

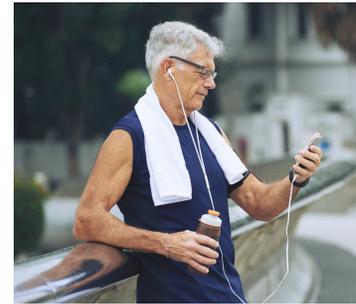
**ALTO** USA  
HYPERBARIC OXYGEN



Hyperbaric Oxygen Magazine

**September 2020 Health Focus**

# Featured Hyperbaric Oxygen Health Benefits



**Recovery Awareness:  
A Path to Wellness**

**09/  
13 Celiac Disease  
Awareness Day**

**Spreading Hope In  
The Fight Against  
Childhood Cancer**

**Healthy Aging With  
Hyperbaric Oxygen**



**09/ World Heart Day  
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# National Recovery Awareness Month

**M**any abused drugs are associated with the development of significant physiological dependence, especially when consumed in large amounts and for a consistent period.

When someone becomes dependent on a substance, they may be at risk of experiencing unpleasant withdrawal symptoms when trying to stop using their drug of choice.

The severity of withdrawal from substance dependence are contingent upon many factors, including the amount of a drug that someone used and how frequently they used it.

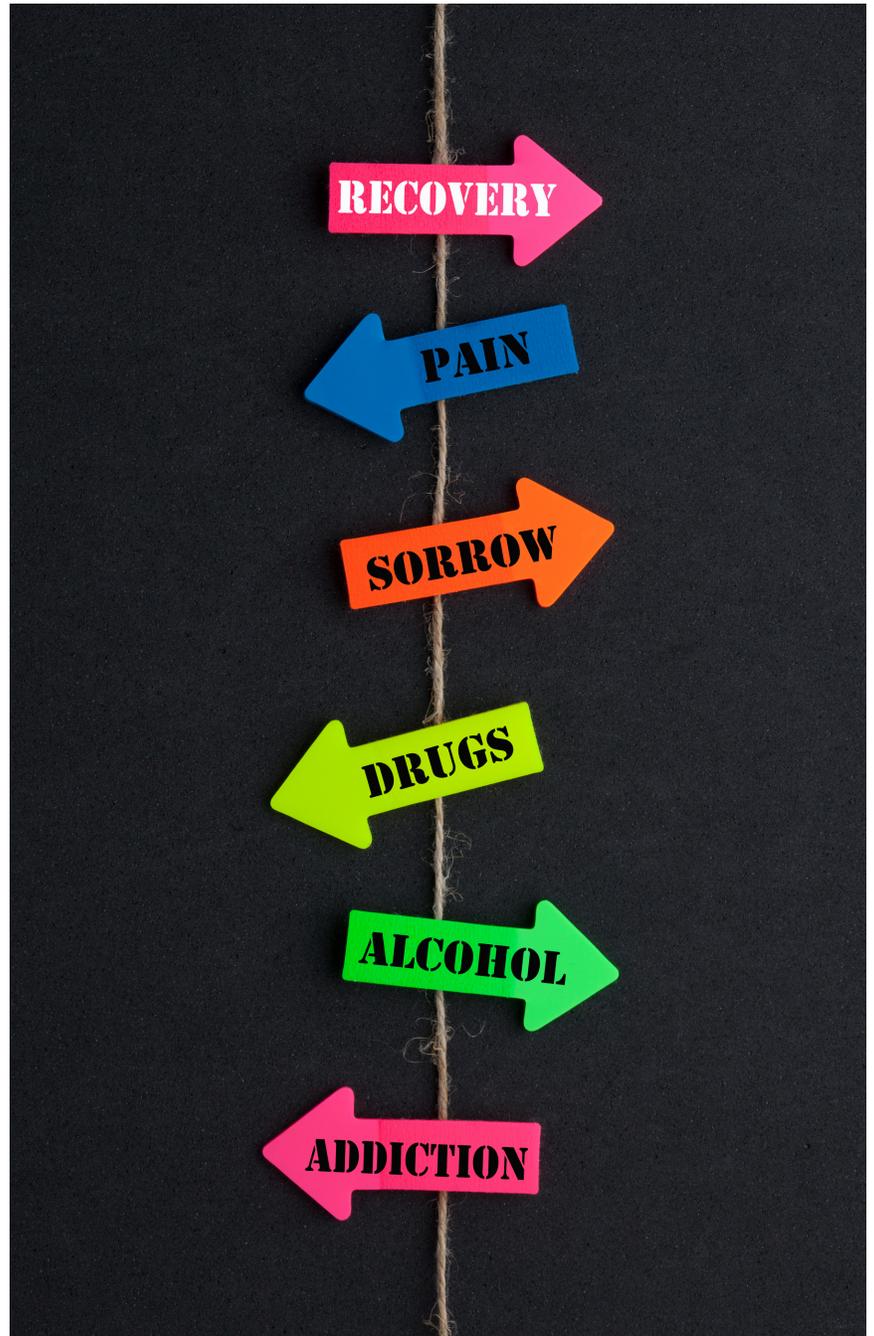
Unfortunately, withdrawing from drugs is often a profoundly uncomfortable experience that can be dangerous and may require medical care to keep a person safe during their detox period.

