



**EMPOWERED
REJUVENATION, LLC**

Supporting the health and well-being of children and adults

Case Study:

Effects of Oxygen Therapy Delivered via O2 Chair

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For further information on this study and the O2 Chair, please send an email to O2@empowerednetwork.us or call 214-532-4478. Visit our website at <http://www.empowerednetwork.us/empowered-rejuvenation.html>

Overview

Our very lives depend on oxygen. Oxygen feeds our bodies, supports our immune systems, destroys toxins, and generates new cell growth. We obtain 90% of our total energy from oxygen, and only 10% from food and water.

Oxygen therapy has long been recognized as a powerful tool used primarily in hyperbaric chamber settings. Hyperbaric oxygen therapy is a painless, relaxing treatment in which a person is exposed to mildly increased pressure. This results in safely increasing the body's absorption of oxygen throughout the tissues, organs, and brain.

Increasing oxygen in the body's fluids and cells has numerous health benefits. It has been shown to help the injured and sick to heal while:

- Promoting relaxation
- Stimulating the body's healing process and natural immunity
- Reducing fatigue
- Improving energy, stamina, and endurance
- Strengthening the heart and lungs
- Relieving stiffness and swelling in muscles and joints
- Improving brain function, sleeping, and cell rejuvenation
- Protecting against allergens, infection, colds, and flu
- Advancing the growth of new blood vessels
- Decreasing inflammation
- Flushing out toxins and waste
- Improving mental clarity
- Balancing the body's overall well-being¹

The positive effects of oxygen therapy are established in hyperbaric chamber research. **Empowered Rejuvenation, LLC services are focused on the use of Oxygen Therapy (O2) Chairs.** Empowered Rejuvenation, LLC brings the benefits of oxygen therapy in a **non-invasive, open setting of the O2 Chair.** The O2 Chair is accessible to a large number of users in a broad scope of settings.

Oxygen therapy has been proven to have positive benefits for clients using the O2 Chair. Results² include:

- Improved breathing techniques, enhancing whole health.
- Increased physical energy and performance.
- Decreased restless sleep conditions due to stress.
- Increased weight loss.
- Improved oxygen supply to cells, decreasing aging effects.
- Increased blood circulation, enhancing oxygen and nutrient supplies to body cells.
- Decrease in incidence of muscle cramps.
- Reduction in heart rate and blood pressure.
- Improved creative imagination and learning.
- Allows the client to benefit from slow and deep breathing...enhancing physical and mental health.

¹ <http://undergroundhealthreporter.com/mild-hyperbaric-oxygen-therapy/>

² Preliminary studies conducted by the Aix - Marseille University Bio Mechanic Laboratory, January 2017

Case Study

Empowered Rejuvenation, LLC, in conjunction with the Abundant Health and Wellness Center in Humble, Texas, conducted a 160-day research pilot (Spring 2018) on the effects of the usage of the O2 Chair. Dr. Polly Heil-Mealey, ND, D.PSc, HHP, M.Ed., CCI coordinated the data collection. Data indicated that the six (6) participants in the study exhibited:

- Improved metabolic energy.
 - Using the oxygen chair improved metabolic energy in all participants.
- Improved stress indices.
 - Stress indices improved in three out of four participants
- Neurotransmitters improved to normal range for all participants.
- Improved biological coherence for all participants.
- Reduction of Inflammatory markers occurred for all participants.
- Endocrine function improved for all participants.

Biometric indicators were measured in this study via the use of *HeartQuest*^{TM3}. The specific biometrics indicators measured were:

- Cardiovascular Adaptation
- Automatic Nervous System Index
- Neural-Hormonal Regulation Index
- Psycho Emotional Relationships
- Overall Health

Six (6) individuals participated in the study. Age and gender are as follows:

Subject	Age	Gender
1	60	Female
2	71	Male
3	66	Female
4	75	Female
5	52	Female
6	39	Female

Each client utilized the O2 Chair for twenty (20) minute sessions. The number of sessions per subject over the course of the study is listed below:

Subject	Number of Sessions
1	11
2	11
3	10
4	7
5	4
6	2

³ HeartQuest (HQ) is an advanced, non-invasive, diagnostic system that monitors the heart rate (heart rate variability or HRV) and analyzes the human biorhythms and regulatory systems. It also enables practitioners to objectively look into the many regulatory systems of the body and see firsthand the effects of their therapies and treatment.

