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# Hyperbaric Therapy — A Vastly Underused Treatment Modality

Analysis by Dr. Joseph Mercola ✓ Fact Checked

April 24, 2022

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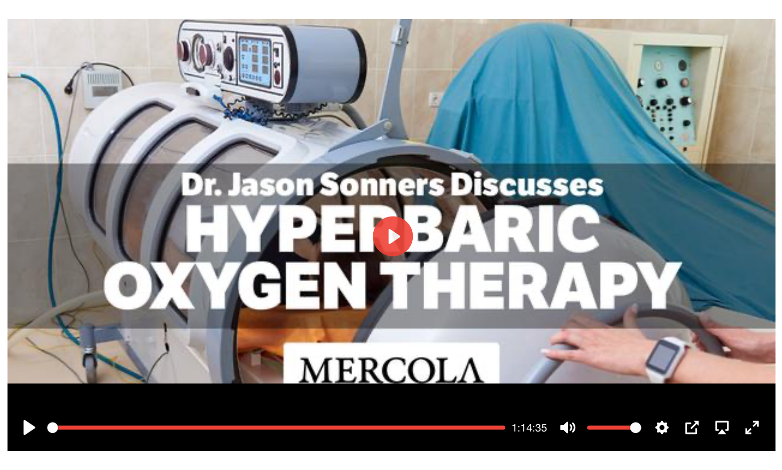


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**STORY AT-A-GLANCE**

- Hyperbaric oxygen therapy (HBOT) is indicated for at least 100 different conditions, but only 14 are approved indications by the U.S. Food and Drug Administration, which most insurance companies use for reimbursement
- HBOT boosts mitochondrial function, decreases systemic inflammation and helps cells generate the required amounts of energy for optimal function. It also stimulates stem cell responses, growth factors, collagen responses and angiogenic responses
- The main benefits of HBOT are achieved through the cumulative effect and the increasing and decreasing — the wave of hyper-oxygenation back to normal oxygen levels, creating a hyperoxia-hypoxia type paradox
- Conditions that can benefit from HBOT include tissue wounds, stroke, TBI, heart attack, post ischemic reperfusion injury, neurodegenerative conditions and autoimmune diseases
- Hyperbaric can also rebalance the immune system and help fight infection, and can be added to longevity and regeneration therapies

Dr. Jason Sonners, author of the book, "Oxygen Under Pressure: Using Hyperbaric Oxygen to Restore Health, Reduce Inflammation, Reverse Aging and Revolutionize Health Care," started out as a chiropractor. His passion, however, is hyperbaric oxygen therapy (HBOT), which is the focus of his Ph.D. studies at the University of Miami.

While commonly used to speed up stubborn wounds and tissue infections, hyperbaric medicine can also be helpful in the treatment of infectious diseases such as COVID. It's also enormously useful for stroke patients. I can't think of a more effective intervention than to get the stroke patient into a series of hyperbaric treatments as quickly as possible.

## HBOT for General Health and Disease Reversal

Every cell in your body, with the exception of your red blood cells (which have no mitochondria that require oxygen), requires oxygen to create energy. Many chronic diseases of the modern world involve decreased mitochondrial function, increased systemic inflammation, and an inability of cells to generate the required amounts of energy for optimal function.

"We use hyperbaric oxygen, traditionally, for these terrible and severe conditions," Sonners says. Unfortunately, it's typically a last resort, literally right before an amputation surgery or as a life-saving mechanism for somebody with carbon monoxide poison or air gas embolism.

> *"So, we only think about it, traditionally, to help save the life or limb of somebody in a really severe condition, but the mechanisms that are working for those folks are very similar to the reasons that you and I might consider using hyperbaric oxygen:*
>
> *For upregulating the oxygen levels inside your body, which will help reduce inflammation, increase mitochondrial function ... and thereby increasing the energy that those cells are able to generate ..."*

## HBOT for Chronic Diseases

Sonners' goal is to expand the use of HBOT from the acutely life-threatening issues like gangrene to more chronic conditions, such as autoimmune and neurodegenerative diseases.

> *"My thought process is that the mechanisms of action of hyperbaric are the same whether we're talking about gangrene, radiation burns and osteonecrosis, or TBI [traumatic brain injury], concussion, maybe MS [multiple sclerosis] and post-stroke.*
>
> *If we really get a mastery of the mechanisms of action, we can start to apply those mechanisms across the board. Clinically, we've seen hyperbaric work for so many of these other chronic illnesses ...*
>
> *So, if we could really home in on those mechanisms and understand them better, and then get a better feeling for what time and pressure settings we require in order to get those mechanisms to kick in, then we can really, with more confidence, apply this therapy to these other conditions and have more consistent results in doing so.*
>
> *A lot of the work I'm proposing to do is tagging onto some of this work in regenerative medicine, where they were looking at the collagen, fibroblast and stem cell response to hyperbaric. A study came out in 2020 on telomeres, and looking at this potential, upwards of 20% increase in telomere length, especially in certain immune system cells.*
>
> *I want to build on that knowledge base, so what I'm doing is I'm creating a study that's going to have a lower-pressure group and a higher-pressure group, and we're going to be looking at a whole cytokine panel, so we can understand the mechanisms of the anti-inflammatory side.*
>
> *We're going to have a methylation panel so that we can start looking at the epigenetic effects of hyperbaric. We're going to have a telomere component, similar to the telomere study that was done a year and a half ago.*
>
> *And we're going to start comparing all of those metrics across roughly a three- to six-month timeframe of treatment, and over two separate pressure settings, to better understand which pressures are getting which effects, and again, what period of time should we be expecting before we get the results that we're looking for?"*

## Research Underway

On the low end, Sonners will be using 1.3 atmospheres (4.2 PSI) at 100% oxygen, and on the high end, he'll use 2.0 atmospheres (14.7 PSI) at 100% oxygen. All patients will use hard chambers at two different pressures. The lower pressure group will be at 4.2 psi, which is the same as soft chamber pressures.

> *"There's nowhere near the amount of research in soft chambers as there are in hard chambers," Sonners says. "The overwhelming majority of research is done at that 2-atmosphere range, which is why I'm choosing that as the upper end of the research that I'm doing in the soft chamber research.*
>
> *There is definitely some [research] on sports recovery. There's actually some ongoing studies right now on hyperbaric for stem cell use that we're waiting for. In some cases, 1.3 [atmospheres] has been used as the sham group, opposed to a treatment arm in the research. Maybe the study team really thought that 1.3 wasn't going to have an effect and it's a legitimate sham ...*
>
> *I'm not sure, but there are some great studies. There's a study that was done on cerebral palsy (CP) and 1.3 was used as the sham group ... In this particular study, with 1.3 being the sham group, there was also a ... control group that got no hyperbaric at all.*
>
> *Within the sham group, there was significant improvement on the metrics they were measuring. Then they had a 1.5 [atmospheres at] 100% oxygen, which also had a good improvement and then, a 1.75 [atmospheres at] 100% oxygen, which had even a greater improvement.*
>
> *The issue in the study was that while all three of those groups improved, there was no statistical difference or enough of a statistical difference between the 1.3, the 1.5 and the 1.75. So, the conclusion of the study was therefore that hyperbaric does not work for CP, although all three of those groups had significant improvement.*
>
> *So, because the sham group was not considered a treatment, that was the conclusion of that study. Now, the natural consequence of that should have been redoing the study and creating a different level of what the sham and the treatment arms ought to be, but that was never redone.*
>
> *So, as a result, there's this study with results that say hyperbaric does not work for CP. Meanwhile, clearly, what it means is we need more studies. It's just that studies are expensive. They're very time consuming and you really have to have a large interest in trying to come up with the right answers to put forth the effort and time and money to get that kind of work done."*

## Mechanisms of Action

If you breathe 100% oxygen under pressure, it's intuitively obvious that you're going to deliver more oxygen to your tissues. That's one clear mechanism, but it's not the only or even primary reason for most of the benefits of hyperbaric therapy.

Evidence suggests part of the benefit might be related to the degeneration of a molecule called hypoxia-inducible factor alpha (HIF-1 alpha), which is generated when you lower the pressure. The pressure is high inside the chamber, and is lowered when you exit the chamber and enter the normal atmosphere. That means some of the benefit might actually be occurring when you get out of the chamber. Sonners explains:

> *"We don't have an exact number right now, but roughly half of the treatment is occurring while you're in the chamber, being exposed to the pressure, being exposed to the oxygen and literally accumulating a surplus of oxygen because of the therapy itself.*
>
> *The other half of the therapy is when you get out of the chamber, as that oxygen can no longer stay in solution. It literally starts trying to bubble out of solution. As that happens, it's not inert, it's actually very active. So, as it's coming out of solution, it's interacting with all of our cells.*
>
> *As a result, it's triggering a massive cascade of events, cellular communication that seems to stimulate multiple series of regeneration and anti-inflammatory [events], even within the reactive oxygen species themselves.*
>
> *When we look at the first part, which is the dosage of oxygen a person is getting, and that's measurable, you could say, 'Here's a person, they were in a chamber, they were at this pressure, breathing this percentage of oxygen for this amount of time,' and you could literally calculate the theoretical dose of oxygen that person was exposed to and should have been able to absorb.*
>
> *We've kind of just stayed in that mindset for all these years. [However], there was a great paper out of Israel called 'The Hypoxia-Hyperoxia Paradox,' and what they're saying is we know that there's amazing benefits of hypoxia actually."*

## Benefits of Relative Hypoxia

Some of these benefits include the stimulation of HIF-1 alpha, stem cell responses, collagen responses and the angiogenic responses. For these reasons, Sonners views hyperbaric as an anabolic therapy — a therapy that stimulates vitally important growth and repair, as growth factors such as VEGF (vascular endothelial growth factor), and BDNF (brain derived neurotropic factor) are both stimulated.