The precise duration of withdrawal is influenced by which particular substance someone used as well as the magnitude of their dependence on the substance.

It may take days, weeks, and in some cases even months to reach complete resolution of all withdrawal symptoms, depending on various factors and individual differences.

The withdrawal recovery process include both physical and psychological symptoms, such as:

- Insomnia
- Anxiety/Nervousness· Agitation
- Nausea/Vomiting
- Tremors
- Seizures· Delirium Tremors
- Psychotic Episodes
- Thoughts of Self Harm
- Ongoing tiredness or Lethargy
- Trouble Sleeping
- Flu-Like Symptoms
- Hallucinations
- Depressed
- Mood· Irritation
- Diarrhea
- Hot and Cold flashes
- Runny nose
- Excessive sweating· Muscle cramps/Body Aches



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**call: 1-888-303-HBOT (4268)**

# Hyperbaric Oxygen Assists Recovery Therapy Success

## Hyperbaric Oxygen and Addiction Recovery:

As many people may know Hyperbaric Oxygen therapy involves a pressurized chamber where the patient breathes pure 100% oxygen for a pre-determined amount of time.

The process increases the amount of oxygen the blood can carry, this allows the blood to restore normal levels of gas and tissue functions, as well as promote cell regeneration, which encourages a natural healing process.

The main benefit is helping the body get back the building blocks it needs to heal itself.

So how does Hyperbaric Oxygen work as an adjunctive therapy in the treatment of Addiction Recovery?

- promotes regular sleep patterns
- helps eliminate toxins and waste
- boosts cognitive and neurological functions

There have been studies where people with drug addiction, narcotic addiction, and alcoholism were treated with hyperbaric oxygen treatment with favorable results.

A comparative clinical and psychopathological examination of patients showed accelerated reduction of psychoneurological and somatic vegetative disorders, thus bringing about an approximately twofold decrease of treatment duration and preventing the development of complications.

So its obvious that based on real findings, its been concluded that treatment with hyperbaric oxygen therapy can suppress physical signs of withdrawal syndrome during the recovery process.

If you or someone you know is going through or suffering from Post Recovery Addiction Withdrawal Syndrome we strongly recommend contacting Aalto Hyperbaric for a session package to facilitate the best outcome.

email: [info@aalthyperbaric.com](mailto:info@aalthyperbaric.com)



Hyperbaric Oxygen and Addiction Recovery works cited:

Epifanova NM. Giperbaricheskaia oksigenatsiia v lechenii bol'nykh narkomanieĭ, toksikomanieĭ i alkoholizmom v postintoksikatsionnom i abstinentnom periode [Hyperbaric oxygenation in the treatment of patients with drug addiction, narcotic addiction and alcoholism in the post-intoxication and abstinence periods]. *Anesteziol Reanimatol.* 1995;(3):34-39.

## September is National Healthy Aging Awareness Month

**T**he World Health Organization (WHO) defines healthy aging “as the process of developing and maintaining the functional ability that enables wellbeing in older age”. Healthy aging is about the adoption of healthy behaviors to ensure an individual can enjoy a high quality of life long into their golden years.

Healthy aging is also about being productive and feeling that your life has meaning and purpose. People in the U.S. are living longer, and the number of older adults in our population is growing. As we age, our minds and bodies change. Having a healthy lifestyle can help you deal with those changes.



### **A healthy lifestyle for older adults includes:**

**Healthy eating:** Maintaining a low calorie diet while making sure you are eating a lot of nutrients from a well balanced diet of vegetables, fruit, and lean protein.

**Regular physical activity:** Keeping yourself physically active will help you maintain a healthy weight and avoid chronic health problems.

**Keeping your mind active:** There are many activities that can keep your mind active and improve your memory including learning new skills, reading, and playing games.

**Making your mental health a priority:** You can improve your mental health by practicing meditation and relaxation techniques.



