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## Powerful Natural Healer the FDA Wants to Crush

**B**ack in the 1960s, a young and already popular doctor called Robert Atkins (you may have heard of him) had his medical license revoked — not for recommending his famous diet plan, but for saving a woman’s life with an outlawed gas.

An intern had spotted a scar on the woman’s breast during a routine medical examination at a New York City hospital, and learned it was the location of a former tumor that had been “cured” with *ozone therapy* by Dr. Atkins.

The intern didn’t approve of “alternative” therapies — even if they worked — and filed charges of “Quackery” against Dr. Atkins. Shortly afterward, the State Medical Board revoked his medical license. Ozone therapy wasn’t — and still isn’t — an FDA-approved procedure.

But Dr. Atkins, who already had a sizable following because of his appearances on the nationally syndicated radio show, *Design for Living*, was deeply upset. At the next opportunity, he told listeners he had cured breast cancer using ozone therapy — and now he was being punished for it.

After a national uproar, his license was reinstated. But the medical board warned him not to publicly promote his use of ozone therapy.

Not long after that, the New York State Legislature passed a number of *health freedom laws*, which permitted doctors and patients to use “experimental” treatments.

Dr. Atkins, who died in 2003, used ozone therapy to treat numerous conditions in more than 1,000 patients — as varied as cancer, stroke and HIV, the virus that causes AIDS.

You see, ozone — a special “energized” kind of oxygen — can help to heal almost every condition.

*But here’s the irony: Dr. Atkins wasn’t doing anything especially “breakthrough.” Doctors have been using ozone to cure diseases and wounds for over 125 years.*

It was even used by many doctors in America — until the FDA banned it in the 1940s, after more than 60 years of successful use.

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Meanwhile, in other parts of the world — like Germany, Italy, Russia and Cuba — ozone therapy has become commonplace in medical hospitals and clinics to treat issues as simple as eczema and those as complicated as cancer and poisoning.

That's why the late-President Ronald Reagan went to Germany to get ozone therapy for his cancer. He died over a decade later of pneumonia — not cancer — at age 93.

Despite the extraordinary number of patient successes around the world using ozone therapy, the FDA has stubbornly refused to approve the treatment.

Thanks to health freedom legislation in recent years, you can now make your own choices about your health — although, the legality and availability of ozone therapy in America still varies by state.

Let's take a look at why the FDA has declared war on one of the most effective and proven healing therapies known to modern science.

## **A Major Threat to Big Pharma's Profits**

The FDA, the American Medical Association and the media have condemned ozone therapy as medical fraud. They ignore the millions of lives that have been improved and saved around the world with this simple and safe treatment.

More than 10,000 doctors in Germany alone have used ozone therapy on close to 10 million patients — and they've had a 90% cure rate and virtually no side effects.<sup>1</sup>

Russia has a 40-year track record of successful ozone therapy, especially for tuberculosis. Russian medical reports say those who have been cured have no recurrence.<sup>2</sup>

Ozone was originally used to disinfect operating rooms and sterilize surgical instruments in the mid-1800s. And by 1896, the genius Nikola Tesla had patented the first O<sub>3</sub> generator in America.<sup>3</sup> By 1900, ozone was already known for its powerful healing effect on 114 diseases.<sup>4</sup>

Doctors short on supplies during World War I used ozone to treat wounds and infections because of its powerful disinfecting, antibacterial and anti-inflammatory effects.

By the mid-1900s, the prestigious medical journal, *The Lancet*, had been singing its praises for 50 years for its power against diseases like cancer, anemia, hepatitis, herpes, macular degeneration, chronic fatigue states, chronic bladder conditions, cardiovascular disease, diabetes, Lyme disease and Crohn's disease.

In a 1980 study conducted by the German Medical Society for Ozone Therapy, 644 therapists were polled regarding 384,775 patients and a total of more than 5.5 million ozone treatments.

There were only 40 cases of side effects noted and only four fatalities. That makes ozone the safest medical therapy ever devised.<sup>5</sup>

*So how could such a safe and effective treatment be so controversial?*

It's simple: it works. Oxygen is also cheap and can't be patented. And ozone therapy has no known side effects.

