

CITIZEN OXYWELLNESS RESEARCH LIBRARY, updated 1/8/26

The following is a compilation of articles discussing matters related to Metabolic Health. Items in Red are Hyperlinks to the relevant discussions. Some items discuss mainstream ideas, and some are newer, unconventional ideas, but all have some material supporting evidence, history, cases, studies or information. Citizen OxyWellness does not endorse the authors, statements, opinions or sources herein, but we feel that all are valuable for critical and inquisitive research and analysis as a part of individual Citizen Science efforts. These articles often raise questions about conventional health plans, conditions and treatments and may suggest alternative paths.

Citizen OxyWellness encourages individuals to fully research and question all relevant and available health data, consider potential conflicts of interest by authors influencing their positions, consider all reasonable alternatives, maintain a critical, open and inquisitive mind, and pursue one's own Citizen Science effort to find the facts and truth. At Citizen OxyWellness we "Think Differently" than the conventional mainstream thought and wisdom because time has taught us it is wise to do so. Unfortunately, conventional and mainstream wisdom has proven to be of increasingly limited value in solving America's current epidemic of health problems, as science shows us that America's overall health simply gets worse, not better. Anyone with a curiosity for the natural world can participate in scientific endeavors.

75-90% of all diseases, illnesses and medical conditions have been proven in studies to be caused by inflammation and stress to the body's cells. It is now clear for those that want to find the truth. Most Disease is caused by a lack of adequate cell body energy, caused by failure of Cell Mitochondria to produce the required energy needed to be healthy, due to the body lacking enough of the 5 things needed for health (oxygen, the right food, sunlight, sleep and movement), or toxins stress in the body or emotional stress attacking the body, resulting in Metabolic Dysfunction symptoms in the body, organ failure, bone failure or cell mutations such as cancer, growing unregulated from an unhealthy nucleus in cells, causing a deformed Nucleus, Genes or Epigenetic modifications in the cell division process. The inability of the unhealthy and compromised cell Immune system designed to protect cells from deforming, then fails to perform properly and stop these cellular mis-progressions from growing. Disease is caused by Metabolic Dysfunction in most cases. This is usually evidenced by high blood pressure, insulin resistance, Type 2 diabetes and Type 3 diabetes (Alzheimer's), high blood sugar, obesity, fatty liver, and plaque and cholesterol building in vascular veins and arteries.

It is not normally caused by inherited bad genes or external toxins your body cannot fight successfully. It is usually within your control if you have the discipline to achieve Metabolic Health. Unfortunately, most people do not have that discipline, resulting in our current Pandemic of Bad Health in America, the worst overall health in the industrialized world. It is within your power to fix yourself.

What is Citizen Science? – [HudsonAlpha Institute for Biotechnology discusses Citizen Science](#)

ALZHEIMER'S DISEASE/DEMENTIA/COGNITIVE DISORDERS

- [HBOT as a Therapeutic Intervention for Alzheimer's Disease](#)
- [Hyperbaric Oxygen Environment Can Enhance Brain Activity and Multitasking Performance](#)
- [Hyperbaric oxygen therapy for Alzheimer's dementia](#)
- [Cognitive enhancement of healthy older adults using hyperbaric oxygen:](#)

- [Hyperbaric oxygen ameliorates cognitive impairment in patients with Alzheimer's disease and amnesic mild cognitive impairment](#)
- [A Review of the Application of Hyperbaric Oxygen Therapy in Alzheimer's Disease](#)
- [Alzheimer's Disease: What If There Was a Cure? The Story of Ketones](#)
- [Farmers eliminated Alzheimer's in Dairy cows by eliminating seed, corn oils and soy in cow feed](#)
- [Alzheimer's Disease needs the Omega 6 fats in seed/grain/vegetable oils](#)
- [Alzheimer's, the risk factors all point to Metabolic Instability](#)
- [Dale Bredesen - Alzheimer's can be cured 9 out of 10 times: How to Help Prevent and Treat Alzheimer's Disease](#)
- [NIH has a dubious record of telling people the truth about Alzheimer's disease](#)
- [HBOT and Alzheimer's \(video\)](#)
- [Hyperbaric Oxygen Therapy as a New Treatment Approach for Alzheimer's Disease](#)
- [Alzheimer's Disease – Treatment with Hyperbaric Oxygen Therapy \(video\)](#)
- [Alzheimer's disease – Hyperbaric chamber effects \(video\)](#)
- [Could Hyperbaric Oxygen Therapy Improve Cognitive Function in Dementia?](#)
- [HBOT for Alzheimer's Disease: Here's What We Know](#)
- [6 months of Hyperbaric Oxygen Therapy Testimonial \(video\)](#)
- [Hyperbaric oxygen ameliorates cognitive impairment in patients with Alzheimer's disease and amnesic mild cognitive impairment](#)
- [Hyperbaric Medicine - Dr Shai Efrati at Exponential Medicine 2019 \(video\)](#)
- [Shai Efrati, MD: Assessing Hyperbaric Oxygen Therapy for Neurodegeneration \(video\)](#)
- [Alzheimer's could be stopped or even reversed by putting patients in oxygen chambers, study claims](#)
- [The Great Alzheimer's Scam and The Proven Cures They've Buried for Billions](#)
- [A review on the neuroprotective effects of hyperbaric oxygen therapy - PMC](#)
- [Reversing Alzheimer's - The Forgotten Causes and Cures Big Pharma Buried](#)
- [Insulin Doctor: This Is The First Sign Of Dementia! The Shocking Link Be...](#)
- [Alzheimer's is not what you think it is.](#)

ANTI-AGING

- [HBOT made me younger \(Insane Results\)](#)
- [Hyperbaric Oxygen Improves Tissue Energy Levels – Mitochondrial Biogenesis.](#)
- [Hyperbaric Oxygen Therapy Enhances Antioxidant Status Promoting Healthy Aging.](#)
- [Hyperbaric Oxygen Therapy Helps Protect Arthritic Joints.](#)
- [Hyperbaric Oxygen Therapy Lowers Blood Pressure.](#)
- [Preventing the Effects of a Stroke or an Aging Brain with HBOT.](#)
- [Hyperbaric Oxygen Therapy Protects the Brain and Positively Impacts Cystatin C Levels.](#)
- [Hyperbaric Oxygen Therapy Significantly Reverses Learning and Memory Deficits.](#)
- [Hyperbaric Oxygen Therapy for Alzheimer's Disease.](#)
- [Hyperbaric Oxygen Protects the Brain and the Heart – A necessity for Today's Society.](#)
- [Low Pressure Hyperbaric Therapy Shown Effective in Helping Metabolic Syndrome and Reducing Cardiac Risks.](#)
- [A Case of Dementia and Hyperbaric Therapy Treatment](#)
- [Hyperbaric Oxygen Increases BDNF – A Hot Topic in Brain Regenerative Therapies](#)
- [Hyperbaric Oxygen Therapy – A Therapeutic Intervention for Alzheimer's Disease.](#)
- [Multi-Tasking Now Made Easier with Hyperbaric Oxygen Therapy.](#)
- [Parkinson Progression Reduced by Mild Hyperbaric Oxygen Therapy.](#)
- [Hyperbaric Oxygen Therapy Gives Remarkable Improvements for Erectile Dysfunction.](#)
- [Impact of Hyperbaric Oxygen Therapy on Dental Implants.](#)
- [Hyperbaric Oxygen Therapy Improves Male Impotence.](#)
- [Preconditioning the Brain with Hyperbaric Oxygen Therapy Before Stroke/TBI to Reduce The Damage.](#)
- [Hyperbaric Oxygen Therapy Improves Heart Function and Cardiac Performance.](#)
- [Hyperbaric Oxygen Therapy Improves Bone Regeneration.](#)
- [Improve Concentration, Attention Span, and Process Information Quicker with Hyperbaric Oxygen.](#)
- [Hyperbaric Oxygen Improved Cognitive Impairment.](#)
- [Effects of Mild Hyperbaric Oxygen on Osteoporosis.](#)

- [Hyperbaric Oxygen Restores Mitochondrial Function.](#)
- [Turn Back the Aging Clock – Hyperbaric Oxygen Therapy Reverses Telomere Length, A Critical Determinant in the Aging Process.](#)
- [Aging and Obesity Related Cognitive Decline Restored by Hyperbaric Oxygen Therapy.](#)
- [Research Review Supports the use of Hyperbaric Oxygen Therapy for Alzheimer’s Disease.](#)
- [Hyperbaric Oxygen Benefits Heart Function for the Aging Population.](#)
- [The Rejuvenating Effects of Intermittent Hyperbaric Oxygen Therapy.](#)
- [Hyperbaric Oxygen Therapy Induces Brown Adipose Tissue Making it a Potential Tool for Metabolic Disorders.](#)
- [Reverse the Signs of Aging Skin Through Hyperbaric Oxygen Therapy.](#)
- [Hyperbaric Oxygen Increases BDNF – A Hot Topic in Brain Regenerative Therapies](#)
- [List of causes of aging](#)
- [Hyperbaric oxygen therapy: future prospects in regenerative therapy and anti-aging](#)
- [HBOT Effects On Aging - Low vs High Pressure](#)
- [Age-Related Cognitive and Functional Decline](#)
- [Aging | Hyperbaric oxygen therapy increases telomere length and decreases immunosenescence in isolated blood cells: a prospective trial](#)
- [Frontiers | Hyperbaric Oxygen Environment Can Enhance Brain Activity and Multitasking Performance | Frontiers in Integrative Neuroscience](#)
- [Reverse Aging \(video\)](#)
- [Shai Efrati, MD: Assessing Hyperbaric Oxygen Therapy for Neurodegeneration \(video\)](#)
- [Hyperbaric Medicine - Dr Shai Efrati at Exponential Medicine 2019 \(video\)](#)
- [Aging | Cognitive enhancement of healthy older adults using hyperbaric oxygen: a randomized controlled trial](#)
- [Anti-Aging Expert: Missing This Vitamin Is as Bad as Smoking! The Truth ...](#)
- [Top Biohacks For Longevity with Kashif Khan](#)

ANXIETY AND DEPRESSION

- [Hyperbaric Oxygen Therapy for Post-Stroke Depression](#)
- [Hyperbaric Oxygen Demonstrates its Anti-Depressant Effects](#)
- [Hyperbaric Oxygen Therapy May Improve Anxiety](#)
- [Hyperbaric Oxygen Therapy Reduces Anxiety](#)
- [The Keto Psychiatrist: Keto diet for anxiety and mental health. What Keto Is Really Doing To Your Body! Can It Cure 43% of Mental Illness](#)

