

Hi, just a reminder that you're receiving this email because you have expressed an interest in Advanced Hyperbaric Recovery LLC. Don't forget to add info@improvehealing.com to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



Advanced Hyperbaric Recovery™
Hyperbaric Oxygen Therapy of Marin™



HBOT Newsletter

"The ALS Ice Bucket Challenge"



How many of you have had a chance to support ALS research by participating in the ice bucket challenge?? Sadly for us in California, we are in a drought so its currently frowned upon to dump a bucket of water on yourself. We do however still show our support for ALS, and many other conditions, through our non profit The H.O.P.E. for Healing Institute. To date we have supplemented over 2000 treatments to help promote the bodies growth of its own stem cells. Check out the monthly case study below to learn more:

[Monthly Case Study:](#)

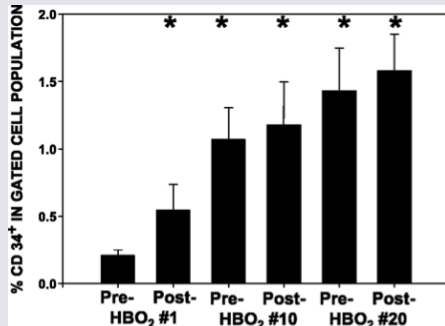
HBOT increases Stem Cell Growth

According to a study to be published in the American Journal of Physiology-Heart and Circulation Physiology, a typical course of hyperbaric oxygen treatments increases by eight-fold the number of stem cells circulating in a patient's body. Stem cells, also called progenitor cells, are crucial to injury repair.

Stem cells exist in the bone marrow of human beings and animals and are capable of changing their nature to become part of many different organs and tissues. In response to injury, these cells move from the bone marrow to the injured sites, where they differentiate into cells that assist in the healing process. The movement, or mobilization, of stem cells can be triggered by a variety of stimuli -- including pharmaceutical agents and hyperbaric oxygen treatments. Whereas drugs are associated with a host of side effects, hyperbaric oxygen treatments carry a significantly lower risk of such effects.

"This is the safest way clinically to increase stem cell circulation, far safer than any of the pharmaceutical options," said Stephen Thom, MD, Ph.D., Professor of Emergency Medicine, at the University of Pennsylvania School of Medicine and lead author of the study. "This study provides information on the fundamental mechanisms for hyperbaric oxygen and offers a new theoretical therapeutic option for mobilizing stem cells." (Sciencedaily.com)

ONLY MEDICAL HBOT IS PROVEN TO PRODUCE THESE EFFECTS. The study was conducted in steel, medical chambers at pressures greater than 1.5ATA (2.0ATA to be exact) which is at least 32 feet of sea water. Many inflatable hyperbaric manufacturers and clinics are touting this exciting breakthrough without the means of ever replicating it. PLEASE view the study details below as published in the American Journal of Physiology - Heart and Circulation Physiology to see the details of the treatment.



Mean CD34+ population in blood of humans before and after HBO2 treatments. Data are the fraction of CD34+ cells within the gated population using leukocytes obtained from 26 patients before and after their 1st, 10th, and 20th HBO2 treatment. *Repeated-measures one-way ANOVA, $P < 0.05$ vs. the pre-HBO2 first treatment value.

Chart extracted from case study: STEM CELL MOBILIZATION BY HYPERBARIC OXYGEN. Stephen R. Thom, Veena M. Bhopale, Omalida C. Velazquez, Lee J. Goldstein, Lynne H. Thom, Donald G. Buerk. American Journal of Physiology - Heart and Circulatory Physiology Published 1 April 2006 Vol. 290no. H1378-H1386 <http://ajpheart.physiology.org/content/290/4/H1378>

Greetings!

At Advanced Hyperbaric Recovery we are determined to provide our patients with the most effective and relaxing healing experience possible. We are always updating our facility and continuously educating our staff to ensure that you receive the most advanced medical grade hyperbaric oxygen therapy(HBOT). In this months newsletter we would like to inform you about some of these changes and also invite you to come in yourself to see why we were nominated one of the top hyperbaric facilities in the world!

What makes us your best choice for HBOT?

We have adopted and exceeded the same standards of care as a hospital hyperbaric unit, and our staff is trained and continues to be educated (annual

CEU's CMEs) in the latest protocols and new requirements for hyperbaric medicine.

Although It is very expensive and arduous to meet all of the regulatory requirements, we want you to know that we do keep current in:

- The required NFPA 99 Fire code safety measures
- PVHO and UHMS required code adherence
- Ongoing daily, weekly, monthly, and annual maintenance
- Contracting to take chambers apart and pressure test every component by the manufacturers annually
- Required quality control and oxygen testing
- Required sterilization reporting and record keeping
- The latest HIPAA requirements
- Ongoing inspections by Local, State, and National organizations

We take all these measures to ensure that our patients are safe and getting the BEST in hyperbaric oxygen therapy. We maintain many systems and perform third party checks and measures to ensure this is done just so. We sincerely appreciate your trust in our abilities and your referrals.

Hospital Grade Electronic Health Record(EHR) System

Remember the days of paper medical files?! When you come into our facility now you are handed a state of the art iPad that allows you to fill out questionnaires, input daily symptoms, and even upload photos to your file to track your progress. We also give all our patients free access to their own Electronic Patient Health Portal, so you can see upcoming appointments, message a healthcare professional, share documents, and even access lab results over a secure HIPAA certified hospital grade system all from the comfort of your own home computer.

More ways to connect with us than ever before!

We are using the most popular social media pages to ensure that we are able to help as many people as possible achieve better quality of life. Through the following sites you can see what others have said about their treatment here. If you were a past patient why not leave us a review to help

other people find a way to improve their quality of life?! Be sure to follow us to keep up to date in between these monthly newsletters by clicking on one of the links below:



Thank you for your interest in our newsletter and for partnering with us to help improve quality of life through medical grade hyperbaric oxygen therapy. If you have any other questions please [contact us](#) for more information, or to schedule a free tour of our award winning facility. Please pass on this email to anyone that could benefit from it.

Thank you,

Zachary J. Thill, CHT

Technical Director

Advanced Hyperbaric Recovery LLC
Hyperbaric Oxygen Therapy of Marin
and volunteer of the
H.O.P.E. For Healing Institute
a 501c-3 Non-Profit

900 Larkspur Landing Cir. #115
Larkspur CA 94939
(415)785-8652
Z@ImproveHealing.com
ImproveHealing.com

