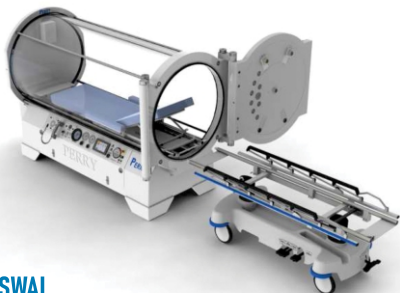


Age & Disease reversal through

# HYPERBARIC OXYGEN THERAPY



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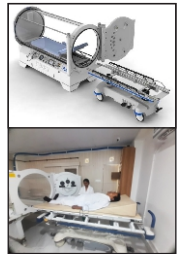
# ALL THE WEALTH IN THE WORLD IS USELESS WITHOUT GOOD HEALTH

## WHY GET OLDER?

## WHY NOT YOUNGER & HEALTHIER NATURALLY WITH HBOT

### HBOT (HYPERBARIC OXYGEN THERAPY)

Most of our health problems today are caused by oxygen starvation at cellular level. The air we breathe contains only 20.9% oxygen. In HBOT we breathe nearly 100% pure oxygen inside a chamber with increased (up to 3 times) atmospheric pressure i.e. upto 15 times the normal oxygen – is known to help reverse aging, rejuvenate body's self-healing properties, boost the immune system, stimulate new cell growth and regeneration, accelerate recovery times and help our natural immune system and improve overall wellness, energy and fitness.



When a patient is given 100% oxygen under pressure, Oxygen floods areas that are oxygen starved due to reduced or blocked blood flow to stimulate cell growth and regeneration of new blood vessels Hyperbaric Oxygen acts as an anti-viral and anti-bacterial, as “bad” bacteria and viruses typically cannot tolerate oxygen. Oxygen reduces tumor growth in cancer patients. Increases neural brain function due to oxygen saturation. Oxygen displaces toxins and other impurities to assist in detoxification of your system and provides numerous other condition specific benefits.

### SOME OTHER AMAZING BENEFITS OF HYPERBARIC OXYGEN THERAPY ARE :

A landmark study in Israel has found that HBOT can reverse two key biological signs of aging in humans—the first study to ever make this finding. Published in the peer-reviewed journal Aging, the study shows it is possible to target and reverse the biomarkers of aging at the basic cellular-biological level.

This breakthrough in the biology of aging provides scientists with a new foundation for investigating ways to slow the aging process. Learn more about the evidence-backed benefits hyperbaric oxygen therapy has for anti-aging potential.

**“At the cellular level, there are two key hallmarks of the aging process”...**

**the two key biological signs of aging are :**

**SHORTENING OF TELOMERES ON OUR CHROMOSOMES :** Telomeres are like the hardened ends of shoelaces. They protect the ends of chromosomes from deterioration. As we age, our telomeres naturally shorten, but a yearly decrease of their length by 20-40 kilobases is associated with serious illnesses.

**ACCUMULATION OF SENESCENT CELLS :** Senescent cells are cells that are still alive but have stopped multiplying. Over time, these cells can accumulate in the body, and their increase contributes to age-associated conditions.

In the study, patients aged 64 and older underwent a series of unique Hyperbaric Oxygen Therapy anti-aging programs. Multiple blood tests conducted during the study showed **“HBOT may induce significant senolytic effects including significantly increasing telomere length and clearance of senescent cells in the aging populations.”** The results suggest aging in reverse is possible at the cellular level.

