Welcome to Alpharetta Wellness Clinic Mild Hyperbaric Oxygen Therapy!

Below you will find many answers to your questions about Mild Hyperbaric Oxygen Therapy. If you do not find the answers please feel free to contact Diana Brown at 404-641-1366 or at mildHBT@yahoo.com.

We are committed to providing quality and affordable therapy to our clients!

WHAT IS MILD HYPERBARIC OXYGEN THERAPY (mHBOT)?

Mild Hyperbaric Oxygen Therapy (mHBOT) is a form of therapy that safely increases the body’s oxygen uptake by raising the barometric pressure. Mild hyperbaric chambers are simple enclosures which can be pressurized to allow the person inside to experience atmospheric pressures greater than normal environmental pressures of 1.3-1.5 ATA (similar to swimming in 11 to 15 feet of water). The pressure, combined with ambient air purified to 89-93% oxygen and delivered through a simple oxygen mask, forces the oxygen to dissolve into the body’s fluids and travel to areas of the body otherwise difficult to reach. The dissolved oxygen saturates the plasma, the lymph, the synovial (joint) fluid and the cerebrospinal fluid surrounding the brain and spinal cord.

mHBOT is a completely safe, drug-free, holistic therapy that can be used regularly without any danger of oxygen toxicity in the body.

WHY DOES mHBOT WORK?

Hyperbaria is based on Henry’s law of physics, which states that gas may be dissolved into a liquid form by increasing the pressure of the gas. If the body’s intake of oxygen is insufficient for whatever reason, then the body will be thrown out of balance. mHBOT offers this necessary rebalancing.

HOW DOES mHBOT WORK?

Blood is made up of three main components: white blood cells that fight infection, red blood cells that carry oxygen, and plasma, the fluid that carries both kinds of cells throughout the body. Under normal circumstances, red blood cells carry the majority of oxygen while the plasma carries about 3% oxygen. Since mHBOT forces oxygen into the body fluids under mild pressure, oxygen dissolves into the body’s fluids greatly increasing the oxygen levels of the fluids. These fluids then carry extra oxygen throughout the body to enhance the body’s natural healing process.

DID YOU KNOW: Anaerobic bacteria, toxins, viruses, parasites, and fungi all have one thing in common? None can survive in an oxygen rich environment.

WHY DO WE NEED OXYGEN?

Oxygen is a vital part of our lives and it is used for all of the body’s essential functions giving every one of us life and energy. Physiologists sometimes remind us of the 3, 3 & 3 rule: the body survives without food for three weeks, without water for three days, but without oxygen for only three minutes. Our body needs energy and 90% of our body’s energy comes from oxygen, only 10% from food and water. Oxygen feeds the body, supports the immune system, destroys toxic substances, and promotes new cell growth.

OXYGEN IS ESSENTIAL! Out in the middle of the ocean the atmosphere is 21% oxygen. Only a few hundred years ago, oxygen was almost 35%. But the sad fact is that our air isn’t what it used to be. It’s more. There’s more pollution, more toxins, more particulate matter but less of what we need most. Today most cities have 15-18% oxygen. mHBOT is a form of oxygen therapy intended to make more oxygen available to the body.
WHAT HAPPENS DURING THERAPY TREATMENT?
The treatment takes place inside a specially designed inflatable chamber that uses filtered ambient air with an additional oxygen concentrator to deliver 89-93% oxygen to the body safely. The therapist will take a full medical history and discuss your lifestyle and health goals before any treatment is commenced.

Because you will be fully clothed during the treatment, it is recommended that you wear comfortable clothing. The chamber looks smaller deflated and will be larger when it is fully pressurized. The chamber inflates within a couple minutes and upon full inflation there will be enough room to sit upright or to lie down comfortably. After inflation, the chamber will pressurize and will feel similar to ascending or descending in a plane. Once at full pressure, you just breathe normally through the oxygen mask provided.

You may take a cell phone, laptop, portable DVD player, book or magazine into the chamber with you however most typically enjoy the time meditating, listening to music, or simply sleeping. One hour in the chamber is equivalent to 8 hours of sleep. You will feel well rested and energized after the treatment.

HOW LONG DO TREATMENTS LAST AND HOW MANY DO I NEED?
Each treatment lasts for 60 minutes and after the treatment you may carry on with your day as normal. The number of treatments a patient needs differs depending on the individual’s diagnosis. Upon your first visit and medical history review an appropriate treatment protocol will be recommended. For example, a simple cold may require 3-5 treatments, whereas a brain injury or stroke may require anywhere from 10-40 treatments. The number of treatments is also dependent on the patient's response to the therapy and the amount of initial degree of condition/trauma/injury. Occasional/maintenance therapy treatments may be recommended after initial protocol to ensure that oxygen levels remain at optimum.

