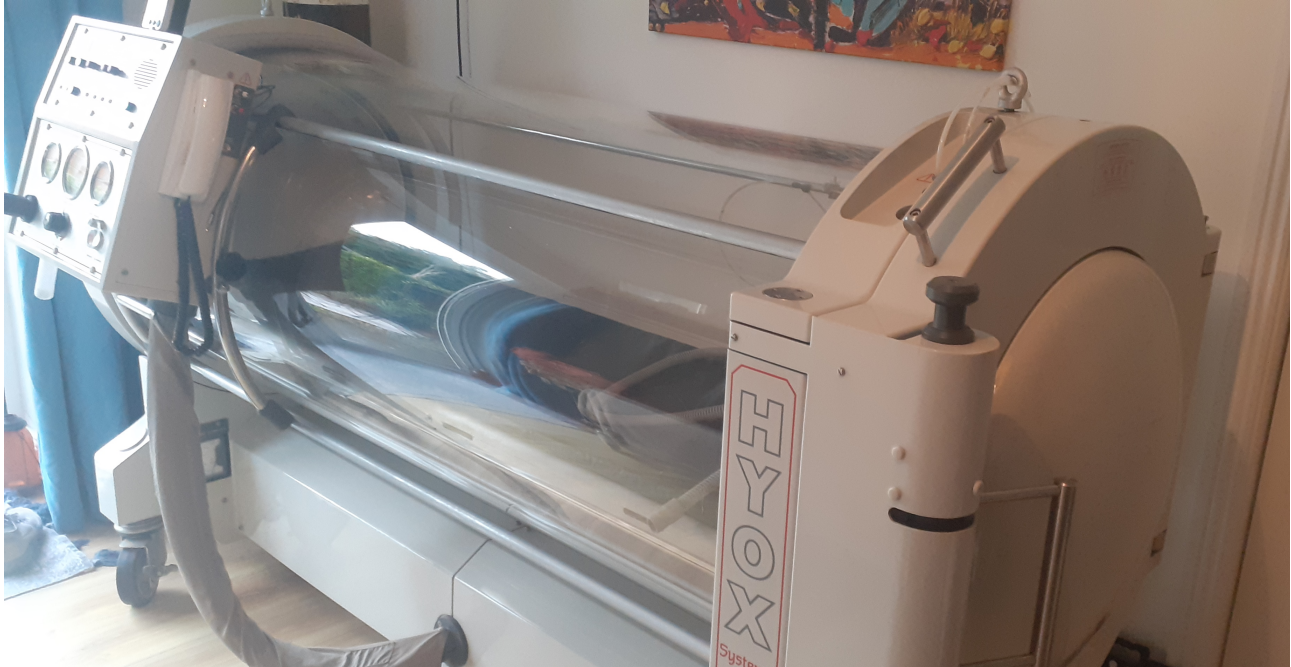


Healing in a Chamber

An integrative approach from a Functional Medicine Hyperbaric Medicine practitioner



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1: Introduction to Hyperbaric Oxygen Therapy (HBOT)

Hyperbaric Oxygen Therapy (HBOT) is a medical treatment that involves breathing pure oxygen in a pressurised environment. Originally used to treat decompression sickness in divers, HBOT is now used to address a wide range of medical conditions. The increased pressure allows your lungs to gather more oxygen than would be possible breathing pure oxygen at normal air pressure. We would normally only take in 21%.

This e-book explores the transformative potential of HBOT, its mechanisms, benefits, and how it is being applied across various fields of medicine.

2: The Science Behind HBOT

Under hyperbaric conditions, oxygen dissolves more readily into the bloodstream and reaches tissues that are starved of oxygen (Read more re the Warburg effect to understand the importance of this). The boost in oxygenation can accelerate healing, reduce inflammation, and promote the growth of new blood vessels, also changing the DNA.

Key physiological effects of HBOT include:

- Enhanced oxygen delivery to tissues
- Reduced swelling and inflammation
- Increased stem cell activity, even after one hour of therapy
- Enhanced white blood cell activity

3: History and Development of Hyperbaric Medicine

Apart from the many benefits of HBOT, its history is fascinating, particularly in regard to how long its properties have been recognised. The use of pressurised air in medicine dates as far back as the 1600s, and was originally called a Domicilium. Come the 20th century, and the development of modern hyperbaric medicine began with its use for decompression sickness. It was later found to be effective for carbon monoxide poisoning, chronic wounds, and infections.