**“The significant improvement of telomere length shown during and after these unique HBOT protocols provides the scientific community with a new foundation of understanding that aging can, indeed, be targeted and reversed at the basic cellular-biological level.”**

A different study released in 2000 showed that HBOT also improves cognition significantly, including attention, memory, processing speed etc. Over a decade of research, these findings led Dr. Shai Efrati, a co-author of the studies, to develop a unique medical program available at Aviv Clinics. HBOT greatly increases oxygen concentration in all body tissues, even with reduced or blocked blood flow; stimulates the growth of new blood vessels to locations with reduced circulation, improving blood flow to areas with arterial blockage; causes a rebound arterial dilation, resulting in an enlarged diameter of arteries greater than when therapy began, improving blood flow to compromised; stimulates an adaptive increase in superoxide dismutase (SOD), one of the body's principal, internally produced antioxidants and free radical scavengers and aids in the treatment of infection by enhancing white blood cell action.

Though not new, HBOT has recently gained importance for treatment of chronic degenerative health problems related to **Atherosclerosis, Stroke, Peripheral Vascular Disease, Diabetic Ulcers, Wound Healing, Cerebral Palsy, Brain Injury, Multiple Sclerosis, Macular Degeneration and many other disorders.** Wherever blood flow and oxygen delivery to vital organs is reduced, function and healing can be aided with HBOT. When the brain is injured by stroke, CP, or trauma, HBOT may activate stunned parts of the brain to restore function.

Results can be dramatic. This is also true for potentially **gangrenous legs and feet caused by blocked circulation, and for slow-healing diabetic ulcers. HBOT relieves pain, helps fight infection, and keeps threatened tissues alive.**



One of the world's most experienced authorities on hyperbaric medicine Dr. Edgar End, clinical professor of environmental medicine at the Medical College of Wisconsin had this to say : "I've seen partially paralyzed people half carried into the HBOT chamber, and they walk out after the first treatment. If we got to these people quickly, we could prevent a great deal of damage."

**Hbot is very healthy , is pure oxygen - helps immune system fight bacteria, generate stem cells that help create other types of important cells including blood, brain & muscle cells.**

## WHEN NOT TO TAKE HBOT

- A collapsed Lung (Pneumotherapy)
- A lung disease that may increase your risk of getting a Collapsed Lung, including Chronic Obstructive Pulmonary Disease (**COPD**), Cystic Fibrosis and Emphysema.
- A Fever or Cold.
- Recently injured your Ear.
- Recently had Ear Surgery.
- Having **Pre 1960 PACEMAKER**

## PROCEDURE DETAILS

Remove any **metal** objects or **electronic devices** outside the Hyperbaric Chamber. These items could create sparks, which could cause a fire in the high-oxygen environment. You can only bring in a small bottle of water. As the Hyperbaric Oxygen Therapy sessions usually last between one and two hours, it's a good idea to use the restroom right before entering the chamber.

## WHAT HAPPENS DURING HYPERBARIC OXYGEN THERAPY?

During the procedure, you sit with a see through light weight oxygen mask in a multi chamber or lie in a mono chamber on bed that slides into the Hyperbaric Chamber, where you'll continue lying while receiving treatment.

ONCE THE DOOR HAS CLOSED, YOU MAY HEAR A LOW HISSING SOUND of oxygen filling in the chamber & the pressure grows, your ears may feel clogged as in an airplane. You may relieve the pressure by yawning, swallowing or a sip of water holding your nose. You will breathe normally.

If you're in a monoplace chamber, you may pass the time by watching television or a movie, sleeping or listening to music, a podcast or an audiobook.

If you're in a multiplace chamber, you may also play card games or read a book or magazine. A healthcare provider will be in the room throughout the procedure to answer any questions and monitor your condition and overall health. They may have you take short breaks during the treatment to breathe normal air.



## WHAT HAPPENS AFTER HYPERBARIC OXYGEN THERAPY?

Toward the end of **Hyperbaric Oxygen Therapy**, your healthcare provider will gradually decrease the pressure inside your chamber so your body can adjust to the pressure outside of the chamber. Your healthcare provider will remove you from the chamber or help you remove your mask or hood. Then, they may examine some of your vital signs, including your blood pressure and pulse, and check your ears. If you have diabetes, they'll test your blood sugar (glucose). You may feel sleepy after **Hyperbaric Oxygen Therapy**. It isn't necessary to have a family member or friend drive you home, but it might be a good idea.

