

# Hartwell Chiropractic and Wellness Center (503-266-2997)

## Why do we use oxygen with our treatment program?

Your brain and nervous system need 2 things to survive: fuel and activation. We fuel our brains with glucose from the food we eat, and oxygen from the air we breathe. As you age, your ability to use oxygen decreases because the oxygen pressure in the arteries falls. (A typical 30 year old has 55mm Hg pressure, whereas a typical 70 year old has only 35 mm Hg). Unlike muscles, your brain cannot store energy. It needs a steady flow of nutrients and oxygen to function properly and create ATP (the energy source that fuels cell function). If your cells receive too little oxygen, they produce less energy. If your cells need more energy, they use more oxygen.

The content of oxygen in the air we breathe is 21%. The oxygen in the air produced from our oxygen concentrators ranges from 92%-95%. Medical oxygen is 99.5%, and requires a prescription from a Medical Doctor. Air pollution, traveling at higher elevations and breathing stale air can all reduce the amount of oxygen reaching our cells.

***“Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life threatening disease. The link between insufficient oxygen and disease has now been firmly established.”***

Dr. W. Spencer Way, Journal of the American Association of Physicians.

The brain requires at least 20% of the body's oxygen supply. When it doesn't get this supply it can lead to issues such as: poor concentration and judgment, lack of alertness, forgetfulness, mood swings, restlessness, depressive thoughts, chronic pain sleep apnea, and low drive.

The cerebellum (the back part of the brain) is the most oxygen dependent part of the body. It is responsible for controlling your balance, coordinated movement, and spinal postural muscles. When the cerebellum is not firing correctly, it can lead to back muscle spasm and locking up of the vertebrae.

By providing extra oxygen, we are assisting the cerebellum and brain in functioning properly by giving them the fuel they need to start firing optimally.

***“Extra oxygen has been shown to enhance mental performance and memory recall in healthy active adults in several clinical studies.”*** Dr. Andrew Scholey, Division of Psychology University of Northumbria.

### Benefits of using oxygen:

Retards aging of human cells, relieves headaches, alleviates tiredness, boosts the immune system, improves depression, improves physical performance, boosts concentration and alertness, increases memory capacity, improves strength and energy, builds endurance, detoxifies your body, calms anxiety, prevents lactic acid build-up, helps cardiovascular activity, helps regulate sleeping patterns, and **stimulates brain activity**.