

BEH PODCAST – EPISODE 28

CAN YOU HELP YOUR EYES WITH MORE OXYGEN?

Dr. Miller: A question just about oxygen—about adding oxygen. There are things that people do, things like hyperbaric oxygen. An easy one to do is what's called EWOT—Exercise With Oxygen Therapy—where you basically put breath from an oxygen tank next to your treadmill or your stationary bike. Those are good things to do, but the other thing that's important besides adding more oxygen into your blood, is to add more blood into your brain. There are several things you're doing that increase blood flow to the brain; a number of things in this program. The acupuncture increases blood flow; the color therapy increases blood flow; the micro-current stimulation increases blood flow; the exercises increase blood flow. Some of the supplements that we had for people with more advanced disease, things like the Vinpocetine and the Gingko, those increase blood flow. So that's the first five that we do to increase blood getting to your brain. Meditation also increases oxygenation.