

Health Brief: Hyperbaric Oxygen Therapy for Multiple Sclerosis

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There is a natural treatment for Multiple Sclerosis: Hyperbaric Oxygen therapy (HBOT). HBOT was demonstrated to be treatment for patients with longstanding MS symptoms (average of 10 years) and the article was published in the New England Journal of Medicine in 1983. It was a placebo – controlled, randomized double – blind study. Study results showed effectiveness. And then all funded research on HBOT for MS was shut down in the US. Fortunately patients in England became aware of the effectiveness of HBOT for MS and became activists. They developed a charity and set up treatment centers all over the country that could be accessed by MS patients at little or no cost to them. Our colleague Dr. Phillip James monitored a large group of these patients and found that the course of illness and relapse in those patients who received initial HBOT and continued to have intermittent HBOT resulted in fewer relapses and better long – term outcomes. His conclusion: start HBOT early after initial presentation and diagnosis and continue intermittent treatments.

It is not a mysterious process: Oxygen heals. Oxygen at 100% under pressure is a very effective tool for healing. HBOT triggers activation and release of stem cells which may become neurons or glia, at a DNA level it triggers genes producing healing hormones to be up – regulated and genes that produce destructive degenerative and inflammatory responses to be down - regulated. The high dose oxygen facilitates intracellular healing.

Dr. Phillip B James details the history of the science and the politics of HBOT in his book “ Oxygen and the Brain: The Journey of Our Lifetime” published by Best Publishing Company, 2014. Testimonials and additional information can be found throughout the Internet. Explore your options and learn what HBOT can do for you !