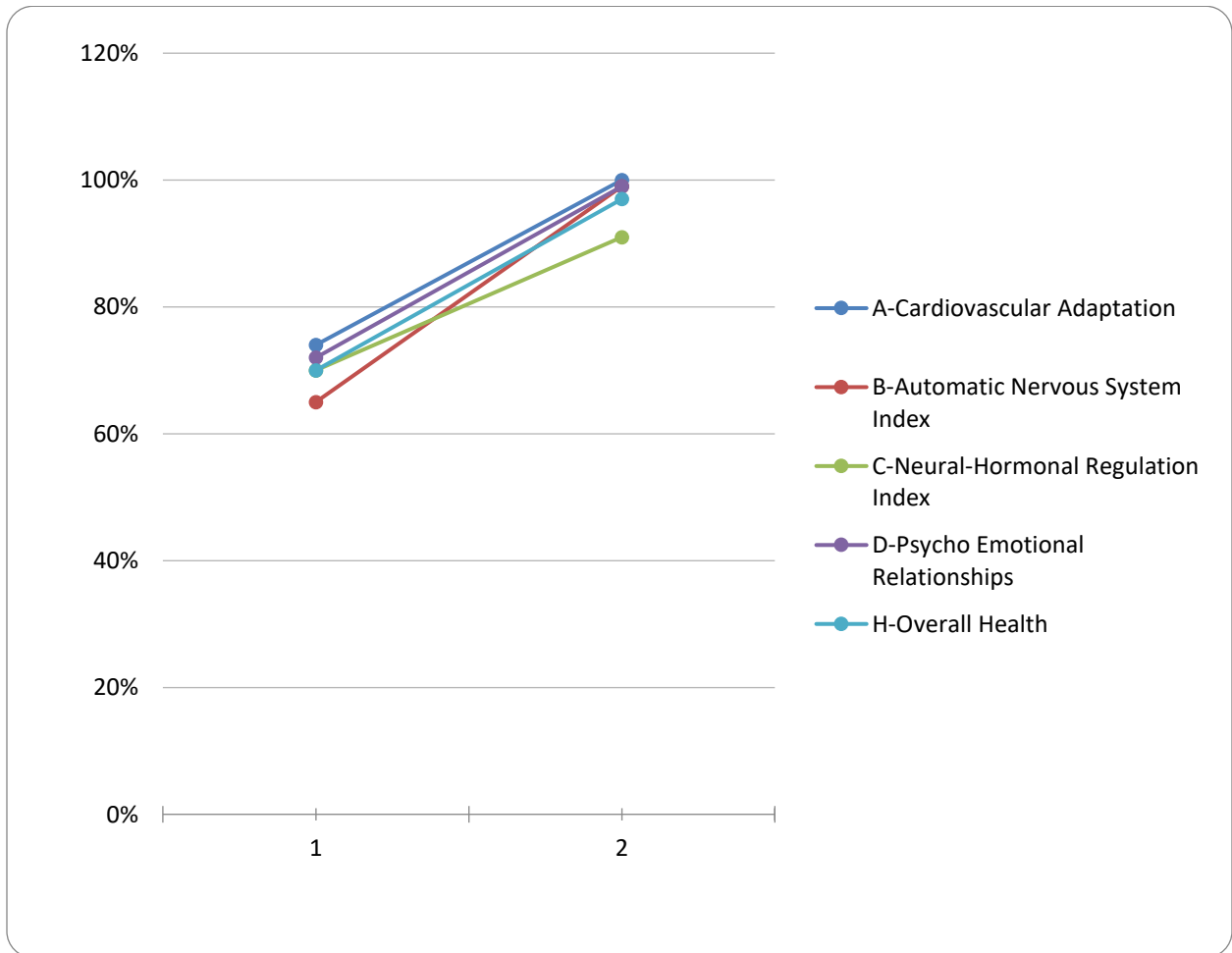
A summary of the O2 Chair oxygen therapy effects by biometric indicator for each subject is listed below:

