

**RELEASE FOR HYPERBARIC OXYGEN THERAPY**

I, \_\_\_\_\_ have read the following hyperbaric information sheet, and fully understand, and consent to treatments in the mild hyperbaric chamber. I agree to hold Bridgette K. Chelf D.C. of Ocean Wellness harmless from any blame I may associate with treatments in the mild hyperbaric chamber.

**PLEASE INITIAL EACH LINE:**

\_\_\_\_\_ I have read and understand the cautionary information on this document.

\_\_\_\_\_ If I have sinus infection, head cold, or virus, I will not dive in the hyperbaric chamber until I am well.

\_\_\_\_\_ I agree to follow all guidelines for caring for the hyperbaric chamber. I understand I will be held financially responsible for damages incurred by me or my child if we do not comply with these guidelines.

\_\_\_\_\_ Although mild hyperbaric chamber therapy has been reported to be beneficial for a wide range of conditions, this treatment is not meant as a cure for any conditions or diseases, and the therapeutic outcomes cannot be guaranteed.

\_\_\_\_\_ Bridgette K. Chelf of Ocean Wellness does not in any way recommend hyperbaric therapy as a substitute for any medical treatments prescribed or suggested by a medical physician. Bridgette K. Chelf of Ocean Wellness does not make any guarantees to any results that an individual may experience. The Staff of Ocean Wellness are not medical practitioners and Bridgette K. Chelf D.C. of Ocean Wellness does *not* accept insurance for any of its services.

**My signature below indicates that I have read and agree to the foregoing:**

Name \_\_\_\_\_ M/F (please circle) Date of Birth \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_

Phone number \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Relationship to patient (if signed by a personal representative of patient) \_\_\_\_\_

## *WHAT IS MILD HYPERBARIC OXYGEN THERAPY*

Our Mild Hyperbaric Oxygen Therapy (HBOT) safely increases the body's oxygen uptake by raising the barometric pressure. Hyperbaric chambers are simply enclosures, which can be pressurized to allow the person inside to experience atmospheric pressures greater than normal environmental pressures. Hyperbaria is based on Henry's law of physics, which states that more gas is dissolved in a liquid by increasing the pressure of the gas.

Blood is made up of three main components: white blood cells that fight infection, red blood cells that carry oxygen, and plasma, the fluid that carries both kinds of cells throughout the body. Under normal circumstances, only the red blood cells carry oxygen. Since HBOT forces oxygen into the body fluids, under pressure, oxygen dissolves into all of the body's fluids, including the plasma, the lymph, the synovial (joint) fluid and the cerebrospinal fluid surrounding the brain and spinal cord. These fluids can carry the extra oxygen even to areas where circulation is poor (or blocked), either by trickling past blockages or by seeping into the affected area.

Since a mild hyperbaric chamber utilizes ambient air, purified through filters, combined with an oxygen concentrator, it is completely safe. **It can be used regularly without any danger of oxygen toxicity in the body.** There is no risk of the negative effects that can be experienced from the elimination of ions and valuable gases such as nitrogen, as with regular treatments in 100% pure oxygen chambers. There are none of the hazards that exist with the pure hyperbaric oxygen chambers.

## *BENEFITS OF OXYGEN*

There is little in the physical universe that is more important to sustaining life than oxygen. Physiologists sometimes remind us of the 3, 3 & 3 rule: **the body survives without food for three weeks, without water for three days, but without oxygen for only three minutes.** Our body needs energy and 90% of our body's energy comes from oxygen, only 10% from food and water. The average adult consumes six pounds of oxygen per day. Anaerobic bacteria, toxins, fungi, and viruses all have one thing in common. None can survive in oxygen rich environment. Oxygen feeds the body, supports the immune system, destroys toxic substances, and promotes new cell growth. Oxygen is our primary source of energy, and does the body for the proper operation of all major systems require the fuel. **OXYGEN IS ESSENTIAL.** Usually we get all the oxygen we need from breathing atmospheric air. The atmosphere is 21% oxygen out in the middle of the ocean. Only a few hundred years ago, oxygen was almost 35%. But the sad fact is that our air isn't what it used to be. It's more. There's more pollution, more toxins, more particulate matter but less of what we need most. Today most cities have 15-18% oxygen. Proponents of HBOT doubt that the human body has been able to evolve quickly enough to require less oxygen. HBOT is a form of oxygen therapy intended to make more oxygen available to the body.

## *HOW MANY TREATMENTS DO I NEED*

The number of treatments a patient needs differs depending on the individual's diagnosis. The average number of treatments (dives) is 20 to 40. The number of treatments is also dependent on the patient's response to the therapy, and the amount of initial degree of trauma/injury.