Hyperbaric Oxygen Therapy or HBOT can help you keep and maintain your cognitive function and have some other surprising benefits as well.

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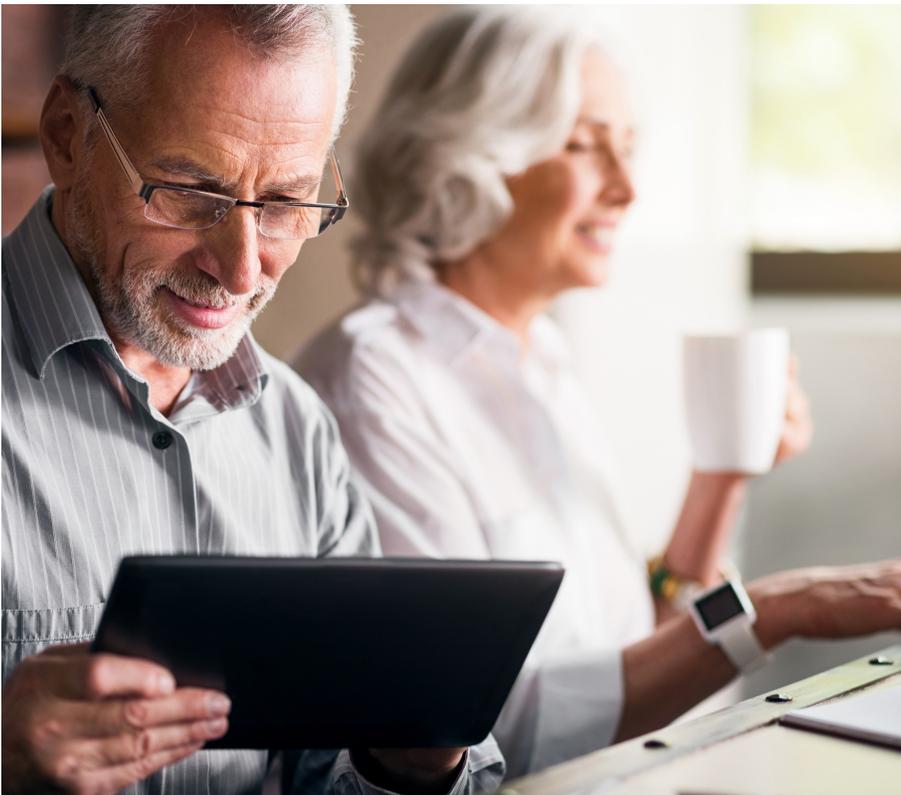
## Healthy Aging and Hyperbaric Oxygen Therapy

**H**yperbaric oxygen involves both pressure and oxygen. The HBOT chamber can be pressurized up to 3x the normal atmospheric pressure outside.

Increasing the atmospheric pressure causes more oxygen to enter the bloodstream which carries more oxygen to nerve and brain cells. Also, HBOT increases red blood cells and sends oxygen to areas of poor circulation such as ligaments and bones.

HBOT can:

- improve cognitive function in older adults
- improve physical mobility issues related to osteoporosis and arthritis
- improve circulation with increased red blood cell count and stimulating cellular activity



Works Cited:  
<https://www.sciencedaily.com/releases/2020/07/20071512314>

[www.aaltohyperbaric.com](http://www.aaltohyperbaric.com)

## Celiac Disease Awareness Day is September 13th



**A**n autoimmune disease occurs when a person's immune system attacks healthy cells.

Celiac disease is a serious immune reaction caused by eating gluten, a protein found in common food products such as wheat, rye, & barley.

Over time the lining of the small intestine can be damaged leading to serious medical problems including malabsorption, the body's inability to process nutrients.

An estimated 2 1/2 million Americans are undiagnosed and are at risk for future health problems.

Because Celiac disease is long lasting and often requires a lifetime of awareness once it is diagnosed it is important to have a fully integrated plan of care which include diet and prescription drugs.

Hyperbaric oxygen is a an additional therapy that can help fight Celiac disease. Studies show that HBOT has a greater anti- inflammatory effect than steroid medications. Also, hyperbaric oxygen pushes more oxygen into blood plasma raising levels of oxygen and increasing white blood cell count to help fight infections.

If you have been diagnosed with Celiac disease contact Aalto Hyperbaric to schedule integrated HBOT treatments into your plan of care.



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# Hope and Hyperbaric Oxygen

September recognizes childhood cancer awareness with many fundraising events to help with research and clinical trials in the hope that a cure is not far away.