Indicator	Subject 1	Subject 2	Subject 3
A-Cardiovascular Adaptation	Improved	Improved	Decreased
B-Automatic Nervous System Index	Improved	Improved	Decreased
C-Neural-Hormonal Regulation Index	Improved	Improved	Decreased
D-Psycho Emotional Relationships	Improved	Improved	Decreased
H-Overall Health	Improved	Improved	Decreased

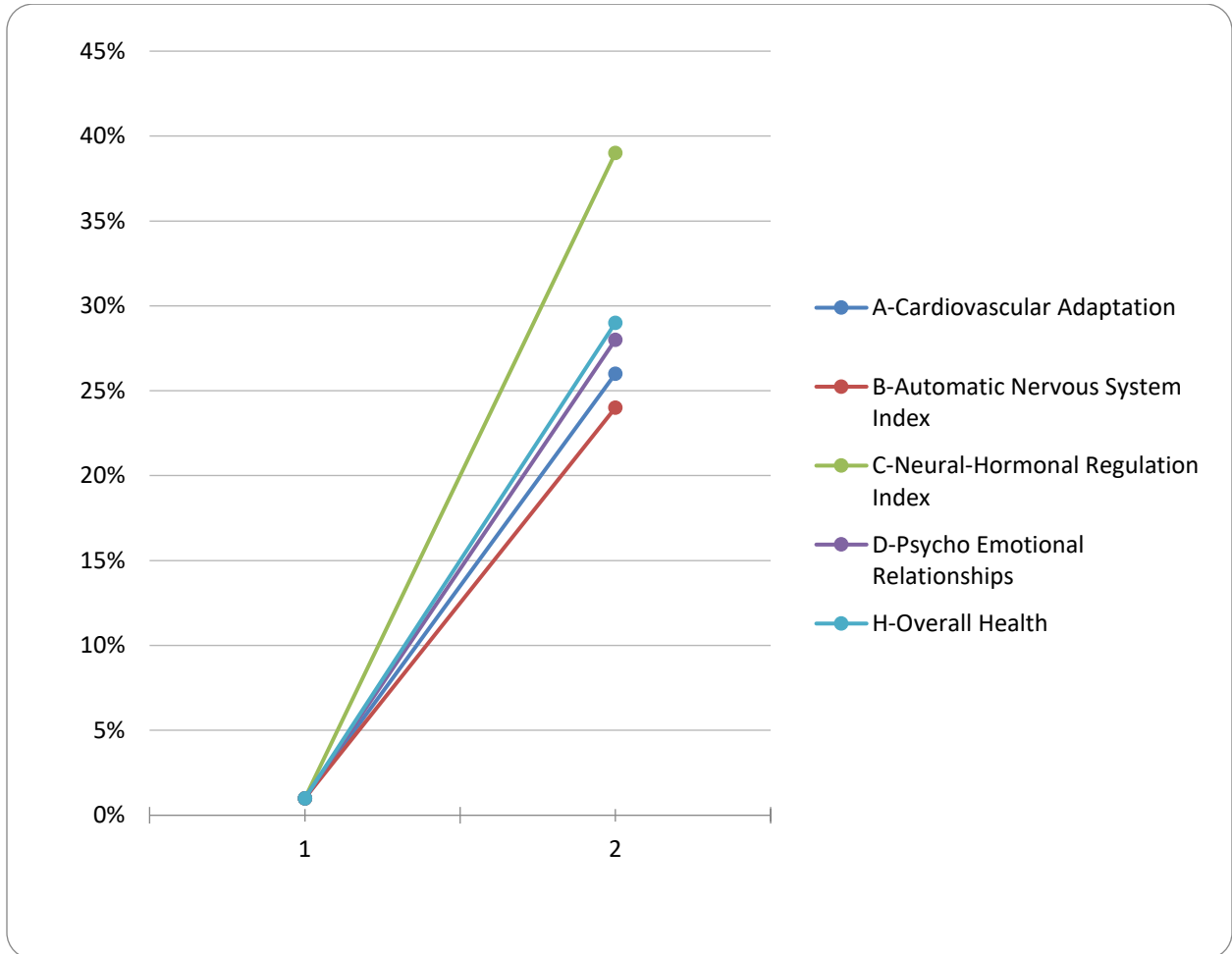
Indicator	Subject 4	Subject 5	Subject 6
A-Cardiovascular Adaptation	Improved	Improved	Decreased
B-Automatic Nervous System Index	Improved	Improved	No Change
C-Neural-Hormonal Regulation Index	Improved	Improved	Decreased
D-Psycho Emotional Relationships	Improved	Improved	Decreased
H-Overall Health	Improved	Improved	Decreased