Again, these growth factors are not stimulated by the hyper-oxygenation. They're a result from the hypoxic component, the process your body goes through as the oxygen is leaving your body.

> *"The important thing to note is that once you've accumulated all this extra oxygen, your hyper-oxygenation component, as that oxygen is leaving your body, you're never truly hypoxic," Sonners says, "but the cell signaling factors that respond to traditional hypoxia are also seemingly responding to this relative hypoxia.*
>
> *If you look at that paper ['The Hypoxia-Hyperoxia Paradox'] ... it seemed to delineate this. With hypoxia alone, you will still get VEGF, which means you'll still get a lot of angiogenics, the rebuilding of the endothelial lining, the creation of a new micro-circulation bed, all this capillary regrowth will happen from hypoxia.*
>
> *You'll get these stem cell releases, this potential for increase in the regenerative nature of cells. You'll get this increase in the HIF-1 alpha. But if you're chronically hypoxic, you're also going to get a downregulation of sirtuins [longevity proteins] and you're going to get a downregulation of mitochondrial function.*
>
> *Sirtuins could play a great role in things like cell cycle life, getting cells out of cellular senescence — kicking them back into active life — or apoptosis, killing that cell so that we can replace it with a new stem cell, or even the genetic and epigenetic repair mechanisms. A lot of that has to do with sirtuins, so we don't want to downregulate those. We want to upregulate those."*

So, to clarify, with HBOT, you get the benefits of hypoxia with none of the downsides. Rather than inhibiting sirtuins, which are important for health and longevity, you actually get an upregulation of sirtuin activity. It also upregulates mitochondrial function and boosts mitochondrial replication, which the complete opposite to what happens in true hypoxia.

## What About the Free Radical Component?

Without any doubt, HBOT is a type of oxidative stress, but it doesn't have the adverse effects you'd expect. Sonners explains:

> *"There was a great paper done by Dominic D'Agostino and Angela Poff, back in 2017 or 2018, specifically looking at the reactive oxygen species or the free radical component of hyperbaric oxygen. What are the benefits or consequences as we upregulate, as we increase the amount of oxygen into the body?*
>
> *As the cells and the mitochondria start to uptake that oxygen, producing more energy, there is a natural consequence where this byproduct of free radicals are released as a part of normal cellular respiration. Excess free radicals is obviously consequential to cell membranes, lipid peroxidation and protein degradation.*
>
> *It could destroy cell membranes, mitochondrial membranes, nuclear membranes, genetic material ... At the same time, it's a normal response to cellular respiration and our bodies have their own intrinsic mechanisms for dealing with some of this excess free radical, things like the superoxide dismutase, catalase and glutathione pathways.*
>
> *So, there seems to be a distinction that we should make. One is that some of the free radicals our bodies are exposed to come from the outside world in. Radiation, smoking, air pollution, the list goes on and on. So, we need to have a robust, intrinsic ability to tolerate these free radicals with our own antioxidant system.*
>
> *But in excess, we could be getting too much free radicals and we could be depleting our own systems, in which case supplementation should certainly be considered and used. On the flip side, we look at hyperbaric oxygen as this tool that theoretically has all these great effects, but one of those consequences would also be this increase in free radical exposure.*
>
> *There seems to be a very big delineation between a body that's exposed to free radicals from the outside world, versus a body that is exposed to free radicals that it's creating on its own.*
>
> *One of those distinctions is that through the use of hyperbaric oxygen, even without supplementation, and the increase in free radical production from mitochondrial ATB production, the body itself — assuming it has the right raw materials — will actually increase its own superoxide dismutase, catalase and glutathione pathways.*
>
> *This would No. 1, help make you more resilient to hyperbaric oxygen, but No. 2, would also help make you more resilient to all the other free radicals that you're potentially exposed to in your environment.*
>
> *So, I would say two things. One, especially with patients who are a little bit more fragile when it comes to oxidative stress, those people, I would tend to not over oxidize to begin with, so I might start at a gentler hyperbaric protocol with them, and I'm likely to want to start quickly upregulating their own system, getting the right supplementation for improving their intrinsic antioxidant systems ...*
>
> *Then, as their system improves their tolerance for reactive oxygen species, we may not need as much of that, or if we're going to be using high dose hyperbaric oxygen for a period of time, we might use things like certain SOD precursors, or molecular hydrogen.*
>
> *Through conversations with you, it has become one my favorite antioxidants that we use. Between 45 minutes to an hour before [hyperbaric treatment], we'll start loading people with the molecular hydrogen as a mechanism to reduce the consequences. There are benefits, in other words. Reactive oxygen species on its own also helps stimulate hormone balance and helps stimulate cell repair by themselves. So, there has to be this balance.*
>
> *We don't want to quelch all the free radicals because free radicals are a very important signaling molecule for so much cellular activity and at the same time, we want to be aware of the fact that hyperbaric does increase that, and we want to make sure that we're not over-exposing somebody."*

## HBOT Functional Medicine Course Now Available

Sonners also reviews the curriculum he developed for the International Board of Undersea Medicine. The IBUM has been certifying people in hyperbaric medicine for 25 years, and the curriculum Sonners created has been taught as a functional medicine hyperbaric course for clinicians for the past year.

> *"A big push for me, and even for the research I'm doing, is to help create awareness that gets more doctors excited about [HBOT], that want to actually use it in their practice," Sonners says. "So, this has been an attempt to really improve the education so that people aren't just going to hyperbaric courses to learn about wound care.*
>
> *We needed courses to help practitioners like myself or other people interested in the regenerative side to be able to learn how to apply it that way. So, we now have a course that I teach a few times a year to get people on the same page.*
>
> *The majority of this last year, other than getting through school and writing the thesis, has been developing and promoting that course. I think we've certified about 125 to 150 practitioners and technicians specifically on the functional medicine side of hyperbaric use ...*
>
> *At this time, I still see a pretty big mix between soft chamber use and hard chamber use. A lot of those doctors are either Dos, MDs, chiropractors or naturopaths, getting into more of a functional medicine base, just looking for other natural approaches to the things they are treating.*
>
> *Hyperbaric supplies the body with a fundamental ingredient and it's so necessary for cellular performance. It just seems to make sense to start implementing a tool and a modality like that into a setting where you're trying to reduce inflammation, you're trying to improve energy production cellularly."*

## HBOT Has at Least 100 Indications for Use

While the list of potential uses for HBOT is extremely long, in the U.S., the Food and Drug Administration has approved and most insurance will pay for HBOT for the following 14 conditions:[1]

| | |
|---|---|
| Air or gas embolism | Carbon monoxide poisoning |
| Clostridial myositis and myonecrosis (gas gangrene) | Crush injuries, compartment syndrome and other acute traumatic ischemia |
| Decompression sickness | Arterial insufficiencies, such as central retinal artery occlusion |
| Severe anemia | Intracranial abscess |
| Necrotizing soft tissue infections | Osteomyelitis |
| Delayed radiation injury (soft tissue and bone necrosis) | Compromised grafts and flaps |
| Acute thermal burn injury | Idiopathic sudden sensorineural hearing loss |

In terms of conditions that can benefit from HBOT, I would certainly add stroke, TBI, heart attack, anytime there's post ischemic reperfusion injury, and most neurodegenerative conditions. Internationally, there are about 100 recognized indications. While that might make it sound like a magical cure-all, it's important to remember that it doesn't cure anything directly.

> **"The main effect of hyperbaric is really achieved through the cumulative effect and the increasing and decreasing — the wave of hyper-oxygenation back to normal oxygen levels — creating that hyperoxia-hypoxia type paradox. ~ Jason Sonners"**

What it does is provide your body with a foundational nutrient, oxygen, that virtually all cells require. HBOT supplies your body oxygen in a surplus, creating an excess reservoir of oxygen to improve that function. That's why it can help improve such a wide variety of health conditions.

Even autoimmune diseases such as MS, lupus and rheumatoid arthritis, just to name a few, may benefit, Sonners says. A whole other category of potential use would be wellness, longevity and regenerative-type therapies.

> *"We're just applying the tools slightly differently to help match the intensity of the therapy to the severity of the condition. We can utilize the principles of gas exchange in various ways to help so many different types and various types of conditions," Sonners says.*
>
> *"One condition or subclass that we talked about it in the beginning is, from the immune system standpoint, upregulating your ability to fight infection by increasing white blood cell activation through the reactive oxygen species mechanisms. We use it for anaerobic infection, bacterial infections all the time.*
>
> *One of the main reasons that hyperbaric works in those severe conditions is those bacteria are anaerobic. They don't live in high oxygen environments.*
>
> *So, we know that putting a patient in a high oxygen environment massively decreases bacteria's ability to function, potentially helps to kill that infection, helps to block the toxicity of that infection and helps to break down the biofilms around that infection. So, hyperbaric becomes an amazing tool in the capacity of immune system balancing and/or ability to help fight infection."*

## More Information

As a general guidance, Sonners recommends doing hyperbaric for about two hours a week on a regular basis. That's his personal routine. In addition to that, three times a year he does a 30- to 40-hour protocol over the course of six to eight weeks. He explains why:

> *"We know that in general ... three or four sessions is not going to ever cut it. The main effect of hyperbaric is really achieved through the cumulative effect and the increasing and decreasing — the wave of hyper-oxygenation back to normal oxygen levels — creating that hyperoxia-hypoxia type paradox ...*
>
> *When you do a protocol similar to like what I would do for a patient, let's say four to six hours a week for eight weeks, the frequency of those ... the space in between them, really shrinks and you get far more signaling to occur ...*
>
> *If all we cared about was the physical dose, we would stay at 100% oxygen as long as we possibly could, at the highest pressure we could tolerate to get the most oxygen absorption. I don't think that that's where the majority of benefit exists.*
>
> *Every time your pressure changes or your percentage of oxygen changes, you're stimulating HIF-1 alpha, the reactive oxygen species load, sirtuins, you're signaling a hormetic effect. I picture them as switches. You're flipping that switch on, off, on, off, on, off. I think it's the amount of times that you stimulate that switch that will create the benefits we're looking for, more than the physical dose of oxygen over time."*

To learn more about HBOT in general, be sure to pick up Sonners' book, "**Oxygen Under Pressure: Using Hyperbaric Oxygen to Restore Health, Reduce Inflammation, Reverse Aging and Revolutionize Health Care**."