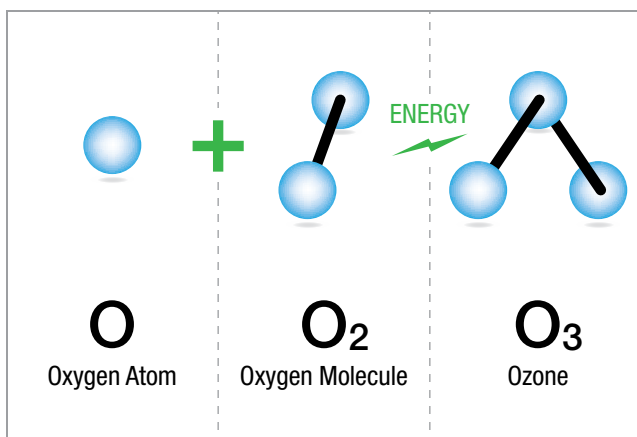
You see, the global pharmaceutical industry is worth \$300 billion a year — and anything that threatens their sales is going to draw heat.<sup>6</sup>

Big Pharma doesn't want anyone to undersell them — and they don't want a simple and safe treatment to come along and outperform their expensive drugs.

Ozone therapy has also been shown to be particularly powerful against cancer cells. But with a global cancer industry worth around \$170 billion a year — it's clear there's more profit in "managing" cancer with drugs than curing it with cheap oxygen.

And it's not just Big Pharma's lucrative cancer industry at stake. Ozone therapy has been used to heal multiple diseases — and that's what really scares Big Pharma. It's a major threat to their business.

That's why the Big Pharma's henchmen in the FDA have been trying to stamp out ozone therapy for more than 70 years.



*When oxygen atoms hook up in pairs, they form the breathable form of oxygen, O<sub>2</sub>. Ozone is a special “energized” version of oxygen.*

Money is the number one concern of Big Pharma, not your health.

Why haven’t you heard about this? The media, which relies on \$27 billion of Big Pharma’s advertising, won’t even begin to touch this story.

## Why Ozone is so Special

The air you breathe only has two oxygen molecules. That’s why it’s known as O<sub>2</sub>. But when you add an electrical charge, it forces three oxygen molecules together to form O<sub>3</sub>, or ozone. It’s a sweet-smelling, bluish gas that’s plentiful in nature.

Today, medical-grade ozone is made in special generators, but ozone in the atmosphere is what makes the sky blue, and it’s why the air smells so good after a thunderstorm.

Some people call ozone “energized” or “activated” oxygen — and that’s exactly what it does to your cells.

*Once this supercharged oxygen gets into your bloodstream, it has the unique power to both heal and detoxify at the same time.*

It also naturally destroys disease-causing pathogens like infections, bacteria, fungi, viruses and many different cancer cells.

Although human cells thrive on oxygen, the pathogens that cause disease cannot live in high

oxygen concentrations. And these *anaerobic* viruses and bacteria cannot survive when they are surrounded with this very energetic form of pure oxygen.<sup>7,8</sup>

Ozone also supercharges your immune system by triggering the production of *cytokines*. These are powerful cell-signaling molecules that regulate immunity, inflammation and the production of white blood cells — your body’s defense armory. They fight off disease and infection, and keep out dangerous invaders.<sup>9</sup>

But there’s another reason ozone is such a potent protector and healer of disease — it attacks the common link between all diseases.

Let me explain...

## The Mitochondria Connection

Inside each of the 100 trillion cells inside your body are hundreds of little power plants called mitochondria.

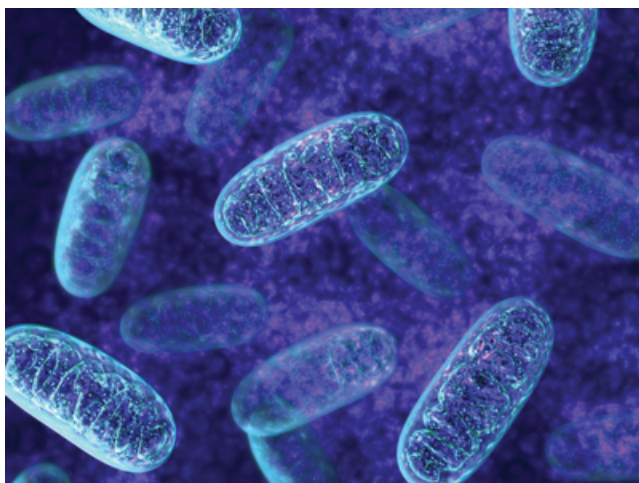
These little furnaces use the oxygen carried by your red blood cells, along with fats, proteins and sugars you consume in your diet, to produce a special kind of chemical energy called *adenosine triphosphate*, or ATP. Your cells need ATP because it’s the gasoline that powers them.

