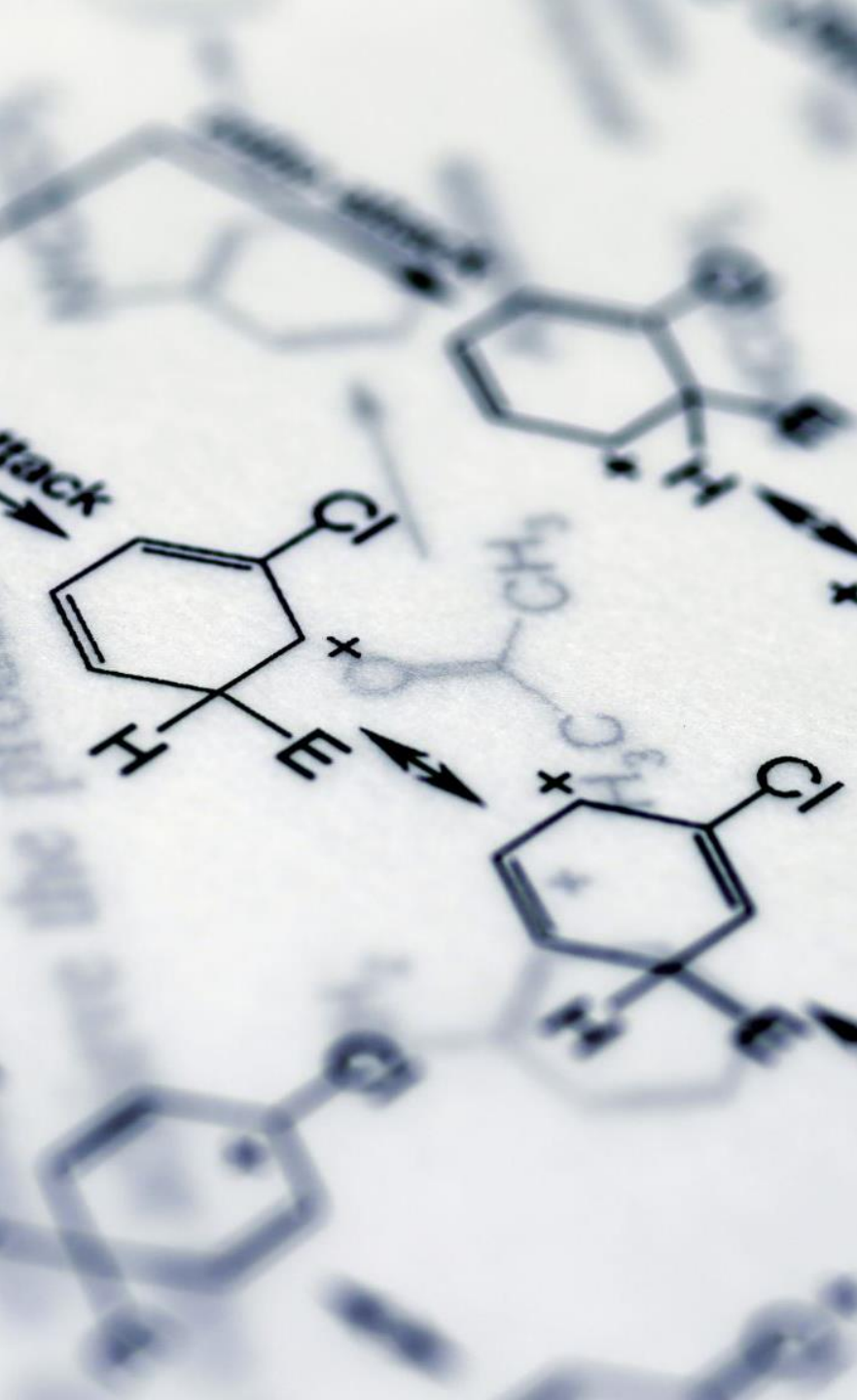




# RFH Precision Medical Care Modalities

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# Care Modalities

- Hyperbaric Oxygenation Therapy (HBOT)
- Magnetic Resonance Therapy (MeRT)
- Pulsed Electromagnetic Field Therapy (PEMF)
- Hot and Cold Therapies
  - Infrared Sauna and Cold Plunge
- IV Therapies
  - Plasma Rich Platelet Injections (PRP)
  - Myers Cocktail
  - Peptides
  - Etc.

# Hyperbaric Oxygenation Therapy (HBOT)



- What is HBOT?
  - HBOT is a medical treatment that involves breathing 100% pure oxygen in a pressurized container or room.
- What happens during HBOT?
  - This process increases oxygen levels in the body 10–15 times higher than normal.
- What does HBOT accomplish?
  - HBOT has been long-proven to speed up the body's healing and rejuvenation abilities.
- What can be treated with HBOT?
  - HBOT has been used to treat physical wounds such as bone breaks, wounds, and burns for a long time. However, new research is proving its efficacy in treating many conditions including TBI & PCS, PTSD, Fibromyalgia, Post-Stroke Conditions, Lyme Disease, Long Covid, and ED to name a few.
  - Further, it is shown to help greatly with Athletic Performance, Immune Response, Anti-Aging, and Mild Cognitive Decline.