ARTHRITIS

- [Hyperbaric oxygen treatment is comparable to acetylsalicylic acid treatment in an animal model of arthritis](#)
- [Hyperbaric oxygenation in the comprehensive therapy of patients with rheumatoid arthritis \(clinico-immunologic study\)](#)
- [Superoxide dismutase and hyperbaric oxygen therapy of the patient with rheumatoid arthritis](#)
- [Hyperbaric Oxygen Therapy \(HBOT\) and Rheumatoid Arthritis](#)
- [Arthritis and Joint Pain: Hyperbaric Oxygen May Help](#)
- [The Effects of Hyperbaric Oxygen on Rheumatoid Arthritis](#)
- [Dr. Harch- Arthritis](#)
- [Therapeutic Effect of Prolonged Hyperbaric Oxygen in Adjunct Arthritis in Rats](#)

ATHLETES

- [Summarizing of Available Evidence for HBO in Acute Traumatic Sports Injury](#)
- [Spontaneous osteonecrosis in an athlete’s knee treated using a hyperbaric chamber: case report and review of the literature](#)
- [Hyperbaric oxygen as an adjuvant for athletes](#)
- [Hyperbaric Oxygen Effects on Sports Injuries](#)
- [Sports Recovery & Performance – Hyperbaric Oxygen Therapy](#)

- [Early Recovery of Exercise-Related Muscular Injury by HBOT](#)
- [HBOT: An Essential Component for the Regenerative Treatment of Pain from Sports Injuries, Chronic Inflammation and Infection](#)
- [Motorcyclist Defies Odds & Regains Adventurous Lifestyle](#)
- [Football hero: How George Visger survived the NFL and traumatic brain injury — barely](#)
- [Phillies Become First MLB Team to Partner with NexGen Hyperbaric](#)
- [HBOT for athletes' article](#)

AUTISM

- [Try Hyperbaric Oxygen Treatment for Autism, Vaccine Injury, Brain Injury, Wounds & More](#)
- [Hyperbaric oxygen in the treatment of childhood autism: a randomized controlled trial.](#)
- [Hyperbaric Autism Treatment Shows Possible Promise.](#)
- [Hyperbaric Oxygen Therapy May Improve Symptoms in Autistic Children.](#)
- [Hyperbaric Oxygen Therapy Helps to Improve Autism Symptoms, Study Shows.](#)
- [Children Improve from Only 10 Hyperbaric Oxygen Sessions](#)
- [Hyperbaric Oxygen Treatment in Autism Spectrum Disorders](#)
- [Hyperbaric treatment for children with autism.](#)
- [The effectiveness of hyperbaric oxygen therapy \(HBOT\) in children with autism spectrum disorders](#)
- [Autism is now the leading cause of non-fatal health burden for individuals under 20 years old](#)
- [Vaccinations for children can be problematic for Neuro Disorders: Vaccination and Neurodevelopmental Disorders: A Study of Nine-Year-Old Children Enrolled in Medicaid - Science, Public Health Policy and the Law](#)
- [The Amish people have no Autism or ADD.](#)
- [HARCH on Autism and Hyperbaric Oxygen Therapy](#)
- [How Mild Hyperbaric Oxygen Therapy Works and Why it is Good for Our Children](#)
- [Hyperbaric Oxygen Treatments for Autistic Children \(video\)](#)
- [Hyperbaric oxygen therapy might improve certain pathophysiological findings in autism](#)
- [Hyperbaric Oxygen Treatment for Autism Spectrum Disorders](#)
- [Hyperbaric Oxygen Therapy for Autism \(Autism Parenting Magazine\)](#)
- [The CDC held Secret Meetings about the Rise of Autism & Knew it was the Vaccines](#)
- [1986 Myths vs Facts | National Vaccine Information Center \(NVIC\)](#)
- [BOMBSHELL: The CDC Has Updated Its “Autism and Vaccines” Page to admit they lied about child vaccines possibly causing autism all these past years.](#)

AUTOIMMUNE DISEASE

- [How to Use Hyperbaric Therapy for Autoimmune Conditions](#)
- [Autoimmune Disease and HBOT](#)
- [Suppressive effect of hyperbaric oxygenation on immune responses of normal and autoimmune mice](#)
- [Hyperbaric Oxygen Therapy for Autoimmune Disease GrassRoots Functional Med](#)
- [Use of Hyperbaric Oxygen in Rheumatic Diseases: And Critical Analysis](#)
- [Autoimmune Disorders DR. HARCH](#)

BONE HEALING

- [Hyperbaric Oxygen Therapy Improved Bone Regeneration](#)
- [Effects of mild hyperbaric oxygen on osteoporosis](#)
- [Hyperbaric oxygen and wound healing](#)
- [Hyperbaric Oxygen Therapy Accelerates Osteoblast Differentiation and Promotes Bone Formation](#)

BRAIN HEALTH/MENTAL/PTSD/TBI

- [Increased Awareness About Concussions Amplifies Search For Solutions](#)
- [More HBOT success for Post Traumatic Stress Disorder and Traumatic Brain Injury \(PTSD and TBI\)](#)
- [Effects of Hyperbaric Oxygen on Symptoms and Quality of Life Among Service Members with Persistent Post Concussion Symptoms](#)

- [PTSD, TBI and HBOT](#)
- [Alternative PTSD Treatment May Be Game-Changer](#)
- [Detection of Blast-Related Traumatic Brain Injury in U.S. Military Personnel](#)
- [Hyperbaric treatment for veterans](#)
- [Acute Motor Axonal Neuropathy Improvement 20 Days After Hyperbaric Oxygen Therapy](#)
- [Functional MRI \(fMRI\) Evaluation of Hyperbaric Oxygen Therapy \(HBOT\) Efficacy in Chronic Cerebral Stroke: A Small Retrospective Consecutive Case Series](#)
- [Late application of hyperbaric oxygen therapy during the rehabilitation of a patient with severe cognitive impairment after a traumatic brain injury](#)
- [Hyperbaric oxygen for severe traumatic brain injury: a randomized trial](#)
- [Can Hyperbaric Oxygen Therapy Delay Cognitive Decline?](#)
- [Hyperbaric oxygen therapy after acute ischemic stroke with large penumbra: a case report](#)
- [Hyperbaric oxygen therapy for treatment of postischemic stroke in adult rats](#)
- [Time selection and course of hyperbaric oxygen treatment for cerebral resuscitation patients after successful cardiopulmonary resuscitation \(CPR\)](#)
- [Pilot case study of the therapeutic potential of hyperbaric oxygen therapy on chronic brain injury](#)
- [Effect of hyperbaric oxygenation on brain hemodynamics, hemoglobin oxygenation and mitochondrial NADH](#)
- [Hyperbaric oxygen preconditioning induces tolerance against brain ischemia-reperfusion injury by upregulation of antioxidant enzymes in rats](#)
- [Influence of hyperbaric oxygen treatment on neural plasticity in experimental rats](#)
- [Microglial activation induced by traumatic brain injury is suppressed by postinjury treatment with hyperbaric oxygen therapy](#)
- [Hyperbaric oxygen therapy promotes neurogenesis: where do we stand?](#)
- [Hyperbaric oxygen therapy for the adjunctive treatment of traumatic brain injury](#)
- [Hyperbaric Oxygen Therapy for Brain Injury, Cerebral Palsy, and Stroke: Summary](#)
- [Oxygen chamber can boost brain repair years after stroke or trauma](#)
- [Effect of hyperbaric oxygen on patients with traumatic brain injury. Role of hyperbaric oxygen therapy in severe head injury in children](#)
- [Pilot case study of the therapeutic potential of hyperbaric oxygen therapy on chronic brain injury](#)
- [Evaluation of hyperbaric oxygen treatment of neuropsychiatric disorders following traumatic brain injury](#)
- [Research on Hyperbaric Oxygen Therapy to Treat Traumatic Brain Injury and Post-Traumatic Stress Disorder](#)
- [Clinical Utility of SPECT Neuroimaging in the Diagnosis and Treatment of Traumatic Brain Injury: A Systematic Review](#)
- [Low pressure hyperbaric oxygen therapy and SPECT brain imaging in the treatment of blast-induced chronic traumatic brain injury \(post-concussion syndrome\) and post-traumatic stress disorder: a case report](#)
- [Late Treatment of Severe Brain Injury with Hyperbaric Oxygenation](#)
- [Hyperbaric Oxygen Induces Late Neuroplasticity in Post Stroke Patients – Randomized, Prospective Trial](#)
- [Hyperbaric oxygen therapy for traumatic brain injury](#)
- [Hyperbaric oxygen therapy helps heal WWE brain injury](#)
- [Hyperbaric oxygen therapy and anoxic brain injury in babies](#)
- [Hyperbaric oxygen treatment promotes neural stem cell proliferation in the subventricular zone of neonatal rats with hypoxic-ischemic brain damage](#)
- [Hyperbaric Oxygen Therapy Can Improve Post Concussion Syndrome Years after Mild Traumatic Brain Injury – Randomized Prospective Trial](#)
- [A simple multivitamin alone improves cognition and slows brain aging](#)
- [LDL Cholesterol and Brain Bleeding](#)
- [Hyperbaric Oxygen Treatment \(HBOT\) for TBI/PTS \(video\)](#)
- [Improving neuropsychological function after chronic brain injury with hyperbaric oxygen](#)
- [Extivita HBOT Patient Experience - Laura & Jon Grant - Traumatic Brain Injury \(video\)](#)
- [The Brain Therapeutic Effects of Hyperbaric Oxygen \(video\)](#)
- [Reflections on the neurotherapeutic effects of hyperbaric oxygen](#)
- [Hyperbaric Oxygen Therapy Can Induce Angiogenesis and Regeneration of Nerve Fibers in Traumatic Brain Injury Patients](#)
- [Hyperbaric oxygen may induce angiogenesis in patients suffering from prolonged post-concussion syndrome due to traumatic brain injury](#)

- [TreatNOW: Veteran Suicide Prevention and Brain Wound Healing - 2021 Update](#)
- [The Lines between physical and Mental Health Blur](#)
- [U.S. Veteran Pilot Trial: HBOT in TBI/PTSD Preliminary Data](#)
- [Dr. Paul Harch Treats Iraq Vets for TBI/PTSD with Hyperbaric Oxygen Therapy \(HBOT\), Part 1 \(video\)](#)
- [Dr. Paul Harch Treats Iraq Vets for TBI/PTSD with Hyperbaric Oxygen Therapy \(HBOT\), Part 2 \(video\)](#)
- [Low Pressure Hyperbaric Oxygen Therapy and SPECT Brain Imaging in the Treatment of ... TBI and PTSD](#)
- [John Kaness Interview HBOT America's Mighty Warriors](#)
- [Hyperbaric Oxygen Therapy Significantly Reduced PTSD Symptoms in Breakthrough Study](#)
- [Veterans and HBOT. A hero's battle with TBI and PTSD. Special Report](#)
- [Congressman Murphy pushes Hyperbaric Oxygen Therapy to treat TBI/PTSD and stop veteran suicide. Jun 2023](#)
- [Joe Rogan and Mel Gibson discuss how HBOT helped Mel's PTSD](#)
- [The Brain Therapeutic Effects of Hyperbaric Oxygen](#)
- [Reflections on the Neurotherapeutic Effects of Hyperbaric oxygen](#)
- [Hyperbaric Oxygen Therapy for Persistent Post Concussion Syndrome and PTSD](#)
- [Hyperbaric Oxygen Therapy Helps to Dramatically Alleviate Long-Standing PTSD Symptoms in 35 Veterans](#)
- [Alternative PTSD Treatment May Be Game-Changer](#)
- [A Promising new treatment for PTSD](#)
- [The Brain's Nicotine Secret No One Tells You](#)
- [Joe Namath believes hyperbaric treatments cure brain damage | Fox Sports](#)