But here’s the problem: As you age, these tiny power plants become damaged and start to die off. And your cells lose their capacity to make ATP.

Today, this happens at a faster rate than your parents and grandparents experienced, because now we’re living in a polluted, highly toxic and oxygen-starved environment. This lack of oxygen makes your mitochondria age faster.

You see, when you’re young and healthy, one molecule of glucose normally produces around 36 ATP molecules. That’s more than enough to fuel your cells and power your immune system.

But when cells are starved of oxygen, your mitochondria malfunction. They might produce as few as four or five ATP molecules for every glucose molecule — if any.



***Mitochondria keep your cells powered up and clean.  
Keep your mitochondria running efficiently and you'll  
have all the energy you need... for as long as you need it!***

The first thing that happens is your cellular energy takes a dive. You feel tired and fatigued. But then your immune system starts to falter and devastating diseases follow.

For example, if the mitochondria in the cells that form your cardiovascular system lose their strength, you're likely to get heart disease. If the mitochondria in your renal cells malfunction, you get kidney disease. And poorly performing mitochondria in the cells in your central nervous system often result in painful fibromyalgia — and so on.

You see, mainstream doctors are trained to recognize symptoms, but not to identify root causes and cures. That's why the lack of oxygen is one of the most overlooked causes of modern disease.

Many diseases have been linked to oxygen-starved, malfunctioning mitochondria. Here are just a few:

- Cancers;
- Heart disease and strokes;
- Diabetes;
- Fibromyalgia;
- Schizophrenia and bipolar disease;

- Alzheimer's and Parkinson's disease;
- Epilepsy, migraines and nerve pain;
- Blindness;
- Hepatitis C and cirrhosis.<sup>10,11</sup>

And that's why ozone therapy has been successful in treating many of the above conditions. When ozone is introduced into your body, each of your cells becomes saturated with high-energy, healing oxygen. This causes your red blood cells to deliver a supercharged payload to your mitochondria.<sup>12</sup>

And that's what restores and replenishes their ability to make ATP — literally making old cells young and healthy again.<sup>13</sup>

## Ozone's Power Over Cancer

Oxygen is a powerful detoxifier. Without enough oxygen to purify them, your cells get covered with toxins, like carbon dioxide. But cells need oxygen constantly, and as the toxins build up, your cells can't breathe.

You see, your body needs oxygen for everything. It's necessary for digestion... your immune system's power to fight viruses and bacteria... brain and nerve cell activity... heavy metal detoxification... new blood vessel growth... DNA replication... cell aging... and energy creation... to name just a few.

In an oxygen-deprived environment, many of your cells begin to behave as if they have fallen asleep. They stop signaling the hormones and enzymes you need to regulate your body's life cycle. And they stop calling your immune system for help.

*But not all cells fall asleep. Some cells go rogue. Instead of "sleeping," they become cancerous.*

That's why the oxygen-giving power of ozone has proven to be such an impressive cancer-fighter.

Ozone delivers a triple blow to cancer. It not only restores health to your cells and bolsters the power of your immune system, studies show it also deactivates cancer cells.



More than 50 years of ozone use in Europe and numerous studies prove, that by increasing the oxygen content in your cells and tissues, it displaces more carbon dioxide.

When your cells have enough oxygen, your body doesn't provide the *anaerobic* atmosphere needed for the fermentation process of cancer cells and other pathogens.

Cancer cells die when they're exposed to supercharged O<sub>3</sub> — but healthy, oxygen-breathing cells become energized.<sup>14,15</sup>

Of course, it isn't just cancer that ozone therapy can beat.

Just some of the successes of energized oxygen include:

- Destroys viruses, bacteria and fungi.
- Protects against inflammation, oxidation, neurological diseases, vascular disease, degenerative diseases, skin lesions and herniated discs.<sup>16</sup>
- Treats infected wounds, hepatitis C, circulatory disorders, macular degeneration, viral diseases, rheumatism, arthritis, candida, Lyme disease and chronic fatigue syndrome.<sup>17,18</sup>
- And many others.

