

Karen Shinkins



Dear Bill,

Five weeks ago I was introduced to the Hyperbaric Chamber and since then I have tried as much as possible to incorporate it as part of my training and recovery.

I am a professional Track and Field Athlete from Ireland who has who has based herself here in Atlanta in order to work with one of the Track Worlds top coaches and since discovering the Hyperbaric Chamber we have been utilizing it religiously and as a result my performances in workouts and in competition has been astonishing.

My event is the 400m, which some refer to as "the lung buster" as it demands so much speed, endurance and strength and a huge tolerance for lactic acid. As you know, lactic acid is produced only when the body has used up its available supply of oxygen. So this is where the Hyperbaric Chamber has been key to my progress.

I am at present, almost 2 seconds faster on some of my workouts and already this year I am a second quicker in competition. Even when my body is tired and I think I am running close to my limit, I seem to find an extra something in reserve and I am able to push a little harder, therefore making it through some of the hardest workouts imaginable, in some world class times.

Overall I am feeling more refreshed and energized and find that I am experiencing a deeper sleeping pattern. I would, without hesitation recommend the Hyperbaric Chamber to any sports person seeking "The Edge" that will allow them to reach higher levels of performance. Its safe, its easy and more importantly it works.

Yours Sincerely,

Karen Shinkins

SPEED DYNAMICS
ATLANTA



June 6th 2002

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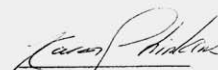
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Yours Sincerely,


Karen Shinkins
Irish Olympian

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Therapy Center