CANCER- MEDICAL AND GENETIC CANCER THERAPY

- [The use of hyperbaric oxygen to treat actinic rectal fistula after SpaceOAR use and radiotherapy for prostate cancer: a case report](#)
- [Hyperbaric Oxygen \(HBOT\) for Cancer Treatment at Utopia Clinic, Tampa, FL](#)
- [Hyperbaric Oxygen Therapy and Cancer Clinic in Bend, OR](#)
- [The profound disagreement between the Medical Industry and Microbiologists regarding whether cell Mitochondria controls the cell Genome and DNA mutations, and the effects on society from that disagreement.](#)
- [Hyperbaric Oxygen Enhanced Mitochondria-Targeted Chemotherapy in Bladder Cancer](#)
- [Hyperbaric oxygen and radiation therapy: a review](#)
- [Hyperbaric Oxygen Therapy for Radiation Induced Proctopathy in Men Treated for Prostate Cancer](#)
- [Hyperbaric Oxygen Therapy for Radiation Induced Hemorrhagic Cystitis](#)
- [The Effects of Hyperbaric Oxygen Therapy on Pelvic Radiation Induced Gastrointestinal Complications \(Rectal Bleeding, Diarrhea, and Pain\): A Meta-Analysis](#)
- [Comparison of the short-term effects of hyperbaric oxygen therapy and complex decongestive therapy on breast cancer-related lymphedema: A pilot study](#)
- [Hyperbaric oxygen therapy for radiation cystitis after pelvic radiotherapy: Systematic review of the recent literature](#)
- [Hyperbaric oxygen therapy for late radiation-induced tissue toxicity](#)
- [Hyperbaric Oxygen Therapy and Delayed Radiation Injury](#)
- [Effects of hyperbaric oxygen therapy on tumor growth in murine model of PC-3 prostate cancer cell line, no tumor growth indicated](#)
- [The effect of hyperbaric oxygen treatment on squamous cell cancer growth and tumor hypoxia](#)
- [Effects of hyperbaric oxygen exposure on experimental head and neck tumor growth, oxygenation, and vasculature](#)
- [Oxygenation measurements in head and neck cancers during hyperbaric oxygenation](#)
- [Evaluation of the effect of SMA-pirarubicin micelles on colorectal cancer liver metastases and of hyperbaric oxygen in CBA mice](#)
- [Apoptosis of T-leukemia and B-myeloma cancer cells induced by hyperbaric oxygen increased phosphorylation of p38 MAPK](#)
- [A pilot study with long term follow up of hyperbaric oxygen pretreatment in patients with locally advanced breast cancer undergoing neo-adjuvant chemotherapy](#)
- [The effect of hyperbaric oxygen therapy on tumor growth in a mouse model of colorectal cancer liver metastases](#)

- [The effect of hyperbaric oxygen on human oral cancer cells](#)
- [Hyperbaric oxygen does not accelerate latent in vivo prostate cancer: implications for the treatment of radiation-induced hemorrhagic cystitis](#)
- [Biopsies versus ultrasound for potential tumors. Do biopsies spread cancer?](#)
- [ImmunityBio, Company testing Immunotherapy vaccine to improve Immune System response to cell metabolic dysregulation and cell mutations](#)
- [I have Cancer now, what do I do?](#)
- [Prostate Cancer: Over-Testing and Over-Treatment](#)
- [Hyperbaric Oxygen Therapy and Cancer Treatment](#)
- [The Important Role Oxygen Plays in Cancer Treatment](#)
- [Oxygen in Cancer Treatment](#)
- [Hyperbaric Oxygenation and Ep \(Cisplatin and Etoposide\) Chemotherapy in Treatment of Patients with Advanced Non-Small Cells Lung Cancer \(NSCLC\)](#)
- [Oxygen-dependent Regulation of Tumor Growth and Metastasis in Human Breast Cancer Xenografts](#)
- [Oxygen Therapy Makes Cancer Survivor Feel Like Dancing Again](#)
- [Successful Healing of Tracheal Radionecrosis, Role of Hyperbaric Oxygen Therapy](#)
- [Hyperbaric Oxygen Therapy Safe, Effective for Treating Symptoms of Late Radiation Cystitis](#)
- [Mutant p53 in cancer: from molecular mechanism to therapeutic modulation | Cell Death & Disease](#)

CANCER- ALTERNATIVE METABOLIC CANCER THERAPY

- [The Warburg hypothesis and the emergence of the mitochondrial metabolic theory of Cancer](#)
- [Successful Non-Toxic Cancer Treatments: Ketogenic Diet & Hyperbaric Oxygen Therapy](#)
- [Non-Toxic Metabolic Management of Metastatic Cancer in VM Mice: Novel Combination of Ketogenic Diet, Ketone Supplementation, and Hyperbaric Oxygen Therapy](#)
- [The Ketogenic Diet and Hyperbaric Oxygen Therapy Prolong Survival in Mice with Systemic Metastatic Cancer](#)
- [Hyperbaric oxygen therapy and cancer—a review](#)
- [How to avoid cancer, lifestyle suggestions](#)
- [Cancer treatment results have improved 5% since the 1950's, \\$300k patient value to a doctor](#)
- [Cancer as a Metabolic Disease](#)
- [Cancer comes from ultra processed foods; kids eat 67% ultra processed foods](#)
- [Dr. Seyfried's Alternative Press Pulse Cancer Treatment Protocol](#)
- [Talking Cancer with Professor Thomas Seyfried](#)
- [Dysregulated Mitochondria is required to develop cancer cells as the cell nucleus genome becomes mutated and the cell uses fermentation for energy creation, not thru the normal mitochondria oxidation, which has shut down its respiration](#)
- [Dr. Seyfried, Cancer Tumors can be destroyed](#)
- [Thomas Seyfried, summary of Press Pulse strategy of cancer](#)
- [Thomas Seyfried, we now know the cause of cancer and industry denial.](#)
- [Managing cancer w Press Pulse, Dr. Seyfried](#)
- [Cancer Ketogenic therapy. The Surprising Metabolic Truth Behind Cancer with Dr. Thomas Seyfried](#)
- ["This Is Feeding Cancer Cells!" - How To Starve & Prevent Disease Early.](#)
- [DON, an alternative cancer treatment medicine – Johns Hopkins](#)
- [Therapeutic benefit of combining calorie-restricted ketogenic diet and glutamine targeting in late-stage experimental glioblastoma](#)
- [FASTING and CANCER - New Research on a potential Revolution in Cancer Treatment](#)
- [Current Evidence and Directions for Intermittent Fasting During Cancer Chemotherapy](#)
- [Effect of fasting on cancer: A narrative review of scientific evidence](#)
- [Fasting-mimicking diet blocks triple-negative breast cancer and cancer stem cell escape](#)
- [Fasting and cancer: molecular mechanisms and clinical application](#)
- [Can the Mitochondrial Metabolic Theory Explain Better the Origin and Management of Cancer than Can the Genetic Somatic Mutation Theory?](#)
- [Metabolic management of microenvironment acidity in glioblastoma](#)

- [Metformin: current clinical applications in nondiabetic patients with cancer](#)
- [Metformin, DON, Dr. Angela Poff - Exploiting Cancer Metabolism with Ketosis and Hyperbaric Oxygen](#)
- [Dr. Kathleen Ruddy cancer and ivermectin](#)
- ["Cancer is a metabolic disease"](#)
- [The Metabolic Treatment for Cancer with Dr. Thomas Seyfried](#)
- [Dr. Seyfried, Cancer is a chronic disease developing over time, not an acute disease that quickly develops](#)
- [Dr. Seyfried on the cause of cancer finally recognized will be the greatest tragedy in American Medicine](#)
- [Dr. Seyfried, Tumor gets smaller the lower the blood sugar goes](#)
- [Dr. Seyfried, New Study Confirms that Cancer Cells Only Ferment Glutamine and Glucose for Energy](#)
- [How Rick Survived Terminal Cancer w/ Alternative Cancer Treatments](#)
- [Red Meat has never been proven to cause Cancer: Cleveland Clinic Lying to Patients! \(email exposed\)](#)
- [Dr. Seyfried discusses how toxins enter the body, damage Cell Mitochondria and induce cancer tumors to grow](#)
- [Most recent summation of Press-Pulse cancer strategy: The Two Fuels Cancer Needs to Survive—And How to Cut Them Off](#)
- [Is Cancer a Metabolic Disease? It now appears clear.](#)
- [Part 2: Dr. Seyfried. Keto diet options, New Study Confirms that Cancer Cells Ferment Glutamine](#)
- [Genes are not the cause of Cancer. No human gene - BRCA1, 2 and P53 included - has been found 100% penetrant to cause cancer](#)
- [All Cancer tumors cannot survive when you starve it from its sole energy production sources.](#)
- [Fenbendazole and Ivermectin case studies for Cancer treatment](#)
- [Top Oncologist Confirms Ivermectin can Cure Cancer](#)
- [Talking Cancer With Professor Thomas Seyfried, YouTube Channel videos](#)
- [Ivermectin for Cancer treatment: M.D. Testimony Video](#)
- [Patient Case studies of Cancer treated with Ivermectin and Fenbendazole](#)
- [A Step-By-Step Break Down of Dr. Thomas Seyfried's Radical & Controversial Protocol to Starving Cancer" episode transcripts, sponsors, audience info, episodes, content rating](#)
- [Most Doctors believe Cancer mutations are genetic problems and are not caused by Metabolic Dysfunction in the cell Mitochondria, which is the reason for the Oncologists disagreement today over the cause of Cancer: Fighting Cancer by Putting ...](#)
- [Consideration of Ketogenic Metabolic Therapy as a Complementary or Alternative Approach for Managing Breast Cancer - PMC](#)
- [Illustration of the Press-Pulse Therapeutic Strategy for Cancer... | Download Scientific Diagram](#)
- [Press-pulse: a novel therapeutic strategy for the metabolic management of cancer | Nutrition & Metabolism | Full Text](#)
- [Keto diet inhibits cancer growth: Ketogenic diet in the treatment of cancer – Where do we stand? - PMC](#)
- [Metabolic therapy for cancer | Mayo Clinic Connect](#)
- [Dr. Thomas Seyfried: Healthy Cancer Treatment](#)
- [Treating Pancreatic Cancer: Could Metabolism—Not Genomics—Be the Key? - Cancer Commons](#)
- [Care Oncology - Specializing in Metabolic Oncology Treatments- Care Oncology US](#)
- [Beating Cancer Today Facebook Page podcast with Dr. Seifried as guest](#)
- [We're Not "DON" Yet: Optimal Dosing and Prodrug Delivery of 6-Diazo-5-oxo-L-norleucine for Tumors](#)
- [DON, Press-pulse: a novel therapeutic strategy for the metabolic management of cancer](#)
- [Starve Cancer: Metabolic Cancer Therapy](#)
- [Articles on Press-pulse, Illustration of the Press-Pulse Therapeutic Strategy for Cancer](#)
- [Press-pulse, Clinical research framework proposal for ketogenic metabolic therapy in glioblastoma](#)
- [Press-Pulse Protocol | Hippocrates Research](#)
- [Press Pulse Protocol FAQs | Hippocrates Research](#)
- [Care Oncology Richmond, Va- Clinic Specializing in Metabolic Oncology](#)