In the interview, we also discuss how you can incorporate HBOT in your fitness routine, along with fasting, to augment and upregulate cellular performance, recovery and regeneration. So, if that's of interest to you, be sure to listen to the interview in its entirety, or read through the transcript.


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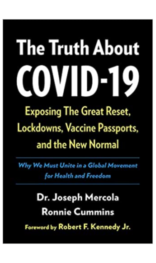


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**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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A report of great interest for multiple pathologies. HBOT can be useful in infections, it has antimicrobial activity and upregulates HIF that induces the expression of nitric oxide synthase and virus-killing peptides (defensins and cathelicidins). HBOT could also be applied in the regulation of inflammatory responses and their derived complications. Among the immunomodulatory effects, HBOT could be used in a wide variety of conditions that present an altered immune system as part of their pathogenesis, such as the management of autoimmune diseases.The use of HBOT has also shown its efficacy in rheumatoid arthritis to other inflammatory conditions. For example, HBOT provides an anti-inflammatory response in colitis.

Through direct effects on HIF, HBOT induces expression of antioxidants and downregulation of proinflammatory cytokines such as IL-6, thereby reducing the inflammation of the colon HBOT could be considered an interesting alternative to attenuate the inflammation and the exercise-induced muscle growth. HBOT has been proposed as an adjunct to clinical practice in critically ill patients, and also for recovery after SARS-CoV-2 infection. Results from clinical trials have already demonstrated the potential uses of this therapy to redirect hypoxemic-prevented O 2 diffusion and its ability to remove inflammatory cytokines.

However, not only hyperbaric O 2 can be useful for seriously ill patients, but also to treat the so-called "silent" hypoxemia in those patients who do not yet have a poor clinical course. Accumulating evidence supports a role for HBOT in inhibiting tumor growth, by three main mechanisms: (1) limiting cancer-associated hypoxia, (2) through ROS generation, and (3) restoring immune function. Current research shows the promising role of HBOT in a wide variety of malignancies, including breast cancer, prostate cancer, head and neck cancer, colorectal cancer, leukemia, brain tumors, neck cancer uterine and bladder cancer.

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**Guillermou**
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Different studies have shown the importance of this procedure as a prophylactic approach to sequester the inflammation inherent to stroke and head trauma, preventing neuronal death. The use of HBOT could potentially be extended to novel fields such as ageing, the effect of hyperbaric oxygen in preventing telomere shortening, and immunosenescence by killing senescent immune cells. In Figure 2, the main consequences of HBOT and its related hyperoxemia and hyperoxia in the human body could be related to potentiation of angiogenesis, antimicrobial properties, and immunomodulatory effects. Possible contraindications and side effects are also mentioned. www.mdpi.com/.../htm (2021)

Fibromyalgia syndrome is a persistent and debilitating disorder that is estimated to affect the quality of life of 2 to 4% of the population, with an incidence ratio of 9:1 between women and men. FMS is the second most common disorder, after osteoarthritis, seen by rheumatologists. a persistent disorder with symptoms that have a devastating effect on people's lives, with difficulties in maintaining normal relationships with family, friends and employers. These limitations can lead to the onset of anxiety and depression in many FMS patients. HBOT appears to be feasible and safe for people with FM. Many physical and/or emotional stressors can trigger or aggravate symptoms. These have included certain infections, such as a viral illness or Lyme disease, as well as emotional or physical trauma

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**Guillermou**
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HBOT can initiate vascular repair mechanism and improve cerebral vascular flow, induce axonal white matter regeneration, stimulate axonal growth, promote blood-brain barrier integrity, and reduce inflammatory reactions and cerebral edema. At the cellular level, HBOT can improve cellular metabolism, reduce apoptosis, alleviate oxidative stress, and increase levels of neurotrophins and nitric oxide through improved mitochondrial function in both neurons and glial cells, and can even promote neurogenesis of endogenous neural stem cells It is also associated with improved global functioning, reduced symptoms of anxiety and depression, and better quality of sleep that was maintained at the 3-month follow-up assessment.

Furthermore, it shows that HBOT can induce neuroplasticity and significantly rectify abnormal brain activity in pain-related areas of FMS patients. HBOT in patients with fibromyalgia significantly improves pain and fatigue management, as well as other aspects of the disease, such as quality of life. journals.plos.org/plosone/article?id=10.1371/journal.pone.0127012&.. (2015) oxfordrecoverycenter.com/wp-content/uploads/2021/11/HBOT-and-Fibromyal.. (2020) academic.oup.com/painmedicine/article-abstract/22/6/1324/6140166?login.. (2021) www.spandidos-publications.com/.../wasj.2021.107 (2021)

Mark as Spam | Posted On 4/24/2022 2:18:12 AM
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**juststeve**
Joined On 1/5/2012 11:13:54 AM
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Having known several people who suffered bladder cancer who were treated by introducing, if the memory is working, tuberculosis in the bladder to kill the cancer. People and family had to be told watch out for TB. I would expect all would have preferred this treatment to have been used instead.

Mark as Spam | Posted On 4/24/2022 4:50:55 AM
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**plastictekkie**
Joined On 12/28/2008 5:01:57 AM
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My late wife, never a smoker, was diagnosed with stage IV lung cancer and given 6 weeks to live. IV Vitamin C (50 GRAMS = 50,000mg!) followed by HBOT an hour later helped turn that 6 weeks into nearly 8 years. 7 consecutive days on Vit C + HBOT reduced the tumors by 50% in volume. The small ones disappeared from the cat scans. Local docs were astounded. But we could not get anybody to use the same treatment locally, or she might still be around today. The cancer stayed dormant for a year and a half, no side effects, and quality of life was great.

When the cancer started growing again, the "Professionals" told us we could not repeat the same therapy since the cancer had now learned how to live with it. In hindsight, I think they lied. Several series of chemos nearly killed her. But then we again "bucked the system", and traveled 2000 miles to repeat the Vit C + HBOT for another week. Results were even better the second time around. When it did eventually start to grow again, chemo treatments made her too sick to travel back for another round, and she perished.

Mark as Spam | Posted On 4/24/2022 3:19:54 PM
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**Pete.Smith**
Joined On 10/11/2013 8:19:55 AM
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This month a mother asked several times for help in the dr. Mercola comments, because her son had some brain damage after drowning. But sadly nobody answered her. Maybe this HBOT can help her son as it seems to improve brains after Traumatic Brain Injury and even Alzheimers. If anyone knows her, please contact her. She should read this article: Oxygen and hyperbaric oxygen therapy reverses brain damage in drowned toddler. www.sciencedaily.com/.../170717110422.htm (2017) Louisiana State University Health Sciences Center. Summary: Medical researchers report the case of the reversal of brain volume loss in a 2-year-old drowning victim unresponsive to all stimuli treated with normobaric oxygen (oxygen at sea level) and hyperbaric oxygen therapy.

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**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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Thanks Pete. Wish said mother a recovery from the traumatic drowning injury of her beloved son. Traumatic injuries can lead to other diseases such as diabetes and Alzheimer's. This study demonstrated the ability of HBOT preconditioning as a treatment for inflammation in stroke and traumatic brain injury, with transfer of mitochondria from astrocytes to reduce cell death. Along with the discussion of the study, this review also focuses on different treatments for stroke compared to HBOT. Studies have shown that HBOT can minimize neurological deterioration caused by stroke by increasing oxygen delivery and thus reducing ischemic injury.

HBO preconditioning has also been found to have direct and indirect effects on mitochondria that can result in activation of adenosine monophosphate 5'-activated protein kinase (AMPK), a major regulator of cellular metabolism. Changes in the activity of post-translational modifiers, SIRT1 and SIRT5, also contribute to general adaptive processes in cellular metabolism and mitochondrial function. Along with HBO, normobaric oxygen (NBO) therapy has been explored. HBOT can be an alternative method to other treatments for traumatic brain injury and stroke, such as invasive procedures such as cell transplants.

Astrocytic mitochondrial transfer to neurons acts as a mechanism of HBOT to provide protection against inflammation. www.ncbi.nlm.nih.gov/.../PMC6785945 (2019) www.ncbi.nlm.nih.gov/.../PMC6126241 (2018) This review recommends the use of HBOT for the treatment of AD. This review explores future directions and recommends further research on a treatment protocol that will maintain the long-term cognitive health of AD patients. content.iospress.com/articles/journal-of-alzheimers-disease/jad210157 (2021)

Mark as Spam | Posted On 4/24/2022 2:40:38 AM
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**skupe59**
Joined On 5/2/2009 7:28:21 AM
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It totally would help. Dr. Al Sears, a FL holistically-minded MD near Jupiter, FL and Dr. David Minkoff, Clearwater, FL use it in their practices for TBI and other brain afflictions. I'm sure there are more locations not attached to a regular hospital that would have there or access to these wonderful machines. Or even better, you can buy one for your home.

