Introduction and Hyperbaric Oxygen Benefits

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This is Dr. Talks. Hi, everybody. This is Dr. Ed Park, the host of Recharge Biomedical Podcast. And today we're very lucky to be joined by Victor Moo.

Hey, Victor. Aloha, Dr. Park. Well, you know, Victor and I met, I'm not sure how, but he's been a friend and a friend of the practice. And he is a surfer, dude.

How old are you now? I am 55. Oh, my God. You look amazing. So this guy in surf terms, you know, short boarders, you still ride a short board, right? I do.

I ride the whole range of surf types. Yeah, depending. My brother is a longboarder now. He's in the water five years a week like you, which is amazing.

And luckily the water is warm there in Hawaii. So Victor is a man who has walked it like he's talked it. 55, been a biohacker before there was such a thing as biohacking.

And we'll go into that a little bit, but mainly we wanted to talk about his expertise in hyperbaric oxygen. Tell us how you got into that, first of all.

I got into hyperbaric oxygen therapy because I had a client that had second and third degree burns across 20% of his body. And at the burn clinic, they put him into hyperbaric oxygen chambers.

And I was there to treat the oxidative stress caused by the exposure to high levels of oxygen as well as to help him heal faster. And that piqued my interest in hyperbaric oxygen therapy because I thought, well, if it's helping him heal faster, then what could it do to somebody that is maybe not suffering from such a traumatic injury?

And I started calling around to hospitals to try to do hyperbaric oxygen therapy. And they all turned me down. They would all ask me, well, What's wrong with you?

Right. And I say nothing. I mean, I feel good. I just want to feel better. And he said, no, we don't do that. And I, and I offered to pay the thousands of dollars that they were charging to and use their chamber and they still refuse that really piqued my interest.

And I found the natural path. Dr. Kevin Gibson here who had a smaller, soft chamber and. tried it for the first time, noticed immediately that colors were more vivid after life.

Victor Moo's Background and Chamber Setup

This one hour session at 1.3 ATA with just room air. Yeah. And decided to keep at it. Yeah. And that was the beginning of my journey as a hyperbaric acid therapy.

Awesome. So I was living with my son in Kakak or used to have the office there, but now you've moved. And so you've since upgraded to hard shell, of course.

So in your practice, you can go up to what, two atmospheres. Do you go a little higher than that or? Yeah. The, the chamber that we have as an, as an OxyHealth 40S420 and it's designed to go to three atmospheres.

I know some people feel a little scared about the potential barotrauma, but are you pumping in 100% oxygen generally? Well, I limit this chamber to a maximum of 2.2 ATA.

Right, I think that's it. Yeah. And then the oxygen is delivered via a mask. Okay. So we don't fill the chamber with oxygen. That's an outdated way to do things and it's extremely dangerous.

Could be, yeah, could be. It's flammable and yeah, there's potential problems. So that's interesting. So you have like a hybrid model. You don't actually use a concentrator or pure oxygen.

You have just a patient breathing into a mask. Pressurize the chamber with room air and we have the pure oxygen delivered via a mass. Interesting. Okay, cool.

So for people that don't know, we live at one atmosphere pressure at sea level and the FDA has approved hyperbaric oxygen for things like nitrogen narcosis, or scuba people getting the nitrogen bubbles, air bands, embolism, gas gangrene, osteomyelitis, radiation and tissue, thermal injury burns.

But it's also recommended by societies for arterioschemia, wound healing, foot ulcers, diabetics, and some people are even using it for autism, stroke recovery, and other neurological conditions.

Tell us what is your typical patient load like? What kind of people seek out your treatment? Well, we get a wide variety of patients from all walks of life.

We've got kids that are coming in to treat autism. We've got Kapunga elderly that are coming in for cancer and then everything in between the athletes that are training for triathlons that are trying to recover faster to be able to train harder.

And then in the run up to the triathlon building up. actually oxygenating their cells and trying to get that extra hit of dopamine oxygen loading before their…

For performance athletes, of which I'd consider you probably one, you know, it's long been known that blood doping or saving your own blood and then taking it back to a super normal hematocrit concentration works.

