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Hyperbaric Oxygen: Healing the Gut and the Brain

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Have you heard about **Hyperbaric Oxygen Therapy (HBOT)**? It is a powerful, safe, non-invasive alternative to antifungal medication. HBOT is being used for allergies, autism, auto-immune disorders, brain injury, candidiasis, drowning, hypoglycemia, heavy metal poisoning, infections, multiple sclerosis, stroke and more.

What is Hyperbaric Oxygen Therapy? It is a treatment mode, during which a patient is entirely enclosed in a chamber and given oxygen to breathe at a pressure greater than one atmosphere. Both the enclosed chamber and the pressure are necessary for HBOT.

How does HBOT work? A patient just sits in the chamber and relaxes, naps, or even watches a movie or video. HBO diffuses oxygen throughout the body, even into damaged tissues. Pressurized oxygen has tremendous healing capabilities. Oxygen expands and enlarges restricted capillaries and blood vessels in the body, even to the speech and language centers of the brain. Some non-verbal patients begin speaking and have improved articulation.

HBOT heals the brain by activating idling neurons, thus enabling cognitive function. Outcomes include improved attention, concentration, and the ability to follow directions, along with a reduction in hyperactivity. HBOT also improves muscle tone because oxygen increases muscle mass.

The International Hyperbarics Association, Inc. (IHA) is a coalition of doctors, parents and patients dedicated to the integrity and dissemination of modern hyperbaric medicine. Members of IHA include medical centers treating the hyperbaric needs of their patients, individual hyperbaric chamber users, and corporate chamber manufacturers.

The IHA distributes and publishes data, articles and papers regarding the latest hyperbaric news and strides. Their monthly newsletter, "The Pressure Point" keeps readers abreast of the latest research in hyperbaric medicine. The Association also grants funding to those in need of hyperbaric therapy.

At the recent Defeat Autism Now! Conference in Long Beach, CA, Shannon Kenitz, Executive Director of the IHA, met with physicians, researchers and Dr. Bernie Rimland of the Autism Research Institute. Together, they are planning to do a multi-center study to evaluate the effects of HBOT on well over 100 patients with autism. Those in the study will come from participating centers. In the next couple of months researchers

will be setting up criteria for subjects, and seeking approval from the institutional review board. The study is scheduled to begin sometime early next year.

Already, many DAN! doctors, including some DDR Professional Advisory Board members, are recommending HBOT for their patients. Why? Because HBOT delivers oxygen deep into the tissues of the body where it attacks and kills yeast overgrowth, fungus, mold, and toxic pathogens—all with an intense and short-lived die off, and without a negative effect on the liver. You will see notable improvements more quickly than by using anti-fungals alone.

Treatments last one to two hours. The more treatments, the greater the improvement. Some see significant benefits with as few as five; forty to sixty treatments are more common. HBO chambers vary among manufacturers; some are very large, others portable. An individual assessment, including a patient's age, severity of the gut problems, and consideration of other therapies being done simultaneously, determines the proper number of treatments and which type of chamber is appropriate. Insurance sometimes covers HBOT with a pre- and post- treatment SPECT scan.

To find out more about hyperbaric oxygen and whether it can help someone you love, visit <www.ihausa.org> or call 877-IHA-USA1.

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