

Kelly Schreiner

From: Becker, Donald P. M.D. [mailto:donald.becker@mednet.ucla.edu]
Sent: Monday, September 05, 2011 3:16 PM
To: Kelly Schreiner
Cc: 'Roger Hunter,DVM'
Subject: RE: Follow Up

Hi Kelly: I have taken a bit of extra time to respond because I wanted to be as accurate as possible and avoid the "placebo effect". So here is my response:
The positive effects are subtle but real. My skin is smoother and has more resilience. My joints have better mobility and I especially noticed that in my hands. I have been able to exercise more vigorously and work harder on my core. My back pain is less, but I think that is due as much to exercise as the HBOT. My general balance is a bit better--only I would notice this as my balance was not too bad before--given my age. Also, I think my concentration ability is a bit better and that along with improved balance just helps me feel better each day. What I was hoping for is that the deficiencies that come with ageing would be improved and I believe that is indeed the case.
For the goal of just improving "well being" and diminishing age effects, I think 10 treatments are a minimum. It requires patience, as each treatment lasts 75-90 minutes and one needs to be relaxed during that time--I was with my Watson Golf tapes. My game is much improved.
The program that made me feel best was HBOT followed by exercise with 100% oxygen, followed by 30 minutes in the infrared sauna. All the other modalities at Nirvana made me feel more relaxed, but for me they were similar to a massage--gentle hands on and everyone likes that--but frankly--I can't say much more about that--it is nice to have it in your arsenal. Someone who is seeking what I was--lessening the ravages of ageing--should be prepared to redo this every 3-4 months--I would certainly like to do it again.
In conclusion, I am a supporter, and feel the program definitely was of benefit.
By the way, my trip home was quite smooth--not stressful, so I felt pretty good when I arrived home.
Let me know if you want any additional information.

Best regards, Don

From: Kelly Schreiner [mailto:kelly@nirvanahbo.com]
Sent: Saturday, August 20, 2011 2:02 PM
To: Becker, Donald P. M.D.
Cc: 'Roger Hunter,DVM'
Subject: Follow Up

Hello Don,

We have some follow up that we would like to get from you. Some of the questions that we currently have are:

- How did you feel after your plane trip home? Was the jet lag lessened because of the 02 the day before?
- Are your hands still in a healing process, meaning are they continuing to make gains or have they plateaued? How much better are they than before you started treatment?

- How is your lower back area? Do you think that there have been permanent gains in the osteo-arthritis or was it just temporary during the treatment program?
- How has your body responded to playing golf again? Has the treatment program enabled you to play golf with less residual pain?
- Did your game improved from watching all the Tom Watson videos?
- Are there any other noticeable physical changes that have happened in conjunction with treatment?

Go ahead and reply between the lines if you don't mind.

With kind regards,

Kelly

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