Mark as Spam | Posted On 4/24/2022 4:01:42 AM
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**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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19 FACTORS THAT MAY INCREASE NEUROGENESIS NATURALLY selfhacked.com/.../ways-increase-neurogenesis (2019) . Neurogenic substances investigated include: Curcumin, Apigenin. Blueberry Ginseng. Resveratrol. Theanine. Coffee. Ashwaganda. Astaxanthin. Ginkgo biloba . A combination of blueberries, green tea, and carnosine was found to have neuritogenic and regenerative effects on stem cells in an animal model of neurodegenerative disease www.ncbi.nlm.nih.gov/.../PMC3014764 (2010). Turmeric is an example of a remyelinating compound, denoting a substance with proven nerve regenerating effects.

Both in vitro and in vivo data suggest that ar-turmerone induces NSC proliferation. Ar-turmerone therefore constitutes a promising candidate to support regeneration in neurological disease. AROMATIC-TURMERONE INDUCES NEURAL STEM CELL PROLIFERATION IN VITRO AND IN VIVO stemcellres.biomedcentral.com/articles/10.1186/scrt500?__hstc=63458864.. (2014) CURRY POWER: TURMERIC COMPOUND BOOSTS GROWTH OF BRAIN'S STEM CELLS www.newsweek.com/turmeric-compound-boosts-growth-brains-stem-cells-273.. (2016)

TURMERIC LINK TO BRAIN CELL REPAIR timesofmalta.com/articles/view/Turmeric-link-to-brain-cell-repair.5376.. (2014) TURMERIC HELPS YOUR BRAIN HEAL ITSELF: SPICE UP YOUR BRAIN POWER WITH CURRY www.medicaldaily.com/turmeric-helps-your-brain-heal-itself-spice-your-.. (2014) The researchers determined that Ginkgo is effective, in part, due to its ability to modulate neural stem cells (NSCs) into the type of cell that is needed in the specific region of the brain where BDNF proteins are active. pubmed.ncbi.nlm.nih.gov/25822771 (2015)

Mark as Spam | Posted On 4/24/2022 4:17:57 AM
Like Dislike

**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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Acetyl-l-carnitine-arginate is a patented form of carnitine that stimulates neurite growth in the brain.* Studies show that acetyl-l-carnitine-arginate stimulates new neurite growth by an astonishing 19.5% (as much as Nerve's own growth factor). Acetyl-l-carnitine-arginate works together with acetyl-l-carnitine to increase neurite outgrowth. Acetyl-l-carnitine alone stimulates neurite outgrowth after 5 days by 5.6%. Acetyl-l-carnitine-arginate, on the other hand, stimulates neurite outgrowth over the same time period by 19.5%... a more than threefold increase! www.lifeextension.com/.../acetyl (2022) The researchers found that taurine increased brain cell growth by activating "sleeping" stem cells.

Taurine also increased the survival of new neurons, which resulted in an increase in the creation of adult brain cells. Recent studies reveal that taurine has unique biochemical properties that promote the formation of new brain cells. www.lifeextension.com/.../grow-new-brain-cells (2016).. COGNITIVE DECLINE & MILD COGNITIVE IMPAIRMENT www.lifeextension.com/protocols/neurological/age-related-cognitive-dec.. (2022) ALZHEIMER'S DISEASE www.lifeextension.com/protocols/neurological/alzheimers-disease (2021)

Mark as Spam | Posted On 4/24/2022 4:28:56 AM
Like Dislike

**Pete.Smith**
Joined On 10/11/2013 8:19:55 AM
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Thanks Skupe and prof Gui . Yes, BDNF is also helpful for the brain, it plays a significant role in neurogenesis, BDNF is made from Sulforaphane, using the precursor glucoraphanin, found cruciferous vegetables like broccoli, kale, cabbage, cauliflower, Brussels sprouts, and watercress. Cut it half hour before cooking to activate the sulforaphane. The highest levels can be found in Broccoli sprouts. You can blend them with juice as the cutting (chewing) is important. Sulforaphane enhances neuronal BDNF expression and increases levels of neuronal and synaptic molecules pubmed.ncbi.nlm.nih.gov/27735126 (2017) BDNF levels naturally decline as you get older.

It is also in depression. 21 Ways to Increase BDNF for a Supercharged Brain naturalife.org/.../increase-bdnf Neurotrophins are a group of compounds that regulate brain growth, development, and repair. One of the most well-researched of these neurotrophins are BDNF (Brain Derived Neurotrophic Factor) which many scientists call "fertilizer for the brain". BDNF regulates the growth, protection, maintenance, and repair of neurons in our brain. More ways to get BDNF is going into the sun, and Curcumin, see also https://feedabrain.com/bdnf/

Gui, you talk about astrocytes, interesting is some autism spectrum disorder symptoms are linked to astrocytes. A recent study writes: Astrocyte abnormalities may be responsible for repetitive behavior or memory deficits, but not other symptoms like difficulties with social interactions." www.sciencedaily.com/.../220421141557.htm Brain astrocytes are also linked to Alzheimer's disease in this 2017 study, that writes: Astrocytes are important brain cells, as they support neurons in many different ways. Astrocytes are responsible, for example, for the energy production of the brain, ion and pH balance, and they regulate synapse formation, the connections between neurons. www.sciencedaily.com/.../171117103740.htm

Mark as Spam | Posted On 4/24/2022 4:46:31 AM
Like Dislike

**Alldogsgotoheaven**
Joined On 5/15/2016 5:35:08 AM
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A few years ago I had a little dog who was very sick and was diagnosed with liver cancer. The vet could not get her liver values down. With my vet's blessing I tried hyperbaric oxygen treatment. I drove her for 10 days about a 200 mile round trip for treatment and then we had a few days break and then did a few more treatments. Her liver values dropped dramatically. The HBOT treatments and a keto diet designed for her and she lived about 4 or 5 more happy years and died very old. It was not a cure but it sure did give her quality of life back.

Reply | Mark as Spam | Posted On 4/24/2022 6:20:03 AM
Like Dislike

**maltesefalcon**
Joined On 5/16/2012 4:14:24 PM
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My dog was mauled by a pit bull. Massive injuries, especially to her face/head area. She went in for hyperbaric oxygen treatments. Brought her home one evening after a treatment and the inflammation around her eyes was gone. She was in treatments for 4 days and it saved her life. The healing was amazing.

Mark as Spam | Posted On 4/24/2022 1:44:49 PM
Like Dislike

**forbiddenhealing**
Joined On 2/21/2011 9:51:43 AM
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Very nice to see studies and this expansion on HBOT! One may also look at the factors leading upto acidic hypoxia and ultimately cancers. Cellular suffocation starts with electrolyte mineral imbalances (Mg/K/Na/bicarbonate), membranes built on damaged PUFAS/veg oils, excess sugar, metals, toxins, poor breathing habits, emotional stress, sedentary lifestyles, etc.etc. Vitamin C levels play a major role in HIF 1 where cells turn to anaerobic fermentation and angiogenesis to survive. While HBOT is pricey and not widely available; there are options. Skin/scuba/hookah diving provide air under pressure for increased O2 saturation and a form of EWOT (exercise while on oxygen therapy).

Hyperventilation/breath holding practices are at the heart of QuiGong, yoga and Wim Hof Iceman (see youtubes) breathwork providing that extreme pH swing between alkalosis and acidosis..Megadosing Vitamin C and the regular use of baking soda and ACV, metal detox and meditative/recreational stress reduction. Nebulizing H2O2 alternating with NAC improves lung function. Like a pool-shark, one must work all the angles! I wrote this post over 7yrs ago; "It's Always the Oxygen." greenmedinfo.com/.../its-always-oxygenreally ...or... zx4.bc9.myftpupload.com/forum-comments

Reply | Mark as Spam | Posted On 4/24/2022 7:23:51 AM
Like Dislike

**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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Great link Randall. Oxygen is life. Oxygen is important to the human body. Cell survival and operations are dependent on oxygen. When the body becomes hypoxic, it affects organs, tissues, and cells and can cause irreversible damage. The internal environment of the body also became hypoxic due to some diseases (such as cancer, some lung diseases, etc.), even COVID-19). In addition to the disease itself, this hypoxia can also lead to changes in the gut microbiota. The clinical treatment of hypoxia focuses on improving the anoxic condition and increasing the oxygen saturation of the blood.

Under hypoxia, cells produce a transcriptional activator known as hypoxia-inducible factor 1 (HIF-1), HIF expression can help to keep the internal environment of cells and tissues stable under hypoxic conditions, to adapt to the state of hypoxia When the human body suffers, the intestinal barrier is the first affected. Some conditional pathogens have a chance to grow rapidly. These anaerobic bacteria destroy the intestinal microecological barrier, alter the intestinal microbiota and ultimately lead to systemic inflammation. Evidence shows that intestinal microecology plays an important role when the human body becomes hypoxic.

The intestinal microbial ecosystem can affect vascular physiology and even determine the degree of myocardial infarction. Imbalances in the gut microbiota reduce immune defenses in the respiratory tract, making it easier for respiratory viruses to invade the body. And patients with intestinal diseases are considered to be at high risk for SARS-CoV-2 infection. Dysbiosis causes inflammation and intestinal barrier, as well as damage to the blood-brain barrier. Neuromodulators of the dysbiotic gut can affect the central nervous system or the peripheral chemoreceptors of the carotid body causing silent hypoxia.

