



Mild Hyperbaric Oxygen Therapy (mHBOT) Protocols

CONDITION	PROTOCOL	HOW IT CAN HELP!
Alzheimer's / Dementia / MCI	40+ sessions, 60 mins, 4-5x/week	Enhances cognitive function and memory
Anti-Aging / Longevity / Biohacking	20-40 sessions, 60 mins, 2-3x/week	Improves cellular regeneration, energy, and clarity
Anxiety / Depression / Mood Regulation	20-40 sessions, 60 mins, 3-5x/week	Improves mood, oxygenation, and reduces inflammation
Arthritis / Osteoarthritis	20-30 sessions, 60 mins, 3-5x/week	Reduces joint pain and inflammation
Athletic Recovery / Training Optimization	10-20 sessions, 60 mins, before/after events	Speeds recovery, boosts endurance and oxygen delivery
Autism Spectrum Disorder (ASD)	40-80 sessions, 60 mins, 5x/week	Improves neurological function, behavior, and communication
Autoimmune Conditions (Lupus, RA, etc.)	20-40 sessions, 60 mins, 3-4x/week	Reduces inflammation and modulates immune system
Burnout / Cognitive Fog / Executive Stress	10-30 sessions, 60 mins, 3x/week	Improves mental clarity and resilience
Cancer Support	20-60 sessions, 60 mins, 4-5x/week	Improves tissue oxygenation in hypoxic tumor zones
Cerebral Palsy	40-80 sessions, 60 mins, 5x/week	Improves motor function and oxygenation to brain tissue
Chronic Fatigue Syndrome (CFS/ME)	20-40 sessions, 60 mins, 3-5x/week	Increases energy and mitochondrial function
Chronic Pain / Inflammatory Disorders	20-40 sessions, 60 mins, 3-5x/week	Calms chronic inflammation and improves comfort
Concussion (Acute & Post-Concussive Syndrome)	20-60 sessions, 60 mins, 5x/week	Speeds recovery, improves cognitive function and mood
Diabetic Neuropathy	20-40 sessions, 60 mins, 3-4x/week	Improves circulation and reduces nerve pain
Epilepsy / Seizure Disorders (selective)	20-40 sessions, 60 mins, 4-5x/week	May stabilize neurological activity and support brain health
Erectile Dysfunction (vascular origin)	20-40 sessions, 60 mins, 4-5x/week	Improves vascular flow and nitric oxide availability
Fibromyalgia	20-40 sessions, 60 mins, 3-5x/week	Reduces chronic pain and inflammation
Immune Support / Cold & Flu Prevention	10-20 seasonal sessions, 60 mins	Boosts immune response and overall wellness
Insomnia / Sleep Disorder	10-20 sessions, 60 mins, 3-5x/week	Promotes relaxation and improves sleep cycles
Irritable Bowel Syndrome (IBS) / IBD	20-40 sessions, 60 mins, 4x/week	Reduces gut inflammation and promotes healing
Jet Lag / Travel Recovery	2-5 sessions post-travel, 60 mins	Restores energy, regulates sleep, reduces fatigue
Long COVID / Post-COVID Syndrome	30-60 sessions, 60 mins, 5x/week	Reduces fatigue, brain fog, inflammation
Lyme Disease / Co-infections	40-60 sessions, 60 mins, build gradually	Supports detox, reduces inflammation and fatigue
Migraine Relief / Headache Disorders	10-20 sessions, 60 mins, 3-5x/week	Alleviates pressure and restores oxygen balance
Mold Illness / Biotoxin Detox	20-40 sessions, 60 mins, 4x/week	Supports detoxification and brain health
Multiple Sclerosis (MS)	20-40 sessions, 60 mins, 3-5x/week	Supports neurological function and reduces symptoms
Parkinson's Disease	20-40 sessions, 60 mins, 3-5x/week	Improves mobility and reduces neuroinflammation
Peripheral Neuropathy (non-diabetic too)	20-40 sessions, 60 mins, 3-4x/week	Stimulates nerve regeneration and circulation
Polycystic Ovary Syndrome (PCOS) / Fertility	20-30 sessions, 60 mins, 3-5x/week	Supports hormonal balance and ovarian function
Post-Surgical Healing / Cosmetic Surgery Recovery	10-20 sessions, 60 mins, daily or every other day	Reduces swelling, speeds healing and recovery
PTSD (Post-Traumatic Stress Disorder)	30-60 sessions, 60 mins, 5x/week	Reduces anxiety, depression, and brain inflammation
Stroke Recovery	40-80 sessions, 60 mins, 5x/week	Stimulates brain repair and neuroplasticity
Toxic Exposure	30-60 sessions, 60 mins, 5x/week	Supports detoxification and cognitive recovery
Traumatic Brain Injury (TBI)	40-80 sessions, 60 mins, 5x/week	Enhances oxygenation, reduces brain inflammation
Wound Healing (non-diabetic)	20-40 sessions, 60 mins, 4-5x/week	Accelerates soft tissue healing and regeneration

Disclaimer: This information is for educational purposes only and is not medical advice. The protocols listed refer to mild Hyperbaric Oxygen Therapy (mHBOT) at 1.3 ATA. These are general guidelines and may not suit individual needs. Always consult a qualified Healthcare provider before starting any therapy, especially if you have health conditions, are pregnant,