

# ENERGIZE THE BODY, IMPROVE YOUR LIFE

*How Increasing Oxygen Promotes Well-Being ...  
and Expands Your Practice*



By Dr. Zayd Ratansi, ND

## THE IMPORTANCE OF OXYGEN KEEP BREATHING - IT'S A VITAL PART OF YOUR LIFE

The human body is reliant on one molecule more than any other, that molecule is Oxygen. Actually, it is a dependency more than anything else. Absence of this nutrient will only result in the ultimate death of the body, so we must keep breathing.

Your body needs a continual and constant dose of this nutrient. The continual breaths of life that you take every minute clearly illustrate the importance of oxygen, along with our clinical dependence we have towards this nutrient. Again, we are continually reminded of our dependence of this tiny little molecule every time we breathe!

So if we are continually in a desperate need for more oxygen, then what would happen if we gave the body even more oxygen? Quite simply put, our bodies would just as quickly devour and utilize these tiny molecules and then, just as quickly, ask for more! In return, we would take in another deep breath and fulfill this need. The cycle continues.

## A CALL FOR MORE OXYGEN HYPERBARIC OXYGEN PROVIDES MORE OXYGEN

Hyperbaric oxygen therapy (HBOT) is a medical treatment used in hospitals to deliver extraordinarily high levels of oxygen into the body, mainly for the purposes of life-threatening or debilitating conditions.

HBOT works by following a very simple and natural law of physics: more pressure allows more gas to easily dissolve in fluids. In this case, a hyperbaric chamber provides greater pressure (onto the body), while the gases in the air, namely oxygen, begin supersaturating our bloodstream. A quick and dramatic rise in oxygen levels inside the body soon follows. This is the main reason that hyperbaric chambers are deployed in hospitals for life threatening and debilitating conditions which require immediate attention.

This technology has been around since 1662, and only recently gained medical notoriety in the last few decades for its physiological benefits and life-saving abilities that it can give to the human body. In fact, to this very day, HBOT is still used as the treatment of choice in hospitals for any condition that requires a quick, dramatic rise in oxygen levels. No other treatment has been able to eliminate HBOT's medical necessity.

# A REVOLUTIONARY TECHNOLOGICAL APPROACH FOR OXYGEN SUPPLEMENTATION

## MILD HYPERBARIC OXYGEN THERAPY PROVIDES 'LIQUID GOLD' FOR THE BODY

Low Pressure HBOT (also known as m-HBOT) must be distinguished and separated from traditional hyperbaric therapy that is utilized conventionally in hospitals. Fundamentally both follow the same principles and gas/pressure laws by providing the body with excess oxygen levels.

The key difference is in the amount of pressure applied, and therefore, the amount of oxygen that can be delivered. Unlike their hospital counterparts, lower pressure chambers are typically not used to treat medical conditions. Instead, they are used primarily to support and energize the body with extra oxygen.

This is why it is being referred to as an 'oxygen supplement'. It's becoming a revolutionary approach in health and wellness and is now gaining considerable growth for the following 3 reasons:

- 1** The extra oxygen is delivered into the **liquid portion** of our blood. Normally, oxygen is transferred from the air that we breathe into our red blood cells and then transported to its final destination for cellular metabolic activity. The extra oxygen delivered into the liquid plasma is now readily available to enter all liquid portions of our body, including the fluids that surround the brain and spinal cord, immediately furnacing these cells with increased energy levels. Basically, liquids can get into all areas of the body, including areas of inflammation, poor blood flow, and damaged/injured tissue. With m-HBOT, oxygen levels can be quickly restored, giving the body some extra metabolic and energetic support to these areas.
- 2** More **oxygen** means **more energy levels**, but this is not a 'one-time' dose! Typically clients will lie comfortably in a mild hyperbaric chamber for 30 minutes or longer. Just think, if the average person takes a breath every 5 seconds, then that is 12 extra doses of oxygen delivered and utilized by the body in one minute. Imagine taking your Vitamin C supplement 360 times per day. Well in this case, it would equal 360 times in a 30 minute session. What will the body do with all this extra oxygen (liquid oxygen for that matter)?
- 3** An **impeccable safety record**. Lower pressures are considered to be below 1.5 ATA and typically m-HBOT is delivered at 1.3 ATA. These pressures have been demonstrated to be extremely safe and over the past 20 years have given an impeccable safety record, allowing more health care practitioners to utilize m-HBOT within their practices.

