

Nirvana Hyperbaric Institute

Testimony

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Adrenaline rushes as I sprint home after hitting a triple. As I dive for home plate, with one last charge of energy, the opposing catcher, seemingly twice my size pounces on my outstretched body landing on my shoulder. I feel my shoulder being pushed deep into the ground and know immediately that something is wrong. After a brief medical evaluation, the diagnosis is a significant soft tissue injury affecting the muscle, tendons, and ligaments in upper arm. The estimated time for recovery is 6-8 weeks. As I am a fifteen-year-old student-athlete, playing softball year does not afford an 8-week recovery time. The pain, most likely due to inflammation, in my shoulder was piercing and constant. My family was told about oxygen therapy treatment that helps relieve pain and promotes healing. My family decided to try this alternative therapy and I am proud to say that the oxygen treatments, at the Nirvana Hyperbaric Institute, provided quick relief from pain as well as facilitated a very rapid recovery process. The oxygen treatment was also effective for improving healing of other injuries, muscle strengthening, and my overall state of being. Nirvana Hyperbaric Institute is professional, welcoming, relaxing, effective, and sensible alternative to traditional medicine.

The pure oxygen travels through my body rejuvenating every bone and muscle in my body. Each breath is like inhaling air from heaven, relaxing, pure, and cleansing. The treatment does require a short-term commitment of time on a daily basis, At Nirvana Hyperbaric, in Solvang, California; I was able to do homework, read, or even watch a movie while the oxygen healed my body. Both Kelly and/or Roger were wonderful and were there during each session, to ensure complete comfort and watchful observation. It is also relaxing, because you are in your own privacy for each session, as you take in the full effect.

It definitely works! These three words say it all. I was in excruciating pain the first day I walked in to Nirvana. With no range of motion, and the inability to relax my arm in any position, I went in for my first session, hopeful for improved recovery. After just a few one-hour sessions of pure oxygen, I began to feel better. In order to experience the full healing effect I completed ten sessions. In just 10 days, my shoulder has complete range of motion and no pain. There was little or no recovery time from not using my muscles, and I can honestly

say, my arm may be stronger. Nirvana's HBOT helped reduce my estimated recovery time of 8 weeks to less than two! The opportunity to experience the healing reality of oxygen therapy is like no other. There is no reason to think twice about, the small price to pay for improving your health. I strongly support the Nirvana Hyperbaric Institute, and absolutely recommend their treatments, especially oxygen therapy, to everyone.

Sincerely,

Sara Dominguez