Individual participant results are indicated in the following tables and charts:

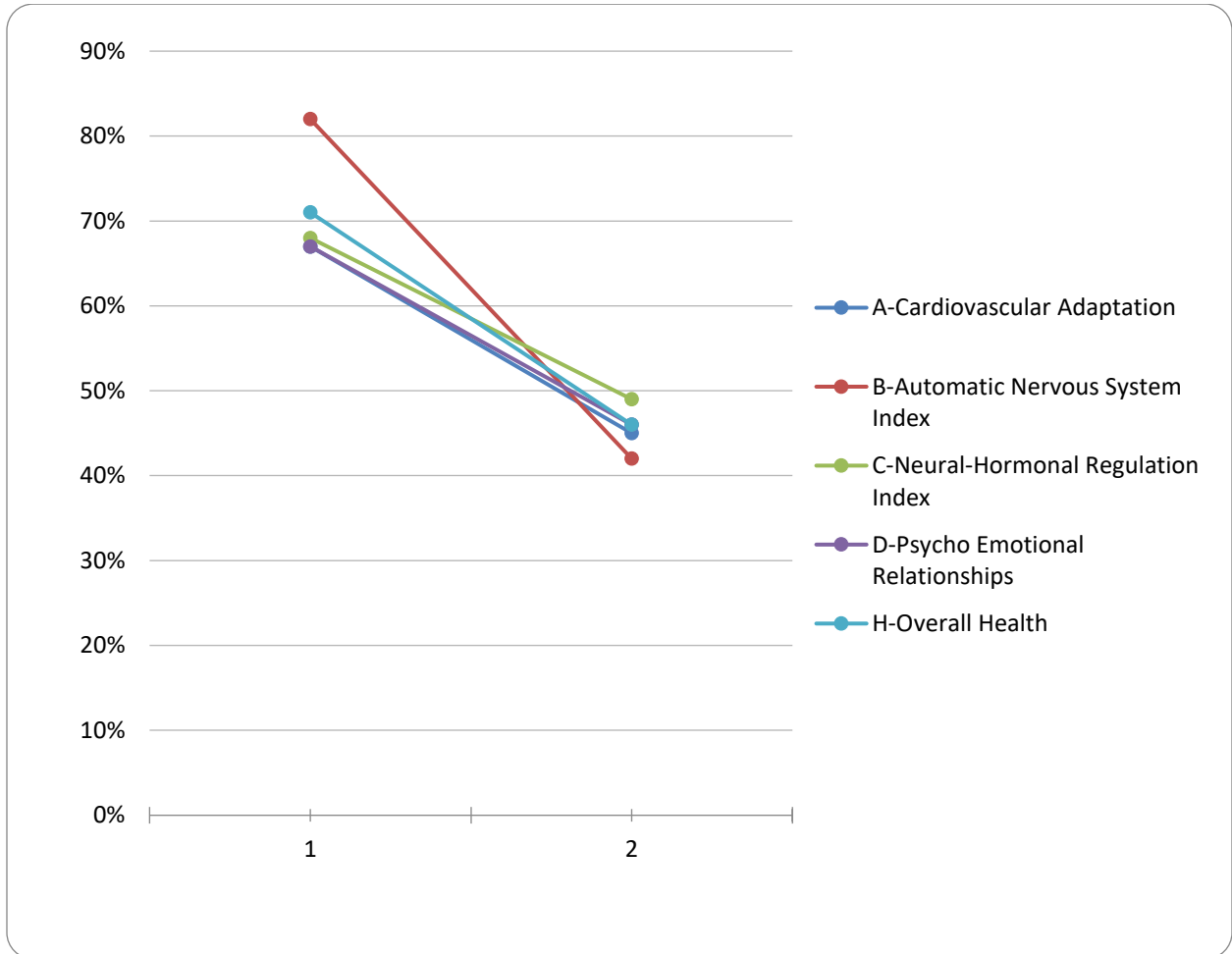
SUBJECT 1 - 60-YEAR-OLD FEMALE	3/17	5/26
A-Cardiovascular Adaptation	74%	100%
B-Automatic Nervous System Index	65%	99%
C-Neural-Hormonal Regulation Index	70%	91%
D-Psycho Emotional Relationships	72%	99%
H-Overall Health	70%	97%