## *HOW LONG IS TREATMENT*

Treatment times are usually an hour. Your scheduled treatment time is 60 minutes; you can expect 5 to 12 minutes added for compression and another 5 to 12 minutes added for decompression. The 60-minute treatment lasts an average of 74 minutes. Schedule yourself an hour and a half.

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## ***ATHLETES: ENHANCE YOUR PERFORMANCE***

### **What Does It Do?**

The pressurized environment of the hyperbaric chamber promotes healing and general wellness by allowing wounds to heal faster, reduces swelling at a much quicker rate by restoring/increasing blood flow to restricted areas. Hyperbaric therapy helps athletes by forcing more oxygen to reach tissue, organs, cells and bodily fluids providing up to 300% oxygen saturation. Furthermore, it has been shown that the pressurized environment of the chamber allows the athlete to recover more quickly from injury due to swelling, dehydration and jetlag. Many professional athletes travel with them and sleep in them.

Results experienced:

- Improved Concentration
- Decreased Lactic Acid/Increased Oxygen Utilization
- Improved Detoxification
- Increased ATP (energy)
- Maximized Organ Function
- Output Increase in Energy
- Oxygen Saturation
- Peak Training
- Reduced Dehydration Up to 300%
- Repair Time Improved

## ***WHAT SHOULD I DO TO PREPARE FOR A TREATMENT***

A person can go into the chamber fully clothed. It is recommended to wear loose comfortable clothing. Shoes, jewelry, or any sharp objects should be removed before getting into the chamber. It is recommended that women not wear stockings in the chamber, because it may cause feelings of claustrophobia.

## ***HOW WILL THE HBOT TREATMENT FEEL***

The chamber will fill with air. Once the chamber has expanded to its filled size, it will begin to pressurize. While the chamber is pressurizing, your ears will feel the change in pressure in the chamber. Otherwise it should be unnoticeable. To equalize the pressure and avoid the feeling of fullness in your ears, you will need to clear your ears by chewing (gum or food), swallowing, yawning, or Valsalva maneuver. The Valsalva maneuver, which is performed by closing the mouth, pinching the nostrils, and blowing. During the pressurization of the chamber, your mouth may become dry. Once the chamber is fully pressurized, your salivation should return to normal. Additionally, the chamber may become slightly warm while it is pressurizing. Once it is to full pressure, the release valves will begin to pull the warmer air out of the chamber. Then you can sleep, meditate, read, watch a DVD, listen to music, etc.

## ***ARE THERE ANY SIDE EFFECTS***

The most common side effect is discomfort to the ears and sinuses caused by pressure changes. To minimize the risk, patients learn to promote the adequate clearing of your ears during pressurization. Some patients who have become sedentary or very toxic may have cells which do not get good circulation. Therefore, HBOT provides oxygen to these cells. They may in turn detoxify more quickly. Transient symptoms could be headaches, soreness, or skin rashes, and these are usually good signs indicating detoxification.

## ***BENEFITS TO THIS FORM OF THERAPY INCLUDING:***

- Alertness
- Cellulite
- Collagen matrix formation (tissue healing)
- Counters aging
- Detoxifies the blood
- Energy
- Improve attention
- Improve brain function
- Improves concentration and memory
- Improves metabolism and aids digestion
- Improves skin conditions
- Improves strength, energy and endurance
- Increased osteoblastic (bone building) activity
- Natural remedy for headaches and migraines
- Promotes healing and counters aging
- Reaction time increased
- Reduce edema (swelling)
- Reduces fatigue and improves sleeping patterns
- Reducing damage caused by toxic gases
- Relieves muscle stiffness
- Relieves tension and stress
- Speeds healing
- Strengthens heart and lungs
- Well-being
- Youthfulness

## ***mHBOT CAN BE USED TO TREAT THE FOLLOWING CONDITIONS:***

- Acne
- ADD/ADHD
- AIDS/HIV
- Allergies
- Altitude Sickness
- Alzheimer's
- Asthma
- Autism
- Autoimmune Disease
- Bacteria Infections
- Body Detoxification
- Boost Immune Function
- Brain Injury
- Cancer
- Candidiasis
- Cerebral Palsy
- Chemical Sensitivity
- Chronic Fatigue Syndrome
- Circulation
- Diabetic Complications
- Digestive Disorders
- Disc Herniation
- Dizziness
- Fatigue
- Fibromyalgia
- Frequent Flying/Jet Lag
- Headaches
- Hypoxia
- Lyme disease
- Memory Loss
- Multiple Sclerosis
- Muscle/Tendon Pain(sprains/strains)
- Non-Healing Wounds
- Parkinson's disease
- Premature Aging
- Rheumatoid Arthritis
- Sleep Disorders
- Smoking
- Stress/Anxiety
- Stroke
- Surgical Recovery
- Viral Infections

***.....JUST TO  
NAME A FEW***

## **CARING FOR THE HYPERBARIC CHAMBER**

It is patients's responsibility to take care of the hyperbaric chamber during their dive. Please follow all of the guidelines below:

### **WHAT TO WEAR INTO THE CHAMBER:**

As the chamber is depressurized, the temperature inside will become warmer. Please wear lightweight cotton clothing to keep you cool at the end of the dive. Shorts & T-shirts are recommended. No hosiery.