- [Press-Pulse. Pricing & Insurance - Care Oncology US](#)
- [Reviving Lonidamine and. DON dosages, 6-Diazo-5-oxo-L-norleucine to Be Used in Combination for Metabolic Cancer Therapy](#)
- [Therapeutic benefit of combining calorie-restricted ketogenic diet and glutamine targeting in late-stage experimental glioblastoma](#)
- [Clinical research framework proposal for ketogenic metabolic therapy in glioblastoma](#)
- [Thomas Seyfried, Ph.D.: Press-Pulse with DON and HBOT as the Pulse - A Novel Strategy for the Metabolic Treatment of Cancer](#)
- [Cancer, heart disease and cholesterol alternative medicine view discussing maintaining an alkaline body](#)
- [3-minute video on how to kill cancer tumors. Dr. Seyfried.](#)
- [Discussion of Cancer therapies and new approaches, Dr. Treacy. M.D.](#)
- [Keto Diet for Cancer Explained](#)
- [Hundreds of Studies Show DMSO Transforms the Treatment of Cancer](#)
- [Fen ben for cancer?](#)
- [Fenbendazole and Cancer #shorts](#)
- [Prostate Cancer Metabolism and Ketogenic Diet with Thomas Seyfried, PhD](#)
- [Press-pulse: a novel therapeutic strategy for the metabolic management of cancer](#)
- [Impact of Psychosocial Stress and Stress Management on Immune Responses in Cancer Patients](#)
- [Clinical research framework proposal for ketogenic metabolic therapy in glioblastoma tumor](#)
- [Stage 4 cancer patient discusses all small details of press-pulse, Must Do Now! My press pulse protocol!](#)
- [Very popular on Facebook, Kevin Hemmings Metabolic Therapy Cancer protocol for all cancers using mild glutamine inhibitors and Low- Carb diet](#)
- [Ivermectin, horse paste for parasites now being used for many conditions](#)
- [What is fenbendazole for cancer?](#)
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HIGH BLOOD PRESSURE

- [Hyperbaric Oxygen Therapy Lowers Blood Pressure](#)

HIV INFECTION

- [Hyperbaric Oxygen Therapy Suppresses HIV Replication](#)

HORMONES/REPRODUCTIVE

- [Role of Hyperbaric Oxygen Therapy in Polycystic Ovarian Syndrome](#)

HYDROGEN INHALATION THERAPY

- [Safety of Prolonged Inhalation of 2.4% Hydrogen Gas in Air in Healthy Adults - PMC](#)
- [5 reasons why Hydrogen water and inhalation is the ultimate antioxidant – Vitev](#)
- [Recent Progress Toward Hydrogen Medicine: Potential of Molecular Hydrogen for Preventive and Therapeutic Applications - PMC](#)
- [Therapeutic Efficacy of Molecular Hydrogen: A New Mechanistic Insight - PMC](#)
- [Molecular Hydrogen Institute | MHI, explains the benefits of molecular hydrogen inhalation](#)
- [Hydrogen | Hippocrates Research](#)
- [Hydrogen is great for you but Heavy Hydrogen, called Deuterium, is bad for you. The Ultimate Guide to Deuterium Depletion | Nourishme Organics](#)
- [How Molecular Hydrogen Helps Reduce Inflammation and Support Cellular Repair](#)
- [Molecular Hydrogen: Reverse Disease by Rebuilding Energy | Dr. Mercola Interviews Dr. Casey ...](#)

HYPERBARIC OXYGEN (HBOT) THERAPY

- [Clinical Study: Mild Hyperbaric for Impaired Brain Function](#)

- [Hyperbaric Oxygen Therapy: Get the Facts - FDA](#)
- [Hyperbaric Oxygen Therapy Regimens, Treated Conditions, and Adverse Effect Profile](#)
- [9 Hyperbaric Oxygen Therapy Side Effects and Risks](#)
- [Dr. Zayd Ratansi - Hyperbaric Oxygen Therapy Process](#)
- [Difference in Hard versus Soft Hyperbaric Chambers -why hard is much better](#)
- [What is Hyperbaric Medicine? How hyperbaric gets oxygen to body](#)
- [The Complete Guide to Hyperbaric Oxygen Therapy](#)
- [5 Reasons NOT To Do Hyperbaric Oxygen Therapy](#)
- [Recommended Protocols for Hyperbaric Oxygen Therapy](#)
- [Protocols Hyperbaric Oxygen Therapy Regimens, Treated Conditions, and Adverse Effect Profile](#)
- [Guide to HYPERBARIC OXYGEN THERAPY](#)
- [Do Soft 1.3 ATA Hyperbaric Chambers have Benefits? Yes, 30% more oxygen in blood even without increased oxygen. 2.0 ATA w 95% oxygen allows 10 times more oxygen in blood.](#)
- [Celebrities and Athletes Using HBOT: Why They Trust Hyperbaric Oxygen Therapy](#)
- [Integrative Role of Hyperbaric Oxygen Therapy on Healthspan, Age-Related Vascular Cognitive Impairment, and Dementia](#)
- [FAQ'S with Dr. Joseph Mercola on Hyperbaric Oxygen Therapy \(High pressure oxygen therapy](#)
- [When is too much HBOT, Can You Do TOO MUCH HBOT?](#)
- [Airplane flying after hyperbaric. Always wait 24 hours to fly after a hyperbaric session](#)
- [Is Hyperbaric Oxygen Therapy Safe for Children?](#)
- [Is hyperbaric oxygen therapy safe for babies and children?](#)
- [Hyperbaric oxygen therapy for healthy aging: From mechanisms to therapeutics](#)
- [Hyperoxia: Effective Mechanism of Hyperbaric Treatment at Mild-Pressure](#)
- [Incredible Benefits Of Hyperbaric Oxygen Therapy For Healing The Body](#)
- [The BEST Pressure for HBOT varies and is hard to say, but 2.5 ATA is about as high as you will want to go.](#)
- [Hyperbaric Related Myopia and Cataract Formation, cataract risk with prolonged treatment especially if pressurized with oxygen rather than air at 2.5 ATA](#)
- [Viral Encephalitis Treatment, Hard vs Soft Hyperbaric Oxygen Therapy Chamber Information](#)
- [Justin Bieber says he sleeps in hyperbaric oxygen chamber to treat depression](#)
- [LeBron James's Bonkers Recovery Routine Includes Red Light Therapy and a Hyperbaric Oxygen Chamber - Yahoo Sports](#)
- [Uncovered: 10 Celebrities Using Hyperbaric Oxygen Therapy and Why](#)
- [Is higher or lower HBOT therapy pressure more helpful? It depends on the issue being addressed.](#)
- [A General Overview on Hyperbaric Oxygen Therapy: Applications, Mechanisms and Translational Opportunities](#)
- [Effective Flow rate percentage of different types of oxygen masks used in oxygen therapy](#)
- [Oxygen mask Delivery Devices and Flow Rates](#)
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- [HBOT does not aid Cancer tumors and can help fight tumors: Hyperbaric oxygen therapy and cancer—a review - PMC](#)
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- [HBOT Increases Oxidation in the body: Is It DANGEROUS?](#)
- [Incredible Benefits Of Hyperbaric Oxygen Therapy For Healing The Body](#)
- [Is HBOT Working for you? How Long Before You See Results, how to evaluate it](#)
- [Does HBOT Kill or Feed Mold and Candida?](#)
- [3 HBOT Therapy Mistakes To Avoid](#)
- [General health Boost Detoxification Results With Hyperbaric Oxygen Therapy](#)
- [HBOT for veterans with PTSD authorized by NC government](#)
- [Dr. Harch publishes response to RFK, Jr.'s notice to the FDA regarding prioritizing hyperbaric therapy as a treatment for expansion.](#)

- [100% oxygen and 3.0 ATA in a hyperbaric chamber can increase a user's blood oxygen level almost 20 times. Hypoxia and hyperbaric oxygen therapy: a review - PMC](#)
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- [Celebrities Embracing Hyperbaric Oxygen Therapy: A Deep Dive into its Benefits for Anxiety and Depression](#)
- [Hyperbaric Chamber Celebrities | Who Reportedly Uses Them?](#)
- [Celebrities Are Obsessed with THIS Oxygen Therapy](#)
- [6 Reasons Top Athletes Use Hyperbaric Oxygen Therapy](#)
- [Senthil Jayarajan, MD | Hyperbaric Oxygen Therapy](#)
- [Harch HBOT](#)
- [Hyperbaric Therapy – A Vastly Underused Treatment – Dr. Jason Sonners 4/24/22](#)
- [HBOT vs Exercise with Oxygen Therapy](#)
- [History of Hyperbaric Oxygen Therapy](#)
- [UHMS Newly Defines Hyperbaric Oxygen Therapy](#)
- [Hyperbaric Medicine - Dr Shai Efrati <https://hbot.com/at> Exponential Medicine 2019 \(video\)](#)
- [Natural Healing with HBOT](#)
- [The Polemics of Hyperbaric Medicine](#)
- [Why the Controversy \(video\) – Part 1](#)
- [Why the Controversy \(video\) – Part 2](#)
- [Why the Controversy \(video\) – Part 3](#)
- [Joe Rogan and Mel Gibson discuss Hyperbaric](#)
- [Difference in Hard vs. Soft Hyperbaric Chambers - National Hyperbaric](#)
- [Hyperbaric Oxygen Treatment: Effects on Mitochondrial Function and Oxidative Stress - PMC](#)
- [Increase Cognitive Performance As You Age With HBOT](#)
- [The real cause of Melanoma may be in your kitchen, not from the Sun.](#)
- [Accelerate Autophagy. HBOT, Fasting, & Autophagy](#)
- [There is no evidence that a few hyperbaric sessions can cause cataracts. Cataracts are caused by advanced age. Over 40 HBOT sessions could cause Cataracts to worsen. Hyperbaric Oxygen Therapy and Associated Cataracts - StatPearls - NCBI Boo...](#)
- [HYPERBARIC OXYGEN THERAPY \[HBOT\] - PMC](#)
- [Hyperbaric Oxygen Therapy for Managing Cancer Treatment Complications appears safe with no negative results: A Safety Evaluation - PMC](#)

