



Hyperbaric Oxygen Therapy

Hyperbaric Oxygen Therapy is a highly specialized treatment that increases atmospheric pressure to allow the body to integrate more oxygen into blood cells, blood plasma and other bodily fluids.

The mild hyperbaric chamber is filled with compressed ambient air from 2 to 4.5 pounds per square inch. (1.3 ATA max) This is equivalent of 11 feet below sea level.

The increased pressure allows the blood plasma and other liquids of the body to absorb additional oxygen, thus greatly increasing oxygen intake by the cells, tissues, glands, organs, brain, and fluids of the body.

In addition to the greater absorption, the oxygen is also allowed to reach areas in the body that are difficult to reach without the increased pressure. The resulting intake of oxygen allows for increased circulation to areas with swelling or inflammation. At the same time, the increased pressure decreases swelling and inflammation.

Oxygen is then utilized by the body for vital cell functions; healthier cells equal healthier tissues and organs. When a severely compromised tissue in the body begins to receive oxygen and blood circulation to the tissue resumes, the healing process occurs.

The human body is capable of healing itself when it has what it needs. There is NOTHING the human body needs more than OXYGEN.

How long does a session last?

Each session is 1 hour.

Are there any side effects?

Hyperbaric Oxygen Therapy is non-invasive, non-pharmaceutical and there is no dangerous side effect reported. However, there are a few things to keep in mind when preparing for your first session in a chamber.

You may experience pressure in your ears, just like when flying in an airplane. The easier way to relieve any discomfort this may cause is to equalize your ears using one or more of the following methods:

Close your mouth and firmly clamp your nose shut with your fingers and thumb. Blow, as if you were blowing your nose, but keep your nose and mouth closed. When you have done this procedure correctly, you will feel the air come out through your ears, and this should relieve the pressure.

Yawn. Stretching your mouth as wide as possible, when stretching your tongue out. This will cause the sinus passages surrounding your ears to drain and relieve the pressure.

If you are the parent of a small child who is having trouble with their ears during pressurization, try massaging the area just below the ears and right behind the jaw. A baby still on the bottle or pacifier should be given either of these.

Are Hyperbaric Chambers Safe?

Hyperbaric chambers are completely safe. The chamber operates with filtered ambient air (surrounding room air), therefore there is no danger of oxygen toxicity in the body that can occur with other hyperbaric chambers, which utilize an oxygen tank. Mild hyperbaric therapy (mHBOT or mHBT) can safely be used in conjunction with nearly all other treatments.

How does a treatment feel?

The patient can lay or sit comfortably inside a chamber and either read, listen to music, sleep, or just relax during a session. You will feel a pressure change in the ears as the pressure is raised inside the chamber, and again when the pressure decreases. This feeling has been experienced by most as the ear "pops" in an airplane when the cabin is pressurized. Most people using the portable hyperbaric chamber report a pleasant, comfortable experience.

Are there any reasons a person should not go into the chamber?

- You should NOT go into the chamber if you are inebriated or used recreational drugs.
- If you have ear canal problems, an ear infection, or if you are experiencing flu or cold symptoms, PLEASE let us know and we'll accommodate to your needs.
- NOT PERMITTED if you have a Pneumothorax (collapsed lung) or you suspect you have a Pneumothorax.
- Therapy may enhance the effectiveness or increase the metabolism (decrease the effectiveness) of any medication you are taking.
- During the first trimester of pregnancy
- Existing compressive brain lesions (subdural hematoma, intercranial hematoma)

Acoustic Light Therapy

The Acoustic Light Wave is a High RF generator system, which consists of the following:

- High RF 20 MHz sweep/function generator
- An RF oscillator amplifier that broadcasts multiple frequencies and side bands. (A Plasma Tube Antenna that emits continuous frequency through the air, similar to a radio tower.)

Acoustic Light Waves help with:

Migraines
Symptoms of Common Cold
Headaches
Bladder/Urogenital Discomfort
Sinus Issues
And more

What can I do during my Hyperbaric session?

Listen to music
Talk on your cell phone
Play handheld games
Watch movies on portable DVD player
Work on laptop computer
Read books or magazines
Take a nap

How many sessions do I need?

Your provider will make a recommendation for you based on your needs after an initial evaluation.

What do I wear?

It is advisable that you wear comfortable, loose clothing. (Pantyhose and other tight garments may contribute to feelings of claustrophobia.). Bring something to read, as the sessions last about 60 minutes. You may want to bring a favorite portable music, movie, game, etc.