Mark as Spam | Posted On 4/24/2022 7:46:00 AM
Like Dislike

**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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In most lung diseases, the oxygen saturation in the blood decreases as the lung disease worsens. In severe cases of COVID-19, people have shortness of breath, their lungs are damaged, and the oxygen saturation in the blood falls between 70 and 80% and below 50% in some cases. The lungs are severely damaged, and a lack of oxygen can damage other organs, such as the heart, kidneys, intestines, and brain, and then quickly turn into respiratory failure. Blood oxygen saturation in the body is decreased, the hypoxic phenotype is evident, and patients with new coronary artery disease experience respiratory distress. The gut microbial ecosystems of critically ill COVID-19 patients are disordered and prone to secondary infections.

Studies have shown that respiratory viral infections may be related to changes in the gut microbiota, making patients prone to secondary bacterial infections. Patients often die from secondary bacterial infections rather than from viral infection. In treating COVID-19 patients, intestinal microecological balance must be considered and intestinal bacteria must be adjusted to maintain homeostasis. The gut microbiota is vital in the lungs' defenses against respiratory infections. These strategies could include the use of SCFA-producing probiotics and prebiotics, such as high-fiber diets.

These procedures could strengthen the ability of the gut microbiota to proactively arm the immune system and also protect the microbiota against disturbances associated with viral infections. The alteration of the intestinal microbiota not only participates in intestinal disorders but also favors systemic damage and bacterial superinfections Superinfections. www.frontiersin.org/.../full (2021) www.sciencedirect.com/.../S246886732100081X (2021) link.springer.com/.../s00415-020-10067-3 (2021) www.nature.com/.../s41385-020-00361-8 (2021)

Mark as Spam | Posted On 4/24/2022 7:46:16 AM
Like Dislike

**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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Anemia also causes poor oxygenation of organs and tissues. Compared with controls, individuals with pernicious anemia

(vitamin B12 deficiency) were found to have an increased risk of non-cardiac gastric adenocarcinoma (OR, 2.18) and gastric carcinoid tumors (OR, 11.43). Additionally, people with pernicious anemia are at increased risk of developing tonsil cancer (OR, 2.00), hypopharyngeal cancer (OR, 1.92), squamous cell carcinoma of the esophagus (OR, 2.12), cancer small intestine (OR, 1.63), liver cancer (OR, 1.49), myeloma (OR, 1.55), acute myeloid leukemia (OR, 1.6) and myelodysplastic syndrome (OR, 2.87 ). www.sciencedirect.com/science/article/abs/pii/S1542356515007909 (2015) Iron deficiency anemia patients have been found to have a longer hospital stay, along with a greater number of adverse events. Iron deficiency anemia (IDA) is a universal health problem and a risk factor for the development of cancer.

IDA changes the microenvironment of the human body by affecting both the biological and the immune systems. It increases DNA damage and genomic instability by different mechanisms. IDA is one of the main causes of the imbalance between the different antioxidant enzymes, as well as the enzymes involved in DNA damage and the body's DNA repair systems. May affect microRNA biogenesis / expression. IDA disrupts the oxidative phosphorylation energy metabolism and intestinal cytochrome P450 systems. www.tandfonline.com/.../01635581.2018.1460685 (2017) www.statpearls.com/.../23767 (2020)

Mark as Spam | Posted On 4/24/2022 7:46:32 AM

Like | Dislike

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**forbiddenhealing**
Joined On 2/21/2011 9:51:43 AM
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Thanks Gui as always...How medicine can overlook the essential symbiotic relationship in all animals boggles the mind. Not only wide strain probiotics, prebiotic fibers and starches, and dietary considerations should be primary standards of practice...virtually ignored by conventional healthcare. Since many pathogens are primitive and anaerobic, more O2! makes perfect sense as do courses of oregano oil to knock them off. A diet rich in antioxidant polyphenols and mineral electrolytes is critical to maintain an oxygen friendly charge terrain and viable voltage...particularly in mitochondria. When O2 meet acidic H+ you get water/not ATPs where ROS and lactic acid abound and do damage to all cell structures including DNA and telomeres. I posted a summation of the problem last week; www.lewrockwell.com/.../doctor-doctor-mr-m-d

Mark as Spam | Posted On 4/24/2022 8:18:00 AM

Like | Dislike

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**barbaracohen1813gmail.co**
Joined On 5/20/2021 3:36:00 PM
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I'm a bit confused! The doctors told me medicare won't pay for HBOT until six months after radiation therapy because if there were cancer stem cells left behind it might encourage the cancer to grow back. I think the protocol is they want you to be scanned before HBOT treatment to make sure a person is cancer free. I was radiated for a 6 cm squamous cell tumor in my groin that they said was inoperable. I was left with a 1 cm wound that seems like it's getting smaller. Is an open wound such as this life threatening? Thank you for your amazing posts and your article on Greenmed is superb and so relevant for healing and wellness.

Mark as Spam | Posted On 4/24/2022 8:19:48 AM

Like | Dislike

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**axkershaw**
Joined On 7/8/2013 3:01:14 PM
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Capt: I concur with Gui and Barbara. Your comments are full of solid information & good links that help us avoid the modern medical web. The mention of scuba diving as a substitute for HBOT is valuable. It is inexpensive & easily available. All that is required is a body of water or deep swimming pool & scuba equipment which can be rented. I do not know what depth of water would be the equivalent of the pressure in a hyperbaric chamber, but it is not hard to calculate. There are diving clubs and /or shops everywhere that can provide services. For a novice of any age and ability a certified and experienced instructor can be provided to aid and calm. Anxiety and panic is the greatest danger when in deep water.

We all float. Aqua Tutus, water safety, in Latin is a non profit club. I got my dive instructor card, PADI, in 1980. They teach with volunteers so you get good instruction and have two experienced divers with you at all times. It is located in the East Bay aquatutus.org/content.aspx Related to your emphasis on vitamin C, one of its benefits is that at high oral doses of 3-4 g, 1 tsp, it acts like an antihistamine. If I don't take a teaspoon of vitamin C before diving, I can't equalize the pressure in my ears so can not go below about 12 ft. It also works for hay fever.

When I start sneezing from pollen, a dose of vitamin C powder stops the attack in its tracks. I buffer the sourness with glysine which is mildly sweet and helps counteract the damage of glyphosate. If you can do your diving in the ocean it is even better because, as Capt says we are bags of ocean. All 60 or so of the essential minerals are there. We absorb those minerals through our skin and I assume the pressure helps. I think the skin is a better moderator of dose than the gut, especially our Roundup ravaged guts. I have not heard of anyone getting diarrhea from lying in a supersaturated solution of $MgSO_4$ in an isolation tank. Studies would be nice.

Mark as Spam | Posted On 4/24/2022 1:04:13 PM

Like | Dislike

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**axkershaw**
Joined On 7/8/2013 3:01:14 PM
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As you may or may not know Fidel Castro was a world class deep diver as well as a regular scuba diver. Qutie possibly the high pressure oxygen environment he provided his body may have helped him survive the many poisoning attempts on his life. I wonder if he was aware of the benefits. I know Cuba treated with ocean therapy upwards of 40,000 children from Belarus and Ukraine after the Chernobyl disaster. Nuclear fission produces many radioisotopes of the essential minerals the body uses, such as cobalt, cesium, iodine, strontium and others. When they decay they are inside the cell so that energy creates much more damage than radiation from outside the body. Children are much more susceptible than adults. Ocean therapy has been known since antiquity. The Greeks and Romans had heated sea water pools. It was called Thalassotherapy

Mark as Spam | Posted On 4/24/2022 1:26:59 PM

Like | Dislike

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**forbiddenhealing**
Joined On 2/21/2011 9:51:43 AM
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akskershaw...@ 33 ft deep you are at 2 atmospheres pressure, so at only 16.5 ft you are at 1.5 atm..like a soft HBOT chamber....Though I'd spent 4-6 hrs/day at 6-15 ft exercised on hookah, I felt even better free diving to 20 ft..hyperventilation followed by breath hold just like Iceman, but with strenuous swimming. Pure oxygen can also be dangerous they say, so unless critically ill I would opt for diving or Iceman Wim Hof sets of 30 breaths. I also know of late stage cancer patients, though doing HBOT twice a week, remained terminal...On the other hand Joe Namath reversed his brain trauma at a Jupiter Fl clinic after 140 "dives" and now does medicare help commercials every ten minutes!

Mark as Spam | Posted On 4/24/2022 2:44:32 PM

Like | Dislike

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**333mary**
Joined On 6/15/2015 2:26:47 AM
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Thank you Captain. Have forwarded your article "Doctor, Mr. Doctor" widely Comprehensive, easy for anyone to "get".

Mark as Spam | Posted On 4/25/2022 12:08:35 AM

Like | Dislike

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**TheodoraBruin**
Joined On 8/9/2021 8:47:40 AM
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I said this should have been used about two years ago, in the very beginning of covid, and no one took me seriously because I wasn't in the medical profession. I even mentioned it to a couple of doctors, who pretty much brushed me off and then said it would be too expensive. You can even buy your own for not that much money or insurance could cover it. A hospital certainly could have gotten one easily.

Reply | Mark as Spam | Posted On 4/24/2022 3:57:08 AM

Like | Dislike

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**skupe59**
Joined On 5/2/2009 7:28:21 AM
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Don't forget that doctors and hospitals in every country were already paid off to keep covid a secret from the world. Even if they could agree, they wouldn't. The two doctors I mentioned in my comment above have their own holistic centers, make their own rules and would never follow the gov't line.