## How to Get Ozone Therapy

I recommend three main ways you can get ozone therapy:

**1. Transdermal Ozone Therapy:** This is one of the most pleasant ways to get ozone into your body — because it's done in a personal sauna. Dr. John Kellogg first used ozone in sauna steam cabinets in 1881 at his naturopathic sanitarium in Battle Creek, Michigan to cure diphtheria — and it has been used ever since to treat a wide variety of disorders.

You sit on a chair and your body is “encased” in the personal sauna as the cabinet is closed around you — but not over your head, so you don't

breathe it in. As steam surrounds your body, the humid heat opens the pores on your skin, and the ozone penetrates directly into your bloodstream.

This is a powerful detoxifying treatment. You see, ozone floods your fat and lymph tissue, where most of your body's toxins are contained. As you perspire, the toxins are removed and ozone renews your cells.

**2. Rectal Infusion:** This painless and minimally invasive method is regarded by the world's leading experts on ozone as one of the easiest and most effective ways to get ozone into your body. That's because oxygen is easily absorbed through the walls of your colon and intestine.

First used in the 1930s in Europe to treat colitis, it is now a common method of ozone therapy used by doctors in Germany, Russia and Cuba.

The largest clinical trial using ozone rectal insufflations was done in Cuba on patients with *retinitis pigmentosa*, a degenerative eye disease that causes blindness. Researchers followed the patients for 25 years and found that after getting ozone treatment every six months, none had lost any of their visual capabilities — and there were no side effects.<sup>19</sup>

It's also the quickest method and takes between two and four minutes. There are no needles or syringes — and no discomfort.

**3. Autohemotherapy:** This is a fancy name for the “blood method.” In my view, it's the most effective of all the ozone treatments.

Here's how it works:

- I make O<sub>3</sub> from O<sub>2</sub> with a special ozone generator machine.
- Then I draw a small amount of the patient's blood.
- Next, I infuse the blood with medical-grade O<sub>3</sub> mixed with O<sub>2</sub>.
- Finally, I slowly reintroduce the oxygen-rich blood back into the patient with an IV.

## 3 Ways to Use Ozone Right Now

Although not as medically effective, there are several ways to harness the power of supercharged oxygen at home:

**1. Ozonated Water:** Super-oxygenated water boosts your immune system, and eliminates microbes and toxins in your blood.

In addition to drinking ozonated water, you can tap into its healing powers by swabbing it on cuts, rashes, stings and sunburns.

You can make your own ozone-infused drinking water with a machine called a “cold corona-discharge ozone generator.” And be sure you drink it before the ozone breaks down into regular oxygen. Ozonated water is also available online.

**2. Ozonated Olive Oil Paste:** This oxygen-infused salve is one of my favorite natural healers.

You can rub it on cuts, burns, sores, boils, sunburn, infections, dermatitis, fungal infections and insect bites and stings. It disinfects, sterilizes and reduces swelling and redness. And it promotes cell growth while reducing scarring.

You can buy it online, but make sure it comes from pure, cold-pressed, virgin olive oil.

**3. Ozonated Magnesium:** This combo is one of the best ways to ease constipation, and clean out a clogged colon.

Ozone’s extra atom of oxygen dissolves the build-up of impacted material and kills off bad bacteria. The results are a relaxed, free-flowing gut. Look for formulas online.

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# High-Intensity Exercise Boosts Oxygen Over 1700%!

Every year, the FDA and the CDC offer new information and updates about what foods to eat or pills to take. But these agencies haven't updated their exercise recommendations in almost a decade.

They still cling to the outdated idea that you need 150 minutes of cardio/aerobic activity a week.

But when it comes to exercising for good health and a longer life, the key is to increase oxygen levels throughout your body — your lungs, heart, brain and cells.

Walking or jogging for 60 minutes won't do this. Jumping up and down in an aerobics class won't either.

Cardio and aerobic exercise actually shrink your lung size and reduce lung capacity.

And lungpower is the key indicator of how long you'll live.

The famous Framingham study found that your lungpower decreases as you age. By the time you're 80, you've lost 60% of your lungpower.

Yet mainstream advice still claims that if you put in the miles on your treadmill every week, you'll live longer, look better and feel younger.

They couldn't be more wrong.

## Proven and Updated Exercise Advice

If traditional exercise doesn't work, what does?

The answer is a high-intensity workout that floods your cells with life-giving oxygen.