INFLAMMATION

- [Evaluation of the effect of SMA-pirarubicin micelles on colorectal cancer liver metastases and of hyperbaric oxygen in CBA mice](#)
- [The effect of hyperbaric oxygen therapy on tumor growth in a mouse model of colorectal cancer liver metastases](#)
- [From dermatological conditions to COVID-19: Reasoning for anticoagulation, suppression of inflammation, and hyperbaric oxygen therapy](#)
- [Can Hyperbaric Oxygen safely serve as an anti-inflammatory treatment for COVID-19?](#)
- [Hyperbaric Oxygen Therapy appears to be treating hypoxemia and underlying pathology \(lung inflammation\) in COVID-19](#)
- [Systematic review: the safety and efficacy of hyperbaric oxygen therapy for inflammatory bowel disease](#)
- [Hyperbaric oxygen treatment for inflammatory bowel disease: a systematic review and analysis](#)
- [Pretreatment with Hyperbaric Oxygen and its effect on neuropsychometric dysfunction and systemic inflammatory response after cardiopulmonary bypass](#)
- [Hypoxia and Inflammation](#)
- [Hyperbaric Oxygen Therapy in Chronic Inflammatory Conditions of the Pouch](#)

- [Consider hyperbaric oxygen for inflammatory ileal pouchitis](#)
- [Investigational HBOT indications: Inflammatory bowel disease](#)
- [Hyperbaric oxygen treatment attenuates the pro-inflammatory and immune responses in apolipoprotein E knockout mice](#)
- [Hyperbaric oxygen treatment decreases inflammation and mechanical hypersensitivity in an animal model of inflammatory pain](#)
- [Inflammation blocks hormones such as thyroid hormones getting to cells to produce energy ATP, even if blood work shows no thyroid problems, so no energy is generated in the cells.](#)
- [Glucose and Insulin spikes cook your body. When your body is cooked, then you die.](#)
- [Hyperbaric Oxygen Therapy for Inflammation – What is HBOT and What is Inflammation? Oct 2022](#)
- [His brain was inflamed. Suddenly the line between physical and mental health began to blur. Feb 2023](#)
- [Omega-3s Fats supplements Linked to Increased Inflammation Markers](#)

KETO DIET, KETOSIS AND INTERMITTENT FASTING

- The reason we do not recommend a Vegan diet is because it is based on high Carbohydrate intake while eating often which prohibits the body ever reaching the autophagy process to begin to consume defective cells, and Vegan appears to be based on theory that eating animal protein and fat is causing higher saturated fats and cholesterol in the blood stream. There is little proof of any of this.
- [Intermittent Fasting Alone Might Not Get You Into Ketosis—Here's Why](#)
- [Fermented Foods, Sugar to alcohol to vinegar: A Simple, Keto-Friendly Way to Boost Health and Well-Being](#)
- ["I FELL OFF The Keto or Carnivore Diet..." What to do?](#)
- [Intermittent Fasting 101 — The Ultimate Beginner's Guide](#)
- [Intermittent Fasting and Metabolic Health](#)
- [Any Way You Can--Ketogenic Diet as a Therapeutic Strategy](#)
- [Can a keto diet eliminate cancer growth?](#)
- [Dr. Seyfried explains how achieving Ketosis is super healthy](#)
- [At the end of the debate, all carbohydrates are sugar and will become glucose over varied hours in the body, which raises insulin levels](#)
- [Not everyone can use a Ketogenic Diet: Robert Lustig, MD: Who Should Avoid a Ketogenic Diet?](#)
- [Sugar is your Enemy: Living Sugar-Free: Strategies to Overcome Sweet Temptations – KETO-MOJO](#)
- [Avoid these 4 things to be healthy](#)
- [Video describes what happens with a 100 hour fast.](#)
- [Exercising during fasting is good for you.](#)
- [The FASTEST Way To Lose Weight & Prevent Disease is not reducing calories, but reducing insulin hormone production](#)
- [The Fastest Way to Reverse Insulin Resistance and Lower Cancer Risk](#)
- [Could a Carnivore diet be helpful to good health. It appears so.](#)
- [The worst food for your body health is not sugar, it is seed oils.](#)
- [The Keto Psychiatrist: Keto diet for anxiety and mental health. What Keto Is Really Doing To Your Body!](#)
- [Water Fasting support group Facebook](#)
- [Check out App "Fasting - Intermittent Fasting"](#)
- [Check out App, "GoFasting Intermittent Fasting"](#)
- [Check out App, "BodyFast: Intermittent Fasting"](#)
- [Explaining the Keto Diet and how it works](#)
- [Dr. Mark Hyman, Ketogenic Diet can actually cure many of our largest diseases](#)
- [Good Keto Diet Summary](#)
- [Ketogenic Diet Resource website](#)
- [KetoNutrition – Dr. Dominic D'Agostino – Science to Application](#)
- [The Breakfast we have mostly eaten since 1906 is horrible for your body.](#)
- [72-hour fasting benefits](#)
- [The Keto Psychiatrist: What Keto Is Really Doing To Your Body! Can It Cure 43% of Mental Illness?](#)
- [Cracking the Myth - How Eating Eggs Helps Lower Bad Cholesterol](#)

- [Glycolysis versus Oxidative Phosphorylation. 2 ways for the body to create energy. 1 is very bad. Bioenergetic Expert Warns Against Misguided Cancer Treatment Trends, Offers New Insights](#)
- [This works to get rid of the Belly Fat: How To Lose 10 Pounds In 7 Days Using These Keto Egg Rules Diet | Ben Azadi](#)
- [MUST WATCH. The World's Easiest Diet For Visceral Belly Fat Reduction In 14 Days | Ben Azadi](#)
- [95% of you are doing keto wrong. Here's how to do it right](#)
- [The Biggest Lie about Weight Loss: eating anything in moderation is enough](#)
- [10 Evidence-Based Benefits of Green Tea](#)
- [10 Reasons Green Tea Is Good for You](#)
- [A Day's Keto Eating on a \\$5 Budget!](#)
- [Why Medieval Bread Was A Superfood While Your Modern Bread is not Bread and Makes You Sick](#)
- [Keto diet, I Ate 1000 Sardines in a Month... Here's What Happened](#)
- [There is no money in telling people to fast for good health, so you seldom hear about it.](#)
- [Genetic Roulette Documentary, eating GMO Grains like Corn and Soy, and GMO Cows Milk are causing inflammation and intestinal leakage in the body.](#)
- [GLP-1 drugs, Take fat jabs for life, experts rule - as pivotal study reveals users coming off the drugs pile the pounds back on in under two years | Daily Mail Online](#)

LIGHT THERAPY

- [Energize Naturally: Infrared Light Benefits Explained](#)
- [Red Light Therapy Improves Mitochondria Function, Eye Health, and Lifespan](#)
- [PBM Light chambers versus small home lights for effectiveness](#)
- [How Red-Light Therapy Helps Improve Fertility in Women](#)
- [Photobiomodulation PBM Therapy \(PBMT\) Explained w Protocols](#)
- [How Often Should You Do Red Light Therapy? Just like any exercise, you need a day off to recover from the stress, unless you limit the exercise.](#)
- [The inner clock-Blue light sets the human rhythm](#)
- [Photobiomodulation Therapy \(PBM\): What is It?](#)
- [Light Therapy Might Help Ease 'Dry' Form of Macular Degeneration and Myopia](#)
- [Photobiomodulation Therapy for Dry Macular Degeneration and Myopia](#)
- [How Red Light Impacts Your Health](#)
- [Systemic glucose levels are modulated by specific wavelengths in the solar light spectrum that shift mitochondrial metabolism](#)
- [UV blood irradiation as a therapy](#)
- [The Efficacy of Multiwavelength Red and Near-Infrared Transdermal Photobiomodulation Light Therapy in Enhancing Female Fertility Outcomes and Improving Reproductive Health: A Prospective Case Series with 9-Month Follow-Up - PubMed](#)
- [Skin Regeneration: The Science and How to Boost It](#)
- [What is red light therapy? | MD Anderson Cancer Center](#)

LIVER DISEASE

- [Hyperbaric Oxygen Therapy in Liver Diseases](#)

LYME DISEASE

- [Hyperbaric Oxygen Therapy for Lyme Disease](#)
- [Lyme Disease](#)
- [Hyperbaric Oxygenation for Lyme Vasculitis](#)
- [Hyperbaric oxygen therapy as an effective adjunctive treatment for chronic Lyme disease](#)
- [The Management of Lyme disease: An integrative approach](#)

MACULAR DEGENERATION

- [Hyperbaric Oxygen Therapy For The Treatment of Macular Degeneration](#)

MENOPAUSE

- [Menopause Mercola research](#)

METABOLIC HEALTH

- [The Five Requirements for Healthy Living, Dr. Sonners](#)
- [Metabolism in US Is Declining, complete discussion of America's eating history](#)
- [Jillian Michael's testifies before Congress on the heart of the Metabolic Syndrome problem in America](#)
- [Old Conspiracy against Vitamin D Use](#)
- [This is the Problem with our Healthcare System: We must treat Food as Medicine, not just treat symptoms with drugs](#)
- [9 Of the Highest Protein Fruits](#)
- [Eat HIGH FAT: Get Rid Of Insulin Resistance Once & For All](#)
- [Population growth will decline, but productivity will increase with AI and robotics, leaving a better life for those few remaining as life expectancy plummets. Catherine Austin Fitts: "Economic growth through shrinking population"](#)
- [America's Health Crisis Is Spiraling Out of Control](#)
- [Why my new M.D. practice is devoted to reversing chronic disease, not just treating it.](#)
- [The Lie about eating 3 meals a day for good health](#)
- [Sadly, America's Life Expectancy Plunging, Mortality Rates Soaring, recent Insurance Data Shows](#)
- [The cycle of America taking prescriptions to manage your health problems instead of repairing them](#)
- [Metabolic Health Therapy is not a new concept: 1990 video address describes the metabolic health plan and its benefits](#)
- [Since the 1970's America has been attacked by highly processed food producers to create America's obesity epidemic, simply to increase sales](#)
- [10 Warning signs of poor blood circulation](#)
- [Casey Means, M.D. states, "There is No Medication that reverses any disease. Only Diet and Lifestyle will do that."](#)
- [Even Drug companies are now inventing drugs to fight Metabolic Dysfunction, when a simple low-Carb Diet is all you really need.](#)
- [Fasting, Muscle Loss and Protein Needs are totally separate functions not dependent on the other- the facts](#)
- [Connection of Glucose, Insulin, Cholesterol and Heart Disease](#)
- [Discusses illness as either foreign diseases attacking the body or alternatively, as simply a mismanaged, broken body ecosystem that needs healing. Should we just treat symptoms or should we heal the whole body?](#)
- [Genetics problems versus Metabolism problems, we turn over almost all new body cells every 84 days, so Metabolism can fix most cell problems](#)
- [Chronic Disease is a great financial burden, The Cost of Ignoring the Root Cause of Chronic Disease](#)
- [The impact of hydrogen inhalation therapy on blood reactive oxygen species levels: A randomized controlled study](#)
- [Frontiers | Hydrogen, a Novel Therapeutic Molecule, Regulates Oxidative Stress, Inflammation, and Apoptosis](#)
- [Stop Insulin Resistance, The Insulin & Glucose Doctor: This Will Strip Your Fat Faster Than Anything...](#)
- [Long-term and daily use of molecular hydrogen induces reprogramming of liver metabolism in rats by modulating NADP/NADPH redox pathways](#)
- [A comprehensive review of molecular hydrogen as a novel nutrition therapy in relieving oxidative stress and diseases: Mechanisms and perspectives - ScienceDirect](#)
- [Safety of Prolonged Inhalation of Hydrogen Gas in Air in Healthy Adults - PMC](#)
- [Good discussion of maintaining Mitochondrial Health: Nutrition Tips from Dr. William Li](#)