Mark as Spam | Posted On 4/24/2022 4:07:06 AM

Like | Dislike

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**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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Yes, HBOT has been proposed as an adjunct to clinical practice in critically ill patients, and also for recovery after SARS-CoV-2 infection. Results from clinical trials have already demonstrated the potential uses of this therapy to redirect hypoxemic-prevented O 2 diffusion and its ability to remove inflammatory cytokines. Not only hyperbaric O 2 can be useful for seriously ill patients, but also to treat the so-called "silent" hypoxemia in those patients who do not yet have a poor clinical course. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 4/24/2022 4:55:17 AM

Like | Dislike

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**meehan2661**
Joined On 1/12/2011 10:08:58 AM
Add as Friend | Send Message

I have to agree skupe. I have had the pleasure of witnessing what Hbot does to the body. My wife is currently being treated in Clearwater. The miracles of oxygen. Patients show up in walker or wheelchair and in a few weeks start to heal. He is a Godsend. The main stream would never allow this amazing treatment to be covered by insurance.(other than few already) No drugs just oxygen. I think hbot has been under the radar far too long. A quick local search just revealed a hbot 7 day clinic opened in VENICE AREA. WE as a consumer have to take control. This amazing clinic in Clearwater has opened my eyes to other treatments we are missing.

Mark as Spam | Posted On 4/24/2022 8:19:18 AM

Like | Dislike

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**lin3741**
Joined On 7/31/2014 12:32:08 PM
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Yes skupe, especially since they were being PAID to KILL PEOLE, nevermind do ANYTHING to God forbid, try an actually HELP or SAVE someone. Nope, not if they cd make a dime off killing them. SICK! And those who had a hand in that WILL PAY.

Mark as Spam | Posted On 4/24/2022 12:55:06 PM

Like | Dislike

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**MaryRN**
Joined On 11/23/2009 11:22:14 AM
Add as Friend | Send Message

Very interesting article, most people are aware that the percentage of Oxygen in the atmosphere has decreased over time, so this could be getting us back to where we started and the amount of Oxygen our ancestors breathed. MMC88121

Reply | Mark as Spam | Posted On 4/24/2022 8:25:19 AM

Like | Dislike

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**janetr**
Joined On 5/2/2009 6:43:18 AM
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I worked here in Australia for a Natural Therapy Clinic for several years and we had a Hyperbaric Oxygen Chamber. I saw it help a lot of people. I totally believe in them. Thank you Dr. Mercola for this great article.

Reply | Mark as Spam | Posted On 4/23/2022 11:22:19 PM

Like | Dislike

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**MMaster**
Joined On 8/14/2021 1:37:23 AM
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I had POA for a man who had a stroke. I tried to get HBOT for him, but it was impossible. Because he had to pay for it himself, and didn't have any money, HBOT was delayed for a year and a half. Even then, there was some improvement. He had use of his arm and hand but not fingers to begin with, but he began to regain the use of his fingers. It is CRIMINAL what they do to stroke patients, which actually DEPRIVES them of oxygen. I have personally had 26 treatments, and found them very helpful. I was cautioned not to take anti-oxidants while I was undergoing treatment, and that I needed to make sure I didn't become dehydrated.

Another person I know has MS, and has been able to lead a normal life due to HBOT. The people I worked with give free treatments to military personnel. It is very good for healing trauma injuries and even PTSD. One technician had been hit in the head by the door of his HumVee. The severe brain damage was all healed, and he was restored to normal. Every VA hospital should have a chamber and it should be in continuous use. Please do what you can to promote the placement and use of hyperbaric oxygen chambers in all VA hospitals!

Reply | Mark as Spam | Posted On 4/24/2022 2:27:14 PM

Like | Dislike

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**mourningwarbler**
Joined On 7/24/2009 3:16:05 PM
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Yes. The insurance will cover all sorts of junk that allows doctors to chum off the patient, each predator treating him like a piece of carrion along the way. After that you might have attorneys helping. The plan isn't about helping the patient. Guardianships are supposed to protect assets of incapacitated, but they also end up chumming the assets along with attorneys and local county courts. What a wonderful thing that he has a real advocate looking out for him. Some spas have hyperbaric oxygen chambers. We need a hoyer, though, and the neurologist has that. Plus our daughter must be able to swallow upon command in order to equalize pressure so her ears are not harmed; might need tubes such as little kids get to ease ear infections.

Mark as Spam | Posted On 4/24/2022 3:01:18 PM

Like | Dislike

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**lin3741**
Joined On 7/31/2014 12:32:08 PM
Add as Friend | Send Message

I always agreed w this. I believe if gyms/spas offered it people wd definitely take to it and it wd catch on even more. Even if it was extra expense. The problem is availability to the general public.

Reply | Mark as Spam | Posted On 4/24/2022 10:26:33 AM

Like | Dislike

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**Suzicreamcheese**
Joined On 8/5/2012 10:44:32 AM
Add as Friend | Send Message

If this kind of research were better funded instead of the vast amounts of cash that flow towards chemical answers for health problems, the general populations health would be much improved. Life on this planet is used to utilising, vitamins, minerals, oxygen, nitrogen, chlorophyll, proteins, fats, etc. to be healthy. It is not used to the Aluminium used in vaccines, nor the chemicals released by car exhausts of which we breath so much. Life is not well adapted to the Mercury, also used in vaccines and which now exists in over abundance in fish. It is not used to the chemicals in the pesticides sprayed on food crops. Our poor bodies have been attacked by the effluence of the modern mono- culture farming and city life we have created.

More and more verifiable knowledge is revealing how much better is exercise and a well balanced organic diet at keeping us in the healthiest, happiest condition, yet the profiteering powers that be still erroneously promote GMO's, highly processed, pesticide infused foods and encourage convenience and speed over taking the time and trouble to prepare ones own meals and walking to the shops to get what one needs...rather they promote one getting delivered hot, highly over processed chemically infused fast foods...Sooo convenient...allows the powers that be to keep all the people with their noses to the 9to5 grindstone making sure there is no time to really relax or to do any intelligent thinking. Time for change.

Reply | Mark as Spam | Posted On 4/24/2022 6:26:19 AM

Like | Dislike

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**lin3741**
Joined On 7/31/2014 12:32:08 PM
Add as Friend | Send Message

Exactly 💯. And don't forget big pharma loves it that way. More profitable to keep everyone literally SICK and TIRED and keep the kids stupid and CONFUSED instead of being able to THINK STRAIGHT they have them all stressed out, confused, and worried about all the wrong things. This way they can profit off the mental health problems that we are about to (and already) have a TIDAL WAVE of. Big pharm a bunch of nasty grubbers who care about no one

Mark as Spam | Posted On 4/24/2022 1:00:28 PM

Like | Dislike

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**badboy2**
Joined On 11/15/2010 5:08:52 AM
Add as Friend | Send Message

Receiving hyperbaric oxygen therapy (HBOT) treatment beginning at a young age can reduce your risk for brain cancer. HBOT can also improve cognitive function in survivors of brain tumors.

Reply | Mark as Spam | Posted On 4/25/2022 12:38:39 AM

Like | Dislike

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**333mary**
Joined On 6/15/2015 2:26:47 AM
Add as Friend | Send Message

I thank each of you for your incredible comments .My computer is so slow, doing a like takes forever. Please consider your posts liked and appreciated immensely Grateful today and every day.

Reply | Mark as Spam | Posted On 4/24/2022 11:51:18 PM

Like | Dislike

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**TimeZone**
Joined On 9/30/2009 9:22:24 PM
Add as Friend | Send Message

Surprised it wasn't mentioned, but BFRT (blood-flow restricted training aka Kaatsu) that Dr. Mercola is also big on has many parallels with the hypoxia effect it creates with benefits such as VEGF (vascular endothelial growth factor), and BDNF (brain-derived neurotropic factor) are both stimulated. I have heard if it healing bones faster for instance. I'm not saying this is an exact replacement, but many of the same benefits to some extent might be possible by wearing these bands. It is certainly much cheaper and more available than HBOT and would be worth a try if you can't do HBOT or in addition to it.

Reply | Mark as Spam | Posted On 4/24/2022 3:57:25 PM

Like | Dislike

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**mourningwarbler**
Joined On 7/24/2009 3:16:05 PM
Add as Friend | Send Message

Hoping our daughter who suffered a severe TBI doesn't have to have tubes put in her ears; the neurologist office says it's an outpatient procedure with an ENT, so maybe not so dramatic as when little kids have this procedure. The medical & legal systems are so corrupt, it's like a couple more nightmares on a nightmare. She had an adjustment at an EPIC clinic in Clearwater, FL; they practice a sort of atlas orthogonal chiropractice; turns out the local neurologist who we were already hoping to take her to for his hyperbaric oxygen therapy, sends some of his patients to this EPIC clinic. We're praying for a miracle.

Reply | Mark as Spam | Posted On 4/24/2022 2:57:10 PM

Like | Dislike

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**badboy2**
Joined On 11/15/2010 5:08:52 AM
Add as Friend | Send Message

Hospitals would be making a better investment in purchasing an oxygen therapy chamber, than mammogram equipment. An oxygen therapy chamber, can run around $39K, but a small tropical fish pump, air hose, and air stone can cost a small pittance in comparison. Place the air stone in a glass of water and drink the aeriated water shortly after. Does it put air into the water, it keeps the fish from suffocating. Is it as good as oxygen therapy chamber; not by a long shot. Since the waters off the coast of Norway is loaded with plankton which makes the air higher in oxygen, (can actually cause some people to have headaches at first), might be a nice trip this time of year, and you can get a lot more oxygen. Deep breathing especially in the middle of a bamboo forest can get you more oxygen. I was surprised to read a long time ago that a bamboo forest will actually put out more oxygen than an evergreen forest.

Reply | Mark as Spam | Posted On 4/24/2022 2:17:12 PM

Like | Dislike

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**yad40897**
Joined On 4/25/2020 7:00:26 AM
Add as Friend | Send Message

We used HBOT on my husband after his stroke, it was expensive because insurance don't cover it, sadly to say, we didn't notice any improvements.

