

A New Study Calls Hyperbaric Oxygen Therapy the 'Holy Grail' of Anti-Aging



A study from Tel Aviv University (TAU) and the Shamir Medical Center in Israel found that hyperbaric oxygen therapy (HBOT) treatments in healthy aging adults can stop cellular aging and reverse the aging process. The study found that two major causes of aging can be halted by implementing specific hyperbaric oxygen therapy. These aging components are cellular death or diseased cells and shortened telomeres.

Let's start with telomeres. These are protective of our DNA and are attached to both ends of our chromosomes. As we age, they begin to shorten. Hyperbaric oxygen therapy (HBOT) reversed the shortening and increased the length of telomeres significantly over time.

The other issue is the accumulation of degenerating and diseased cells in the body, known as senescent cells. With HBOT, these are shown to clear and allow room for replenishment of new cellular growth.

By examining and measuring the patient's blood, HBOT was shown to stop the shortening and, instead, increase telomeres up to 38%. HBOT also decreased senescent cells by up to 38%.

The Israeli researcher, Professor Efrati, explained, "Today telomere shortening is the 'Holy Grail' of the biology aging. Researchers around the world are trying to develop pharmacological and environmental interventions that enable telomere elongation. Our HBOT protocol was able to achieve this, proving that the aging process can, in fact, be reversed at the basic cellular-molecular level."

Fellow researcher Dr. Hadanny added, "Until now, interventions such as lifestyle modifications and intense exercise were shown to have some inhibiting effect on telomere shortening. But in our study, only three months of HBOT were able to elongate telomeres at rates far beyond any currently available interventions or lifestyle modifications. With this pioneering study, we have opened a door for further research on the cellular impact of HBOT and its potential for reversing the aging process."