*PACE allows you to pump more blood and deliver more oxygen to your muscles while raising your energy levels like never before.*

Oxygen is the basic fuel for cell metabolism. If your body isn't getting enough oxygen, serious health problems start to happen. These include:<sup>1</sup>

- Fatigue and energy loss
- Stress, anxiety and depression
- Headache
- Inflammation
- Infection
- Dementia
- Heart disease
- Cancer

A low oxygen level — or hypoxia — affects almost every part of your body. Here's what happens to your heart and lungs when they don't get enough oxygen...

Too little oxygen in your blood causes the vessels in the lungs to narrow. As a result, your heart is forced to pump harder. It struggles to push blood through your lungs. Your heart rate escalates. Eventually, this pressure makes your heart weaken.

Ultimately, it fails. But your heart and lungs aren't all that's at risk. Your brain is too.

Low oxygen levels have a devastating effect on your brain. You can't find your car keys or remember why you walked in a room. You can't concentrate for more than a minute. You have wild mood swings. Simple motor skills aren't so simple.

Complex tasks like driving get harder. Soon, speech is affected. Problem-solving skills like balancing your checkbook are almost impossible.

## Boost O2 Levels Big Time

There's an easy way to dramatically increase your oxygen intake. And it doesn't take an hour of jogging or jumping up and down in an aerobics class. You can do it with 12 minutes of a high-intensity exercise program I developed called PACE.

My system is a simple way to build your lungpower and put more oxygen into your cells. I know it works because I've seen it work over and over again in my practice.

RF from Boca Raton, Florida, is one success story. When he first came to see me at my clinic, he couldn't even walk a few feet to his mailbox without feeling winded and completely out of breath. He was taking numerous prescription drugs. But nothing worked to get his energy back.

After following my system, RF is in his best shape in years. He feels strong and alert and has the energy to go wherever he wants, whenever he wants. In fact, he's back to walking the golf course at his club. Not too long ago, that was impossible.

I've seen a formerly frail 85-year-old regain vitality and strength and recover her will to live. I had a two-pack-a-day smoker reverse decades of lung damage.

The list of people who've been helped goes on and on.

PACE pumps oxygen-rich blood to your organs up to 18 times more than an exercise like walking.<sup>2</sup> In fact, PACE gives you:

- 400% more oxygen to your lungs
- 1733% more oxygen to your muscles
- Nearly twice as much oxygen to your brain
- 331% more oxygen from your heart

## Disease-Free In Minutes a Day!

One of the reasons our ancestors stayed disease-free is because it took intense "spurts" of energy to catch their dinner — or avoid being eaten as something else's dinner! These intense bursts provided huge amounts of oxygen to their vital organs.

That's the theory behind PACE.

PACE stands for **P**rogressively **A**ccelerating **C**ardiopulmonary **E**xertion.

I developed PACE to help my patients get long-term results no matter how out of shape and out of breath they were. No matter what their lung capacity was.

The key to raising the amount of oxygen that reaches your organs is to slowly increase the challenge every time you work out. When you do this, you significantly increase the amount of oxygen reaching your cells.

I'm living proof that the program works. I am nearly 60 years old as I write this letter, but I have the lungpower of a 25-year-old. An independent lab using the latest lungpower-testing technology has verified it. All thanks to PACE.

So stop jogging or jumping around at the gym. Aerobics and cardio aren't the answer. These kinds of low-intensity, long-duration exercises actually **shrink** your lungs. And smaller lungs mean less oxygen moving around your body.

As your lung capacity diminishes, you're more likely to suffer a heart attack or stroke. Lack of oxygen reserves cause 50% of all heart attacks.



## Heart Attacks Happen All Too Often After a Race

How many times have you heard about marathon runners who suffer a heart attack after finishing an event? I've seen it firsthand.

Years ago, I provided emergency care for marathon races.

At one race, a thin young man collapsed and fell to the ground just feet from our first aid station. His heart continued to violently race as I placed an oxygen mask over his blue lips. Another runner in his 20s made it to our station but had to kneel down to wait for emergency assistance. He was weak, dizzy and frightened, with a dangerously irregular heartbeat.

Last year, a 32-year-old mother of four died moments after finishing a half marathon in South Carolina. At a Los Angeles race, a 61-year-old man suffered a heart attack at mile 22. In just one month, six runners — all in their 20s and 30s — died of cardiac arrest after finishing various events around the country.