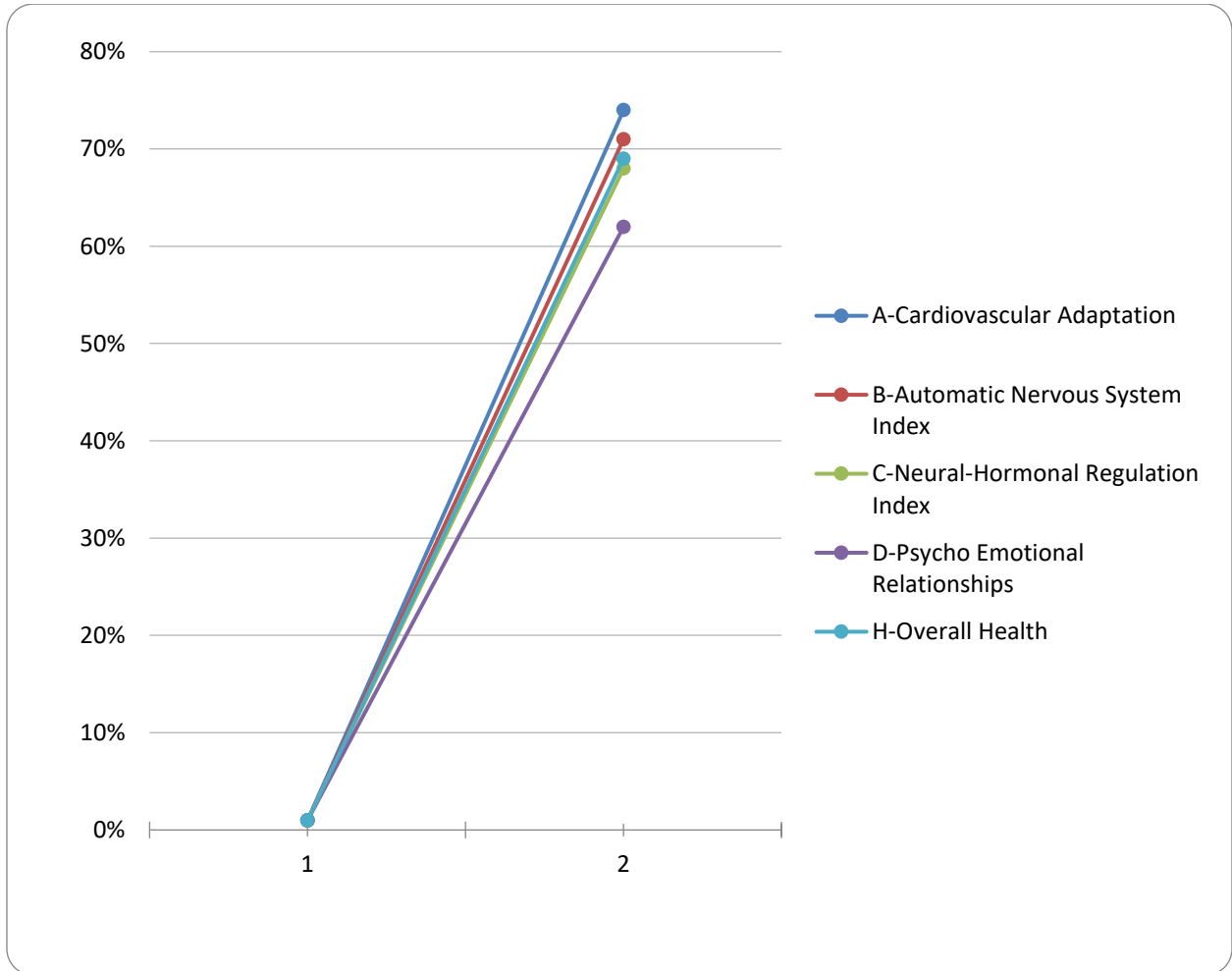
SUBJECT 2 - 71-YEAR-OLD MALE	3/24	5/24
A-Cardiovascular Adaptation	1%	26%
B-Automatic Nervous System Index	1%	24%
C-Neural-Hormonal Regulation Index	1%	39%
D-Psycho Emotional Relationships	1%	28%
H-Overall Health	1%	29%



