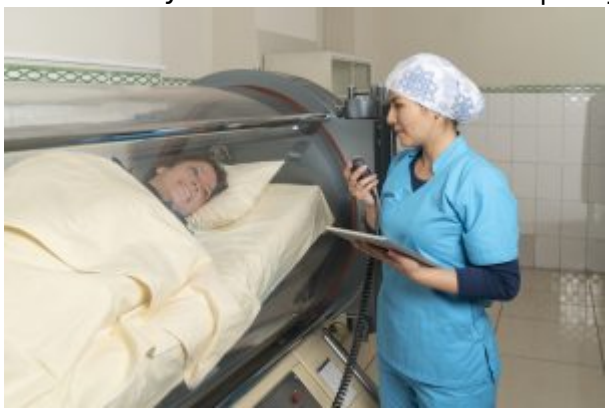
# Hyperbaric Oxygen Therapy Explained: Healing, Performance, and Wellness

written by Dr. Ronald Hoffman | May 19, 2026



What if oxygen could transform your health? Nicole Garrett from Under Pressure Hyperbarics details the surprising benefits of Hyperbaric Oxygen Therapy. From stroke recovery to cancer support, wound care, and even anti-aging. Don’t miss this eye-opening interview.