In spite of what the so-called fitness gurus tell you, there is plenty of evidence that prolonged endurance exercising shrinks your lungs and accelerates heart disease.

My PACE program quickly and easily builds a reserve capacity in your lungs, heart and blood vessels.

### People Are Slowly Catching On...

- In the groundbreaking Tabata study, volunteers did 20 seconds of super-fast rowing followed by 10 seconds of rowing at a more relaxed rate, for a total of eight sets lasting four minutes. They exercised for a total of just 88 minutes a week.

In six weeks, participants increased their anaerobic capacity 28%. They increased their V02 max, which measure cardio-respiratory endurance, 15%.<sup>3</sup>

- German physicist and inventor Manfred von Ardenne measured the lungpower of older men

and women who used a technique similar to my PACE program — short bursts of intense exertion followed by rest and recovery.<sup>4</sup>

One man in his early 50s regained the lungpower of a 20-year-old. Another in his early 70s ended up with the lung capacity of a 30-year-old.

- The McMaster University study made headlines around the world earlier this year. This Canadian study found that the participants who did short bursts of intense activity improved their peak oxygen uptake by about 20%. Even better is that they did it in only 10 minutes three times a week.

## Challenge Your Body, Grow Your Lungs

So if aerobics doesn't work, what will?

The answer is what I call "supra-aerobics."

When you exercise in your supra-aerobic zone, you create an oxygen debt. Basically, that means your body's demand for oxygen is greater than the supply. So your body sends a signal to your lungs to expand. Over time, your body adapts to the challenge by growing your lung volume and increasing your heart's output.

To create this lifesaving oxygen debt, you exercise at a pace that you can't maintain for very long. You ask your lungs for more oxygen than they can provide. Going all-out in this way will cause you to pant and breathe hard. And that's a good thing.

Heavy breathing for a few moments means you're demanding more oxygen from your body than it can provide. You continue to breathe hard even after you've stopped the exertion until you replace the oxygen you're lacking.

Getting started with PACE is easy. Here is an example of your first workout.

You can do any exercise you want — out in the fresh air or on a machine at the gym. Biking, walking, running, swimming, the elliptical or treadmill... the choice is yours.



*Using the PACE heart rate monitor during all of your PACE workouts makes it much easier to track your heart rate. It's available on [AlSearsMD.com](http://AlSearsMD.com).*

1. Find out your resting heart rate. The easiest way is to feel for your pulse right next to your windpipe. Count the number of beats for 6 seconds and multiply by 10. That is your resting heart rate per minute.
2. Now walk, run, sprint, do jumping jacks, use an elliptical machine, swim laps, or whatever you can handle. Start at a speed and level of intensity that feels comfortable to you.
3. Rest and recover.
4. Do another set and increase your level of exertion until you are panting and breathing slightly. Note the time it takes you to get to this point.
5. When you reach this level of exertion, stop. Now check your pulse again and determine your heart rate. For the most accurate measurement, try my PACE heart rate monitor. This wristwatch and chest strap is simple to use and easy to read. It provides instant feedback on the current status of your heart and lets you find out if you're entering your supra-aerobic zone.
6. Recover.
7. Do a second set, but increase the intensity again until you are out of breath.
8. Recover.

That's all there is to it for the first time. Do this again tomorrow, but slightly increase the challenge this time. Then, every session, accelerate your exertion or recovery a little at a time.

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# The 100% Oxygen Cure

Let me tell you a story I heard recently about a woman in England called Gwynneth Flowers...

Gwynneth, who was 75 at the time, tripped in her kitchen one day and cut her right leg. It was only a little cut, but she went and got a couple of stitches anyway.

That was how it began.

Within days, three small blisters appeared on her toes, which soon developed into an open sore that spread halfway up her leg.

Two weeks later, Gwynneth was diagnosed with *necrotizing fasciitis*, a rare but fast-spreading gangrene-like infection that eats away at the soft tissue just below your skin.

She spent two weeks in intensive care and another six weeks in a hospital ward. She underwent five procedures to scrape and cut away the dead skin, so doctors could perform a skin graft to replace the dead tissue.

But Gwynneth's leg didn't heal. A year later, it was still infected. She was miserable, frustrated and angry. She was constantly cleaning and dressing the wound. After an hour, it would be soaked again. She was also losing her mobility and her independence.

Back at the hospital, doctors dropped the biggest bomb on her — they said her leg needed to be amputated.

