

# The Healing Times

Newsletter #1 - the HBOT issue - Fall 2009

## **Dr. Ruhland's goal at the Natural Health Medical Clinic is to help you restore balance to your body, mind, and spirit.**

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**T**his, our first newsletter, marks the 10th anniversary of the Natural Health Medical Clinic. You and your friends are welcome to attend our Anniversary Picnic at Seward Park (Shelter #5) on Saturday, September 26, 2009, from noon-to-3pm.

### **A Thank You from Dr. John**

**T**hank you to each and every one of my patients. You have allowed The Natural Health Medical Clinic to remain successful for the past 10 years, allowing me to learn so much alongside you as you walk along your healing path.

Because of this mutual relationship, in turn, I am able to be able to help you in new ways. Our newest therapy additions – including the use of ozone as well as Nutritional Response Testing – promise to be among the most powerful we have to offer. Thank you for your understanding this past year as I attended more conferences and seminars than ever before.

Other therapies I consider powerful include HBOT, Homeopathy, Intravenous Vitamin C and other nutrients, and Chelation. Herbal treatments remain a passion for me. As you may know, we have over 200 different medicinal herbs growing naturally in our healing oasis here on the south end of Seattle.

Exercise for rehabilitation is also becoming more of a priority as we added Bikes4Health, LLC as a project a few years ago. (See [www.bikes4health.com](http://www.bikes4health.com))

Blessings to all of you!

### **OXYGEN: An obvious solution to illness**

**H**yperbaric Oxygen Therapy (HBOT) utilizes an oxygen-rich, pressurized chamber. Breathing pure oxygen under pressure dramatically increases the oxygen in the blood plasma, as well as in the brain, spine, and joint fluid.

It is thought that HBOT use would be appropriate for any condition where the body's ability to function and heal would be improved by the presence of extra oxygen. Oxygen therapy has been shown to significantly increase the ability of cells to produce energy.

In the U.S., there are 13 FDA-approved uses for HBOT. Increasing the oxygen-carrying capacity of the blood has been clearly demonstrated in Europe and China to improve healing for a far wider range of acute and chronic illnesses.

Worldwide, HBOT successfully treats such diseases as:

Atherosclerosis, Autism, Brain Swelling and Injury, Brown Recluse Spider Bites, Cerebral Palsy, Cosmetic Surgery (to improve healing), Edema, Sudden Hearing Loss, Inflammation, Infections, (including viral diseases), Bacterial Diseases, Lyme Disease, Macular Degeneration and other vision problems, Multiple Chemical Sensitivity, Multiple Sclerosis, Neuropathy, Periodontal Disease, Sinusitis, Sports Injury, Stroke, Trauma, Ulcers, Cardiovascular Disorders (including congestion, serious heart disease, and pain and dysfunction related to heart attack).

We have been offering HBOT here in Seattle since 2001. Call us for more information.

## 10th Anniversary HBOT SPECIAL

For a limited time, we are offering one Hyperbaric Oxygen treatment per person at half price. This offer is not retroactive. For those not interested in HBOT, we are offering \$50 off any supplement purchase of \$200 or more. This offer cannot be combined with other discounts.

### Spotlight on Patients

#### Gabe

Gabriel at age 6 was similar to most autistic children. He struggled to hold conversations and also had a weak immune system. His mother, Beth, had been very actively searching for cures and treatments when she learned about Hyperbaric Oxygen Treatment on the internet. All of her research showed positive results so she decided to try it for her son.

After only 12 sessions of HBOT at the Natural Health Clinic, Beth and her family were able to hold conversations with Gabe for the first time! As they continued the treatment they saw more improvements in Gabe's social skills, basic awareness of his surroundings and immune system.

As Beth puts it, "It was like his brain was more awake."

Gabe began interacting more with other children, and teachers at his school reported positive improvements academically and socially. While doing HBOT, his needed less supplements because his immune system improved immensely. One of his other doctors though recommended that he take an Intravenous Immunoglobulin treatment for his immune system, but Beth decided to wait until after they finished all of the HBOT series.

When Gabe had completed 85 HBOT sessions the doctors no longer recommended the Intravenous IG for his immune system, which was a great relief since IV IG is very expensive and can have very serious negative effects.

Today, Gabe is 8-years-old and in a regular class in the 3rd grade. He plays team sports including base-

ball, football and basketball. In addition to HBOT, Gabe was doing other treatments such as Chelation, specific supplements, occupational therapy, speech therapy, social skills groups, and NAET treatments for food allergies. Beth explained how it all helped and that HBOT is an essential treatment in the mixture:

"I do credit HBOT at giving my son a chance at a normal life. He went from being an autistic child to being a kid who showed symptoms of ADD, and now almost all those symptoms are fading; like it's picking away at layers to help get him healed."

#### Joan

"With HBOT and Homeopathic treatments I was able to overcome the worst of my food allergies – I can eat a greater variety of foods, am able to sustain myself, and I don't always feel hungry. My chemical sensitivities have also improved. I don't feel like I'm spiraling like I used to when dealing with my Lyme disease. I no longer need to carry oxygen tanks with me. I was also able to take a 4 mile hike for the first time in 20 years – what a joy! My family has really noticed the difference in such a short time."

– Joan (59 y.o. - 6 treatments)

#### Myrna

"We came for HBOT because my husband had a stroke. He's continually improved since. I just feel positive about his recovery. It's been a year, and we see weekly improvements."

– Myrna (husband is 65 y.o. - 21 treatments)

#### David

"Last year I broke my ankle severely and one of the options for fixing it was to try HBOT to help get blood flow back to the bone. It would have been disastrous if it did not return. I did get the blood flow back."

– David (40 y.o. - 19 treatments)

The Healing Times is brought to you by Dr. John Ruhland, assisted by Claudia Paras, with editing and layout by Demian.