



HOW TO INCREASE YOUR DAILY OXYGEN INTAKE

One of the most overlooked and under-appreciated medical measures is oxygen (O₂). Healing and pain relief depend on a critical amount to suppress inflammation, regrow damaged tissue, and relieve pain. Persons with AA and other spinal canal inflammatory disorders (SCID's) may damage the small arteries that carry blood and O₂ to the cauda equina nerve roots, so they must do specific measures to ensure that enough O₂ gets into the lower spinal canal.

Best Hope for Recovery:

Persons with AA and other SCID's who have done well have intuitively or by instinctive body signaling developed one or more daily techniques to increase O₂ in the spinal canal.

Basic O₂ Fact:

All physical and mental activity increases your O₂ intake by increasing either breathing rate and/or volume. **ACTIVITY = INCREASED O₂**

Highly Recommended:

All these activities increase O₂: walking, deep breathing, rapid breathing, rocking, stretching, fidgeting, moving arms and legs. Even if you are bed or wheelchair bound you can wave your arms, deep breathe, or fidget.

Oxygen Surges:

Many persons with AA benefit by O₂ surges – meaning they do something to bring in a surge of O₂ that can cause suppression of inflammation and promote tissue regeneration.

- Any physical exercise: biking, trampoline, swimming, jogging, gardening, housework
- Hyperbaric treatment: This innovation is being provided by many medical practitioners. It is highly recommended but check out the cost.
- Vocal interactions: Socializing, church, visits-spending time with other people.
- O₂ suppression: These decrease O₂ – TV watching, sitting, reading, social inaction, lying in bed

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