But then Gwynneth did something brave. She refused to follow the doctors' advice and took matters into her own hands. It was the right thing to do.

She kept her leg and, a year later, she's still enjoying good health.

Gwynneth's cure? **Hyperbaric oxygen therapy** — or HBOT, as it's commonly known.



***Hyperbaric oxygen therapy typically is performed as an outpatient procedure and doesn't require hospitalization.***

Hands down, HBOT is the fastest and most effective way to replenish your body's oxygen supply and harness the incredible healing power of supercharged oxygen.

It works because HBOT increases oxygen levels in your red blood cells, encouraging the healing and regeneration of tissues, blood vessels and nerves.

There are now more than 30 years of clinical successes that prove what a breakthrough treatment HBOT really is.

*In this **Confidential Cures** article, I'm going to show you exactly what HBOT is, why it works and the conditions it can cure... and how it can help YOU.*

## Let the Healing Begin...

Hyperbaric oxygen therapy was first used in the 1930s to treat deep-sea divers suffering from decompression sickness and trapped air bubbles (the bends). But it was noted quickly that the treatment aided wound healing and relieved pain.

Today, HBOT is usually delivered in one of two ways:

- 1. An HBOT Individual unit:** This is the way in which HBOT is most-commonly delivered these days — you lie down in a single-person chamber that looks like a tiny submarine with a glass hood — and breathe.
- 2. An HBOT chamber for several people:** In a multi-person hyperbaric oxygen room you can sit or lie down. In this setting, you'll probably get oxygen through a mask over your face or a lightweight, clear hood will be placed over your head.

As usual, mainstream medicine has been slow on the uptake. But hyperbaric chambers are now even used in a handful of hospitals and healing centers. As a painless, drug-free treatment for many of our modern world's most chronic conditions, its potential is enormous.

Instead of cutting open your body, removing limbs, or injecting nauseating drugs into your veins, I prefer to prescribe hyperbaric oxygen any day. There are no known side effects — because you're not putting anything unnatural in your body. Just pure oxygen, the very source of life — and the results are simply astounding.

I call it the *“pleasant prescription.”*

You simply climb onto a bed and relax for a couple of hours. A clear hood is closed over the bed. You can even watch TV or take a nap.

Now you simply breathe as normal. The only difference is that you're breathing pure oxygen at 1.5 times normal atmospheric pressure. With HBOT, your lungs take in more oxygen than would be possible if you were breathing pure oxygen at normal air pressure.

Treatment can last between a single session and several weeks, depending on your condition.

The combination of pressure and oxygen physically dissolves more oxygen into your bloodstream, which carries it throughout your body. The pressurized oxygen actually increases the amount of oxygen your blood can carry.

But the reason it's so effective begins with a number: 100 trillion.

That's roughly the number of cells in your body. Every breath you take needs to provide enough oxygen to feed and nourish your every cell.

You see, an injury — whether it's a blocked artery, a painful diabetic wound or gangrene — reduces the amount of blood flow, and therefore oxygen, to the damaged area. That means the cells in the wound area go into a kind of suspended animation, because they only get enough oxygen to survive, not to function as they should.

Breathing pressurized oxygen increases the number of oxygen molecules getting through without having to increase the flow of blood to the area. An HBOT jolt — you won't feel a thing — then stimulates the release of *growth factors* and *stem cells*, which promote healing and get the cells working again.

## Over 30 years of Overwhelming Research

The research — and success — of HBOT over the past 30 years has been so overwhelming, the FDA has even approved it for many conditions. Many insurance companies now also accept it as part of a treatment protocol.

Researchers have put acute stroke patients, children with cerebral palsy, as well as victims of chronic and slow-healing medical conditions into hyperbaric chambers to breathe pressurized oxygen — and the results have been astonishing.<sup>1</sup>

The list of conditions HBOT can successfully treat is growing almost daily. Here are just some of those conditions:

**Pain Management:** Chronic, unremitting pain affects more than 75 million people in America.

If you suffer from chronic pain, you're probably also popping handfuls of dangerous prescription and over-the-counter meds. These drugs, like Percocet and Vicodin, have long lists of side effects and many are extremely addictive. They also have a terrible impact on your liver. HBOT is drug-free pain relief. HBOT is so effective, I've been able to wean a lot of patients off of these nasty drugs.<sup>2,3</sup>

Whether you're a cancer patient suffering severe *neuropathic* pain, a stroke victim with *central post-stroke pain*, have *postherpetic neuralgia* from contracting shingles, or even *lower back pain*, it can be excruciating. HBOT has been shown to provide significant relief — even complete elimination in some cases — for all of them.<sup>4,5</sup>

**Burns:** Fire burns and scalding are among the most painful injuries you can get — and they're also among the most difficult to heal. That's because loss of skin — which acts as a barrier to bacterial invasion — makes burn patients prone to infection and swelling.