BENEFITS OF TREATMENT
There are many benefits to this form of therapy including:

- improved strength, energy and endurance
- relief of tension and stress
- improved concentration and memory
- blood detoxification
- promotion of healing and anti-aging
- strengthened heart and lungs
- natural remedy for headaches and migraines
- improved metabolism and aid in digestion
- reduced fatigue and improved sleeping patterns
- relief of muscle stiffness and soreness
- improved skin condition

MILD HYPERBARIC OXYGEN THERAPY...
- Has been found beneficial in combination with other therapies such as physical therapy to assist in and speed up the recovery process by up to 75% faster.
- Assists in wound, burn, & reconstructive surgery healing by up to 80% quicker.
- Is often used as an adjunct therapy in sports medicine to enhance recovery from injury, to naturally enhance performance, endurance and reconditioning at a much faster rate. It greatly improves training output, energy, concentration, ATP, and organ function. It decreases dehydration, lactic acid, and repair time.
### WHO MAY BENEFIT FROM TREATMENT?

Below is a list of conditions where Mild Hyperbaric Oxygen has been beneficial.

<table>
<thead>
<tr>
<th>Condition</th>
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<tbody>
<tr>
<td>ADD/ADHD</td>
<td>Arthritis</td>
<td>Autism</td>
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<tr>
<td>Asthma</td>
<td>Allergies</td>
<td>Acute Mountain Sickness</td>
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<tr>
<td>Acne</td>
<td>Brain Injury</td>
<td>Bell’s Palsy</td>
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<td>Chronic Fatigue</td>
<td>Cerebral Palsy</td>
<td>Crohn’s Disease</td>
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<td>Fibromyalgia</td>
<td>Frequent Air Travel</td>
<td>Hypoxia</td>
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<tr>
<td>Alzheimer's</td>
<td>Parkinson’s Disease</td>
<td>Anti-Aging</td>
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<tr>
<td>Multiple Chemical Sensitivities</td>
<td>Joint Pain</td>
<td>Loss of Limb</td>
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<tr>
<td>Lupus</td>
<td>Immune Deficiency</td>
<td>Multiple Sclerosis</td>
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<tr>
<td>Sports Injury</td>
<td>Stroke</td>
<td>Surgery: Pre/Post</td>
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<tr>
<td>Wound Healing</td>
<td>Diabetes</td>
<td>Circulation Problems</td>
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<tr>
<td>Headaches/Migraines</td>
<td>Acid Stomach</td>
<td>Candidiasis</td>
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<tr>
<td>Body Detoxification</td>
<td>Skin Disorders</td>
<td>Sleeping Disorders</td>
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<tr>
<td>Broken Bones</td>
<td>Increase Fat Burning</td>
<td>Relieves Stress &amp; Anxiety</td>
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<tr>
<td>Cosmetic Surgery</td>
<td>Lyme Disease</td>
<td>Increased Sex Drive</td>
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<tr>
<td>Reduce Appearance of Cellulite</td>
<td>Increase Endurance/Stamina</td>
<td>Sinus Problems</td>
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<tr>
<td>Concussions</td>
<td>Following Radiation Therapy</td>
<td>Cancer</td>
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<tr>
<td>Burns</td>
<td>Depression</td>
<td>Reduce Blood Pressure</td>
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<tr>
<td>Post Traumatic Stress</td>
<td>Epilepsy</td>
<td>Addictions</td>
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### IS mHBOT COVERED BY INSURANCE?

Some insurance companies may cover hyperbaric oxygen treatment for those conditions approved by the Hyperbaric Medical Society and the FDA. It's always best to call your insurance company about reimbursement. Below is a list of approved conditions.

1. Air or Gas Embolism
2. Bone Grafts
3. Carbon Monoxide Poisoning and Smoke Inhalation
4. Carbon Monoxide Poisoning Complicated by Cyanide Poisoning
5. Clostridial Myonecrosis (Gas Gangrene)
6. Crush Injury, Compartment Syndrome, and other Acute Traumatic Ischemias
7. Decompression Sickness (the "Bends")
8. Enhancement of Healing in Selected Problem Wounds
9. Exceptional Blood Loss (Anemia)
10. Necrotizing Soft Tissue Infections
11. Osteomyelitis (Refractory)
12. Radiation Tissue Damage (Osteoradionecrosis)
13. Skin Grafts and Flaps (Compromised)
14. Thermal Burns
WHAT IS THE COST OF THERAPY?

Beginning May 1, 2010 we are offering the following reduced pricing:

<table>
<thead>
<tr>
<th>Number of Therapy Sessions</th>
<th>Price Per Session</th>
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<tr>
<td>1</td>
<td>$70.00</td>
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<tr>
<td>2 to 6</td>
<td>$60.00 each</td>
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<tr>
<td>7 to 12</td>
<td>$50.00 each</td>
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<tr>
<td>13 to 20</td>
<td>$45.00 each</td>
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To schedule an appointment or to ask questions, call Diana Brown at 404-641-1366.
* Full price is due on purchase of multiple session packages.
* Each session is one hour in duration.
* No referral needed.

* Other local centers are offering therapy $20 to $25 higher than at the Alpharetta Wellness Clinic.
* We are committed to providing you the highest quality and most affordable healthcare!

This is what our **Mild Hyperbaric Oxygen Therapy** chamber looks like.
It boasts a roomy 32” inflated diameter that may comfortably seat two.
It is 93” long with an inflated circumference of 109”.
It rests on a raised platform for easy access.