Can I eat or drink before my appointment?

Do not drink large amounts of fluids before entering the chamber.

If you are Diabetic or have problems with your blood sugar, eat a snack prior to your session.

No perfume or cologne

Do not wear perfume or cologne when you are coming for your session. We do have individuals who are sensitive to chemicals that might enter the chamber after you.

What can I expect to happen during my session?

Inside the chamber, both visual and verbal communication is possible with the outside. Most people report a comfortable, relaxing experience and emerge from the chamber feeling refreshed.

Some people following their first few session, experience slight fatigue as the body sweep itself clear of toxic debris that has built up in the body.

This is safe and necessary.

The Healing Sanctuary

187 East 13th Street Idaho Falls, ID 83404

For Questions, Contact Shereen (208) 497-0500 EXT. 4015

In Hyperbaric oxygen therapy chamber, the air pressure is increased to three times higher than normal air pressure. Under normal circumstances, oxygen is transported throughout the body by red blood cells. With HBOT, oxygen dissolves into all of the body's fluids, the plasma, the central nervous system fluids, the lymph, and the bone. Thus oxygen can be carried to areas of diminished or blocked circulation, helping the body support its own healing process where oxygen could not get before because red blood cells are 60 microns in size. This process greatly enhances the body's ability of white blood cells to kill bacteria, reduce swelling, and allow new blood vessels to grow more rapidly in affected areas. HBOT is simple and painless. Hyperbaric oxygen therapy is used to treat many medical conditions and have been clinically proven to help many of the following conditions:

ADD/ADHD,PDP, Autism	Chronic stroke	Lyme disease
Acute Cerebral Palsy	Chronic skin ulcers	Migraine headaches
ALS	Cirrhosis	Multiple Sclerosis
Alzheimer's & Memory Loss	Cortical blindness	Neurological Insufficiencies
Anemia	Decompression sickness	Osteomyelitis
Anti-aging & Wellness	Down syndrome	Parkinson's disease
Arthritis	Deafness, sudden	Post Polio syndrome
Asthma/Allergies	Depression	Post surgery
Bells Palsy	Diabetes	Pregnancy/Caesarean
Brain abscess	Difficulty breathing	Radiation injury
Brain injuries (old and new)	Emphysema	Severe injuries
Bubbles of air in your blood vessels (arterial gas embolism)	Fibromyalgia	Skin graft or skin flap at risk of
Bone Grafts	Gangrene	Spinal cord injury tissue death
Burns	Gastric ulcer	Soft tissue healing
Cancer	Heart disease	Sports injuries
Candidiasis	Heatstroke	Stroke & Head injuries
Carbon monoxide poisoning	Hepatitis	Vision Loss
Cerebral Palsy	Infection of skin or bone that	Wound healing
Chemo Brain	Immune deficiency	
Chronic fatigue syndrome	Intestinal obstruction	
	Knee replacement	
	Lupus	



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HOW DOES A TREATMENT FEEL?

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HOW LONG DOES A SESSION LAST?

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ARE THERE ANY SIDE EFFECTS?

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Close your mouth and firmly clamp your nose shut with your fingers and thumb. Blow, as if you were blowing your nose, but keep nose and mouth closed. You will feel the air come out through your ears when you have done this procedure correctly, and this should relieve the pressure.

Yawn. Stretching your mouth as wide as possible, even stretching your tongue out. This will cause the sinus passages surrounding your ears to drain and relieve the pressure.

Sit upright. Turn your head completely to the right, then completely to the left. Repeat earlier steps until the ears are cleared

If you are the parent of a small child who is having trouble with their ears during pressurization, try massaging the area just below the ears and right behind the jaw. A baby still on the bottle or pacifier should be given either of these.

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ARE THERE ANY REASONS A PERSON SHOULD NOT GO INTO THE CHAMBER?

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NOT PERMITTED if you have a Pneumothorax (collapsed Lung) or you suspect you have a Pneumothorax Therapy may enhance the effectiveness or increase the metabolism (decrease the effectiveness) of any medication you are taking.

During The First Trimester of pregnancy.

Existing compressive brain lesions (subdural hematoma, intercranial hematoma).

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BENEFITS OF ACOUSTIC LIGHT WAVE

Migraines

Symptoms of Common Cold

Headaches

Bladder/Urogenital Discomfort

Sinus Issues

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