

AALTO

Hyperbaric Oxygen Magazine | December 2020

www.aaltohyperbaric.com

SEASONAL AFFECTIVE DISORDER


Feeling SAD? Find out how
hyperbaric oxygen can help
with the winter blues

HOLIDAY PREP

From family group gatherings
to party libations how
hyperbaric oxygen can
prevent illness

THE GIFT OF LONGEVITY

Minimize the effects of aging
by incorporating HBOT into
your wellness plan



Don't Be Sad This Winter

December marks the beginning of the winter season and during this time of year many people experience **seasonal affective disorder** also known as (SAD).

While the specific causes of this disorder are unknown, it seems to be more prevalent in younger adults.

Common symptoms of seasonal depression include oversleeping, general lethargy, overeating, and feelings of restlessness.

In addition to light therapy, hyperbaric oxygen can provide therapeutic benefits that alleviate seasonal depression symptoms.

HBOT can help with:

- difficulty concentrating,
- poor sleep cycles,
- feelings of anxiety and depression

Be merry this season and try a 100% hyperbaric oxygen session.



AALTO USA
HYPERBARIC **O**XYGEN

Email info@aaltohyperbaric.com to reserve your chamber

Preparing for the Holidays



While the world health atmosphere promotes individual isolation, the month of December is a traditional time of coming together with family and friends.

The Centers for Disease Control has established several safety tips for protecting yourself during the holiday season.

Among this health advisory are the following recommendations:

- always wear a mask
- avoid crowds and maintain 6 feet of distance
- bring extra supplies eg. hand sanitizer, your own utensils

In addition to following recommended health & safety guidelines, you can protect your wellness and boost your immunity with hyperbaric oxygen therapy.

As a preventive measure HBOT:

- enhances the antimicrobial effects of your immune system
- kills germs and bacteria
- increases white blood cell count
- inhibits the inflammatory secretions of your pulmonary system



Visit www.aaltohyperbaric.com to learn more about our safety practices and how hyperbaric oxygen therapy can protect your wellness



Make a long range plan to optimize your longevity

Aging is a natural bodily process that we all experience. So making a preventive wellness plan that allows you to rejuvenate and optimize your longevity is essential.

Whether you are young or old, sick or well, fit or trying to get fit; oxygen is for everybody. Hyperbaric oxygen therapy can provide significant longevity benefits that will your improve physical and mental well being.

As a preventive healthcare tool HBOT can:

- improve memory and cognitive functions
- stimulate stem cells and activate new cell growth
- boost collagen and promote skin tissue repair

When paired with our all natural IV infusion enhancements you can jumpstart your wellness plan and maximize your health benefits this holiday season.

Call **1-888-303-(HBOT) 4268** to schedule your Immortelle Med IV enhancement and Aalto HBOT combo session

Give the Gift of Health & Wellness


Do you have a friend or family member who can benefit from hyperbaric oxygen therapy?

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