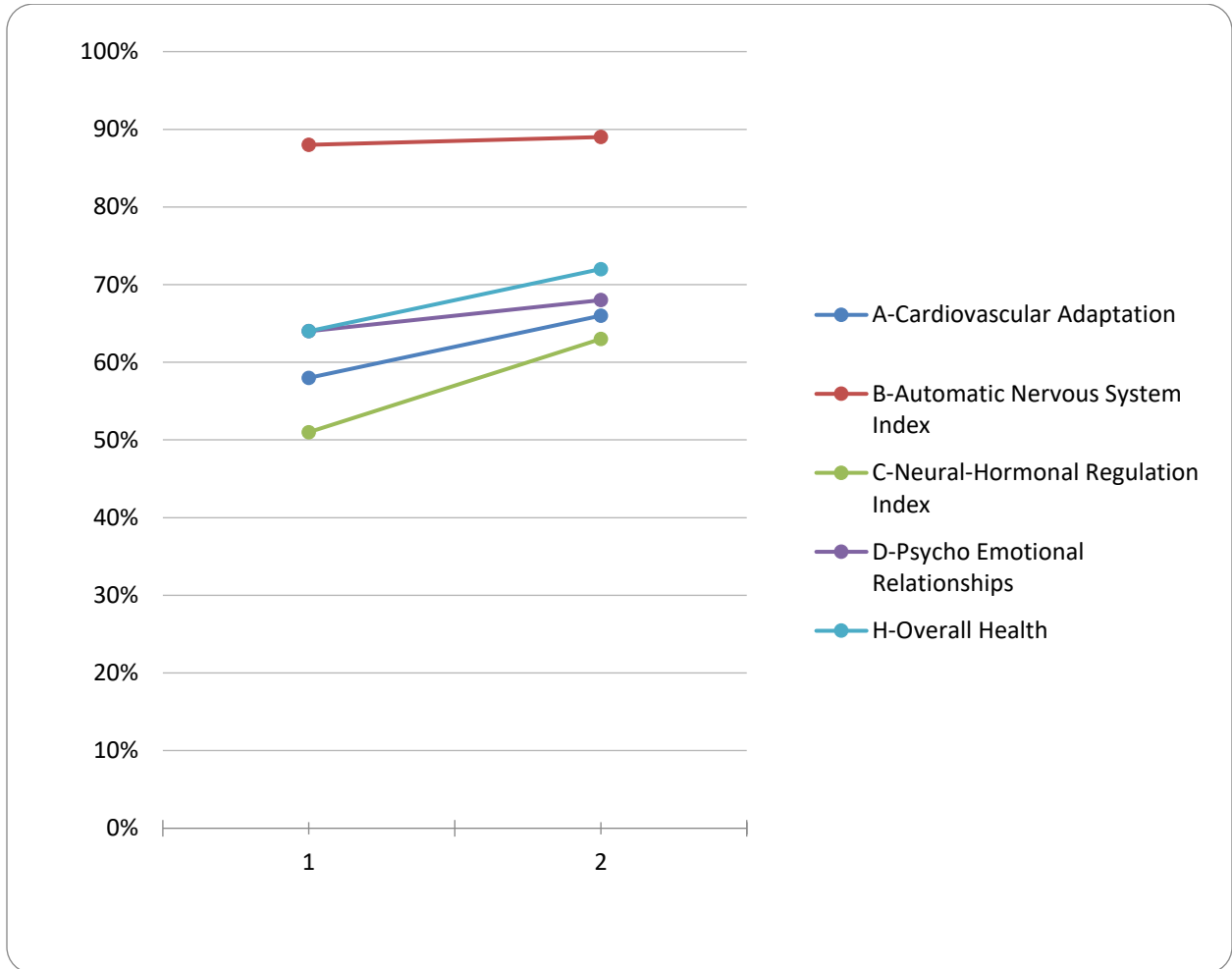
SUBJECT 3 - 66-YEAR-OLD FEMALE	3/21	4/25
A-Cardiovascular Adaptation	67%	45%
B-Automatic Nervous System Index	82%	42%
C-Neural-Hormonal Regulation Index	68%	49%
D-Psycho Emotional Relationships	67%	46%
H-Overall Health	71%	46%



