



Mild Hyperbaric Oxygen Therapy (mHBOT)

Mild Hyperbaric Oxygen Therapy (mHBOT) is a therapeutic approach that involves **breathing oxygen in a pressurized environment**, typically at 1.3 to 1.5 atmospheres absolute (ATA). This gentle increase in pressure enhances the body's ability to absorb and distribute oxygen—not just through red blood cells, but directly into the blood plasma, cerebrospinal fluid, and other bodily fluids. As a result, oxygen availability in the tissues can increase by 300–600%, **improving cellular repair, reducing inflammation, and supporting healing** throughout the body.





Benefits of mHBOT:

- Boosts **oxygen delivery, cell function, and energy.**
- Reduces **inflammation, pain, and swelling.**
- Accelerates **healing of wounds, bones, nerves, and tissues.**
- Promotes **stem cell release, DNA repair, and hormone balance.**
- Supports **immune health, detoxification, and collagen production.**
- Enhances **brain clarity, sleep, and stress recovery.**
- Speeds up **post-surgery or overtraining recovery.**
- Aids in **recovery from radiation damage.**

For more information go to our website:



Informational only.
Always consult a medical professional.

