

# Health Optimising Treatment Hyperbaric Oxygen Therapy

Oxygen is vital to every cell in our bodies. Literally at the heart of our energy and vitality, recovery and rejuvenation, healing and performance. Oxygen Therapy increases blood oxygen, giving extra fuel to fight disease, accelerate healing and improve vitality by supporting the innate ability to heal.

## **WHAT HYPERBARIC OXYGEN THERAPY IS AND HOW IT WORKS**

Oxygen is vital to every cell in our bodies; however, as we age and as our environment becomes more polluted, our bodies are becoming deficient. We cannot supplement oxygen through supplementation or diet.

Oxygen Therapy uses controlled and safe single person occupancy chambers that are pressurized with ambient air (21% oxygen). This is scientifically proven to increase absorption of greater amounts of blood oxygen which combusts with food in the body to produce ATP - ENERGY.

## **GENERAL HEALTH AND VITALITY**

Oxygen Therapy could be the key to shake off the rigors of day-to-day life, keep fully energised and on top of your game without the need for stimulants. It has been shown to have a positive impact on increasing cellular energy and tissue function, enhancing immune function, helping fight infection and enhancing cellular protection.

## **ACCELERATED HEALING AND SPORTS PERFORMANCE**

When the body is damaged oxygen is a vital part of the recovery process. From cuts and bruises, breaks and tears to bacterial infection, oxygen leads the body's natural defences. Hyperbaric Oxygen Therapy can significantly speed up the healing process through regenerating new blood vessels and new tissue and greatly reducing swelling and inflammation. It also provides strong pain-relieving effects. This is especially beneficial if your body's defences are continuously being weakened by long term chronic conditions such as Diabetes or MS.

Enriching the bloodstream with extra oxygen, leads to more efficient performance. Professional sports trainers and coaches around the world are harnessing the powers of Oxygen Therapy. Athletes from fields such as football, basketball, mixed martial arts, and golf are now turning to hyperbaric therapy to keep them performing at their peak. In the USA over 5000 NFL and top soccer players have used it and the world-famous footballer, Cristiano Ronaldo, used Hyperbaric Oxygen to accelerate the repair and healing process after injuring his knee in the Euro 2016 Final

## **BEAUTY**

The pressurized circulation of oxygen through the body ensures that every cell receives increased Oxygen, including skin cells in the skin. Benefits are reported to include collagen production which supports elasticity of the skin.