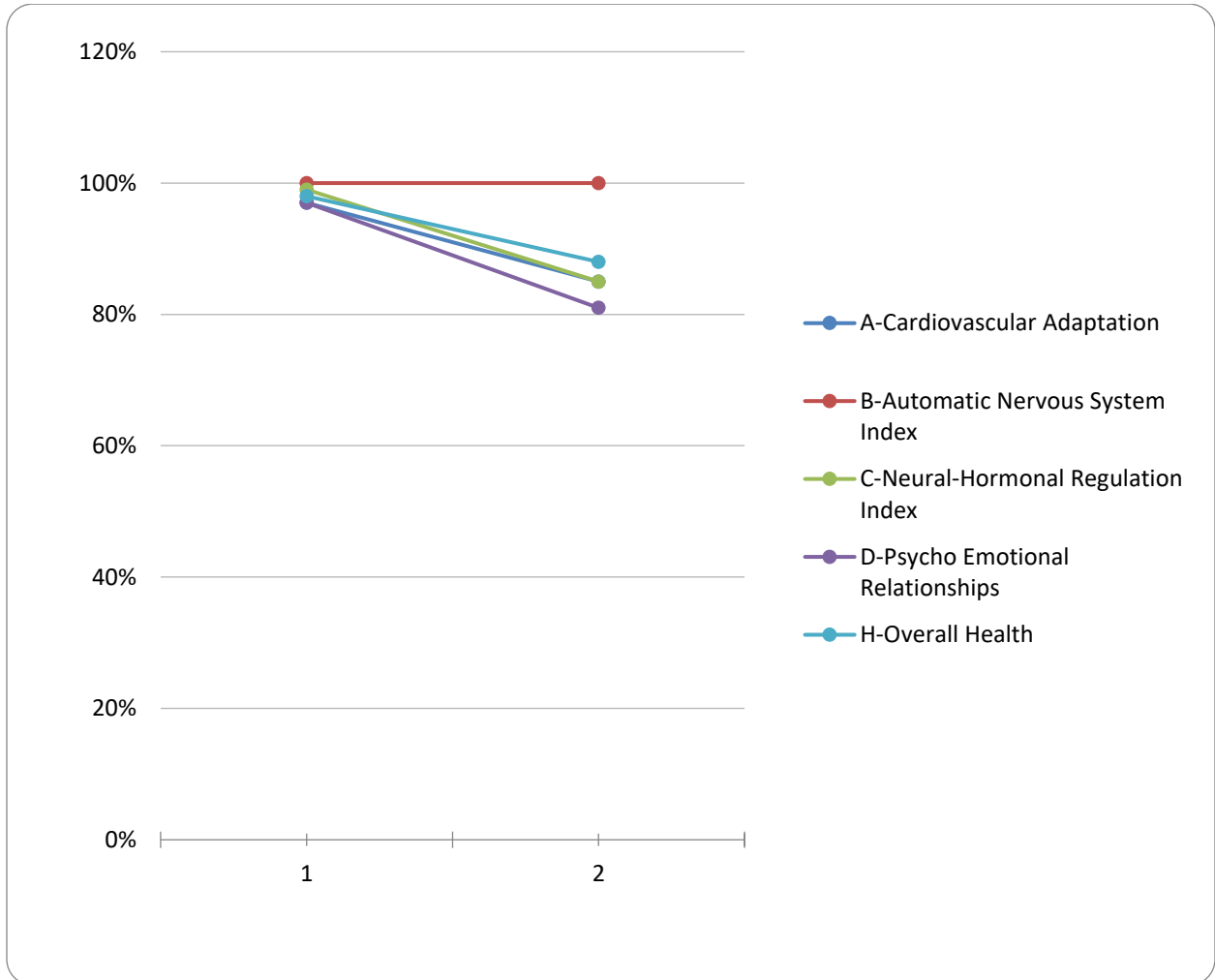
SUBJECT 4 - 75-YEAR-OLD FEMALE	3/23	5/1
A-Cardiovascular Adaptation	1%	74%
B-Automatic Nervous System Index	1%	71%
C-Neural-Hormonal Regulation Index	1%	68%
D-Psycho Emotional Relationships	1%	62%
H-Overall Health	1%	69%