### **BEFORE ENTERING THE CHAMBER:**

- ✓ Arrive 15 minutes early. This will give you time to go to the restroom, calm yourself, and cool off before entering the chamber.
- ✓ Take off anything that might puncture the chamber. This includes: shoes, watch, keys, pens/pencils, and toys with sharp edges, jewelry, and eye glasses.
- ✓ Go to the restroom. You will be in the chamber for an hour. It takes at least 15 minutes to depressurize the chamber. If a restroom emergency occurs while you are in the chamber, you will have to wait until the chamber is depressurized to get out.
- ✓ Select a book to read or bring one of your favorites from home.
- ✓ Practice with the walkie-talkie. Your attendant will communicate with you by this device.

### **WHAT YOU CAN TAKE INTO THE CHAMBER WITH YOU:**

- Water (in a leak proof container)
- Chewy candy like gummy bears (to chew in order to equalize pressure in your ears) or a chewy toy
- A DVD player & DVD
- A walkie-talkie (provided by the Natural Path)
- Hand fan (battery operated)
- Headband (if you sweat)
- Other items to entertain your child or yourself : books, crayons, soft toys

### **WHAT YOU CANNOT TAKE INTO THE CHAMBER WITH YOU:**

As listed above, anything that might puncture the chamber: shoes, watch, keys, pens/pencils, jewelry, and eye glasses.

### **EQUIPMENT WARNING**

Valves, zippers, and hoses are accessible from inside the chamber. For your safety, do not touch any of these parts. Any damage done to the chamber as a result of tampering with the valves, zippers, or hoses will result in a fine equal to the cost of the repair. Tampering with the internal zipper could cause damage to your eardrums as well as permanent damage to the chamber. Opening the zipper while the chamber is pressurized will cause the chamber to pop. A popped chamber cannot be repaired therefore you will be responsible for the entire cost of the chamber (\$20,000).

### **CHILDREN AND THE CHAMBER**

All children must dive with an adult. It is the parent's responsibility to closely monitor their child while inside the chamber. The parent will be held financially responsible for any damages incurred by their child.

### **ENTERING/EXITING THE CHAMBER**

For your safety, please allow the attendant to help you step into and out of the chamber.

## AREAS OF CONCERN

You are about to begin your first hyperbaric "dive". This technology, known as mild hyperbaric, has been reported to have beneficial effects for a wide range of conditions without any side effects. As with many treatments, however, there are areas of concern. Please read the following information carefully.

### OCTIC BAROTRAUMA

This is a condition of injury to the eardrum and is extremely unlikely to occur in the mild hyperbaric chamber. However, severe ear discomfort can be caused if you cannot equalize the pressure in your ears. As the chamber is pressurized and depressurized, you must be able to equalize the pressure in your ears to acclimate to the pressure changes. You do this by "popping" your ears. This is normal, and you can help the "popping" effect by yawning, swallowing, or chewing. Another effective method is to hold your nose, close your mouth, and blow. Continue to do this each time you feel pressure build up in your ears. When the chamber reaches its full pressure (4 – 5 psi), you will not have this concern. When the chamber is near completion of depressurization, you will again have no concern.

If one or both of your ears do not acclimate normally by "popping", you will begin to experience discomfort in your ear canals. This can be caused by ear/throat congestion or by prior trauma to the ears. You should not endure any ear discomfort during your visit. Therefore, please *communicate any discomfort to the attendant immediately (via walkie-talkie)*. The attendant will adjust the pressure back to a level of comfort for you, and then will slowly try again to increase pressure at a more comfortable rate. If you are still unable to equalize the pressure in your ears, the dive will be ended.

### PAIN FROM SINUS INFECTIONS, HEAD COLDS, OR VIRUS

You should not schedule a dive in the chamber if you are suffering from any of these conditions. Discomfort from these conditions is less frequent, but it may occur in people with chronic or acute sinus infections or allergic rhinitis. (This includes the parent.)

### PULMONARY EXPANSION

This condition is very rare under mild hyperbaric treatments, but we mention it to be cautious. Holding your breath during decompression must be avoided because it could lead to expansion of the air in your lungs thus causing damage to the lung tissues. In the unlikely event of rapid decompression, it is critical that you exhale immediately.