



## HYPERBARIC OXYGEN THERAPY

The breath in our lungs is unquestionably a gift from God, who created us and sustains us through the **oxygen** we breathe in. But how often do we stop to think about this intricate process that continues even when we're sleeping? Oxygen is indispensable in more ways than we realize: Our brain's functionality is dependent on oxygen; we need oxygen to convert food into energy; it is vital for our immune system. These are some of the numerous reasons why oxygen is to be cherished. The tissues in our body require a sufficient and certain level of oxygen to function properly and efficiently. Whenever we're injured, our injured tissues need extra oxygen to rejuvenate, heal and ultimately, to survive. There are different reasons and circumstances that could result in the body not receiving the oxygen it needs to recover from injuries or to combat certain health conditions. At the **Natural Medical Solutions Wellness Center**, Dr. Gail Ravello, as a **functional medicine** practitioner, utilizes **hyperbaric oxygen therapy (HOT)** as a means of accelerating the healing process for various conditions, injuries or wounds, where there has been a deprivation of oxygen to tissues.

### ***Uses and Benefits of the Hyperbaric Oxygen Therapy (HOT)***

The HOT is used to augment the amount of oxygen carried by the blood. Through a series of treatments, the increased oxygen levels begin to facilitate a restored and normal level of oxygen within the tissues; and for a sustained period of time, even after the HOT has been completed. The treatment is carried out in a pressurized chamber, where one breathes in pure oxygen with increased air pressure levels; typically 1.5 to 3 times higher than the normal level. With increased oxygen levels in the blood stream, tissues are repaired in a **natural** way and the body's ability to defend itself against bacteria is enhanced.

The release of ***growth factors*** (substances that naturally develop within our body to revitalize stem growth and multiplication) are also stimulated, collectively working to facilitate healing and regularized body functions, all of which work to improve energy within the body.

Dr. Ravello uses the HOT in treating a variety of medical conditions, such as infections to the skin or bone, which destroys tissues; burns; decompression sickness; air bubbles in blood vessels; gangrene; chronic anemia; carbon monoxide poisoning, to name a few. A health assessment is conducted for each client towards determining each client's specific need for the HOT. The procedure is safe with rarely any complications. We however make an informed decision as to its suitability for each client. Those who have certain lung diseases, a fever/cold, or those who have recently completed an ear surgery, are generally not eligible for the HOT. There are minimal side effects that may be peculiar with each client and all possible side effects are thoroughly discussed. This is why we require all our clients schedule an **initial consultation** with Dr. Ravello for an assessment and evaluation. Please call us today (**770-674-6311**) to schedule your initial consultation with Dr. Ravello.