Sara's Garden

Healing with Hyperbarics

Navigating the Body's Roadways

Inside your body are miles and miles of blood vessels... think of those blood vessels as roads. Not all roads are created equal.

The body has large arteries in areas around the heart that would be similar to interstates that have many lanes and can handle heavy traffic and large vehicles. Other blood vessels are smaller such as county roads with only a few lanes and can't pass as much traffic. Still others are very tiny, similar to a single lane back alley that has restricted access and vehicle limitations.



Now think about the vehicles traveling on the blood vessel road system in your body. The red blood cells are like large semi trucks traveling your body's road system delivering oxygen to your organs and tissue.

The red blood cells have no problem negotiating the large highways and roadways. However, when they encounter smaller streets and back alleys they have difficulty accessing small areas and end up dropping their load of oxygen and continuing onto their destination ineffectually arriving without this vital payload.

This is not a problem for healthy people... but for someone who has a weakened immune system or has damaged tissue due to trauma and/or hypoxia, healing is compromised.



The Pressure Principal

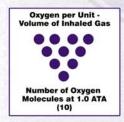
The Gas Laws of Physics state that more gas will dissolve in a liquid in the presence of pressure. A can of soda is a vessel that contains a sweetened liquid. When held under pressure, the gas (CO2) dissolves in the liquid, producing soda.

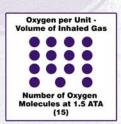
This concept may also be applied to HBOT in that the hyperbaric chamber is the pressurized vessel. The body's fluids become the liquid and the dissolvable gas is oxygen.

When oxygen dissolves in the blood stream, it travels wherever the blood travels, effectively saturating all tissues. The delivery of oxygen using pressure does not require the use of red blood cells. As pressure increases, more

oxygen is pushed into the tissues.

Inside a pressurized chamber the body begins to receive a healing dose of oxygen through the body's fluids and plasma even if the blood vessel road system to the needed tissue is compromised and/or constricted.





The principle of HBOT is simple. Increase the atmospheric pressure and get a directly proportional increase in available oxygen. In other words, a two fold increase in pressure would equal twice the available oxygen molecules to breath.

HOPE, HELP, HEALING,