## WHAT ARE THE ADVANTAGES OF HYPERBARIC OXYGEN THERAPY?

Many people benefit from **Hyperbaric Oxygen Therapy**, especially if they have chronic wounds. **Hyperbaric Oxygen Therapy** can help your body heal by helping grow new skin, blood vessels and connective tissues. It's very safe when performed by an experienced healthcare provider.

## WHAT ARE THE RISKS OR COMPLICATIONS OF HYPERBARIC OXYGEN THERAPY?

**Hyperbaric Oxygen Therapy poses some risks, including :**

**CLAUSTROPHOBIA** : Monoplace chambers are small and confined, which can trigger claustrophobia. Side effects may include anxiety attacks or panic attacks. Your healthcare provider may prescribe a mild sedative to help you remain calm during treatments.

**MIDDLE EAR INJURIES** : Injuries may include an earache, tensor tympani muscle bleeding (hemorrhage), fluid in your ears (effusion) or eardrum rupture.

**SINUS CONGESTION** : Side effects may include a runny nose, a stuffy nose, mucus drainage down the back of your throat (postnasal drainage) or a sinus headache.

**TEMPORARY NEAR SIGHTEDNESS** : In people who receive at least 20 daily treatments, between 20% to 40% lose their ability to see things at a distance for a short period. It more commonly affects those who have diabetes or are over 5, most people have a complete return of vision.

**OXYGEN POISONING** : Though rare, oxygen poisoning (toxicity) may occur if your lungs breathe in too much extra oxygen. Side effects may include coughing and shortness of breath (dyspnea). Severe cases may result in death.

**SEIZURES** : In rare cases, some people receiving Hyperbaric Oxygen Therapy have had seizures. Side effects include convulsions, sensory disturbances and fainting.

## WHAT IS THE RECOVERY TIME AFTER HYPERBARIC OXYGEN THERAPY?

You can return to your usual daily activities immediately following a **Hyperbaric Oxygen Therapy** session. Most people see benefits from **Hyperbaric Oxygen Therapy** after several sessions. It's important to continue your full course of treatment and stay in touch with your healthcare provider. Frequent monitoring enables you and your providers to identify potential complications earlier.

## WHEN SHOULD I SEE MY HEALTHCARE PROVIDER?

Contact your healthcare provider to explore **Hyperbaric Oxygen Therapy** if you have a chronic wound or other medical condition that might benefit from this treatment. Your healthcare provider will help you determine whether this procedure is right for you. If you get **Hyperbaric Oxygen Therapy** and develop breathing problems, call your healthcare provider or local emergency department right away.



## FREQUENTLY ASKED QUESTIONS

### Can I get Hyperbaric Oxygen Therapy if I'm pregnant?

HBOT is prohibited during pregnancy, your placenta is a temporary organ that connects a growing foetus to your uterus during pregnancy. HBOT can cause the muscles around the blood vessels to constrict, which may cause low oxygen levels in the foetus's blood. In cases where a pregnant person has carbon monoxide poisoning, a healthcare provider may recommend **Hyperbaric Oxygen Therapy**. They'll only recommend it if they believe its benefits outweigh its risks.

## A NOTE FROM CLINIC

Hyperbaric Oxygen Therapy is a relatively safe treatment for many conditions, and side effects are generally temporary and mild. The process is so calm that many people spend the time doing relaxing activities or even sleeping.

