



Hyperbaric Oxygen Chamber Treatment (HBOT) at Udara



Bring your health and well-being to an optimum level with our unique Hyperbaric Oxygen Treatment (HBOT) facility at Udara. Two high-quality chambers are available for individual treatment sessions that provide profound healing potential.

Treatment Duration

60-90 minutes inside the chamber

Depending on the condition or desired outcome, several sessions may be advised. For future bookings, please contact +62 877 6537 7313 or info@udara-bali.com

Benefits of HBOT at a glance

- Faster wound healing and tissue repair
- Improving the body's oxygen levels
- Fighting bacteria, decreasing inflammation and boosting the immune system
- Releasing growth factors and promoting stem cell mobilization
- Promoting the body's natural ability to heal
- Faster recovery after injuries
- Improving mental performance and brain function
- Increasing energy levels by revitalizing mitochondria
- Restoring normal body functions



How does the Hyperbaric Oxygen Chamber work?

Hyperbaric oxygen therapy (HBOT) involves breathing almost pure oxygen in a pressurized chamber to treat various health conditions and improve quality of life. During this treatment your lungs can gather much more oxygen than would be possible breathing oxygen at normal air pressure. The oxygen-rich air drives up to 1200% more oxygen into the bloodstream and other fluids.

Not only does breathing pressurized oxygen help the red blood cells to carry more oxygen throughout the body, but it also activates the body's ability to transport oxygen in the plasma. When your blood carries this extra oxygen throughout your body, it helps repair tissues and restore normal body functions. The goal is to saturate the blood with enough oxygen to help fight bacteria and stimulate the release of so called growth factors and stem cells to promote healing and longevity.

Who should use the HBOT?

Besides its primary use to treat diving-related illnesses, the HBOT has been approved to treat various conditions such as wound healing, post-covid symptoms, chronic fatigue syndrome, inadequate blood flow in the arteries, anaemia, certain bone or skin infections and crush injuries.

The benefits of oxygen can benefit anyone, not just those suffering from a medical condition. Increasing your oxygenation levels has shown to be important for our health, wellbeing and vitality. More and more studies show the promising results of HBOT, such as the lengthening of telomeres, which are key markers for anti-ageing, and improvement of cognitive functions.

The benefits of optimum oxygen levels in our body

Oxygen is a fundamental and absolutely necessary nutrient our body uses for the production of cellular energy. We need to breathe air into our lungs, so that we can deliver the appropriate amount of oxygen to our cells' power plants (mitochondria), which will use that oxygen to produce and store energy (ATP - the principal molecule for storing and transferring energy in cells). Then we exhale to eliminate cellular waste products from the production of that energy. "The ability of your body to carry oxygen where it's needed is called oxygen-carrying capacity. Most of us know about this in terms of endurance and strength training—but even more essential, if oxygen-carrying capacity is compromised, you can't make enough energy and this can lead to fatigue, brain fog, cold extremities, chronic infections, more severe acute infections, and a host of other issues.", explained by Dr. Scott Sherr.

Optimum oxygen levels can improve wound healing, eyesight, mental clarity, boost your immune system, reduce stress levels and fight chronic fatigue. It also helps with recovery after exercise, eliminating toxins and harmful bacteria from the body. Because of increased oxygen levels in our blood, we feel more alive, our body is healthier and we think more clearly.

What happens during a Hyperbaric Oxygen Chamber Treatment?

During the HBOT therapy, you lie comfortably in a chamber. The pressure of the chamber will be steadily increased up to 1.5 – 3 times the normal atmospheric pressure up to 55 kPa, while pure oxygen is flowing into the chamber.



While the pressure is changing inside the chamber, you may experience a temporary feeling of pressure in your ears, similar to traveling in an airplane or driving up and down a mountain road. Yawning, chewing or swallowing movements can help to equalize the pressure and alleviate discomfort. Our staff will provide you will all necessary instructions before using the chamber.

Once the air pressure in the chamber has reached its stable peak after about 10 minutes, you may just rest, sleep, relax or read a book. The time inside the pressurized chamber lasts about 60 minutes per session.

The decompression time takes about 10-15 minutes, during which you might feel a popping sensation in the ears again as the pressure releases. Usually, no immediate after-effects are felt and you can continue with your daily activities after the session.

How often should I use the HBOT?

Like going to the gym, the HBOT has a cumulative effect. The HBOT can be done up to five times per week with one session per day for several weeks in a row. Depending on your health condition, several regular sessions might be indicated.

Is the HBOT safe?

The HBOT is a non-invasive treatment with very few potential side effects and contraindications. Certain conditions and diseases might prevent you from using the HBOT such as cold symptoms, fever, ear or sinus infections, heart or lung conditions and pregnancy. In some cases, mild irritation to the ear drum may occur. Our staff will advise you how to prevent this from occurring and will evaluate your health conditions in advance. We will discuss any questions you might have before starting the treatment.

Which conditions can be treated with HBOT?

The US Food and Drug Administration (FDA) currently recognizes hyperbaric oxygen therapy (HBOT) for 14 conditions:

- Air or Gas Embolism
- Carbon Monoxide Poisoning and Smoke Inhalation
- Central Retinal Artery Occlusion
- Chronic Refractory Osteomyelitis
- Crush Injury & Other Acute Traumatic Ischemias
- Decompression Sickness
- Diabetic Lower Extremity Wounds
- Failed Skin Grafts and Flaps
- Gas Gangrene
- Necrotizing Soft Tissue Infections
- Non-Healing Wounds
- Radiation Tissue Damage
- Severe Anaemia
- Sudden Sensorineural Hearing Loss
- Thermal Burns



More and more research in various countries shows promising effects of the Hyperbaric oxygen treatment for various other conditions, such as Long Covid, Chronic Fatigue Syndrome, Fibromyalgia, Migraines, Arthritis and many more.

While recent studies support the effectiveness of hyperbaric oxygen therapy to help treat various medical conditions, individual results may vary. Dr. Jason Sonners states that "Hyperbaric is not a cure-all, nor is it meant to be applied as a therapy on its own and by itself. There is a strong synergy when this adjunctive therapy delivering high levels of necessary oxygen to the body's cells for increased healing capacity is combined with other functional medicine therapies, and the results are greater than the sum of their parts."

Resources

Websites:

<https://www.hyperbaricmedicalsolutions.com/hbot-therapy>
<https://nationalhyperbaric.com/hbot-treatments-and-conditions/>

Podcasts:

- The Lifestylist Podcast #240 with Dr. Scott Sherr
- Ben Greenfield Podcast with Dr. Jason Sonners

Videos:

Youtube Channel: HBOT USA

Books:

The Oxygen Revolution by Paul Harch, M.D.