- [Dr. Casey Means admits in 6 minutes that medical schools teach nothing about Metabolic Health.](#)
- [Metabolic syndrome/disease \(syndrome X\) is among gravest health challenges facing Western nations e.g. US, Canada, UK as well as developing nations; a cluster of conditions that occur together](#)
- [Why Most Published Health Research Findings Are False](#)
- [Why Most Published Research Findings Are False - PMC](#)
- [Good video explaining constant body oxidation, aging, and how to minimize oxidative stress in the body](#)
- [Potential health risks of mRNA-based vaccine therapy: A hypothesis - ScienceDirect](#)
- [Polθ reverse transcribes RNA and promotes RNA-templated DNA repair | Science Advances](#)
- [Hippocrates Research Foundation for Metabolic Health Alternatives](#)
- [Krill Oil better than fish oil for omega 3's to improve metabolic health](#)
- [Antarctic Krill Euphausia superba Oil Supplementation Attenuates Hypercholesterolemia, Fatty Liver, and Oxidative Stress in Diet-Induced Obese Mice - PMC](#)
- [BREAKING BAD Medicine, an MD's solution](#)
- [The Mind Thieves: How 6 Common Medications Are Stealing Our Humanity](#)
- [What is Epigenetics? Metabolic Health is based on the effects of Epigenetics, such as diet or exercise, on cells health and mutation of cells, as opposed to conventional Health theory that poor health is based on genetics or toxins entering the body.](#)
- [Are FDA drug trials reliable to keep patients safe? Blockbuster Anticlotting Drug Approved on Flawed Studies](#)
- [It's Official! Curing Patients Is Bad for the Medical Industry Business | MedPage Today](#)
- [There is no business in curing disease. Goldman Sachs Asks: 'Is Curing Patients A Sustainable Business Model?' - Above the Law](#)
- [Krill oil supplementation in vivo promotes increased fuel metabolism and protein synthesis in cultured human skeletal muscle cells](#)
- [Krill Oil especially good for retaining muscle while fasting. Krill Oil Helps Preserve Muscle and Boost Your Energy](#)
- [Metabolic syndrome is one of the gravest health challenges facing Western nations e.g. US, Canada, UK etc. as well as Caribbean nations; cluster of conditions that occur together, increasing your risk](#)
- [The medications that change who we are, including Statins.](#)
- [Mitochondrial Cytochrome c Oxidase Deficiency - PMC](#)
- [Global study finds metabolic syndrome increased risk of acute respiratory distress syndrome, death in patients hospitalized with COVID-19 - Mayo Clinic News Network](#)
- [Doctors only manage illnesses, we were not designed to eat all the time](#)
- [Medical Systems are great at Emergency Medicine and Surgery and managing chronic illness, but you need more to live long and be healthy and that is up to you to do.](#)

MIGRAINE/CLUSTER/TENSION HEADACHES

- [A 23-year-old Migraine Sufferer Receives Relief From Hyperbaric Oxygen Therapy](#)
- [A preliminary report on hyperbaric oxygen in the relief of migraine headache](#)
- [Hyperbaric oxygen in the treatment of migraines with aura](#)
- [Revisiting the expanded use of hyperbaric oxygen therapy for treatment of resistant migraines](#)
- [Menopause Mercola research](#)
- [A Successful Treatment of Chronic Migraine with Hyperbaric Oxygen Therapy](#)
- [Treating Migraines with mild Hyperbaric Oxygen Therapy \(video\)](#)
- [Revisiting the expanded use of hyperbaric oxygen therapy for treatment of resistant migraines](#)
- [How to get rid of Migraines with HBOT \(video\)](#)
- [Dr. Harch: Migraines and HBOT](#)

MOLD

- [Mold-Induced Cognitive Deficits Improve Following Hyperbaric Oxygen Therapy](#)

MULTIPLE SCLEROSIS

- [Dr. Sonners, Video Analysis, Hyperbaric Oxygen Therapy For Multiple Sclerosis](#)
- [Early Studies with HBOT and Multiple Sclerosis | National Hyperbaric](#)
- [Hyperbaric Oxygen Therapy for Multiple Sclerosis](#)
- [My Experience Treatment of multiple sclerosis with hyperbaric oxygen.](#)
- [Hyperbaric Oxygen Therapy for Multiple Sclerosis:](#)
- [HBOT, Stem Cells, and Multiple Sclerosis \(M.S.\) \(video\)](#)
- [Multiple Sclerosis Hyperbaric Oxygen Therapy \(HBOT\) Testimonial \(video\)](#)
- [HBOT for MS](#)
- [Multiple Sclerosis | Harch Hyperbaric Oxygen Therapy](#)
- [HBOT for Multiple Sclerosis in the Dallas Metro Area](#)
- [Washington Hyperbaric Therapy Center Stories of Hope for clients with Degenerative Nerve conditions.](#)
- [Using Hyperbaric Oxygen Therapy to Manage Multiple Sclerosis - Lakeshore Hyperbaric Center](#)
- [Exploring HBOT's Potential for Multiple Sclerosis Relief - Chicago Neuro - Hyperbaric Oxygen Treatment Chicago](#)
- [Multiple Sclerosis | Oxygen Therapy for MS | Oxygen Oasis](#)
- [Hyperbaric Oxygen Therapy \(HBOT\) for Multiple Sclerosis: - Tier 1 Therapy Centers](#)
- [Multiple Sclerosis and Hyperbaric Oxygen Therapy - Hyperbarics Sun Valley](#)
- [Hyperbaric oxygen therapy for Multiple Sclerosis: Learn the benefits | Hyperbaric Healing Treatment Center](#)
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- [Red Light Therapy for Multiple Sclerosis Relief](#)
- [Therapeutic Effects of Photobiomodulation Therapy on Multiple Sclerosis by Regulating the Inflammatory Process and Controlling Immune Cell Activity: A Novel Promising Treatment Target - PubMed](#)
- [Systematic review of photobiomodulation for multiple sclerosis - PMC](#)
- [Lighting the Path Forward: Photobiomodulation as a Strategic Therapy for Multiple Sclerosis - HyperCharge Wellness Centers](#)
- [Effects of photobiomodulation therapy on muscle function in individuals with multiple sclerosis - PubMed](#)
- [Dorsoventral photobiomodulation therapy safely reduces inflammation and sensorimotor deficits in a mouse model of multiple sclerosis | Journal of Neuroinflammation](#)
- [Research pbm for MS Therapy](#)

NATURAL REMEDIES

- [Lemon, Salt and Pepper: 10 Health Problems You Can Cure with This Miracle Trio](#)
- [DMSO nebulized or topical use has shown remarkable value for chronic lung and breathing conditions](#)
- [Medical grade DMSO nebulized with a 30-50% DMSO to 50-70% Saline Solution or topical use has shown remarkable value for chronic lung and breathing conditions](#)

NEUROPATHY

- [Neuropathy: Can HBOT Relieve Your Symptoms?](#)
- [You can regrow your peripheral nerves to remove neuropathy. How injured nerves grow themselves back](#)
- [Reversing Neuropathy with Ketosis](#)
- [Hyperbaric Oxygen Therapy for Neuropathy](#)
- [Acute Motor Axonal Neuropathy Improvement 20 Days After Hyperbaric Oxygen Therapy](#)

NICOTINE

- [This Harvard Study Will Surprise You. Nicotine is not addictive, but pyrazine chemicals in smoking and vaping are addictive](#)

OBESITY

- [Aging and Obesity Related Cognitive Decline Restored by Hyperbaric Oxygen Therapy](#)

- [Why Were We So Skinny in the 1960's?](#)
- [All sugar is the same, bad for you](#)
- [Sugar is poison](#)
- [Most Obese People Are Just Hyper insulinemic! Caused by too much carbs daily. high insulin constantly.](#)
- [The Origins of the 1970's Obesity Epidemic in the USA—Lessons for Today](#)
- [Dr Ben Bikman: The SURPRISING but true Scientific Way To Burn Belly Fat FAST](#)
- [We are killing our children with school lunches today with mostly carbohydrates.](#)
- [Overweight, obese people are publicly weighed and ordered to slim down under new rules in Turkey - with inspectors patrolling public spaces](#)
- [Is Semaglutide the Panacea for Weight Loss?](#)
- [Visceral Fat Doctor Discovers the Only Thing Worse than Insulin Resistance and belly fat is heart fat](#)
- [You can only exercise off 5-20% of what you eat daily, Food, Not Lack of Exercise, Fuels Obesity](#)

ORGAN TRANSPLANT

- [Hyperbaric Oxygen Improves Ovarian Transplantation](#)

OSTEOPOROSIS

- [Hyperbaric Oxygen Therapy Reduces Bone Loss Associated With Osteoclasts](#)

PAIN (CHRONIC)

- [Hyperbaric Oxygen Therapy: A New Treatment for Chronic Pain?](#)
- [A novel treatment modality for myofascial pain syndrome: hyperbaric oxygen therapy](#)
- [Hyperbaric Oxygen Therapy \(HBOT\): A Novel Treatment for Chronic Pain?](#)
- [Arthritis and Joint Pain: Hyperbaric Oxygen May Help](#)
- [Exercise for chronic pain: Prevalence of Pharmacologic and Nonpharmacologic Pain Management Therapies Among Adults With Chronic Pain—United States, 2020 | Annals of Internal Medicine](#)
- [Exercise to stop chronic pain, rather than taking medications: Chronic Pain in the US: New Data](#)
- [Hyperbaric Oxygen Treatment for Reflex Sympathetic Dystrophy Syndrome \(RSD\) \(video\)](#)
- [Pain Management and Hyperbaric Oxygen Therapy](#)
- [Successful Treatment of Lower Limb Complex Regional Pain Syndrome following Three Weeks of Hyperbaric Oxygen Therapy](#)
- [Hyperbaric oxygen treatment suppresses withdrawal signs in morphine-dependent mice](#)
- [Reflections on the neurotherapeutic effects of hyperbaric oxygen](#)