Reply | Mark as Spam | Posted On 4/24/2022 12:35:57 PM

Like | Dislike

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**MMaster**
Joined On 8/14/2021 1:37:23 AM
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How quickly after the stroke did you start the treatment? It matters. Also, it needs to be accompanied by effective rehabilitation treatment, such as exercises. One of the things we did was electrical stimulation with a fancy TENS unit, with electrodes placed at either end of a muscle, for 20 minutes a day. This was very effective. It would seem that most rehab hospitals don't provide state of the art treatment. The treatment they did give enabled him to walk again, after experiencing hemiplegia, and in the end, he was able to walk 1/4 mile a day without even a cane.

It should be noted that in the ICU, he was NOT given protein for several days. Extra protein is an absolute MUST after stroke. In addition, they gave him multiple medications (behind our backs and against our will) that severely depleted his ability to breathe. They did a trach, and the irritation caused mucus and he got pneumonia. There are so many factors involved. But the most important thing is that HBOT needs to start IMMEDIATELY (as soon as the the patient can clear his ears).

Mark as Spam | Posted On 4/24/2022 2:35:52 PM

Like | Dislike

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**yad40897**
Joined On 4/25/2020 7:00:26 AM
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My husband stroke happened 11 years ago, one day after his 41 bday, the only thing he complaining about before the stroke was headaches, I wasn't with him when he had the stroke. His stroke was on a Monday, he went to work as usual, he called me after work and told me he will be late because he needed to get a part for his car, 3 hours later the hospital is calling me to tell me he had a stroke. He never drink or smoke, no high blood pressure or high cholesterol, after so much testing they couldn't say why he had the stroke, the "think" that maybe he had an artery blockage when he was younger for playing sports.

His stroke affected his right side, his speech is gone, he can't use his right arm and has a limp when walking. He developed pneumonia while in the hospital. After being discharged is when we took him to HBOT, he was taking lots of medication maybe that was a factor, but he had HBOT for 8 weeks, we paid around $6,000, he was also doing therapy OT, PT, and speech. We were so hopeful he will gain movement or at least his speech but hasn't happened yet. :(

Mark as Spam | Posted On 4/24/2022 4:31:21 PM

Like | Dislike

**sunflowerjanis**
Joined On 5/17/2014 4:50:34 PM
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I had HBOT treatments to help with my hip injury. Although it was very helpful for pain relief and did help with my overall health; it did not fix my hip joint damage problem. After seeing this article, who knows; i may go and get some more of these treatments to help speed along healing of my THR. One does need to be careful with your ears and use an ointment that you can find from the store in the medical aisles.

Reply | Mark as Spam | Posted On 4/24/2022 10:41:29 AM

Like | Dislike

**MiMito5**
Joined On 4/24/2022 6:40:23 AM
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I have been touting the use of HBOT for years. I am not a professional but I research extensively. I have a neurological condition/ movement disorder and would appreciate studies.

Reply | Mark as Spam | Posted On 4/24/2022 6:42:50 AM

Like | Dislike

**katzpaw**
Joined On 10/21/2009 2:17:16 AM
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I noticed that Dr. Sonners said it created stem cells or accelerated their growth, so this could really be the fountain of youth, the answer for many diseases. I believe that the earth was once more densely infused with oxygen before the flood and that is why everyone lived so long and didn't die of diseases, due to the oxygen content of the air. Also, animals grew larger as well as a result of this and perhaps that is why there were giants ,which became giants after their birth. anyway, i am so glad there is more attention being given to this therapy as it will prove to be the answer to many, even cancer, since these pathogens cannot live in oxygen rich environments, thus the bad cells will die and the good ones flourish perhaps.

Reply | Mark as Spam | Posted On 4/24/2022 4:42:48 AM

Like | Dislike

**Guillermou**
Joined On 4/7/2015 8:47:48 AM
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Accumulating evidence supports the role of HBOT in inhibiting tumor growth through three main mechanisms: (1) limiting cancer-associated hypoxia, (2) through ROS generation, and (3) restoring immune function. Current research shows the promising role of HBOT in a wide variety of malignancies, including breast cancer, prostate cancer, head and neck cancer, colorectal cancer, leukemia, brain tumors, neck cancer uterine and bladder cancer. The use of HBOT could potentially be extended to novel fields such as ageing, the effect of hyperbaric oxygen in preventing telomere shortening, and immunosenescence by killing senescent immune cells. In Figure 2, the main consequences of HBOT and its related hyperoxemia and hyperoxia in the human body could be related to potentiation of angiogenesis, antimicrobial properties, and immunomodulatory effects. Possible contraindications and side effects are also mentioned. www.mdpi.com/.../htm (2021)

Mark as Spam | Posted On 4/24/2022 4:53:33 AM

Like | Dislike

**MoMac46**
Joined On 3/8/2021 3:24:35 PM
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Would TMJ be helped by HBOT ?

Reply | Mark as Spam | Posted On 4/24/2022 5:39:59 PM

Like | Dislike

**Forrester2**
Joined On 9/25/2017 8:19:14 AM
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This all makes complete sense, but can this therapy be used for someone with claustrophobia? I am very uncomfortable on elevators and take the stairs whenever possible. Recently, I had to be sedated to have an MRI done. There is no way I could go in a hyperbaric chamber for even a short period of time while I was conscious. When I had the MRI done, I was sedated, intubated & monitored remotely. Can they do the same thing in a hyperbaric chamber?

Reply | Mark as Spam | Posted On 4/24/2022 11:37:18 AM

Like | Dislike

**tbran10**
Joined On 10/3/2013 11:44:03 AM
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Why don't we start out with something simple called boosting vitamin D blood values. Having a vitamin D blood value of over 50 ng's Does wonders for the patient's Ability to heal.

Reply | Mark as Spam | Posted On 4/24/2022 10:45:21 AM

Like | Dislike

**tswearin2**
Joined On 3/1/2012 12:06:46 AM
Add as Friend | Send Message

Dr. Mercola or others... Does anyone know of a good HBOT chamber that is reasonably priced and can be purchased home use?

Reply | Mark as Spam | Posted On 4/24/2022 10:03:26 AM

Like | Dislike

**jasonsonners**
Joined On 11/20/2017 10:38:33 AM
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You can email support@hbotusa.com they can point you in the right direction.

Mark as Spam | Posted On 4/24/2022 11:34:52 AM

Like | Dislike

**AuntTammie**
Joined On 9/4/2020 7:38:43 PM
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I don't know about a specific one, but if you are looking into this, be sure to read up abotu the potential issues with soft HBOT compared to the more expensive, but better & safer for a lot of reasons, hard HBOT......soft HBOT was never intended for home use or long term treatment - it was made as a temp transport for divers & mountain climbers who experienced problems (just to get them to the hospital for treatment with hard HBOT). Soft does not produce enough pressure or oxygen to stop the growth of bacteria, fungus, etc, & may even help those to grow.

Mark as Spam | Posted On 4/24/2022 11:40:45 AM

Like | Dislike

**ValGal777**
Joined On 4/24/2022 6:48:07 PM
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I bought a "Summit to Sea" chamber because recommended as a good yet inexpensive one, I love it. (4k when I bought maybe 2018?) Personally, I wouldn't want any higher pressure- But maybe higher pressure feels different in the hard chambers. Oxygen concentrator is purchased separately... You need rx for them (there may be online doctors who would prescribe?)

Mark as Spam | Posted On 4/24/2022 6:52:03 PM

Like | Dislike

**donna.lee**
Joined On 9/21/2015 8:19:00 AM
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I live in the Houston Texas area. This past year, my brother had a very serious foot wound that would not heal over a long period of time. The doctor told him he'd like to use this HB chamber but insurance would not pay for it because he was not diabetic. He said the cost was @ $3000 per treatment and he would need, as the article explains, multiple treatments. I can certainly see the value in this. It sounds wonderful and it is great information but I don't see how a person with no extremely serious injury or problem could use it for its benefits. Maybe his book explains more about that.

Reply | Mark as Spam | Posted On 4/24/2022 8:18:14 AM

Like | Dislike

**meehan2661**
Joined On 1/12/2011 10:08:58 AM
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Usually 200-300 per session. That is probably a round of treatment.

Mark as Spam | Posted On 4/24/2022 8:48:59 AM

Like | Dislike

**sunflowerjanis**
Joined On 5/17/2014 4:50:34 PM
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That IS extremely high. The treatment center near me charged maybe in the hundreds; i don't remember exactly. i did a number of treatments, so i know it was affordable. It sure was not $3,000. They are trying to pay for their equipment in just a few customers' treatments it seems. Oh my. This is where i went: oxygenairtherapy.com/hyperbaric-oxygen-therapy

Mark as Spam | Posted On 4/24/2022 10:50:42 AM

Like | Dislike

**katzpaw**
Joined On 10/21/2009 2:17:16 AM
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Dr. Mercola: Where can one go to get this HBO Therapy? I would like to enroll, i have a stubborn case that i cannot seem to cure and would like some help. This Dr. Sonners seems to be on the right track for helping a lot of people. It could be a cure for a lot of things, including cancer. I am so happy someone finally picked up on this that can do something about it. I have long wondered about this kind of treatment for lots of maladies and yet, no one was addressing these issues. I am so glad you sent this out. Thank you so much for sharing this information. Please let us all know where we can sign up if we have issues that are persistent and need that kind of help. Thanks again. Donna

Reply | Mark as Spam | Posted On 4/24/2022 4:35:55 AM

Like | Dislike

**forbiddenhealing**
Joined On 2/21/2011 9:51:43 AM
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Go to ACAM physician finder..see services available from clinics in your area.

