

**Long Covid
Concussion
PTSD
TBI**



HYPERBARIC OXYGEN THERAPY

**Destiny Wellness Center
7226 E 41ST ST | TULSA OK | 74145
918-973-3088**

**Learn More:
destinywellnesscenter.net/hbot**



HOW DOES HYPERBARIAC MEDICINE WORK?

HBOT is the use of prescribed high pressure oxygen to help treat a variety of health conditions and diseases. Each cell in the body needs oxygen to preserve, repair, and enhance cellular function.

Hyperbaric Oxygenation Therapy is a simple and non-invasive procedure that provides the body with higher-than normal oxygen levels. Our chamber can deliver up to 95-98% oxygen. The delivery system used is a hyperbaric chamber; whereby the body is placed under various pressures. During this process, oxygen travels down deep into the lungs until it finally transfers from the lung tissue into the bloodstream. From there, the majority of oxygen in the bloodstream travels tightly bound to red blood cells and when these cells leave the lungs, they are pretty much at their capacity for carrying oxygen.

They then transport their oxygen, by way of the circulatory system, until they finally reach metabolically-active tissue. At this point, they lose their tight bond and oxygen is released to the surrounding tissue. Each red blood cell can carry up to one million of these oxygen molecules!

There is a tiny amount of oxygen (around 1.5%) that can freely travel from the lung tissue and absorb directly into the blood plasma (the liquid portion of the blood) and can travel very easily in the fluids without being restricted by being tightly bound and



traveling on these red blood cells. The oxygen that travels in the compartment is able to get into areas where our large red blood cells cannot get into. So the plasma oxygen levels can be critically important when dealing with injured tissue and/or circulatory problems.

Under hyperbaric pressure, the oxygen molecules exert a greater force, allowing for more oxygen to leave the lungs and travel in the blood plasma. So not only are you getting extra oxygen, you are also getting extra oxygen traveling freely in the blood fluids and being able to get to all areas of tissue that is surrounded by fluids -- virtually everywhere inside the body! This is almost what you can call 'true' liquid oxygen.

PRESSURE, TIME & FREQUENCY

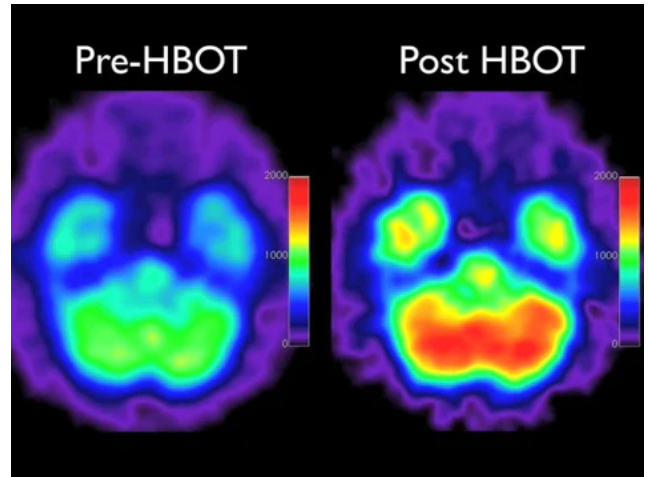
Oxygen gets 400% deeper into your tissues

The Pressure

Hyperbaric pressure is typically dosed in "ATA" - a person living at sea level is at one atmosphere of air pressure absolute (ATA).

1.0 is our starting pressure when referring to HBOT and represents the normal atmospheric pressure at sea level. For every 33 FSW (feet of sea water) pressure, we are effectively adding another atmosphere of pressure, or 14.7 psi. Therefore, when a hyperbaric pressure of 2.0 ATA is administered, this pressure dosage is equivalent to 33 FSW.

Typically, hyperbaric pressures in both private centers and wound care clinics are generally below 2.5ATA.



Time & Frequency

Generally, HBOT is limited to 60-90 minutes per session. This reduces the risk of too much oxygen building up in the body. Generally, hyperbaric oxygen involves breathing higher than normal concentrations of oxygen, right up to 100%. Currently, we are breathing air, which is composed of only 21% oxygen. Keep in mind, even breathing regular air in a hyperbaric chamber will still allow for extra oxygen to be delivered into the body.

The frequency of HBOT delivery can play a major role in helping to achieve many of the physiological benefits that HBOT has been recognized for. This is of critical importance when applying this procedure for wound care management or even in cases of chronic diseases. The frequency of delivery can range from 5 - to 40 + sessions with daily sessions up to 5 times per week.



IS HYPERBARIC OXYGEN RIGHT FOR ME?

In addition to chronic inflammatory pain disorders, you could benefit from HBOT therapy if you experience one or more of the following conditions.



NEUROLOGICAL

Conditions and disease involving the brain, the spinal cord and the peripheral nerves.

