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Maintenance for your Brain: Mild Hyperbaric Oxygen Therapy to reach limitless potential

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MAY 18, 2017

At our clinic, we often utilize mild Hyperbaric Oxygen Therapy to aid in the treatment of brain injury, concussion, movement disorders, autoimmune disorders, neuropathy, neurological degenerative conditions and so forth. We are able to help our patients achieve incredible results where other treatments have failed. What I'm particularly interested in is how Hyperbaric Oxygen Therapy can improve the brain, any brain, whether you've experienced a head injury, or you're just living the typical American lifestyle, complete with stress, anxiety and little sleep.

I'm describing myself, living a lifestyle full of stress, work and too little time. I'm no different than any of you. I have a very busy practice with multiple employees, a family, friends, a house and a girlfriend. These all require time and energy, while squeezing in some time for myself to

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exercise, have a little down time and sleep on occasion when I'm not thinking about my patients and my practice.

Since I've started using the Hyperbaric Oxygen Chamber on a regular basis, I've noticed a major decrease in stress and anxiety, less frustration over little things and a generally better outlook on life. As many of my patients say to me about their treatment, I can honestly say that I didn't know how bad I felt until I knew what it was like to feel better. How did that happen?

Simply put, I gave my brain more of what it needed- Oxygen delivery. Notice I didn't just say more oxygen, but the delivery of Oxygen, which will become apparent in the next few paragraphs. I have a good brain, but I was limiting its key component, that O with the 2 behind it. Why on earth would I expect my brain to work without optimal oxygen? I wouldn't expect my car to run without gas. If you're asking what I have asked in the early stages of my research into this kind of therapy- Why can't I just breath better, or will an oxygen bar/supplemental oxygen provide the same benefit? Unfortunately, the answer is No. I'm a truth seeker, and if there was a better answer, that is what we would be doing, but it's not.

The reason is PHYSICS, specifically PRESSURE. It isn't as simple as inhaling more Oxygen, because it's not a lack of oxygen in our lungs that limits the brain's potential, it's a problem with getting that oxygen to our brain and other tissues-DELIVERY. Hyperbaric Oxygen Therapy is the UPS (United Parcel Service) for our brain, it increases pressure, which forces oxygen into our plasma and forces it 400% deeper into our brain tissue, saturating it with Oxygen, allowing optimal function so that it may heal itself. When this happens it can better regulate blood flow and supply itself with better blood flow. It seems paradoxical that the brain wouldn't just shift its own blood flow if that's what it needed and is under brain control, but it can't do so if the metabolic function is limited due to a lack of O². Oxygen cleanses our brain and feeds the metabolism of our Neuronal Networks so they can respond quickly and heal from the inside out, removing inflammation and cellular waste that limits our function. Henry's Law of Gases states that "The amount of gas that is dissolved in any liquid changes with the pressure of the gas. So if the pressure of the gas increases, more of the gas is dissolved in the liquid, and if the pressure decreases, more of the gas comes out of the liquid." And you thought you'd never use Physics!

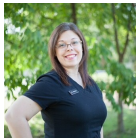
The brain requires oxygen to work properly, lots of it. The brain is churning at a high rate and is therefore under metabolic strain. Oxygen is the final electron acceptor in all energy production and activities of the brain. Factor in many of the aforementioned lifestyle scenarios and you may be in a state of catabolic, sympathetic function. This means that you are running on empty (fight or flight) and the blood flow is reduced to your brain and digestive system and redistributed to your larger muscle groups. For most of us, we're not getting enough of that oxygenation we need, even if we breath it in because our blood can't carry it deep enough due to the constrictive demands from our vascular system.

The brain is limitless in its potential, but just as everything has a limiting factor, the human brain is limited by Oxygen. It requires other things as well, but that is a topic for another day and Oxygen is the most important of all substrates.

At Portland Chiropractic Neurology, we are offering mild Hyperbaric Oxygen Therapy at an affordable rate to improve the health of our patients, their friends and family and any one who desires a healthier lifestyle. Please contact us for more info at info@portchiro.com, (mailto:info@portchiro.com,) 207-699-5600 or visit our website at www.portchiro.com (http://www.portchiro.com). We are located at 959 congress street, Portland, Maine 04102, conveniently off 295 with ample parking. We look forward to offering you path to better health.



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