## Conditions and Diagnoses Treated by Hyperbarics that are Typically Covered by Health Insurance in U.S.A.

- Conditions related to cancer treatments and radiation damage
- Infections in tissue, muscle, bone or skin, and/or drug resistant infections
- Sores and gangrene that will not heal or that are related to diabetes
- Surgical sites with grafts or flaps
- Bones and/or tissue that are difficult to heal
- Acute severe problems from accidents (e.g. crushed leg, arm, fingers)
- Rare conditions such as decompression sickness, anemia, burns, carbon monoxide poisoning, or emboli from air or gas

## Medicare-Approved Conditions for Hyperbaric Therapy (reimbursable) in U.S.A.

- Acute carbon monoxide intoxication
- Decompression illness
- Gas embolism
- Gas gangrene
- Acute traumatic peripheral ischemia.
- Crush injuries and suturing of severed limbs.
- Progressive necrotizing infections (necrotizing fasciitis)
- Acute peripheral arterial insufficiency
- Treatment of compromised skin grafts
- Chronic refractory osteomyelitis, unresponsive to conventional medical treatment
- Osteoradionecrosis as an adjunct to conventional treatment
- Soft tissue radionecrosis as an adjunct to conventional treatment
- Cyanide poisoning
- Actinomycosis



## Commonly Treated Non-Medicare Conditions :

- Stroke
- Cerebral Palsy
- Lyme's Disease
- Autism
- Traumatic brain injury
- Coma
- Spinal cord injury
- Migraine/Cluster Headache
- Multiple Sclerosis (certain aspects)
- Reflex Sympathetic Dystrophy and other neurological disorders
- Cerebral Edema
- Sickle Cell Disease with Crisis
- Perineal Crohn's Disease
- Scleroderma
- Sudden blindness or deafness
- Diabetic blindness
- Skin and other infections
- Eye conditions (such as macular edema)
- Diabetes
- Orthopedic problems-sprains/strains chronic or acute/fractures non-healing
- Myocardial problems
- Liver detoxification enhancement
- Ulcerative Colitis
- Chronic pain

## **Mr. Prem Chand Jaiswal : A Renaissance Man Committed to Well-being, Passions, and Serving Others.**

Born in 1942, Mr. Prem Chand Jaiswal is a cut above the rest; he is a living, breathing example of passion, commitment, and an unstoppable need to help others. He is a shining example of the power of lifelong learning and what one man can do for so many.



Mr. Jaiswal is especially renowned for his work as an alternative health practitioner, offering consultations and guidance to those suffering from lifestyle diseases. Inspired by deep empathy and extensive research, he established **YUTHnHLTH** (<https://yuthnhlth.com>), a clinic to offer a unique and holistic path to wellness.

**YUTHnHLTH : Reversing Age and Disease with Holistic Care.** The Holistic Age & Disease Reversal Centre is the focal point of **YUTHnHLTH**. This centre is a departure from mainstream medical practice in that it focuses on the causes of chronic disease and aging. His practice is centered on lifestyle modification, natural medicine, **HBOT (HYPERBERIC OXYGEN THERAPY)** and a deep understanding of the mind-body connection, so it is a true holistic experience.

**A Philatelic Whiz with More than 170,000 Hours Spent on Stamps.** Besides his dedication to health, Mr. Jaiswal is also a world-famous philatelist. At the young age of 12, he dived into the complex world of stamps and paper items, spending an amazing 170,000+ hours on this fascinating hobby. His tireless passion has made him one of the most seasoned philatelists in the world. Presently, he puts his extensive knowledge to good use as a partner at **PHILATELIC CENTRE** in Kolkata, where he is an auctioneer, dealer, and valuer.

**Beyond Stamps : A Man of Many Gifts.** Mr. Jaiswal's talents extend far beyond the realms of health and stamps. He is, in fact, a talented **Singer**, with a penchant for the soulful songs of Mukeshji, the deep emotions of Ghazals, and the inspirational nature of Bhajans.

Apart from further enriching his already wide range of skills, Mr. Jaiswal is also specifically interested in **Graphology**, that fascinating science of handwriting.

A life of passion, service and growth is led in the motivational tale of Mr. Prem Chand Jaiswal. Whether he is guiding individuals to achieve health through holistic methods, imparting his vast experience of philately or enthraling listeners with his voice, Mr. Jaiswal is the very essence of lifelong learning and the rich dividends of living life on one's own terms.