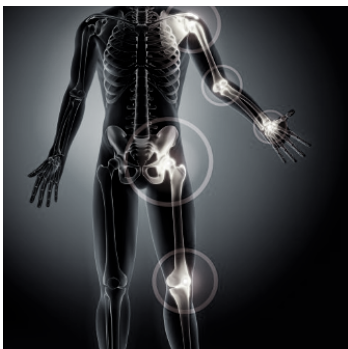
- Post traumatic stress
- Autism, Cerebral Palsy
- Stroke, TBI, Concussions, Migraines
- MS, Parkinsons, Alzheimers, ALS
- Tinnitus



MUSCULOSKELETAL

Includes bones, muscles, tendons, ligaments and soft tissues.

- Soft tissues injuries, fractures
- Pre & post surgery
- Sports injuries
- Sports recovery and performance

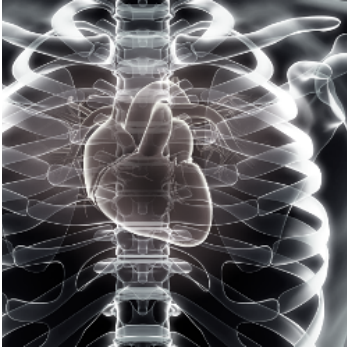


RHEUMATOLOGICAL

Inflammation in the bones, muscles, joints, and internal organs

- Arthritis
- Fibromyalgia

USE HBOT FOR CHRONIC PAIN DISORDERS



CARDIOVASCULAR

The blood circulatory system that includes the heart, blood vessels, and blood

- Atherosclerosis
- Diabetes
- Aging



IMMUNE SYSTEM

Network of cells, tissues, organs, that helps the body fight infections and disease

- Cancer
- Chronic Infections
- Lyme



GI TRACT

Contains major organs of the digestive system: esophagus, stomach, and intestines

- Chrohn's
- Colitis

MEDICAL GRADE OXYGEN CHAMBER



SAFETY, DURABILITY, COMFORT

Our 34-inch hyperbaric hard chamber is designed for safety, durability, comfort, and ease of entry and exit. Clients of all shapes and sizes will love this system for its expansive roominess and the luxury it can provide over soft shell options.

The chamber includes features such as:

- Progressive pressure options from 1.1 ATA to 1.5 ATA
- A dehumidifier and AC system that provides comfort during your session
- The 304-grade stainless steel
- Allows breathing at up to 95-98% oxygen
- A negative ionization system
- Nearly noiseless pressure relief valve
- Slide door entry with a large viewing area
- Intercom phone system; for ease of communication
- Dim light interior for reading
- Emergency alarm located within reach inside the chamber

HOW DOES IT FEEL?

Once you are inside the chamber, the tech will close the chamber door and begin the process of compression. This is often referred to as "dive". You will hear a low level of constant noise during your treatment. You are hearing the compression and decompression of air inside the chamber.

You will also experience temperature changes. The air will become warm in the beginning of the treatment during compression. It will become cool at the end of the treatment during decompression. Your chamber is equipped with AC. If you get cold, you can turn the fan off or use a blanket to keep you comfortable.

SIDE EFFECTS

Side effects are minimal but can include: Ear and sinus pain that can be minimized by ventilating or 'popping' the ears well during pressurization. Temporary drowsiness, hyperactivity, dizziness, vision changes, headache or nausea caused by die off or enhanced detoxification.

A FINAL NOTE ABOUT HBOT

HBOT technology has been around since 1662 and only recently gained medical notoriety in the last few decades for its physiological benefits and life-saving abilities that it can give to the human body. In fact, to this very day, HBOT is still used as the treatment of choice in hospitals for any condition that requires a quick, dramatic rise in oxygen levels. No other treatment has been able to eliminate HBOT's medical necessity.

HBOT works by following a natural law of physics: more pressure allows more gas to easily dissolve in fluids. In this case, a hyperbaric chamber provides greater pressure (onto the body), while the gases in the air, namely oxygen, begin supersaturation our bloodstream. A quick and dramatic rise in oxygen levels inside the body soon follows. This is the main reason that hyperbaric chambers are deployed in hospitals for life threatening and debilitating conditions which require immediate attention.

Our chamber is a low pressure HBOT that must be distinguished and separated from the traditional chamber utilized in hospitals. Fundamentally both follow the same principles and gas/pressure laws by providing the body with excess oxygen levels.

The key difference is in the amount of pressure applied, and therefore, the amount of oxygen that can be delivered. Lower pressure chambers are typically not used to treat medical conditions. Instead, they are used primarily to support and energize the body with extra oxygen.

