



The Dollars and Sense of Hyperbaric Oxygen Therapy

Helen Prater

Hope you had a good summer. My summer began well until I was forced to s-l-o-w down. Although I'm not sure of the exact cause, I think the culprit was pulling weeds in my tomato garden for several hours. (There were LOTS of weeds!) My lower back hurt so bad I could hardly walk, and forget bending over and getting back up. It actually felt like I had something out of place. I did 2 HBO treatments while waiting for the first opening with a back specialist. X-rays showed nothing; an MRI would be required. I was devastated to have not gotten relief because I'd been enduring the pain for 2 weeks already. When I awoke the morning after my 4th treatment, I couldn't believe the difference in how my back felt! The HBO treatments reduced the swelling and relieved the stressed muscles enough to let things go back in place. I could move more freely without pain! I am so glad I used my common sense, continued the HBOT, and saved a lot of money that an MRI would have cost!

As I have reported, I frequent a local free standing HBOT facility because they can administer hyperbaric oxygen therapy for patients that hospitals don't treat. Besides the conditions I have reported on, conditions like MS, stroke, RSD, autism, Lupus, etc., I've met and heard about other patients who seek HBOT for less crucial conditions.

HBOT has been used in sports medicine for joint, muscle, and tendon injuries for several years. One young man did HBOT sessions to treat a shoulder injury that had bothered him for eight months. The reduction in swelling and pain from the treatments allowed him to improve his tennis game enough to advance to the finals.

HBOT relaxed the stressed muscles of another young boy after competing in running events.

One article I read stated that HBO treatment should begin as soon as possible after injury diagnosis, and that in conjunction with physiotherapy, recovery time could be reduced by as much as 70percent.

A young woman who had surgery on her ankle this spring wanted to attend a social event, but not on crutches. She knew firsthand from her mother, who is in the medical field, that HBOT helped reduce swelling and pain and enhanced healing in cosmetic surgery patients. She did HBOT sessions both before and after her surgery. Even her orthopedic surgeon, who had been worried about her cast getting too tight if the swelling got out of hand, was surprised with the improvement even one session made. Needless to say, he did not need to cut or modify her cast.

One young woman came for HBOT as soon as she was diagnosed with shingles. She had read my report in an earlier issue about how hyperbarics could help, and could prevent further outbreaks. Shingles is a painful skin rash, often with blisters. It is caused by the same virus that causes chickenpox. Anyone who has

either had chickenpox or been vaccinated for it can get shingles. It is more common in people 60 and older and those whose immune systems are weakened. But it only took a few sessions for her and she never even missed a day of work.

I've mentioned HBOT helping headaches in previous issues. The most common headaches are those that are stress-related. Today nearly half of the people in the US who suffer from headaches do not seek treatment. That's unfortunate, since HBOT is proven to reduce stress, it make take only one or two treatments to relieve the stress and the headache, including migraines. It also reduces the frequency of migraines. Why continue to suffer needlessly?

Do you need to be sick to use HBOT? Absolutely not! It has many benefits including clearer thinking, sharper memory,

reduction of stress, relaxation of muscles, reduction of swelling, more energy, and better sleep habits to name a few. We know that oxygen helps fortify the body's cells with oxygen which benefits the brain, the organs, the nerves, and all parts of the body and definitely promotes healing if it is needed. You do not have to have an injury or disease for there to be benefit. If HBOT can help restore the balance of oxygen that our body needs, doesn't it make sense to spend fewer dollars to protect our body and have a better quality of life, than spending a lot of dollars later on medical treatments when it's too late? Remember, "An ounce of prevention is worth a pound of cure!"

What is HBOT?
Hyperbaric Oxygen Therapy (HBOT) is a medical treatment approved by the FDA and AMA that delivers pure oxygen to the body in a highly pressurized environment, enhancing tissue levels of life-giving oxygen, thus increasing the body's natural healing process. Normally, oxygen is almost exclusively carried by red blood cells. During HBO therapy, all body fluids are infused with the healing benefits of this molecular oxygen. This promotes healing in less time and reduces chances of infection. It has been employed for more than three decades to treat a variety of medical conditions.

After retiring from 35 years in the computer field, Helen developed an interest in alternative health medicine. She became interested and began researching HBOT in an effort to find help and hope for her husband with congestive heart failure and diabetes, her nephew with ALS, and her niece with Lupus. She scoured the Internet, read articles, visited HBOT clinics, and even took dives herself. Her mission was to find out everything that she could about this simple, but powerful, treatment and how it can help. Call 210-654-6464.

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