

TIPS, TOOLS & STATS



mountain · hyperbarics

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mountainhyperbarics.com

WHAT IS HYPERBARIC OXYGEN THERAPY (HBOT)?

“Hyperbaric Oxygen Therapy (HBOT) is the breathing of 100% oxygen or enriched oxygen while under increased atmospheric pressure. This greatly increases the partial pressure of oxygen and saturates the blood plasma and tissues, in addition to maximizing the oxygen in the blood hemoglobin. Promoting healing and growth, particularly in areas where blood flow is minimal, compromised or where cellular function is sub-optimal.

It has long been known that healing many areas of the body cannot take place without appropriate oxygen levels in the tissue. Most illnesses and injuries occur, and often linger, at the cellular or tissue level as a result of reduced oxygen flow. In many cases adequate oxygen cannot reach the damaged area and the body's natural healing ability is unable to function properly. HBOT provides this extra oxygen naturally.” **Paul G. Harch, MD**

HISTORY OF HBOT

The first use of HBOT was in 1662 by British physician Nathaniel Henshaw who reportedly used compressed air in a chamber called a dumaticum. Two centuries later in 1861 the first hyperbaric chamber was built in the United States by Neurologist James Leonard Comig after witnessing the success in treating decompression illness among Hudson Tunnel workers. Now in 2019, HBOT

is used with non-healing infections, blood perfusion insufficiencies, orthopedic injuries and surgeries, neurological conditions such as traumatic brain injuries and strokes, mental health conditions, Alzheimer's and dementia, autoimmune diseases, altitude sickness, enhancement of athletic recovery and performance, and everyday health, etcetera.

HOW DOES HBOT HEAL?

Inflammation can act as a barrier for oxygen to heal. Hyperbaric oxygen chambers pressurize oxygen to move into the liquid part of the blood (plasma), cerebral spinal fluid and lymphatic system, allowing oxygen to flow freely throughout the body and brain to restore health. Under pressure, inflammation is no longer a barrier towards healing and the body can restore its innate healing abilities. Now able to travel throughout the body and brain in areas where it was unable to reach. Hyperbaric oxygen therapy helps to widen arteries and creates new routes for blood to flow while eliminating harmful toxins, infections and bacteria from our tissues.

IN SHORT

HBOT reduces inflammation, pain, neuropathy, heals wounds, regenerates tissue, and optimizes brain function.

GET
LEADS

LEADS GROUP II Forming in November

If you are interested in joining a group that is focused on business referrals, professional growth and promoting your products and services - check out the Chamber's Leads Group.

Meeting the 1st Friday of the month:

11:45am – 1:00pm • Chamber offices • brown bag lunch

For more information contact rita@durangobusiness.org or call 970.828.1032