By helping your body fight infection, HBOT improves healing and reduces damage from infection.<sup>6</sup>

That means oxygen can help you heal quicker, shrink the burn area and it even reduces scarring.

HBOT is safe even for patients with severe and extensive burns.

**Carbon monoxide poisoning:** If you've been in a fire, you'll know all about the dangers of CO<sub>2</sub> poisoning.

You see, carbon monoxide has a high affinity with hemoglobin — the oxygen carrying protein molecule in your red blood cells. And when it's inhaled, it binds to hemoglobin to form a compound called *carboxyhemoglobin* (COHb). This severely inhibits oxygen delivery to tissues and causes hypoxia.

But HBOT decreases the half-life of carboxyhemoglobin and unfastens the carbon monoxide from your hemoglobin, making your red blood cells once again available to carry oxygen.

And because of HBOT's ability to “unfasten” certain molecules, it's also an extremely effective treatment for other forms of poisoning.

**Stroke and other brain injuries:** In the late 1990s, three Dutch neuroscientists in a pathology lab in Amsterdam proved something no one had thought possible — they brought brain cells from 30 dead people back to life by suffusing these cells with oxygen.<sup>7</sup>

Oxygen is the main substance your brain is deprived of when you have a stroke. And most doctors will tell you that if you've had a stroke, that area of the brain is dead and that's the end of it.

But neurologists now also accept there's a much larger area known as the *ischemic* (blood-starved) *penumbra* that isn't dead, but is physiologically traumatized — and because so few doctors know how to treat this condition, eventually it does die.

But given the right, intense doses of oxygen, damaged brain tissue can function for up to eight hours after death. The healing power of oxygen on human cells is simply startling.

Studies show that HBOT can deliver significant neurological improvements in post-stroke patients — even at chronic late stages. It proves that *neuroplasticity* — the brain's ability to reorganize itself by forming new neural connections — can still be activated long after the stroke has taken place.<sup>8</sup>

**Radiation-therapy damage:** Cancer patients who undergo life-saving radiation therapy often suffer cruel side effects — sometimes months or even years after treatment. You see, radiation therapy kills cancer cells, but it also kills and damages normal, healthy cells near the cancer.

*Radionecrosis*, the term used to describe the death of cells in bones, organs and soft tissues as a result of radiation therapy, is one of the most well-researched and common uses of HBOT today.

For example, radiation therapy for cancers in the abdomen and pelvic area can often damage and inflame healthy surrounding tissue, such as those in the bowel and rectum, leading to chronic pain,



## Healing Power of HBOT

Here's a partial list of the conditions hyperbaric oxygen therapy has been shown to heal:

Anemia	Arthritis	Burns	Brain injury
Crush injuries	Cerebral palsy	Chronic wounds	Cancer-therapy radiation wounds
Diabetic foot ulcers	Embolism (bubbles in blood or tissue)	Fibromyalgia	Hypoxia (lack of oxygen)
Heart disease	Infections, including gangrene, actinomycosis (lumpy jaw), as well as necrotizing and bone infections	Migraines	Nerve-related deafness
Pain management	Poisoning	Skin grafts	Stroke

diarrhea and incontinence. A recent study in the prestigious *BMJ* publication *Gut* concluded that HBOT is the best current treatment for problems linked to radiotherapy for abdominal cancers.<sup>9</sup>

The lining of blood vessels and the gastrointestinal tract are especially vulnerable to radiation damage.

HBOT is the only therapy found to increase the number of blood vessels in irradiated tissue.<sup>10</sup>

Multiple studies also show HBOT's healing power on radiation injuries from treatment for cancers of the chest, brain, head and neck.

Because HBOT improves blood supply and drives life-giving oxygen into these damaged cells and tissues, it reawakens dying cells and brings them back to life.

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## AL SEARS, MD

Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

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In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock***. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.

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An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).