

## **HBOT helps war veterans**

Traumatic brain injury (TBI) and posttraumatic stress disorder (PTSD), common conditions in veterans of the wars for Afghanistan and Iraq, are described as “the signature wounds of the war on terror”.

As published on the PRWeb website, as a result of their experiences in both wars, soldiers often suffer from unbearable headaches, dizziness, depression, nightmares, and violent mood swings. Dr. Harch, a leading expert in emergency medicine and hyperbaric treatment, has pioneered brain injury research for over two decades. His credentials, studies, and reputation are known worldwide.

## **New hope**

"We announce this Veteran's Day, that we have a promising treatment, utilizing scientific methods of precise dosage and protocol, that may permanently curtail TBI and PTSD symptoms, returning Veterans to a more normalized life," states Dr. Harch on the said website.

Top West Point graduate, Major Ben Richards, was a promising military leader until he got injured in battle. His story of HBOT efficacy just aired on CBS WWLTV, New Orleans, filed by Eyewitness News Reporter, Meg Farris. Chad Battles, an Army E4 machine gunner specialist, says of his recent HBOT treatment with Dr. Harch, "I didn't know what to do. The VA tried, but couldn't relieve me of my sleepless nights, my recurring nightmares, loss of memory, and chronic headaches. I found Dr. Harch and he treated me pro bono. After 40 'dives', my memory came back, my headaches were gone, and I am able to sleep through the night. He basically gave me my life back!"

## **Publications**

Following publication of the first case of HBOT (Hyperbaric Oxygen Therapy) benefiting veterans with TBI and PTSD in 2009, Dr. Harch and colleagues published confirmatory evidence in January 2012 in the prestigious peer-reviewed Journal of Neurotrauma. In September 2012, Dr. Harch's research team showed that the HBOT treatments generated improvements in depression and anxiety, PTSD, and memory that resulted in quality-of-life improvements for Veterans. The study further indicated, statistically, that a "chance explanation" for the improvements was less than "one in a quadrillion".

The Department of Defense (DoD), the Veteran's Administration (VA), and the National Institute of Mental Health (NIMH) recently pledged \$100 million for further PTSD and TBI research and treatment, impacting over 550,000 brain injured veterans.

## **How HBOT works**

According to PRWeb, HBOT (Hyperbaric Oxygen Therapy) was first used by the U.S. Navy for treatment of divers experiencing "the bends". Here's how HBOT works: Increased air pressure forces oxygen into the fluids and tissues of the body, significantly augmenting the usual oxygen delivery system through the blood. This oxygen infusion can reach inaccessible,

dormant cells, restoring their normal function. In addition, research has shown that HBOT increases the amount of stem cells released from one's bone marrow, healing the injury with new, healthy cells.

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Reference:

Harch, Paul G. [Veterans Day Good News: TBI and PTSD Treatment Shows Promising Results](#). Published online on Nov 8, 2012. PRWeb.