In the 1960s, the Undersea and Hyperbaric Medical Society (UHMS) helped formalise the field, developing treatment protocols and guidelines.

4: Conditions Treated with HBOT

The FDA has approved HBOT for several medical conditions, including:

- Decompression sickness using a very specific pressure and protocol
- Carbon monoxide poisoning
- Chronic non-healing wounds (especially in diabetics)
- Radiation injury (e.g., radiation cystitis)
- Thermal burns
- Skin grafts and flaps at risk of failure

Emerging applications include:

- Stroke recovery
- Traumatic brain injury (TBI)
- Lyme disease (very specific pressure and requiring a consultation)
- Autism spectrum disorders (again a consultation is essential)
- Post-COVID recovery

For all the above situations, it's best to consult a qualified HBOT practitioner, as each condition requires a different pressure. A thorough assessment should be made by a qualified HBOT technician (e.g., Emma Rafferty themoynehealingroom.com).



5: The Hyperbaric Chamber Experience

There are two main types of hyperbaric chamber: mono-place (for one person) and multi-place (for multiple individuals). Sessions typically last 60 minutes.

During treatment, patients lie or sit down and breathe oxygen while the chamber is pressurised. Common sensations include ear popping and a feeling of fullness, similar to aeroplane take off. This, and how you can overcome ear popping, will be explained to you beforehand.

6: Benefits of HBOT

- Faster wound healing
- Reduced infection rates
- Improved neurological function
- Decreased inflammation
- Enhanced recovery from sports injuries
- Improved energy and cognitive clarity
- Enhanced bone recovery
- Increased energy levels
- Younger looking skin

7: Risks and Contraindications

While generally safe, HBOT is not without the risk of side effects:

- Ear and sinus barotrauma
- Oxygen toxicity (very rare)

- Claustrophobia
- Temporary vision changes

Contraindications include:

- Untreated pneumothorax
- Certain types of chemotherapy
- High fever

8: HBOT in Integrative Medicine

HBOT is increasingly used alongside other therapies in Integrative and Functional Medicine. For chronic illness and autoimmune conditions, HBOT can complement nutritional therapy, detox and physical rehabilitation. Also new research is demonstrating that it can help in cases of cancer.

9: Current Research and Emerging Applications

Cutting-edge research is exploring HBOT for:

- Anti-aging and longevity
- Alzheimer's disease and dementia
- Regenerative medicine and stem cell support
- Enhancing athletic performance

10: How to Access Hyperbaric Oxygen Therapy

HBOT can be accessed through specialised clinics, and wellness clinics insurance may cover treatment for FDA-approved conditions. For off-label uses (i.e., conditions that are not FDA-approved), out-of-pocket costs range from £100 to £150 per session.

11: Conclusion: Breathing New Life into Healing

Hyperbaric Oxygen Therapy has evolved substantially over the last ten years, and demand has substantially increased. HBOT offers a powerful, natural approach to healing, and as science continues to discover new areas of application, it stands poised to play an increasingly vital role in modern medicine. Whether used to heal wounds, support brain health, or simply to optimise wellness, HBOT is truly breathing new life into the healing process. These are exciting times.

But to end on a note of caution: with the increased 'hype' around HBOT on the internet, and its greatly increased availability, these would be my recommendations if you are looking to safely access its genuine benefits and to avoid the pitfalls.

1. Find a reliable service
2. Engage a qualified practitioner who can guide you with specific protocols as to when and for whom HBOT is safe and suitable

This way you will not only be certain of accessing the proven benefits HBOT can offer, but also of getting the best value for money.

The Moyne Healing Room

Here at themoynehealingroom.com I am dedicated to great success rates for overall health and wellbeing for my clients, so I customise treatment packages and protocols, to tailor to individual needs.

With over ten years' experience in Hyperbaric Medicine, for which I am fully qualified, I am involved with charities and organisations worldwide to help people maintain better health and heal with Hyperbaric Medicine. For increased success rates, I augment treatment by working alongside Integrative Oncologists, Naturopaths and other Functional Medicine practitioners.

If you are looking to use a clinic for HBOT and want a second opinion on a protocol, I can advise on standard HBOT protocol, high to mild pressure and extended HBOT protocols, and combination therapies (augmented approach)

I look forward to helping you in any way I can.

Thank you,



Emma Rafferty CHBTI CRT

Certified HBOT Technician and Functional Medicine Practitioner

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