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Skin Rejuvenating and Anti-Aging Benefits of Hyperbaric Therapy in California

[Chloe Paltrow](#) Follow

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When we talk about aging, everybody tries to stop its effects by a healthy diet, drinking a lot of water, getting proper sleep, exercising, and reducing stress. Then there are people who go for supplements and cosmetic surgeries to look young and retain skin glow.

Nowadays, hyperbaric therapy in California is also surfacing as an effective alternative for anti-aging treatments.

Defining Aging

We all know aging means growing old. At the first sign of grey hair, we start imagining how we are growing old, our bodies are changing, we are getting puffy or skinny,

and our skin is becoming loose. While these are the physical signs of growing old, aging involves three factors:

1 As we age, the mistakes in the reproduction of our cells increase and our body starts producing non-functional cells. This leads to decline in body functions. With the increasing age, many cells though present in our body are of no use and non-functional.

2 The next part involves DNA shortening which triggers ‘Programmed cell death.’ The mitochondria compartments of our cells contain DNA fragments. When energy generators are served by mitochondria as a part of normal cell functioning, oxygen free radicals are generated as by-products. These free radicals can damage healthy DNA. With time, healthy DNA damage results in cell death and our body can’t act fast enough to replace the loss. The process is visible, and this is the reason why with age our skin becomes thin.

3 The last part of aging involves oxidative enzymes’ down-regulation, due to which with age, our

antioxidant defenses become less efficient.

Hyperbaric Therapy California for Anti-Aging

Hyperbaric therapy California is a process of inhaling or breathing 100% oxygen in a pressurized chamber. During hyperbaric therapy, oxygen dissolves in our blood plasma, lymph, bone, and fluids of the central nervous system. This process increases the blood circulation in our body and oxygen is transported to areas with low circulation, which is the reason behind its healing effects.

Let' s see how this therapy helps in anti-aging.

Premature aging

Premature aging as the name suggests is early aging due to stress or injuries in the body. These injuries can include various body wounds and the most common effect is decreased blood flow in the brain. This reduced blood flow can further cause a decline in the neurological functioning. When people with premature aging receive hyperbaric therapy, it leads to repair of

these brain injuries. There is an overall healing effect because HBOT increases the blood flow and some patients even observe improved cognition, behavior, and neurological functioning.

Normal aging

Today, it is unknown whether we age normally or due to pollution in food, air, environment, etc.; but there is premature aging in everyone. Even if it is false or true, in both the cases hyperbaric therapy can help in anti-aging. HBOT is known to have a positive effect on blood vessels. It can stabilize damaged blood vessels' inner lining, promote the growth of new blood vessels, and reduce chronic inflammation. All these benefits combined lead to an anti-aging effect.

Genetic disorders

Hyperbaric therapy California works as a promoter that leads to the activation of gene sequence, which further results in growth and repair of hormones. HBOT shows positive results in various genetic disorders, and one such case was treated back in 1995. In [this](#) case, the

patient had ceroid lipofuscinosis, which is an enzyme deficiency that impacts fatty acids. Though her condition was normally considered fatal at that time, treatment with HBOT therapy improved her health condition and increased her lifespan.

Additional benefits

HBOT promotes fast fatigue recovery

It accelerates tissue repair and cell growth

Reduces body inflammation and swelling

Boosts the functioning of the immune system

Enhance neurological functioning

What The Research Says?

A [study](#) shows that hyperbaric therapy California can enhance the healing process of wounds, and 88.37% cases involved in this study had satisfactory results.

In another [study](#), it is shown that hyperbaric therapy has positive anti-aging outcomes and it is

effective in reducing wrinkles.

Yet another [study](#) says that HBOT improves skin texture, reduces wrinkles, enhances skin elasticity, and stimulates collagen production. It further says that HBOT is beneficial for skin because oxygen enhances cell metabolism.

Conclusion

Hyperbaric therapy in California is now being used to treat various ailments, and its use in rejuvenating skin and treating aging only seems legit. Since cell damage and cell death become the primary reason for aging, HBOT proves efficient as it assists in cell repair and promotes the growth of new cells.