



ZEN
CELL REJUVENATION



HBOT

(HYPERBARIC OXYGEN TREATMENT CHAMBERS)

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What are the Benefits of Hyperbaric Oxygen Therapy?

Hyperbaric oxygen therapy is a therapy trusted by both health professionals and alternative specialists. This type of therapy uses oxygen and air pressure at 1.3 ATA to treat many different sicknesses and injuries, from open wounds and burns to certain types of poisonings and circulation issues.

What are the benefits of hyperbaric oxygen therapy?

- * Increased circulation throughout the body
- * Aids in the formation of new connective tissue and skin cells
- * Strengthens the body's immune system
- * Can increase overall longevity
- * If you have been injured with an open wound or have been sick and you don't seem to be getting any better, you should consider hyperbaric oxygen therapy.

While others may be skeptical to try a therapy that doesn't require any prescribed medication.

What is Hyperbaric Oxygen Therapy?

Before understanding the benefits of hyperbaric oxygen therapy, it's important to know how exactly this therapy works.

When you go through Hyperbaric oxygen therapy, you will sit in a sealed-off chamber for 60 – 120 minutes. In this chamber, it will feel as if you are diving down deep in a swimming pool or going up in an airplane. The chamber is filled with oxygen.

Due to the greater air pressure in the chamber, your body will be able to take in much more of the oxygen than it would be able to in normal circumstances.

If you have a specific health issue you are trying to address with hyperbaric oxygen therapy, the Zen Medical Team or doctor may recommend a certain number of treatments.

Circulation throughout your body is important for your overall health; your body should be continually circulating blood cells, minerals, and toxins throughout your body.

Good circulation would deliver oxygen to wounds and injuries while removing the toxins away from the area.

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On the other hand, bad circulation can cause toxins to build up in the body. This can look like swelling and feel like sore muscles.

One benefit of hyperbaric oxygen therapy is that it can increase circulation throughout the body. This can help accelerate healing and rejuvenation. This can also help to better your overall health by ensuring that oxygen and minerals are getting to every part of your body. Keep reading to learn more about how hyperbaric oxygen therapy and how it helps increase circulation throughout the body.

Fills the Body With Oxygen

Hyperbaric oxygen therapy allows the body to become filled with oxygen. In normal circumstances, it's up to red blood cells to transport oxygen throughout the body. When you go through Hyperbaric oxygen therapy, the air pressure in the chamber allows for your lungs to absorb much more oxygen than normal.

The oxygen is then absorbed into all of the body's fluids, which will transport the oxygen throughout the entire body.

Increases Blood Flow

Due to the pressurized environment that Hyperbaric oxygen therapy places you in, your blood flow will naturally increase.

Your blood carries oxygen throughout your body, so it is important that you have steady blood flow to help keep you healthy and to fight against wounds and traumas your body has faced.

People who are suffering from head injuries will go through Hyperbaric oxygen therapy to help get more blood flow and oxygen to their brain. Hyperbaric oxygen therapy can also help increase blood flow for those with diabetes.

HBOT Aids in the Formation of New Collagen

Hyperbaric oxygen therapy aids in the formation of new collagen. This means that Hyperbaric oxygen therapy can help to regenerate skin cells, connective tissue, and blood vessels. This will help patients who have been struggling with open wounds, injuries, burns, and skin grafts.

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Oxygen Helps Cells to Regenerate Faster

The way the body heals an open wound or a burn is by regenerating connective tissue and skin cells. Cells regenerate by dividing themselves over and over again to properly heal the area. Cell regeneration can take some time, but there are ways to help speed the process along.

HBOT Therapy floods the body with oxygen, helping the body to function and heal at a faster pace.

When your muscles and tissue have absorbed oxygen, they are able to work more effectively to regenerate themselves. This can give patients who suffer from open wounds a faster recovery and healing time.

HBOT Therapy Strengthens the Immune System

Hyperbaric Oxygen Therapy is proven to strengthen the immune system. Overall, Hyperbaric oxygen therapy can make you healthier simply by enhancing the ability to fight off things that may come against your body. There are a number of ways that Hyperbaric oxygen therapy contributes to this.

HBOT Improves Function of White Blood Cells

White blood cells are your blood cells in charge of fighting off viruses, infections, and illnesses that may attack your body.

From the moment some foreign bacteria or virus enters your body to after your fever breaks and you have recovered, your white blood cells have been waging a war on your behalf against the illness.

Hyperbaric oxygen therapy improves the function of white blood cells by first, enhancing the bone marrow's ability to produce these cells and second, improving circulation to where white blood cells can travel much faster through the body.

HBOT Fights Against Toxins

Hyperbaric oxygen therapy can counteract toxins from certain bacteria. Since the body is pumped full of oxygen during this therapy, it helps the body to easily keep out anything that may pose a threat.

There are certain toxins that you already have circulating in your body that can only become dangerous when stagnant.

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Swelling is usually the build-up of toxins. Hyperbaric oxygen therapy helps to improve circulation, which will help the toxins to circulate out of the affected area and on to where they will be disposed of by the body.

Hyperbaric oxygen therapy can also help the body to fight against carbon monoxide poisoning by working to fill the body up with appropriate oxygen levels needed to survive. When someone gets monoxide poisoning, the oxygen in their body is replaced with carbon monoxide. It's important that the patient is able to restore oxygen levels in order to fight off the poison.

Hyperbaric Oxygen Therapy Can Increase Longevity

Overall, hyperbaric oxygen therapy can increase longevity by strengthening your immune system and increasing circulation throughout your body. Many people have turned to hyperbaric oxygen therapy to help them stay healthy as they age. Here are some ways that hyperbaric oxygen therapy can contribute to longevity:

Increases Production of Cells As you age, your body slows down on its production of cells.

This means that any healing process may be longer for someone who is older. Brain cell production, skin cell production, and even white blood cell production slows down as you age. Hyperbaric oxygen therapy is proven to increase the production of cells by flooding the body with oxygen. This will help the body to stay healthy and strong as you get older.

Helps the Body to Fight of Sickness

Another thing that happens as you age is that your immune system gets weaker. White blood cells aren't being produced as well as they were, and it becomes much easier to get sick.

Hyperbaric oxygen therapy will fight against toxins by flooding the body with oxygen and restoring oxygen levels. It will also improve the production of white blood cells to fight off any attack that comes against your body.

Improves Circulation

As you age, your body's circulation naturally slows down. You may experience swelling in your joints as a result of this. It's proven that people with good circulation throughout their bodies are able to retain their health for much longer periods of time than those with bad circulation.

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Hyperbaric oxygen therapy improves circulation throughout the body by increasing blood flow and allowing oxygen in the body to move things along.

There are many benefits to hyperbaric oxygen therapy that can help cure numerous health problems: brain damage, open wounds, infections, monoxide poisoning, burns, and swelling are just a few health issues that hyperbaric oxygen therapy is proven to heal.

Many alternative therapies can positively impact clients struggling with a number of health issues contact our team at Zen Clinic.

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