

THE NORTHWEST WELLBEING HUB



HYPERBARIC OXYGEN THERAPY **DRUGS & ALCOHOL ADDICTION**

KEY POINTS

- Detoxification and withdrawal symptom management
- Enhanced brain function and repair
- Stress reduction and mood stabilisation
- Accelerated healing of physical damage
- Support for overall wellness and relapse prevention

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DRUGS & ALCOHOL ADDICTION

1. Detoxification and withdrawal symptom management: HBOT may support the detoxification process by increasing oxygen levels in the body and promoting the elimination of toxins. It can also help alleviate withdrawal symptoms associated with drug and alcohol cessation, potentially making the withdrawal phase more manageable.
2. Enhanced brain function and repair: Substance abuse can have detrimental effects on brain function and structure. HBOT has shown potential in promoting neuroplasticity, reducing inflammation, and supporting brain repair mechanisms. By enhancing brain function and repair, HBOT may contribute to cognitive recovery and mental well-being during the rehabilitation process.
3. Stress reduction and mood stabilisation: Stress and mood disturbances are commonly experienced during addiction recovery. HBOT has been suggested to have stress-reducing and mood-stabilising effects. By increasing oxygenation and supporting the body's stress response systems, HBOT may help alleviate anxiety, depression, and other mood disorders associated with addiction.
4. Accelerated healing of physical damage: Substance abuse can lead to physical damage, such as tissue injuries, ulcers, or wounds. HBOT has been used to promote wound healing and tissue repair. By increasing oxygen levels and stimulating cellular regeneration, HBOT may help accelerate the healing of physical damage caused by drug or alcohol abuse.
5. Support for overall wellness and relapse prevention: HBOT can contribute to overall wellness during addiction recovery. It may help improve sleep patterns, boost energy levels, and enhance overall physical and mental well-being. By supporting the body's natural healing processes and promoting a sense of well-being, HBOT may aid in relapse prevention and the maintenance of long-term sobriety.



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