa, Scleroderma, diabetic foot ulcers, ADD/ADHD, Autism, Bell's palsy, Burns, Colitis, Potts, Heavy metals toxicity, Parkinson's Disease, ALS, Alzheimer's, Cardio-Vascular Disease, Disc injury, herniation and degeneration, Fibromyalgia, Virus's, Yeast and Bacterial Infections, Chemical toxicity/sensitivity, Post-polio conditions, healing of Reconstructive and Plastic surgery, Allergies, Arthritis, Vascular restrictions, Delayed wound healing, Hepatitis, Crohn's, AIDS, Assist in Burn treatments, Compromised skin grafts, Crushing injury, Allergies, Arthritis, Vascular restrictions, Osteomyelitis, Radiation necrosis, Reynard's Disease, Sudden Deafness, Radiation Cystitis, Liver toxic problems, Psoriasis, Irritable Bowel Syndrome, Body Detoxification, Post-polio syndrome, Mental fog/forgetfulness, Tired/Exhaustion, Restless leg syndrome, Post Apnea syndrome, Mild high blood pressure, Digital numbness/coldness/Post frost bite, PTSD and more.** For more in depth information, see research article handout.

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Pre-paid: discount off hourly rate: 6-12 hours, (5%) discount: 13-36 hours, (10%) discount - greater than 36 hours: (15%) discount plus \$5/session/copay.

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