Oxygen therapy is becoming a revolutionary approach in health and wellness for the following:

- The extra oxygen is delivered into the liquid portion of our blood. The extra oxygen delivered into the liquid plasma is now readily available to enter all liquid portions of our body, including the fluids that surround the brain and spinal cord and immediately furnacing these cells with increased energy levels. Liquids can get into all areas of the body, including areas of inflammation, poor blood flow, ad damaged/injured tissue. With mild HBOT, oxygen levels can be quickly restored, giving the body some extra metabolic and energetic support to these areas.
- More oxygen means more energy levels but this is not a 'one-time' dose! If you take a breath every 5 seconds, you will receive 12 extra doses of oxygen for each minute you are in the chamber!!
- An impeccable safety record. Lower pressures are considered to be below 1.5 ATA. These pressures have been demonstrated to be extremely safe and over the past 20 years have been given an impeccable safety record.

ABSOLUTE CONTRAINDICATIONS TO HBOT TREATMENT

HBOT cannot be used if you have pneumothorax, Surgical relief might remove the obstacle for future HBOT treatment.

RELATIVE CONTRAINDICATIONS:

Spontaneous pneumothorax, severe sinus infection, upper respiratory infection, asymptomatic pulmonary lesions on chest x-ray, uncontrollable high fever, history of chest or ear surgery, congenital spherocytosis, anemia or blood disorder, any convulsive disorder, optic neuritis or sudden blindness, middle ear infection, diabetes mellitus, pregnancy, nicotine use, addiction, acute hypoglycemia, emphysema with C)@retention

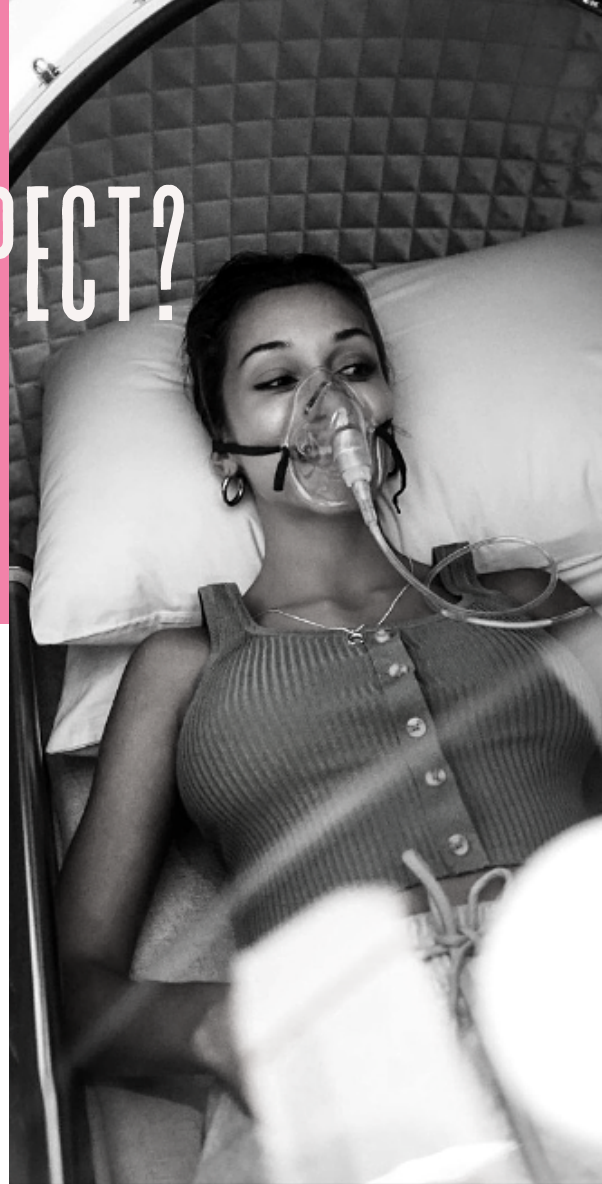
WHAT YOU CAN EXPECT?

BEFORE TREATMENT

Before your treatment, a technician will complete an intake checklist. It is important to make sure that no flammable products or fabrics enter the chamber. In addition to flammable fabrics, here are some common items that are NOT allowed in the chamber:

- Perfume, cologne, lotions, lip balm
- Hairspray
- Lighters, matches, etc.
- Electronic devices
- Hard contact lenses
- Dentures or dental appliances
- Freshly applied hair color
- Synthetic wig
- Food, gum, candy, pills, etc.
- Jewelry
- Prosthetics
- Titanium and/or magnesium glasses

You will need to wear cotton clothing inside the chamber. You may bring a book or magazine to read.



DURING TREATMENT

Once you are inside the chamber, the tech will close the chamber door and begin the process of compression. This is often referred to as a "dive". You might hear a low level of constant noise during your treatment. If so, You are hearing the compression and decompression of air inside the chamber.

