

# Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730  
909.477.4545 | [www.hbot4u.com](http://www.hbot4u.com)



## Autism Nutrition

### Nutritional & biomedical support for children with autism Efficacy of Hyperbaric Oxygen Therapy for Autism

The use of hyperbaric oxygen therapy for the treatment of autism is relatively recent and so there is not a great deal of scientific evidence specifically related to it, but some positive study results are beginning to come in. At the same time, there are many testimonies from families that have used HBOT as an autism treatment for their autistic children and the results have mostly been encouraging.

To gauge the efficacy of HBOT, the brain can be monitored for its perfusion – the extent to which it is supplied by blood – and its activity. At the same time, we can monitor the behavior, response to stimuli (sensory function) and motor skills of the autistic individual, to determine if hyperbaric oxygen therapy has produced any positive results. In addition, hyperbaric oxygen therapy has been used for many years – and proven effective – in the treatment of cerebral palsy, which involves serious damage to brain cells.

#### Brain SPECT scans

Monitoring of cerebral blood flow can be done with a Brain SPECT (Single Photo Emission Computed Tomography) scan. SPECT scans before and after mild HBOT sessions have shown dramatic improvements in cerebral blood flow that is sustained over time.

The above picture (taken from [Rapid Recovery Hyperbarics www.hbot4u.com](http://Rapid Recovery Hyperbarics www.hbot4u.com) ) show the SPECT scans of a 17-year-old autistic individual before HBOT. The picture below shows his SPECT scan after 50 sessions, done once a day . The improvement in blood supply continued to be evident one year after HBOT.

The patient also showed improvements in social skills and grades, and a reduction in seizures, after Hyperbaric Oxygen treatments. Three recent small studies conducted independently at three different centres showed significant improvement in behavior ratings scales REAL

HBOT Improvements were reported in the areas of:

- Cognitive ability
- Socialization
- Sleep
- Calmness
- Decrease in stimming (self-stimulating behavior)
- Language

These improvements seem to correlate with the improved cerebral blood flow that has already been documented. Larger studies and more ongoing research may be needed before the results can be conclusive, but the initial findings are very promising.

# Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730  
909.477.4545 | [www.hbot4u.com](http://www.hbot4u.com)



# Rapid Recovery Hyperbarics

9439 Archibald Ave. Suite 104 Rancho Cucamonga CA, 91730  
909.477.4545 | [www.hbot4u.com](http://www.hbot4u.com)



## **Immunity / Intestinal health**

In addition to impacting cerebral blood flow in injured brains, mild hyperbaric oxygen therapy has been shown to positively impact natural killer cell function. Thus, it enhances immune function. HBOT has also been found to reduce inflammatory conditions and has facilitated improvement in gut disease such as Crohn's Disease and ulcerative colitis. All microorganisms that infect the human body depend on creating or enhancing an oxygen-deprived environment in the body to enhance their survival – this includes viruses, bacteria, yeast, and parasites. These microorganisms are associated with worsening the symptoms of autism.

## **Glutathione**

Studies have also shown HBOT to increase glutathione levels by 15 percent for at least 24 hours after therapy.

Glutathione is vital to the detoxification and excretion of heavy metals such as mercury. Heavy metal poisoning is strongly linked to autism and people with less active glutathione are not able to eliminate heavy metals as quickly and effectively.

These areas are all of interest in the treatment of Autism Spectrum Disorders (ASD) as they are often impaired in children with ASD.