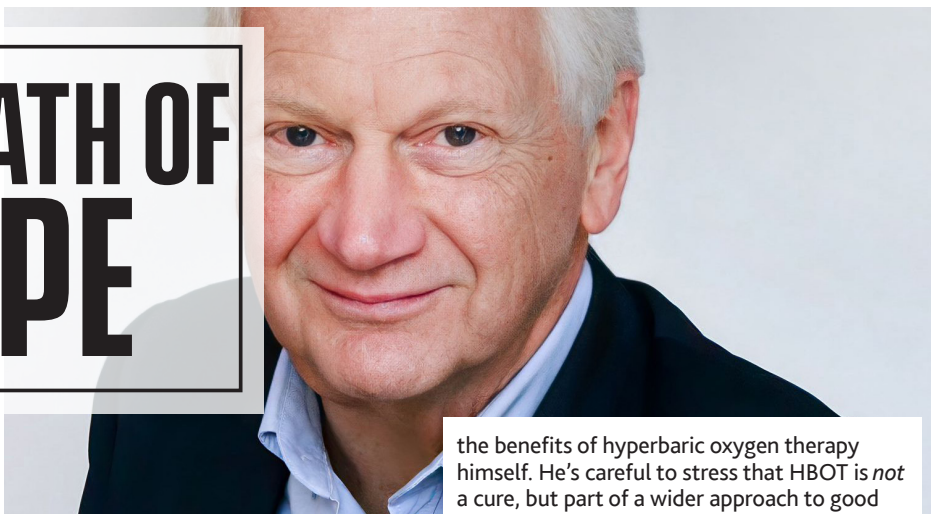


BREATH OF HOPE



Liz Nicholls visits Tim Cockrean, cancer survivor & founder of Bucks Hyperbaric Therapy to find out more how the therapy can boost our health & alleviate conditions we face, especially in later life

Here I am, cosy and comfy under my blanket, ears gently popping as the pressure changes, peeking out of a small round window. No, I'm not on a plane, and I'm not jetting off anywhere exotic. I'm on *terra firma* inside a hyperbaric oxygen chamber, breathing 97% oxygen.

The sensation is familiar, like take-off on a flight. A few swallows, a gentle shift in pressure, and then – calm. I'm warm and unexpectedly relaxed. Any worries about claustrophobia vanish within minutes.

This is my first experience of hyperbaric oxygen therapy, or HBOT – a treatment that involves breathing high concentrations of oxygen in a pressurised chamber, allowing the body to absorb much more oxygen than usual (it's only about 21% in the air we breathe) to support healing and recovery.

Outside the zip-up pod is Tim, founder of Bucks Hyperbaric Therapy (fully certified by the International Board of Undersea Medicine), keeping a watchful, reassuring eye throughout. Tim's journey here is a powerful one. A married father of three, he has transitioned from a successful career in finance after experiencing

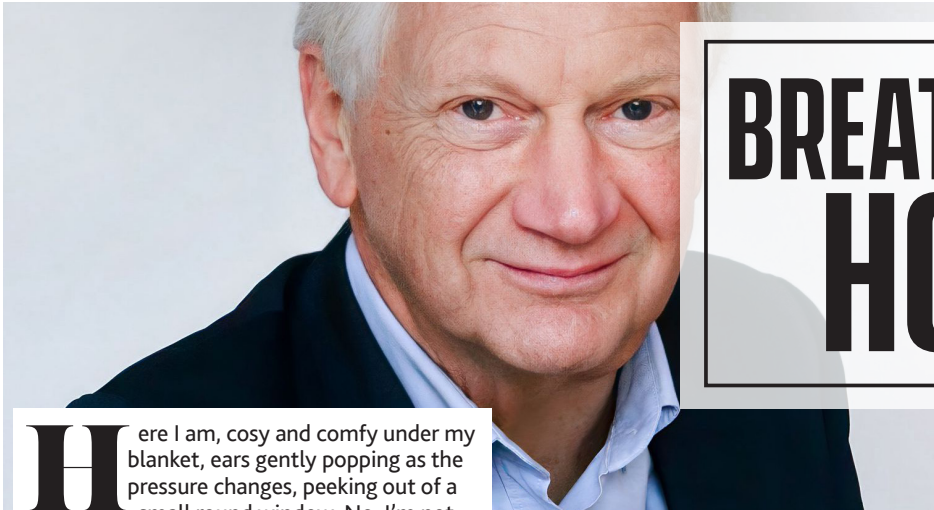
the benefits of hyperbaric oxygen therapy himself. He's careful to stress that HBOT is *not* a cure, but part of a wider approach to good health for all of us. In his own case, he says that, alongside changes to diet and exercise, the therapy contributed to eradicating a large tumour, without chemo or radiotherapy – a turning point that inspired him to help others access the same support.

Today, people visit him in his garden studio in Monks Risborough for many reasons: to support winter immunity, manage anxiety, aid sports recovery, help with healthy ageing and assist with conditions such as migraines, hearing issues, PTSD, Parkinson's disease and stroke recovery etc. Athletes and sports teams are increasingly using HBOT too, and the company supplying Tim's chamber works with professional organisations across the sporting world across the UK. The therapy is backed by clinicians including Dr Sarah Bishop who specialises in hyperbaric medicine and neurodevelopmental support and highlights its role in neurological health when used responsibly and appropriately.

I left feeling energised (as well as a bit hungrier than usual). What stayed with me most was the care. There's no over-promising here – just thoughtful, informed support and time taken to explain how the therapy works, who it may help and why it isn't a one-size-fits-all solution.

Hyperbaric oxygen therapy, which is widely used for health benefits in the US, has been life-changing for Tim and he is a pair of safe hands to explain more about its benefits.

● Visit buckshyperbarictherapy.co.uk



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