

Dear Doctor,

If you are reading this, one of your patients would like to try Mild Hyperbaric Therapy.

There is a lot of misinformation about what it is and what it can do and I'd like to introduce this therapy to as we intend to offer it. TerraMar does not claim to diagnose, treat, cure, or prevent disease. While this therapy may enhance healing, it does not replace a health professional's prescribed medications or recommended treatments.

TerraMar Wellness Center is not a medical clinic and we are not attempting to treat any specific ailment. We are simply offering you a tool to add to your toolbox to help your patients with general health and well-being. We carefully weighed the very low risk of using a piece of equipment like this against the very great need in our community. We want to do the most good and for us, the potential benefits far out weigh the very low risk involved.

The most important medical information we need to know from you is that your patients have healthy hearts, lungs and inner ears. We are reaching out to the medical community to find partners willing to work with us for the benefit of their patients. Of course, if there are any complications or a serious illness, we will not allow them in the chamber and will refer them to your care. The most common reason for using the chamber or writing a prescription is for muscle recovery or inflammation reduction.

We would like to invite you to come and tour our facility. Our mission is to offer drug free pain and stress management options. We have carefully chosen all of our therapies to address the most common concerns.

What is hyperbaric therapy and why would your patient want to try it?

Our chamber differs from the Hyperbaric Oxygen Therapy Chamber in our local hospital in two important ways. The chamber we use is called a *Mild* Hyperbaric Chamber because unlike the chamber in the hospital, we do not use 100% compressed oxygen. Our oxygen concentrator takes the ambient air, scrubs it of particulates and concentrates the oxygen to 87% - 95.6% purity. Another difference is that our cabin only pressurizes to 4.4 PSI or about 11 feet below sea level. This is a more pleasant and gentle experience and is safe for most people.

This therapy will allow your patient's body to absorb a higher volume of oxygen in their blood, thus increasing the many beneficial effects oxygen has on the body. The chamber is inflated with condensed ambient air and at pressure, allows the blood plasma and other liquids of the body to absorb additional oxygen. This will greatly increase oxygen uptake by the cells, tissues, glands, organs, brain, and fluids of the body. At the same time it decreases swelling and inflammation. More oxygen improves vital cell function. Healthier cells equal healthier tissues, and organs. Providing the fuel needed by the body to help the brain to function properly, and help fight-off infection by boosting the immune system.

You will find all kinds of incredible claims online. The only benefit we are focusing on is oxygen delivery.

The FDA has it listed as a class II medical device. They make no distinction between our chamber and the pure oxygen chamber in the hospital therefore, they require a prescription for use.

We know you care about your patients. It's our hope that we can offer our services to the wider medical community and give Doctors like you in our area one more tool at your disposal to aid in the journey of optimal health for your patients.

Mild Hyperbaric Therapy has been reported to have beneficial effects for a wide range of conditions, without negative side effects. Nevertheless, as with many treatments, there are contraindications, including: acute asthmatic attack; high fever; seizure disorder; optic neuritis; pneumothorax; COPD; emphysema; ear infection or blocked ear canals; sinus or upper respiratory infection; pneurysm; glaucoma; pregnancy; severe heart or lung disease; congenital spherocystosis; or clients currently taking Cisplatinum, Disulphiram, or Doxorubicin medications.

Thank for your consideration if you have any questions, you can call me directly 770-630-6942.

Yours in health,

Janine Willey & Sarah Littlejohn  
Owners of TerraMar Wellness Center