In the meantime many advances in treatment services and therapies have produced better outcomes and a brighter future, for those children who have been diagnosed.

Hyperbaric oxygen helps fight the good fight as an ancillary medical service to cancer treatment protocols.

HBOT infuses a child's entire body with 100% pure, pressurized oxygen and blood carries oxygen to nourish tissue, cells, muscles, and organs.

When used as an adjunctive medical service, hyperbaric oxygen can help reduce the number of tumor cells which grow rapidly and consume a lot of oxygen.

It prevents conditions of low blood oxygen which is a prime environment for cancer cell production of adenosine, a molecule that protects these harmful cells and stops the body's natural defense reaction from effectively fighting.



By facilitating the efficacy of chemotherapy, boosting white blood cell count and reducing the hypoxic conditions for tumor growth, studies show that hyperbaric oxygen therapy can positively affect the clinical plan of care.



As little as 3 HBOT treatments before and after chemotherapy sessions can provide a significant boost to the effectiveness of the therapy.

**email: [info@aalthyperbaric.com](mailto:info@aalthyperbaric.com)**

## What is World Heart Day?

**A** global campaign created by the World Heart Federation to promote awareness and prevention of the precursors for cardiovascular disease, otherwise known as CVD.

**World Heart Day is recognized on September 29th** in an effort to raise society's consciousness about the leading risk factors that cause CVD related deaths including stroke.

Approximately 80% of these premature deaths could be avoided with education and implementation of cessation of tobacco use, adopting health diet and regular physical activity.

Aalto Hyperbaric supports this global campaign and offers a heart health wellness package throughout the month of September.

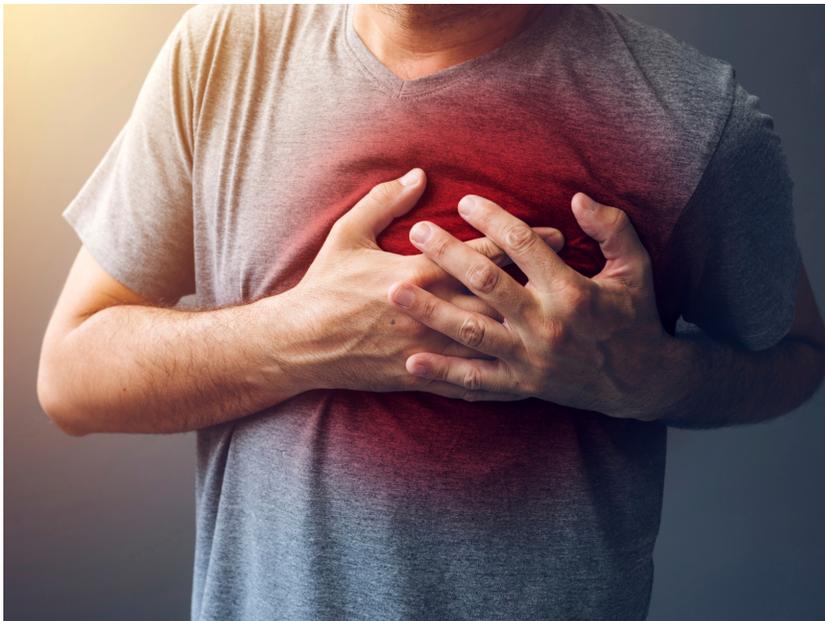


Hyperbaric oxygen has long been recognized as a beneficial complementary therapy for congenital heart conditions and for wound healing from heart surgery.

However as a preventive wellness tool did you know that HBOT can:

- increase red blood cell count and improve circulation
- provide optimal oxygen saturation for internal systems and improve the heart's efficacy
- reduce harmful toxins, bacteria and germs that precipitate heart failure

Studies show that patients with a predisposition to heart disease (family history) who incorporated HBOT as well as adopting a heart healthy diet and regular physical activity regimen were able to CVD risk factors.



Contact [info@aaltohyperbaric.com](mailto:info@aaltohyperbaric.com) to learn more about the 10 session heart health wellness package.

## Featured Center: Aalto Hyperbaric Oxygen Woodland Hills

**L**ocated in Southern California approximately 20 minutes north of Los Angeles, Aalto Hyperbaric Oxygen Woodland Hills is conveniently just off of the 405 freeway. This location features a unique architectural design with a colorful artistic vibe.

Inside the center, Sechrist 3600H mono chambers are featured, providing spacious comfort, safety, and privacy. Visit **Aalto Hyperbaric Oxygen Woodland Hills at 23164 Ventura Blvd. Contact 818-629-8988** to reserve a session or schedule a complimentary tour.