Mark as Spam | Posted On 4/24/2022 6:36:20 AM

Like | Dislike

**sunflowerjanis**
Joined On 5/17/2014 4:50:34 PM
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In central Ohio, this is an option; oxygenairtherapy.com/hyperbaric-oxygen-therapy

Mark as Spam | Posted On 4/24/2022 10:51:27 AM

Like | Dislike

**Cabochon**
Joined On 10/7/2018 12:45:48 PM
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For those readers who would like to know what HBOT is and what happens when you receive the treatment, here is a brief description. Hyperbaric oxygen just means increased oxygen. It is a way of delivering more oxygen to the body than the usual amount than is present in the air you breathe, which varies according to the weather and altitude. The increased oxygen helps the body recover from illness.. You sit for an hour or more in a pressurised cabin a bit like an aircraft. When the correct pressure in the cabin is reached, the door is closed; you then wear a mask allowing you to breathe in pure oxygen for a time. You can read or sleep or just rest during the treatment. After about an hour the chamber is gradually decompressed again and the treatment is over. More information here: www.hyperbaricoxygentherapy.org.uk/what-is-hbot

Reply | Mark as Spam | Posted On 4/24/2022 2:26:21 PM

Like | Dislike

**MMaster**
Joined On 8/14/2021 1:37:23 AM
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The door is closed BEFORE the increase in pressure begins. You sat in a larger chamber. Some chambers are single person, and the patient lies down. HBOT was originally used for people suffering from the bends after diving. It is likened to diving in a chamber.

Mark as Spam | Posted On 4/24/2022 2:30:05 PM

Like | Dislike

**otis101**
Joined On 7/10/2010 6:30:32 PM
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Cabochon, thanks for the brief description of HBOT.

Mark as Spam | Posted On 4/24/2022 3:14:20 PM

Like | Dislike

**peg281944**
Joined On 6/19/2006 6:57:32 AM
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We've lost so much oxygen source due to destruction of forests and ocean, while you medical types are looking to machines and such, also consider why we need to protect forests, especially old growth, and return our ocean and waters to the state they were in before industrialization. OK guys? Are we not a part of nature.

Reply | Mark as Spam | Posted On 4/24/2022 6:30:12 AM

Like | Dislike

**blomman39**
Joined On 7/7/2020 2:13:26 PM
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HBOT may have some positive effects. However, it is well known how oxygen arrives into our cells. We inhale air which in our lungs will hand over oxygen ($O_2$) to the red blood cells which will carry them all around in our circulatory system for delivery to all energy producing cells where the oxygen plays an extremely important role for the mitochondrial production of energy (ATP). In case the oxygen will not arrive (or just some of it) into the energy producing cells there must be a reason for this. An absolute requirement for the blood vessels (in this case the arteries) to be able to let the red blood cells thru is that the arteries have not lost their elasticity and resilience (become stiff).

This happens when the muscular layer of the arteries (tunica media) which consists of soft muscular tissue does not get enough supply of nitric oxide (NO) from the endothelial cells (1998 Nobel prize winners Furchgott, Ignarro and Murad). Normally the endothelial cells constantly deliver NO to the tunica media. However, when the hairy surface on the endothelial cells for some reason is no longer high and dense but low and sparse, the endothelial cells can no longer make enough NO for the tunica media which looses its elasticity and resilience.

A red blood cell is 6-8 µm and the arteries which are the very thin arteries (terminal arterioles) before arriving to the capillaries. Those terminal arterioles, which have a tunica media that can get stiff, have an ID of 2-10 µm. So, there may well be some problems for a red blood cell to enter thru a stiff (having lost its elasticity) terminal arteriole and consequently not being able to arrive to the cell for delivery of $O_2$. It would be fantastic if oxygen could arrive into cells another way than the one described above.

Reply | Mark as Spam | Posted On 4/24/2022 5:12:58 AM

Like | Dislike

**cisono_22**
Joined On 4/17/2022 4:14:03 PM
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Hard to follow. Still not sure what this therapy consists in.

Reply | Mark as Spam | Posted On 4/24/2022 4:49:45 PM

Like | Dislike

**lisedm**
Joined On 6/25/2021 12:13:03 PM
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Hi! Where does one find a doctor/clinic that engages in this kind of treatment? I haven't found one in Maine, and of course, there may be one that I haven't found yet. I have some books on this sort of treatment, and I will purchase his book. Hydrogen Peroxide can be taken by mouth but it "must be" FOOD GRADE ONLY and "diluted" with at least 8 oz of water. Read Mary Rock's book, who is from Florida, and how she cured her breast cancer. Do your own due diligence as we are all different, and what works for one may not work for another. I think the "best" kind of treatment is one that a person can do himself or herself under some guidance from someone who is knowledgeable. Thank you! Lise from Maine (former licensed clinician)

Reply | Mark as Spam | Posted On 4/24/2022 11:18:53 AM

Like | Dislike

**fvtomasch**
Joined On 3/11/2017 7:33:24 AM
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Gui-This is somewhat off topic but nonetheless important. I was wondering why all the TV spots by health departments saying to get the vaccines but never list any side effects as the other vaccines like Prevnar are required to do. It seems that if the vaccine manufacturer does not advertise their vaccine by name according to FDA regulations they do not have to list side effects. Now it makes sense. chicagocrusader.com/.../beware-of-the-fact-checkers

Reply | Mark as Spam | Posted On 4/24/2022 7:59:45 AM

Like | Dislike

**lin3741**
Joined On 7/31/2014 12:32:08 PM
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It's because the shot is still in EUA status. That is Emergency Use Authorization status. As long as it stays that way, they don't have to report a thing about side effects. A win-win for big pharm as usual. This is why the CDC won't "approve" it, so big pharm, who the CDC pretty much WORKS FOR, can avoid the whole issue of reporting adverse reactions, Yet still PUSH it on everyone. They even go so far as to say it's completely "safe and effective". The spots you see on tv are not officially paid advertising by the pharma companies, but are "public health messages" that are paid for by individual states. Is pharma paying off the states to push it on their behalf? More than likely, but that's not the same thing as selling an APPROVED drug using paid advertising.

Until that shot is approved to be included as part of the vaccine schedule for children to attend public school (and who knows how long that cd take as there wd prob be massive push back and campaigns against it) then big pharm is just fine w the way things are. And that is because they care NOTHING about human health as they claim, but only about keeping people sick so they can keep pushing and selling their DRUGS for the almighty dollar. Dirty Cartels. That's all they are.

Mark as Spam | Posted On 4/24/2022 10:48:08 AM

Like | Dislike

**sunflowerjanis**
Joined On 5/17/2014 4:50:34 PM
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This is Covid19 jab is part of the cabal's de-population plan plain and simple.

Mark as Spam | Posted On 4/24/2022 10:52:35 AM

Like | Dislike

**har1272**
Joined On 3/6/2019 11:00:25 PM
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Isn't it odd when advertised drugs' side effects are longer than the so called benefits of the drug, that Covidians completely ignore or miss the elimination or mention of vax side effects? This lapse in the ability to think is "Invasion of the Body Snatchers", circa 1956, redux. Also, maybe the ads are not required to list the side effects because it is still considered an "Emergency Use Authorized" drug and continuing that designation, allows them an out. What I am tired of is the continued use of taxpayer money advertising these death jabs.

Mark as Spam | Posted On 4/24/2022 10:57:49 AM

Like | Dislike

**TC28**
Joined On 6/19/2006 7:01:47 PM
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Has anyone ever tried this? It sounds good in theory, but it was awful in actuality. I tried the hard chamber. First, if you have any degree of claustrophobia, forget it. It is like a coffin, and you have to decompress for about 20 minutes before getting out, so you can't get out right away. Second, they increase it gradually, and you have to normalize the pressure in your ears by gently holding your nose and exhaling. I hated it. It gets very uncomfortable with the pressure in your ears.I would not hesitate to try it in a neurologically damaged individual, but for expedited healing or general health, it wouldn't be worth it for me. Between working, actively caring for land, plants and animals, exercising, sauna, breathing exercise...this takes up way too much time and money to work for me.

I do Wim Hof breathing every morning and have been doing so for 3 years. I find it very helpful for increasing lung capacity and improving general health. I've been able to stave off several impending illnesses with it but not COVID, which I had TWICE (thanks to my highschooler who brought it home but shrugged it off in 24 hours—the rest of us all got it much worse), , and which we healed in a few days with ivermectin, nebulized peroxide/iodine, iodine rinse and nasal wash, quercetin, zinc, curcumin, NAC, vitamin C, mega D, and black seed oil. I can't tell you how much I hated the hyperbaric.

Reply | Mark as Spam | Posted On 4/24/2022 6:38:59 AM

Like Dislike

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**jasonsonners**

Joined On 11/20/2017 10:38:33 AM

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Very sorry you didn't have a good experience....

Mark as Spam | Posted On 4/24/2022 11:30:25 AM

Like Dislike

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**california1**

Joined On 9/2/2010 3:08:34 PM

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WHAT DOES HBOT HAVE TO DO WITH: TOP STORY Skyrocketing Food Price Mystery Exposed

Reply | Mark as Spam | Posted On 4/24/2022 10:10:12 AM

Like Dislike

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**ray65871**

Joined On 6/20/2014 1:12:50 PM

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Dr. M. It was painful the watch the interview you had with CHD. You couldn't answer the question the had for you. This is the answer to that question just in case your followers didn't caliber you over the head with it yet. www.bitchute.com/.../mHmeGUgoQ7LO

Reply | Mark as Spam | Posted On 4/24/2022 8:13:04 AM

Like Dislike

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**Pete.Smith**

Joined On 10/11/2013 8:19:55 AM

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Thanks ray65871. Excellent information in the link above by Ray, MUST SEE, takes only 2 minutes.

Mark as Spam | Posted On 4/24/2022 5:05:57 PM

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