PARASITES

- [Parasites in the body and treatment](#)

PARKINSON'S DISEASE

- [Parkinson Progression Reduced by Mild Hyperbaric Oxygen Therapy](#)
- [Hyperbaric Oxygen Therapy Increases Norepinephrine Levels for the Treatment of Parkinson's Disease](#)
- [Nicotine and Parkinson's disease; implications for therapy - PMC](#)
- [Mild hyperbaric oxygen inhibits the decrease of dopaminergic neurons in the substantia nigra of mice](#)
- [Hyperbaric oxygen therapy the latest in Lee Anlezark's Parkinson's fight](#)
- [Hyperbaric Oxygen Treatment on a Parkinson's Disease Patients](#)
- [HBOT for depression in patients with Parkinson's](#)
- [Why Parkinson's Is Exploding—and How to Protect Yourself](#)

PROTECTION OF BODY

- [Hyperbaric Oxygen Therapy Protects the Brain & Positively Impacts Cystatin C Levels](#)
- [Hyperbaric Oxygen Protects the Brain and the Heart – A Necessity for Today's Society](#)
- [Hyperbaric Oxygen Therapy Protects the Body](#)

PTSD

- [Hyperbaric Oxygen Therapy for Persistent Post Concussion Syndrome and PTSD](#)
- [Hyperbaric Oxygen Therapy Helps to Dramatically Alleviate Long-Standing PTSD Symptoms in 35 Veterans](#)
- [More HBOT success for Post Traumatic Stress Disorder and Traumatic Brain Injury \(PTSD and TBI\)](#)
- [Effects of Hyperbaric Oxygen on Symptoms and Quality of Life Among Service Members With Persistent Post concussion Symptoms](#)
- [Alternative PTSD Treatment May Be Game-Changer](#)
- [PTSD, TBI and HBOT](#)
- [A Promising new treatment for PTSD](#)

PULMONARY FIBROSIS

- [Hyperbaric Oxygen Ameliorates Bleomycin-Induced Pulmonary Fibrosis in Mice](#)

SEPSIS

- [The role of hyperbaric oxygen therapy in septic shock: is it time for human studies?](#)

SLEEP

- [Sleep is Critical, Sleeping Aids and Electromagnetic Fields](#)

SPINAL CORD INJURY

- [Hyperbaric Oxygen Increases New Blood Vessels Towards Traumatic Tissue](#)
- [Hyperbaric Oxygen Therapy May Alleviate Long-Term Spinal Cord Damage](#)
- [Effective Rehab Using Stem Cell Transplantation Combined with Hyperbaric Oxygen Therapy](#)
- [Hyperbaric Oxygen Therapy and Spinal Cord Injuries](#)
- [The effect of hyperbaric oxygen on neuroregeneration following acute thoracic spinal cord injury](#)
- [Hyperbaric oxygen therapy of spinal cord injury](#)

STEM CELLS

- [Hyperbaric Oxygen Promotes Neurogenesis](#)
- [Hyperbaric Oxygen Therapy Affects Stem Cells](#)
- [New Brain Tissue Growth Occurs from Long Course of Hyperbaric Oxygen](#)
- [Hyperbaric Oxygen Therapy's Role In Stem Cell Transplantation for Type 1 Diabetes](#)
- [Effective Rehab Using Stem Cell Transplantation Combined with Hyperbaric Oxygen Therapy](#)
- [Hyperbaric oxygen therapy stimulates colonic stem cells and induces mucosal healing in patients with refractory ulcerative colitis: a prospective case series](#)
- [Human amniotic fluid mesenchymal stem cells in combination with hyperbaric oxygen](#)
- [Hyperbaric oxygen induces placental growth factor expression in bone marrow-derived mesenchymal stem cells](#)
- [Hyperbaric oxygen stimulates vasculogenic stem cell growth and differentiation in vivo](#)
- [Non-hypoxic stabilization of hypoxia-inducible factor alpha \(HIF-alpha\): relevance in neural progenitor/stem cells](#)
- [A pilot study using hyperbaric oxygen therapy to improve umbilical cord blood stem cell engraftment: 6-months follow up results](#)
- [Hyperbaric oxygen treatment promotes neural stem cell proliferation in the subventricular zone of neonatal rats with hypoxic-ischemic brain damage](#)
- [CD34+/CD45-dim stem cell mobilization by hyperbaric oxygen – changes with oxygen dosage](#)
- [Penn Study Finds Hyperbaric Oxygen Treatments Mobilize Stem Cells](#)

STROKE/RECOVERY/ BRAIN ANEURYSM

- [Preconditioning the Brain with Hyperbaric Oxygen Therapy Before Stroke/TBI to Reduce the Damage](#)

- [Hyperbaric Oxygen Therapy Improves Neurocognitive Functions of Post-Stroke Patients](#)
- [Hyperbric Oxygen Therapy for Post-Stroke Depression](#)
- [Functional MRI Imaging Confirms Long-Term Stroke Patients Can Improve With Hyperbaric Oxygen Therapy, even 15 Years After The Stroke](#)
- [The Effectiveness of Hyperbaric Oxygen Therapy on Pneumonia Complicating Stroke](#)
- [Functional MRI \(fMRI\) Evaluation of Hyperbaric Oxygen Therapy \(HBOT\) Efficacy in Chronic Cerebral Stroke: A Small Retrospective Consecutive Case Series](#)
- [Hyperbaric oxygen therapy after acute ischemic stroke with large penumbra: a case report](#)
- [Hyperbaric oxygen therapy for treatment of postischemic stroke in adult rats](#)
- [Hyperbaric Oxygen Therapy for Brain Injury, Cerebral Palsy, and Stroke: Summary](#)
- [Oxygen chamber can boost brain repair years after stroke or trauma](#)
- [Hyperbaric Oxygen for Treatment of Stroke and Traumatic Brain Injuries](#)
- [Effect of hyperbaric oxygenation on the clinical course and complications of the acute period of ischemic strokes](#)
- [Hyperbaric Oxygen Induces Late Neuroplasticity in Post Stroke Patients – Randomized, Prospective Trial](#)
- [Hyperbaric oxygen therapy and Sudden Vision Loss / Central Retinal Artery Occlusion CRAO / Eye stroke](#)
- [Hyperbaric Oxygen Therapy Stroke Treatment Testimonial video](#)
- [Hyperbaric Medicine - Dr Shai Efrati at Exponential Medicine 2019 \(video\)](#)
- [Hyperbaric Oxygen Induces Late Neuroplasticity in Post Stroke Patients - Randomized, Prospective Trial](#)
- [Improvement of Memory Impairments in Poststroke Patients by Hyperbaric Oxygen Therapy](#)
- [The effects of combined hyperbaric oxygen therapy on patients with post-stroke depression](#)
- [Hyperbaric oxygen therapy improves neurocognitive functions of post-stroke patients – a retrospective analysis](#)
- [Recovery From Stroke with Hyperbaric Oxygen Therapy \(video\)](#)
- [The Effect of Hyperbaric Oxygen Therapy on Functional Impairments Caused by Ischemic Stroke](#)
- [Vision regained after nearly losing her eyesight from a rare stroke. Hyperbaric Oxygen Therapy was the key.](#)
- [Treating chronic-stage stroke with hyperbaric oxygen therapy](#)
- [Using HBOT For Stroke Recovery](#)

SUGAR, CARBS, PROTEINS AND FATS METABOLISM

- [Sugar metabolism, excess glucose is stored in the liver or muscles or converts to fats and is stored in fat tissue.](#)
- [All sugar is the same, bad for you](#)
- [Sugar is poison](#)
- [Damage from PUFA - polyunsaturated fats in animal feed - you are what you eat - chicken and pig feed is the worst for omega 6 in seed oils](#)
- [2/3 of child foods are ultra processed. What the rise of ultra-processed foods means for our health and society](#)
- [American Heart Association Was Paid Off By Procter & Gamble To Say Heart Disease Was Caused By Saturated Fat, and Not Seed Oils](#)
- [Most Obese People Are Just Hyperinsulinemic! Caused by too much carbs daily. high insulin constantly.](#)
- [The American Diet Is Making Us Sick](#)
- [Pharma, Food, Government — Follow the Money](#)
- [Linoleic acid in different cooking oils](#)
- [3 Body types need different daily calorie intake to live. How To Know Your Metabolic Type](#)
- [Why you "can't" lose belly fat is because if insulin level is high you store food as fat. Eating Carbs make your insulin level high.](#)
- [Eating LEAN Meats To LOSE WEIGHT? It Does not work](#)
- [Why humans were never meant to eat grains? whole or refined.](#)
- [Grain and Seed oils, The Food That Is More HARMFUL Than Sugar makes you crave sugar, and fat your body will not use](#)
- [Butter, margarine, plastics, and cholesterol connections](#)
- [Grain and Seed oils and Carbs in all foods at the Mayo Clinic cafeteria. Medical care is backwards](#)

- [Grain and Seed oils are killing America, US fat consumption 1909-2010](#)
- [Seed oils, when did America get sick, Annual added fats and oils availability per capita from 1909 to 2019](#)
- [Grain and Seed oils, PUFA destroys Mens fertility, need to have exceptions in diet noted for childbearing age men](#)
- [Sugar causes high LDL and triglycerides fat in all vascular systems. Eating fat is not the cause](#)
- [Eat Eggs for cholesterol testosterone and health. Cholesterol is not your problem](#)
- [High Cholesterol is ok; it is sugar that causes heart disease](#)
- [Cancer comes from ultra processed foods; kids eat 67% ultra processed foods](#)
- [You cannot consume the 60-65% carbs our Gov't says to eat daily, you just get fat. Carbs should be less than 30% of daily intake](#)
- [Healthcare is our largest industry with a goal of keeping people sick.](#)
- [Cell Mitochondria: 10 Ways to Boost the Powerhouse of Your Cells](#)
- [Food Industry bribes researchers, corrupts Research](#)
- [A slice of any bread is worse for you than sugar, a banana or a snickers bar. However, if you must eat only whole grains, some of their complex fiber carbs will pass thru you before being digested.](#)
- [Fats and Protein do not need as much insulin as Carbs and Glucose: metabolism and effect on blood glucose levels - PubMed](#)
- [Omega 6 fat Linoleic Acid in Seed Oils can remain in your body harmfully for 2 years: A Narrative Review of the Effects of Increased Intake in the Standard American Diet and Associations with Chronic Disease - PMC](#)
- [Eating often, primarily Carbs, is a primary cause of rapid aging and a poor healthspan.](#)

