



### Exposure Symptoms From Smoke From Fires

The Kettlebell Lady has a deep compassion for those who put their lives on the line fighting fires. Even though you are highly trained to take adequate precautions smoke inhalation can still occur to some degree. My carbon monoxide poisoning came in the form of heavy mercury vapors coming off my old dental amalgam fillings. The vapors blocked off two and a half of my three oxygen sites on my red blood cells. When all three cells are blocked off death occurs. The symptoms were so subtle it was easy to “think” the flu like symptoms were “nothing” to be concerned about. You simply want to close your eyes and go to sleep.

You may think because you aren’t exposed to smoke your lungs are ok. Fifty to hundred years ago that was true but, sadly not today. Our atmosphere is now so polluted it’s important that everyone take extra precautions to safe guard their health. On the average the level of oxygen in the atmosphere is half or less of what is needed for optimal health. Mild Hyperbaric Therapy (mHBOT) raises the oxygen level in the bloods hemoglobin in the chamber to about 95%.

**What is smoke made up of?** Smoke is a combination of carbon monoxide and other poisonous gases which reduces the lungs capacity to deliver oxygen required by every cell in the body. It’s an odorless, colorless, tasteless, and initially non-irritating gasses making it very difficult to detect. Staying indoors is a good first step but, may not be enough. If you have any of the following symptoms it isn’t advisable to ignore them.

#### Symptoms:

- ☼ “Flu-like” symptoms: Nausea, headaches, abdominal pain
- ☼ Fatigue
- ☼ Confusion
- ☼ Memory loss
- ☼ Depression
- ☼ Dizziness
- ☼ Muscle weakness, soreness, aches, pains and restrictions
- ☼ Delayed neurological responses



These adverse effects are caused in humans because carbon monoxide poisoning combines with hemoglobin to form carboxyhemoglobin (HbCO) in the blood. This prevents hemoglobin from releasing oxygen in tissues, effectively reducing the oxygen-carrying capacity of the blood, leading to hypoxia. Treatment of poisoning largely consists of administering 95% oxygen by providing hyperbaric oxygen therapy. Oxygen works as an antidote as it increases the removal of carbon monoxide from hemoglobin, in turn providing the body with normal levels of oxygen, <http://www.ncbi.nlm.nih.gov/pubmed/7966524>. Mild Hyperbaric Oxygen Therapy (mHBOT) and is very effective in removing carbon monoxide poisoning. for post smoke recovery or from an illness or injury to help detoxify and return you to productivity and wellness.

It is advisable to see your health care provider if you are experiencing any of the above symptoms and/or contact the Kettlebell Lady, [www.kettlebelllady.com](http://www.kettlebelllady.com) or [kettlebelllady@yahoo.com](mailto:kettlebelllady@yahoo.com) or 509-884-0717 or Marie Foster, Newtowne Hypberbarics, 410-575-4220, [www.newtownhyperbaric.com](http://www.newtownhyperbaric.com) or [www.facebook.com/pages/Newtowne-Hyperbarics/322123684465695?ref=hl](https://www.facebook.com/pages/Newtowne-Hyperbarics/322123684465695?ref=hl) to learn more about mild Hyperbaric Oxygen Therapy.

Eat Well, Live Well, Move Pain Free & Breath Efficiently.

*The Kettlebell Lady - Leanne*