The net result is a continuous dose of extra oxygen into the body every time you take a breath. We then readily absorb the oxygen into the blood and other fluids inside our body. This is a law that is an absolute and cannot be denied.

Oxygen  
is Essential  
for Life

# THE POTENTIAL BENEFITS OF M-HBOT

## MORE OXYGEN MEANS MORE ENERGY FOR THE BODY

The high levels of oxygen that your body can receive through m-HBOT can reciprocally give your body a wealth of extra high energy levels that may not be apparently obvious to you. Instead of using this extra energy for going for a long run or a marathon, your body may use this extra oxygen to:

- ✓ *Keep you strong, active, and energized throughout the day*
- ✓ *Give your body that competitive advantage*
- ✓ *Maintain your mental sharpness*
- ✓ *Help combat aging and its degenerative aspects*
- ✓ *Produce more stem cells and replace old tissue while regenerating new tissue*
- ✓ *Metabolize and oxidize fats, while lowering blood sugars*
- ✓ *Fight off infections and invading organisms*
- ✓ *Protect the body through a strong anti-inflammatory and anti-oxidant effect*
- ✓ *Help your body to reduce insomnia and other sleep-related disorders*
- ✓ *Help to fix & repair damaged or injured tissue while helping to reduce pain*
- ✓ *Regain your youthful zest for life*

## M-HBOT IS GAINING WORLDWIDE RECOGNITION

### THE POPULARITY FOR M-HBOT IS GROWING EXPONENTIALLY

New research studies are continually being performed on m-HBOT and many of these are showing overwhelmingly positive benefits. This has caused a growing demand and acceptance for the utilization of this therapeutic intervention within the health and wellness industry. A growing number of professional athletes are using this for performance and injury recovery, more recently in concussion recovery. Media and news outlets are reporting the dramatic improvements in patients that are using this for off-label medical conditions. With the current unprecedented rise being seen in chronic disease and age-related conditions, you can see why many people are now shifting their focus towards m-HBOT.



*Maintain  
Mental  
Sharpness*

# TYPICAL PROGRAMS AND INTENSIVE M-HBOT PACKAGES

## INTENSIFY YOUR MILD HYPERBARIC EXPERIENCE AND GAIN EXTRA BENEFITS

Typically, m-HBOT is provided in packages of 5, 10, 20, and 40 sessions.

Below is a list of what you may be able to expect

### 5 Sessions

Generally used by those wishing to help give their body a quick boost in health and vitality, precondition their organs before or after surgery, provide a complement for physical therapy, orthopedic/chiropractic manipulation, massage, or any other body therapies

- ✓ **Energize** your body, giving you a general feeling of strength and well being
- ✓ **Quickly reduce on-going inflammation** throughout the body
- ✓ **Strong protection** of the body and all its organs including the brain, liver, and heart

### 10 Sessions

Typically used for those who have recent injuries like sprains or strains, and also has shown dramatic relief in painful joints or tissue

- ✓ **Strong pain-relief** and reduction in swelling
- ✓ **Help repair acute and recent injuries**
- ✓ **Continue to improve energy and feel better**

### 20 Sessions

Preferred for those who require major tissue repair that involves enhancing the body's regenerative capacities

- ✓ **Help to mobilize new stem cells**
- ✓ **Stimulate new collagen** and new tissue
- ✓ **Help create new blood flow and circulation**

### 40 Sessions

Often reserved for those who have very serious or chronic (long-lasting) injuries or conditions or those who are more proactive in their health and want to reduce the chances of having major health challenges or crisis

- ✓ **Help the body recover from major health challenges**
- ✓ **Help fight infections and diseases**
- ✓ **Help combat aging and degenerative diseases**

## IT'S TIME TO PUT YOUR BODY INTO OVERDRIVE WITH EXTRA OXYGEN

Whether you are interested in optimizing your health and vitality, or looking into a serious program or intensive package of mild hyperbaric oxygen, the first step is to try a session for yourself. Find out how your body responds to an energetic experience inside a mild hyperbaric chamber.