SUBJECT 5 52-YEAR-OLD FEMALE	4/15	4/19
A-Cardiovascular Adaptation	58%	66%
B-Automatic Nervous System Index	88%	89%
C-Neural-Hormonal Regulation Index	51%	63%
D-Psycho Emotional Relationships	64%	68%
H-Overall Health	64%	72%



SUBJECT 6 - 39-YEAR-OLD MALE	4/18	4/20
A-Cardiovascular Adaptation	97%	85%
B-Automatic Nervous System Index	100%	100%
C-Neural-Hormonal Regulation Index	99%	85%
D-Psycho Emotional Relationships	97%	81%
H-Overall Health	98%	88%



Conclusions

This was a limited study including a small number of subjects (in a homogeneous grouping). However, results indicate that the oxygen therapy delivered via the O2 chair does support improvement in human biometrics. Nearly all of the participants experienced increases in biometric indicators. All participants spoke positively about the O2 Chair experience, particularly noting increased energy and overall positive feelings about the experience.

Empowered Rejuvenation, LLC plans on-going research into the benefits of the O2 Chair including but not limited to implications for oxygen therapy related to ADHD/behavioral disorders; Alzheimer's Disease; and, dialysis. Further, Empowered Rejuvenation, LLC is partnering with a municipality in Texas to determine the effects of O2 Chair usage by employees and resultant lowered employee healthcare costs.