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# Magnetic Resonance Therapy (MeRT)

- What is MeRT?
  - MeRT is a highly customized use of transcranial magnetic stimulation (TMS) that utilizes quantitative EEGs to identify varying dysfunction and/or disorders in the brain. These EEGs are used as a road map to build a customized treatment plan utilizing FDA approved equipment to gently stimulate the specifically targeted areas of the brain with magnetic waves.
  - MeRT is a completely non-invasive, painless, and drug free option for treating a wide range of neurological conditions.
- What happens during MeRT?
  - The gentle stimulation of the brain by magnetic waves results in the reestablishment of old neural pathways and/or the creation of new neural pathways that had been previously destroyed or rendered nonfunctioning by acute injury or chronic condition.
- What does MeRT Accomplish?
  - The reestablishment and/or creation of neural networks allows the brain to function more optimally resulting in the improvement of both mental and physical health conditions.
- What can be treated with MeRT?
  - MeRT Treatment protocols have seen some incredible success in improving conditions such as Autism Spectrum Disorder, Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injuries and Concussions, Depression, Anxiety, Sleep Disorders, and many more.
  - Further, MeRT can be used for optimization purposes in otherwise healthy individuals to improve overall cognitive ability and function, which can have a dramatic impact optimizing physical performance as well.



# Pulsed Electromagnetic Field Therapy (PEMF)

- What is PEMF?
  - PEMF, is a revolutionary wellness modality that utilizes Electromagnetic Fields to stimulate and exercise the body's cells.
- What happens during PEMF?
  - Soothing electromagnetic fields generated by FDA approved equipment pass through the body completely, which increase the spin of cellular electrons, ultimately stimulating and exercising the body's cells.
- What does PEMF accomplish?
  - PEMF increases function at the cellular level resulting in an increase in cellular energy and improves the body's natural healing and regulation processes.
- Benefits of PEMF?
  - The use of PEMF is associated with many benefits to include increases local circulation, inflammation control, alleviates muscle and joint pain, helps with arthritis and stiffness, relieves symptoms of depression, increased range of motion reduces migraines, improved immune function, and overall wellbeing and performance.



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# Cold Water Immersion Therapy (CWI)

- What is a CWI?
  - CWI is the practice of taking a 5- to 15-minute dip in very cold water (50-59°F).
- What happens during CWI?
  - During CWI, blood and consequently bodily fluids are shunted back to the core to help maintain core body temperature.
- What does CWI accomplish?
  - The shunting of blood and bodily fluids back to the core helps reduce inflammation and increases blood flow to liver and kidneys, which increases both processing in the liver and detoxification in the kidneys.
  - Further, following CWI, the liver releases vital shock proteins which are vital in recovery and the brain stimulates dumps of serotonin and dopamine (happy and pleasure hormones).
- Why practice CWI?
  - The use of CWI 3-4 times a week is associated with many positive health benefits including recovery and muscle soreness, anti-inflammatory response, increased immune response, mental health improvements, central nervous system function to include sleep aid, and boosts in energy and metabolism to support weight management.



# Infrared Sauna

- What is an Infrared Sauna?
  - Unlike a traditional sauna, infrared saunas don't heat the air around you but rather, infrared lamps produce electromagnetic radiation that penetrate the skin to warm your body directly.
- What happens while using an Infrared Sauna?
  - Within minutes of sitting in an infrared sauna, your body's natural response begins resulting in beads of sweat appearing on your skin, blood vessels widening and increased blood flow, and an up-tick in heart rate.
- Why use an Infrared Sauna?
  - The use of an infrared sauna 3-4 times a week is associated with many positive health benefits to include, improved heart health, soothing sore muscle and general pain relief, relaxation and better sleep, and improved immune function.



# IV and IM Therapies

- Platelet Rich Plasma (PRP): IM Injection
  - PRP Injections are prepared on site using a patient's own blood. These injection have been used for decades by top athletes to promote healing, recovery, and pain relief.
- Myers Cocktail: IV Administration
  - This IV solution consists of normal saline, Vit C, Vit B Complex, Calcium, Magnesium, Zinc, and Glutathione. This therapy is associated with enhanced immune function, improved athletic performance, stress, anxiety, and depression relief, improved cognitive function, and overall health and well-being.
- Peptides: IV and IM administration
  - Peptide therapeutics are peptides or polypeptides which are used to for the treatment of diseases or injury. Naturally occurring peptides may serve as hormones, growth factors, neurotransmitters, ion channel ligands, and anti-infectives. Peptide therapeutics mimic these functions in the body.



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# Vitamin and Mineral Supplement Program

- Why is vitamin and mineral supplementation important?
  - Vitamins and minerals play foundational roles in every aspect of the human health and performance.
  - Given the vitamin and mineral stripping that has occurred because of industrial farming practices, meeting vitamin and mineral demands is nearly impossible through diet alone.
  - More than 75% of all health outcomes are the result of lifestyle choices so starting with basic nutrition/supplement support as well as exercise are necessary in any health program.
- Why is it necessary to be prescribed a supplement regimen?
  - As human beings, we are all unique and have differing needs to perform optimally. Therefore, it is important that appropriate bloodwork be drawn, analyzed, and a tailored supplement regimen be developed.

