



HERE ARE SOME ANSWERS TO SOME OF THE MOST FREQUENTLY ASKED QUESTIONS...

How will I feel during treatment?

Generally, hyperbaric oxygen therapy is a relaxing experience – in fact most people drift off to sleep. Your body will be detoxing, and this is normal. However, some people may experience minor symptoms associated with detoxing after the treatment.

Following your first session, you may experience fatigue as the body sweeps itself clear of toxic debris that has built up in the body. This is safe and normal during the healing process.

Alternatively, you may feel more alert, awake, and energized with no detox symptoms – it will depend on your own body and its current health states.

WHAT DOES IT FEEL LIKE IN A CHAMBER?

You may feel a change in pressure in your ears, similar to the sensation of descending in an aircraft or diving deep in a pool. During treatment you may feel slightly warm while the chamber is pressurizing, comfortable when the chamber is at pressure and slightly cool as it depressurizes. Your heart rate and blood pressure will settle as the pressure increases, helping you to relax.

The increased level of oxygen promotes a deep sense of relaxation. One hour in this oxygen rich environment is equivalent to four hours of quality sleep.

IS IT SAFE?

Yes, it is safe for everybody – from the very young to the elderly. There have been no known side effects reported for Mild Hyperbaric Therapy.

Are there side effects?

Not at all, it is completely comfortable and safe. Mild Hyperbaric Oxygen Therapy has many healing and therapeutic benefits. The chamber can be utilized without the danger of oxygen toxicity. And as it is completely safe, it can be combined with most other therapies without the side effects associated with some treatments.



HOW LONG IS A SESSION?

Sessions usually last an hour; however, you can use the chamber for much longer without any adverse effects. After each session you can carry on with your day as normal – there are no restrictions.

WHAT SHOULD I WEAR?

You will be fully clothed during your treatment, and it is important that you relax, so wear something loose and comfortable.

WHAT CAN I USE IN THE CHAMBER?

While in the chamber, you can listen to your favorite music, meditate, read a book, use your mobile phone or laptop or simply relax... and breathe in the benefits.

HOW MANY SESSIONS WILL I NEED?

It is difficult to know how many sessions will be needed to heal an injury or manage an illness as this may depend on the extent of the injury or the time a chronic disease has been present. Daily sessions will enable the body to gain a threefold increase in the rate of healing. Your therapist will discuss your lifestyle and health goals before any treatment is commenced.

BENEFITS OF HYPERBARIC OXYGEN THERAPY AND INCREASED OXYGEN LEVELS IN THE BODY.

- Fuels the brain enabling it to function properly
- Helps fight infection in the body by immune system boosting
- Recovery from sporting injury assisted
- Postoperative healing is assisted
- Chronic disease treatment is helped
- Wound healing is promoted, enhanced, and accelerated
- Postoperative inflammation is decreased
- Relieves tension
- Improves energy, strength, and endurance
- Improves memory and concentration
- Promotes healing and counters aging
- Strengthens lungs and heart
- Improves digestion and metabolism
- Improves sleeping patterns



- Improves skin ailments
- Relieves muscle stiffness
- **Inflammation – Hyperbaric oxygen reduces inflammation**, oxygenates injured muscle, and regenerates skeletal muscle via macrophage and satellite cell activation.
- Sleep Quality – Actigraphy results from the HBOT group showed a **– 30 min increase in total sleep time and a 16 min reduction in sleep onset latency post-HBOT**. These findings support the hypothesis that sleep quality and quantity can improve when HBOT is administered before and after opioid dose reduction.
- Anxiety – After treatment, they showed significant improvement in mood, impulsivity, anxiety, quality of life scores, and more. Their SPECT brain scans after HBOT showed remarkable overall improvement in blood flow.
- Depression – Does hyperbaric oxygen therapy work for depression? Hyperbaric oxygen therapy can be extremely beneficial for patients with depression that need additional treatment beyond metoclopramide.
- Nerve Damage – Today, **there is evidence to suggest that hyperbaric oxygen therapy can provide considerable relief or healing from nerve damage**. Nerves get damaged due to decreased blood flow and low oxygenation in the area.
- Arthritis – Hyperbaric oxygen therapy (HBOT) **can be an effective treatment for joint pain in patients with rheumatoid arthritis (RA)**. By saturating your body with 100% pure oxygen, you can begin to reduce the inflammation in your joints and find some relief from the ongoing pain.
- Weight Loss – Conclusion: **HBO therapy can promote weight loss** and reduce hyperlipidemia. Our experiments have shown that 6 h/d and 3 h/d HBO therapy reduces blood lipids in hyperlipidemia SD rats.
- Heart Function – **“Hyperbaric oxygen therapy appears to improve left ventricular function, especially in the apical segments, and is associated with better cardiac performance,”** it concluded. “If our results are confirmed in further studies, HBOT can be used in many patients with heart failure and systolic dysfunction.”
- Covid – These are important findings suggesting a **positive effect of HBOT on the common long COVID – related symptoms of fatigue and ‘brain fog’**. These results match with the clinical and qualitative observations of patients receiving the therapy, many of whom report their lives have been transformed.
- Aging – Hyperbaric oxygen therapy is the kind of anti-aging treatment that **can help you start looking and feeling younger**. Hyperbaric oxygen treatments can stimulate the growth of more collagen to help repair your skin and smooth out some of those wrinkles. Recent clinical trials have shown that HBOT **can target aging hallmarks, including telomere shortening, senescent cells clearance and angiogenesis**. The aim of this study was to evaluate the effects of HBOT on the skin of a normal, non-pathological, aging population.

Athletes report lower levels of lactic acid build up with hyperbaric therapy, greater endurance, and less muscle fatigue. The pressurized environment of the chamber assists with sports injuries due to swelling, dehydration, and ischemia. Higher concentrations of oxygen in the blood at the cellular level allows healing to occur at a much faster rate.

Hyperbaric chamber oxygen therapy can decrease the amount of scar tissue, bruising and swelling visible after surgery and decreases post-operative inflammation and infection.



DOES HYPERBARIC OXYGEN HEAL THE BRAIN?

Hyperbaric treatment massively increases the amount of oxygen available to the brain. **HBOT improves brain function.** HBOT has been shown to improve cerebral blood flow, brain metabolism, and brain microstructure, leading to improved cognitive functions, physical functions, sleep, and gait.

HBOT enhances blood flow to the brain.

Before-and-after brain SPECT imaging (single-proton emission computerized tomography) studies of people who have undergone HBOT show remarkable improvement in blood flow to the brain. Adequate blood flow in the brain is vital for mental health. SPECT scans that show low blood flow have been associated with depression, bipolar disorder, schizophrenia, ADHD, suicide, substance abuse, and more. Low blood flow is the #1 brain imaging predictor that a person will develop Alzheimer's disease.

HBOT promotes healing after traumatic brain injuries.

Traumatic brain injuries (TBI) increase the risk of anxiety, panic attacks, psychosis, PTSD, ADHD, suicide, and more. Treating the underlying TBI with concentrated oxygen can promote healing, according to research. A 2011 brain imaging study looked at 16 soldiers suffering from PTSD following a TBI. They underwent brain imaging and neuropsychological testing before and after 40 sessions of HBOT. After treatment, they demonstrated significant improvement in impulsivity, mood, anxiety, quality of life scores, and more. Their SPECT brain scans showed remarkable overall improvement in blood flow.

HBOT improves brain metabolism in Alzheimer's disease.

In 2019, researchers reported the first brain imaging study to document improvements in brain metabolism in a patient with Alzheimer's.