

Doctor's Key Points: For some children, soft chambers may be better than hard. I asked for this story to show that though I believe in hard chambers and that hard chambers with pure oxygen may be better at times for some children, possibly for many children, due to each child's unique physiological and biochemical individuality, mild chambers may be as good as, or at times even better than hard chamber. And, because treatments with mild chambers are more affordable, more available, and can even be used in the homes, all parents who have children with autism owe it to their child to begin a clinical trial of HBOT therapy.

In addition, the use of a lower pressure chambers should not be dissuaded in its use by unproven statements saying hard is better than soft, because these statements cannot be substantiated by anything other than the feelings of the dissuader—their concept of "should be's, and their obvious enrollment in the belief that "more and bigger is better"!

It could be argued that this child's benefit was due to "hard" and that the child just didn't have enough treatments. Well, then it is quite amazing that it was the soft that was "good enough" to bring it all out so that argument is weak at best.

Please note that it is just as logical, if not more logical for those who can afford a chamber in their home to "feed the cells" oxygen on a daily basis than to feed it oxygen only a few times a week.

It is just as logical to state that a "dormant cell"—neuron or otherwise—can only be stimulated so much and therefore giving "more oxygen during a given period of time" will not allow those cells to produce any more "product" than less oxygen will produce if given on a more consistent and more frequent schedule.

Rafael's Story

4 years old



Let me start this letter by saying that we believe that Rafael is a significant responder to mHBOT. During the 40 days that we completed 38 hours in the chamber, we did not change anything in his protocol. We continued the daily methyl-B12 shots to which he also is a significant responder and which he has been taking since June 05, and we continued his normal schedule of supplements.

Our experience inside the chamber (or "the machine" as he calls it) was very good. We explained to him beforehand what we were going to do and the importance of wearing the mask. He did not have major complaints regarding ear pressure and wore the mask for about 85% of the time we were inside the chamber. We spent most of the time watching videos, playing board games and reading books. He enjoyed it so much that he would say, during the week, that he wanted to go back!

We made the decision not to tell his teachers or therapists about the mHBOT since we wanted to have some unbiased opinion about any, positive or negative, reaction he could have. After 14 hours of mHBOT we started to receive very positive feedback not only about his language ("his language is amazing!") but also related to motor skills ("improved

dramatically").

We were very fortunate that he had no negative reaction during the period (stimming or hyperactivity) and for us the only "negative" of the treatment was that it is very time consuming, but for sure it was worth the time.

We saw a significant improvement particularly in his expressive language, back-and-forth conversational skills as he started to ask all different types of questions (who, where, what etc). He began to demonstrate greater interest in other children and also started to spontaneously approach strangers and start short conversations with them. He became more assertive and started not only expressing his desires but also asserting his ideas of possessing toys and objects. He also started to make unexpected (but relevant) comments in several different situations.

It is difficult to explain his language progress over the period. It became more complex, diverse, descriptive and communicative and his use of pronouns improved significantly.

"After 14 hours of mHBOT we started to receive very positive feedback not only about his language but also related to motor skills"

Before the mHBOT his questions were not very frequent and limited to "what". Over the weeks during which we did the mHBOT, he started to ask all different types of questions (what is that, what is your name, why not etc). One additional interesting development was that he started to ask follow up questions, depending on the answer he got, allowing our first back-and-forth conversations ("what is that?" "passport", "what is a passport?").

Some of the examples of the improvement in his language during the period are:

- "I think I should watch a video"
- "Are we there yet?" and "mom, are you done?"
- "Hey man, you did a great job playing the piano"
- "Hey Pat, I have an Animal Farm CD"
- "Travis, do you have a car?"
- "What is that?" à "A flashlight" à "What is a flashlight?"
- "Excuse me Lady...."
- "Do you promise me?"
- "Why we cannot go to the pool?"
- "I want to watch a video. I do not know which one.....let me see..."
- "I want everybody to go away. I want to play alone"
- "It is time for John and John's mom to go away"
- "I think I am going to do a lot of work at school"
- "Karen, do you have pointy ears?"
- "Mom, let's ask Travis if he wants to go eat spaghetti"
- "Hey woman, I want food!"
- "Lisa, do you have my pajamas?"
- "If I break the chair, I cannot sit on it"
- "Mom, what (who) are you talking to?"
- "I want it to be summer so we can go to the park"
- "Mom, does your leg hurt?"

It now has been almost 60 days since our last mHBOT session and we believe that he has not "lost" any of the improvements we noticed during the period we did the dives. It is true that, as per the doctor's recommendation, we have made some adjustments to his protocol during this period, but he continues to show tremendous progress.

He now talks all day and is engaging in conversations (and enjoying calling people on the phone). He is reaching out to other children (even requesting to have play-dates and sleepovers) and his ability to recall past events (like what he did at school) has also improved. Reports from

teachers and therapists continue to be very positive.

Although it is impossible for us to pinpoint how much of the recent improvement is due to the mHBOT alone or how different it would have been had we chosen a different protocol (number, length, periodicity of

session), we are positive that it had a significant positive impact and we believe it should be considered by other parents.

Doctor's Note:

Key points: Some children can show remarkable improvement in a short period of time in many areas and then "hold" the benefits they've received, whereas other children may

begin to lose them within variable periods of time.

This underscores the uniqueness that exists for these children—that there is no recipe for how many treatments a child may need before showing benefit, how many treatments the child will need overall, how long the benefits will last, or whether the child may need to return for more treatments at some point in the future.