SUPPLEMENTS AND VITAMINS

- [Supplements You Should Take and Ones You Should Skip](#)
- [Many people take 5k-15k IU daily, but there is a limit required, Everything You Need to Know About Vitamin D for Your Health](#)
- [Your body needs minerals and trace minerals. Minerals: MedlinePlus](#)
- [Vitamin D Secrets: How the Government human Vitamin D recommendation is grossly insufficient and Purposefully Damages our Children](#)
- [Symptoms of vitamin deficiencies](#)

SURGERY (PRE & POST) ORTHOPEDIC/PLASTIC/RECONSTRUCTION/ RESECTION/STEREOTACTIC/RADIOSURGERY

- [60-Year-Old Female Makes Full Recovery from Facial Filler Infection Complication – Thanks to Hyperbaric Oxygen Therapy](#)
- [Lower Pressure Hyperbaric Therapy Helps Improve Post-Op Healing](#)
- [A review of the Marx protocols: prevention and management of osteoradionecrosis by combining surgery and hyperbaric oxygen therapy](#)
- [The effect of Hyperbaric Oxygen Therapy combined with hair transplantation surgery for the treatment of alopecia](#)
- [Hyperbaric oxygen \(HBOT\) treatment for a failing facial flap](#)
- [Facelift Healing Innovation: New Study Shows Hyperbaric Oxygen Therapy Decreases Bruising in Facelifts Patients by 35%](#)
- [The treatment of deep frostbite with hyperbaric oxygen](#)
- [Hyperbaric Oxygen Therapy \(HBO\) for Plastic Surgery Patients](#)
- [Mommy Makeover plastic surgery and oxygen therapy](#)
- [HBOT for Non-Invasive Cosmetic Procedures: Kybella Treatment Case Study](#)
- [Brazilian Butt Lift and oxygen therapy](#)
- [The benefits of oxygen therapy with plastic surgery](#)
- [Hyperbaric Oxygen Therapy Promotes Better Wound Healing](#)
- [Plastic Surgery & Enhanced Healing with Hyperbaric Oxygen Therapy](#)

- [Hyperbaric oxygen therapy in the treatment of post cardiac surgical strokes – a case series and review of the literature](#)
- [Efficacy and safety of hyperbaric oxygen therapy in ligament and tendon injuries: a systematic review - PubMed](#)
- [One individual's healing from trigger finger. I cured myself of Trigger Finger! This is my story : carpaltunnel](#)

TEETH AND GUMS

- [Impact of Hyperbaric Oxygen Therapy on Dental Implants](#)
- [A review of the Marx protocols: prevention and management of osteoradionecrosis by combining surgery and hyperbaric oxygen therapy](#)
- [The Health Effects of the Root Canal](#)
- [HBOT For Oral Surgery](#)

THYROIDITIS

- [Low-level laser therapy in chronic autoimmune thyroiditis: A pilot study](#)

TOXINS

- [Alarm Bells Ring As Chemicals in Personal Care Products Linked to Early Puberty in Girls](#)
- [Intoxicated by Toxins and Chemicals Documentary](#)
- [Toxins are everywhere; How Modern Lifestyles Contribute to Disease](#)

TRAUMATIC BRAIN INJURY

- [Hyperbaric Oxygen Helps to Protect the Brain Following Brain Trauma \(TBI\)](#)
- [Hyperbaric Oxygen Therapy for Persistent Post Concussion Syndrome](#)
- [1.6 Vs 2.2 ATA of Hyperbaric Oxygen for Traumatic Brain Injuries?](#)
- [Low Pressure Hyperbaric Improved Cerebral Blood Flow in Firefighters with Mild TBI and Emotional Distress](#)
- [Hyperbaric Oxygen Therapy Helps the Damaged Brain](#)
- [Case studies and pressure protocols for Hyperbaric oxygen therapy for traumatic brain injury \(TBI\): bench-to-bedside - PMC](#)
- [TBI, Traumatic Brain Injuries and Hyperbaric Oxygen Therapy](#)

VIBRATION PLATE MASSAGE AND REBOUNDER EXERCISE

- [Why to use a Vibration Plate](#)
- [Improve Balance and Prevent Falls with Vibration Therapy](#)
- [Vibration Plate for weight loss](#)
- [Vibration Plate dangers](#)
- [Vibration Plate uses for healthcare, aging, conditions](#)
- [Vibration Plate exercise videos](#)
- [Vibration Plate Therapy improves bone density](#)
- [Vibration Plate builds bone cell density as well as muscle density](#)
- [Vibration Plate for Golfers improvement](#)
- [Vibration Plate for Lower Back Pain](#)
- [Vibration Plate for Bone Health](#)
- [Vibration Plate Benefits](#)
- [Vibration Plate for Back Pain](#)
- [Vibration Plate Use for Beginners](#)
- [Full-Body Lymphatic Drainage Self Massage Routine by a Lymphedema Physical Therapist](#)
- [Lymphatic Massage drainage](#)
- [The benefits of whole-body vibration](#)
- [Plate Vibration for Osteoporosis](#)
- [Whole-body vibration: An effective workout? - Mayo Clinic](#)

- [Vibration Plate Strengthen back muscles, GOLF EXERCISES FOR LONGER DRIVES AND LOWER SCORES](#)
- [How to increase range of motion of knees, joints, using Vibration, with Dr...](#)
- [Vibration Sciatica Relief Exercise 2](#)
- [OxyVibe workout with hand weights](#)
- [Improving metabolism of food and oxygen with OxyVibe use: Acute Positive Effects of Whole-Body Vibration on Resting Metabolic Rate and Substrate Utilization in Healthy Women - PMC](#)
- [Improving metabolism with OxyVibe use: Acute Effects of Whole-Body Vibration on Resting Metabolic Rate and Substrate Utilization in Healthy Women - PMC](#)
- [Whole-body vibration decreases delayed onset muscle soreness following eccentric exercise in elite hockey players: a randomized controlled trial](#)
- [What Is Vibrational Energy? It can be external or internal energy. Definition, Benefits, and More](#)
- [Everything We Do is Frequency and Vibration - Emotional Frequency Chart](#)
- [Electromagnetic Wave \(Light Waves\) vs. Mechanical Wave \(Vibration machine\) both have frequencies](#)
- [New Study Shows Relaxing Vibration Plate Workouts Deliver Measurable Metabolic impact](#)
- [Vibration plate, Knee injury rehabilitation with Dr Tommy Rhee, part 1](#)
- [Vibration plate, Knee pain, rehab strategy for inflammation and range of motion, Dr. Rhee, part 2](#)
- [Vibration plate, Knee pain, rehab strategy for inflammation and range of motion, Dr. Rhee, part 3](#)
- [Vibration plate helps anti-aging. Vibrotactile stimulation at gamma frequency mitigates pathology related to neurodegeneration and improves motor function - PMC](#)
- [Rebounding fights cancer in several ways](#)
- [Vibration Therapy for Chronic Pain in the US: New Data](#)
- [How often should you use a Vibration Plate?](#)
- [How do you tone legs using Vibration Plate](#)
- [How to create toned and lean arms using the Vibration Plate \(with Sylvie Pat...](#)
- [Why Is Everybody Standing on Vibration Plates? | Vogue](#)
- [5 Minute Strong Pelvic Floor Workout on Vibration Plate](#)
- [The Science & Studies Behind Power Plate Vibration Plates](#)
- [How to increase range of motion of joints, such as after ACL knee surgery using the PowerPlate, with Dr...](#)
- [Power plate, Research Card, Mild Cognitive Impairment.pdf](#)
- [How a Vibration Plate Use Drives More Stem Cells, Nitric Oxide, and Growth Hormones](#)

VINEGAR-ACETIC ACID

- [Vinegar is 5-20% acetic acid with water or flavorings, a fundamental chemical acid source for human energy production, but not a food type, it is converted to lipids fats, not glucose, much like alcohol is converted](#)
- [How Much Apple Cider Vinegar Should You Drink Daily to See the Benefits?](#)
- [7 Side Effects of Too Much Apple Cider Vinegar](#)

VIRAL ENCEPHALITIS

- [Recovery from terminal viral encephalitis diagnosis testimonial video](#)

VIRUSES

- [Do Viruses exist or have ever existed? Some Virologists believe not and have evidence: Viruses Don't Exist and Why It Matters - Dr Sam Bailey](#)
- [Ineffectiveness of the Influenza Vaccine During the 2024-2025 Respiratory Viral Season](#)
- [Do viruses exist, The no-virus debate: Steve Kirsch – The Library of Atlantis](#)
- [Do viruses exist? Isolation – The Library of Atlantis](#)
- [Do viruses exist? Electron Microscopy – The Library of Atlantis](#)
- [Do viruses exist? Viral Genome Sequencing – The Library of Atlantis](#)
- [Do viruses exist? In vivo – In vitro – The Library of Atlantis](#)
- [FDA Commissioner Makes Bold Statements Regarding Approval Status of COVID-19 Shots without any proper trials being performed](#)

- [Study: 58% of SIDS Cases Occurred Within 3 Days of Vaccination. 78.3% Occurred Within 7 Days](#)
- [The Myth of Virus Isolation: A Scientific Reckoning](#)
- [Where is the proof that viruses exist? It is very hard to find.](#)

WEIGHT LOSS

- [The Metabolic and Endocrine Effects of a 12-Week Allulose-Rich Diet](#)

WOUND HEALING

- [Hyperbaric Oxygen Therapy for Diabetic Wounds](#)
- [Chronic Wounds Require a Minimum of 20 Hours of HBOT](#)
- [Hyperbaric Oxygen Therapy for Spider Bites and Non-Healing Wounds](#)
- [Combining Hyperbaric Oxygen Therapy with PRP for Diabetic Wound](#)
- [A Case Report Demonstrating the Powerful Effects of Hyperbaric Oxygen](#)
- [1.6 ATA Hyperbaric Oxygen Used to Successfully Treat Osteonecrosis of the Femoral Head](#)
- [2.0 ATA Treatment Protocol for Radiation-Induced Cystitis](#)
- [Hyperbaric Oxygen Therapy Helps Patients Heal Faster \(video\)](#)
- [Hyperbaric Oxygen Therapy Promotes Better Wound Healing](#)
- [Hyperbaric Oxygen Therapy: Wound Healing](#)
- [Hyperbaric oxygen therapy saved Park Rapids man from amputation](#)
- [Adjunctive hyperbaric oxygen for necrotizing fasciitis](#)
- [From Aging to Chronic Wounds, is Hyperbaric Oxygen a Cure-All?](#)
- [Positive Effect of hyperbaric oxygen therapy on postoperative muscle damage and inflammation following total knee arthroplasty: a randomized controlled trial | Scientific Reports](#)