You will also experience temperature changes. The air will become warm in the beginning of the treatment during compression. It will become cool at the end of the treatment during decompression. Your chamber is equipped with AC. If you get cold, you can turn the fan off or use a blanket to keep you comfortable.

COMMON SIDE EFFECTS

CLAUSTROPHOBIA

If you have anxiety (oxygen is a **natural anti-anxiety** for our patients, and we have successfully treated many patients with confinement anxiety in our extra large hyperbaric chambers. If you have a history of claustrophobia, be sure and tell your technician/therapist prior to treatment. We can use exposure therapy and/or anxiety medication to help you remain calm.

HYPOGLYCEMIA

During HBOT, blood glucose levels can drop in some diabetic patients. To prevent this from happening, please eat prior to treatment. If you have diabetes, please bring an appropriate snack should you need something to eat during treatment.

BAROTRAUMA

If you feel pressure building in your ears during treatment, use one of the following methods to relieve it:

- Take a deep breath, then close your mouth and pinch your nose. Keeping your mouth closed, try to blow the air out as if blowing up a balloon
- Yawn and/or swallow
- Take a nasal decongestant (if ordered by your hyperbaric doctor)

Barotrauma is rare because we operate each dive manually, and at the first sign of pressure we can reverse the process and relieve any discomfort.

MYOPIA

Minor eyesight changes due to temporary curvature in the lens while undergoing slight pressurization. Gradually reverses after cessation of HBOT when the lens flattens out again. Patients report usually between 3-4 weeks. Resolved within three months in most cases.

VERY IMPORTANT!

A two way phone is located inside the chamber. Once the button is pushed, the phone rings outside and your HBOT tech will answer. The first session or two we stay on the phone with you and walk you through the experience. During your treatment, we continually monitor you. There is **NO WAY** you can get locked inside the chamber. There are instructions inside the chamber that direct you on how to manually exit should ANY emergency arise.



10

10 Sessions

Generally used for those who have recent injuries like sprains, spasms or strains, and also has shown dramatic relief in painful joints or tissue.

Benefits

- Energize your body, giving you a general feeling of strength and well being
- Reduce on-going inflammation
- Strong pain-relief and reduction in swelling
- Help repair acute and recent injuries

20

20 Sessions

Preferred for those who require major tissue repair that involves enhancing the body's regenerative capacities.

Benefits

- Reduce on-going inflammation
- Strong pain-relief and reduction in swelling
- Help repair acute and recent injuries
- Help to mobilize new stem cells
- Stimulate new collagen and new tissue
- Help create new blood flow and circulation

The session rate for this particular chamber is \$100-\$125/per session. It is our mission to offer evidenced based wellness services at an affordable cost to promote effective self-care options for our clients.



To Apply Text: 918-973-3088

*6-months
No Interest*

40

40 Sessions

Often reserved for those who have very serious or chronic injuries or conditions or those who are more proactive in their health and want to reduce the chances of having major health challenges.

Benefits

- Help to mobilize new stem cells
- Stimulate new collagen and new tissue
- Help create new blood flow and circulation
- Help the body recover from major health challenges
- Help fight infections and diseases
- Help combat aging and degenerative diseases

OXYGEN THERAPY PACKAGE

Save up to \$1,800

OXYGEN THERAPY	# OF SESSIONS	DISCOUNTED COST PER SESSION	COST FOR TREATMENT PKG
60-MIN	1	\$85	\$85
60-MIN	4	\$75	\$300
60-MIN	10	\$65	\$650
60-MIN	20	\$50	\$1000
60-MIN	30	\$45	\$1350
60-MIN	40	\$40	\$1600

LONG COVID TREATMENT	# OF SESSIONS	COST PER SESSION	DISCOUNTED COST FOR TREATMENT
OXYGEN THERAPY	4	\$75	
IV THERAPY	1	\$150	<i>Save \$150</i>
SAUNA THERAPY	4	\$25	
TOTAL		\$550	\$400

PAYMENT OPTIONS

6-MONTHS NO INTEREST

The CareCredit logo features a stylized green leaf icon to the left of the brand name "CareCredit" in a teal, sans-serif font.

We offer financing
through CareCredit.

**TO APPLY
TEXT: 918-973-3088**

**TO VIEW DETAILS ABOUT OUR SERVICES, PLEASE VISIT OUR WEBSITE;
DESTINYWELLNESSCENTER.NET. RATES FOR SERVICES ARE BASED ON CASH
PAYMENTS. RATES DOES NOT INCLUDE THE 5% SURCHARGE/ADMIN FEE FOR
PROCESSING PAYMENTS USING A CREDIT OR DEBIT CARD.**



DESTINY WELLNESS CENTER

Where illness ends and healing begins

CONTACT US



Phone call

918-973-3088



Website

destinywellnesscenter.net



Email Address

marsha@destinywellnesscenter.net



Office Address

7226 E 41st St Tulsa Ok 74145