

What is decompression all about?

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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Jakob Jelling

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Decompression is necessary whenever a diver wishes to dive in depths which go under the 130 feet. If a diver tries to go deeper than 130 feet into the water without following decompression procedures he would instantly notice that his air starts running low and would feel the effects of pressure in his body.

Therefore, if you wish to practice deep diving you must learn how decompression works and how to follow the indications necessary in order to succeed at the practice of the sport. First of all, you must be aware that you need to use specialized gears and plan your decompression in order to be ready when you need it.

Sometimes decompression diving is called ceiling diving. This is due to the fact that this kind of diving involves passing a ceiling or barrier at the right time and by following the proper instructions. Divers should not practice this activity without the right amount of experience and knowledge or it could become very dangerous and cause them problems such as decompression sickness or air embolism.

There are specialized decompression courses for divers who wish to learn the skills necessary to dive in depths which pass the 130 feet. In these courses, divers can learn how decompression works, how to use the gear necessary for it, how to understand and use diving software, and what to do in case of emergencies among other important things. Besides than being taught how to use the specialized gear by a professional, attending these courses also allow divers to learn their own weak points and limitations before they actually go into the water and find themselves in trouble.

Also, in order to safely practice decompression diving, it is important that a diver counts with not only the necessary amount of knowledge but also expertise in the world of diving. Besides this, and due to the risks which this activity implies, it is also very important that those who practice decompression diving are mature, reasonable and count with good judgment at the time of planning and executing the techniques necessary for it.

Jakob Jelling is the founder of <http://www.divepilot.com>. Please visit his website to discover the world of diving!

Back Pain; A New Therapy

By Margot B

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A new non-surgical treatment for back pain has been given clinical trials at several teaching hospitals. These trials were done on people who had been referred to a neuro-surgical department because other, non-surgical, treatment had been ineffective.

This new therapy is 'vertebral axial decompression therapy' [VAX-D] and has been issued a new U.S. patent. VAX-D is a therapeutic table, invented by Dr. Allan Dyer, former Deputy Minister of Health, Ontario, and who is the pioneer in the heart defibrillator research.

The VAX-D table has been proven to be a reasonably effective means of decompression therapy for managing herniated and/or degenerative lumbar discs. In the research trials, the degree of significant remission of symptoms attained after 10 daily therapy sessions was 70 % – after other procedures, including physical and chiropractic treatment, had failed.

A follow-up of patients, up to 12 months, did not find any unexpected level of relapse.

VAX-D is not a cure-all for all back problems but surgery should be used for patients failing to respond to this more conservative approach.

While the majority of patients find this VAX-D procedure effective, and are able to regain a functional level of activity after 15 to 20 sessions, there are some that fail to respond. This treatment is quite safe, without complications, once abnormal conditions, i.e. fractures or congenital defects requiring other procedures, have been ruled out.

Most people with low back pain and sciatica experience relief of pain and are able to return to their usual activities after therapy. This usually consists of 18 sessions of 30 minutes each on the VAX-D Therapeutic Table.

Some more difficult cases may require ongoing VAX-D maintenance.

Patients with such conditions as tumors, fractures, severe osteoporosis or other defects are not candidates for this therapy.

This therapy is available throughout the U.S. and Canada at VAX-D clinics.
Resource: Tim Emsky, Back Centres, Inc.

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Margot B is a writer on the subjects of health, environment, fashion. She writes childrens' stories, is a proofreader. Margot specializes in Web design and genalogy.

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