

## WHY TARGETED HYPERBARICS (t-HBOT)?

How do we keep our favorite players, role models, icons and indeed ourselves competing and excelling in what we love to do? Today's modern science of personal t-HBOT is the answer that allows us to Perform Better and Repair Faster, allowing us to live a long and active life.



### FACTS

#### MORE LIGHT & OXYGEN = MORE ENERGY FOR LIFE

- The Brain weighs 3% of your total body weight, yet it uses 25% of the total body's oxygen.
- Humans are bioluminescent from metabolic reactions, but our glow is not bright enough to be seen by the naked eye.

## WHAT IS TARGETED HYPERBARICS?

### THE COMBINED APPROACH

The utilization of LLLT and HBOT in synergistic treatment protocols has rendered significant therapeutic results in many clinical applications for numerous chronic and acute conditions. LLLT acts as a vasodilator by mechanism of nitric oxide, which increases blood flow to local tissue. As LLLT dilates, HBOT oxygenates, which results in accelerated healing and regeneration on an exponential scale. This has provided physicians and patients the ability to administer Targeted Hyperbarics (t-HBOT) to specific areas of the body where healing is needed most, allowing for better function, performance and overall recovery.

## THE SAFEST AND MOST NATURAL METHOD OF GAINING THAT COMPETITIVE EDGE



"The one thing that will be seen over time is the increased rate of healing, the ability to reduce swelling and the ability to recover. I think over time you can't help but notice certain athletes doing this. This is a very important for accumulative health benefits, the more you do it the better you feel. An hour a day supports the immune system and a better quality of life."

**John Smoltz**  
Atlanta Braves Pitcher

### SEE WHAT THE EXPERTS ARE SAYING...



"Hyperbaric therapy gives the athlete a supreme advantage, legal advantage, to recover more quickly. We in the coaching profession really feel that hyperbaric therapy is going to be the wave of the future and an athletic necessity at the highest levels of performance."

**Loren Seagrave**  
Director, International Performance Institute  
CPO, Velocity Sports Performance



"Why take painkillers or anti-inflammatory meds when you have a targeted hyperbaric chamber. This is by far one of the most powerful therapies available for quickly and effectively reducing both pain and inflammation."

- ✓ Tissue Strength and integrity
- ✓ Remarkable recovery rates
- ✓ The ultimate in human performance

**Dr. Zayd Ratansi ND**  
20 years in the field of hyperbarics

## CONTACT INFORMATION



## TARGETED HYPERBARICS

ENHANCE  
PERFORMANCE  
ACCELERATE REPAIR  
& RECOVERY



## SUPER LED LIGHT THERAPY (LLLT)

Modern medicine, despite all its progress, often remains powerless against the stressors, injuries and health challenges created by our modern 21st Century lifestyle. Research has shown the benefits of using Light Therapy for accelerated cellular repair, relaxation and enhanced muscle performance at both the physical and mental levels for over 50 years.

## LS WAVELENGTH COMBOS

### RED & BLUE

- ✓ Relaxation/sleep
- ✓ Mood lift
- ✓ Circadian Rhythm

### BLUE & INFRARED

- ✓ Virus & Infection
- ✓ Skin Elasticity
- ✓ Anti Aging

### RED & INFRARED

- ✓ Pain & Inflammation
- ✓ Local Circulation
- ✓ Soft Tissue Repair
- ✓ Bones, Joints & Ligaments

LLLT (Low Level Light Therapy)



## COMBINING THE BENEFITS OF OXYGEN AND LIGHT FOR TARGETED HYPERBARICS (t-HBOT)

### ENERGIZE YOUR BODY

On average, an individual consumes about six pounds of oxygen per day, far outweighing any other nutrient demands. Although oxygen performs many roles in the body, its primary role is in the production of energy.

### REDUCE FATIGUE

Increasing the oxygen supply and administering Infrared and red light to the musculoskeletal system in a state of fatigue activates cellular activity, and increases adenosine triphosphate (ATP) synthesis.

### PERFORM BETTER

Red and infrared light administered to a muscle generates both energy and blood flow, enhancing the performance of that specific muscle group ahead of strenuous exercise.

### RECOVER FASTER

Hyperbaric oxygen therapy (HBOT) may serve to provide a means of therapy to facilitate a speedier resumption to pre-injury activity levels as well as improve the short and long term prognosis of the injury.

### TARGETED HBOT CAN:

- ✓ Stimulate the production of new stem cells
- ✓ Boost immune system function and increases the body's ability to fight infection
- ✓ Decrease swelling and inflammation
- ✓ Help the body to metabolize, clear, and help protect
- ✓ Promote regeneration of injured tissues
- ✓ Reduce fatigue from chronic inadequate oxygen supply to the cells and tissues of the body
- ✓ Reduce jet lag related fatigue symptoms
- ✓ Decrease ligament and tissue healing time
- ✓ Help with concussion recovery

## HYPERBARIC OXYGEN THERAPY (HBOT)

First developed through scuba diving when divers reported feeling refreshed and invigorated, even after surfacing. Some claimed their joint stiffness went away and their focus became really sharp. Today, medical studies on the healing properties of hyperbarics triggered this therapy's worldwide growth and acceptance beyond the diving world.

### BRAIN, MEMORY & FOCUS

### SKIN & COLLAGEN

### BONE REGENERATION

### SOFT TISSUE REPAIR

### PAIN & INFLAMMATION



HBOT (Hyperbaric Oxygen Therapy)