You carry more oxygen, you run easier longer farther but tell us about what you think the stem cell mechanism is or the relative hypoxia because my understanding perhaps i'm wrong you can correct me is that you give a lot of oxygen and then the cells have relative hypoxia then there's some kind of magic that happens can you explain that to me Yeah, exactly.

So I like to say that half of the benefits of hyperbaric oxygen therapy occur under pressure in the chamber and then the other half occur when you get out of the chamber and the pressure has been released.

You're absolutely right. You kind of trick the body into thinking it's going hypoxic.

Stem Cells and Hyperbaric Mechanisms

what's doing is, let's say, hour of hyperoxygenation, the body enters a state of hyperoxia, a lot of oxygen, and it's feeling great, and it's getting used to this new normal.

When you drop that oxygen back to safe levels, back to sea level, it perceived that as going hypoxic. And you're right, it's a relative hypoxia. And this triggers this cascade of mechanisms that is designed to Save you in an emergency, but because you're doing great, you're going to reap the benefits.

So one of those benefits is the mobilization of stem cells. And that has been proven to occur through even the most

recent paper, which was last summer in a soft chamber at 1.388 using room air, two to three time mobilization of stem cells after 10 sessions.

Wow. So just so people know, room air is what, like 28% oxygen? It's mostly nitrogen? 21. 21, okay. So then they're taking a mask in your chamber, in your oxy chamber, and then it's what, like four liters?

Like, what's the rate of oxygen that they're breathing? It depends on the person that's in the chamber, but anywhere from five to 10 liters. Okay. So significant.

Okay. Cool. Cool. And so now I know a lot of people have these. I just spoke to a gentleman who purchased his own hard shell. A lot of people go with the soft shell, which is of course much more affordable.

But I think it is a pretty common thing. A lot of people feel really good. I had a guy with psoriasis that it really responded well to that. So I guess it makes sense that the body likes oxygen and in certain conditions it could be quite beneficial.

So I have sort of a naturopathic background and your own personal lifestyle has eliminated meat. Tell us about that. What are the things that you eat?

Well, it's probably easier to explain what I don't eat. I don't eat anything that's a plant. or made from a plant. And that ranges from everything from alcohol, right, that's typically made from a plant, to sugar, which is derived from plants, to, of course, your healthy vegetables, spinach, tomatoes.

So you're just, when I went to your place, you have mainly beef and lamb. Right. And then, so we leak fish also? I have cans and cans and cans of sardines.

OK. For every as my emergency food supplies. OK. And I'll dig into them once they've expired. Right. To kind of cycle through stuff. But nutritionally, there's nothing that can compare with grass fed fatty beef.

True. So that's why I try to stick to fish is great. The problem is, especially here around Hawaii, is that the water is so polluted that the fish actually have, I think there was a recent study that said it was three times more polluted than the ocean is typically.

It's so remote there. Yeah, okay. Mercury. I know I have one patient who says a lot of exosomes and he had horrible mercury toxicity from always eating fish.

So it's mainly just the beef and lamb that you like. Wild pig. We have tons of wild pigs running around and You don't do poultry and do you feel the need to supplement any of your vitamins just because of the lack of diversity in that?

Or what's your feeling? So here's the thing. People are taking supplements because they're nutritionally deficient.

Carnivore Diet and Personal Nutrition

They're lacking nutrients because anytime you eat plants, they not only do not have a lot of nutrients that are even available to humans, they contain anti-nutrients that probably wob you even that little bit of nutrition you can get from a plant.

And how many years have you been doing this, Victor? Well, let's see, I pretty much officially cut out plants completely in the form of spirulina powder and chlorella powder and maca powder about three years ago.

Okay, so you're a carnivore. That's it. Yeah, just meat. And I've been doing honey up until maybe two years ago. Well, you feel good. You look good. You're short boarding five days a week.

That's great. I am short boarding. That was one of the things that I wanted to be able to keep doing. I felt myself slipping. And you know people always say you're just getting old and you tell yourself.

I'm just getting old I'm gonna have to switch to longboarding all the time now can't keep up with with all the young guns in the water and I can't even Surf the way I used to but I've I've really I've reversed all of that.

So now using show us the the guns your paddles power Give us a flex here Oh Wow, okay. All right, you're making some power there Yeah. So people don't know for shortboard, you have to be more athletic.

You have to generate more propulsion to catch the wave. A longboard has more buoyancy. So that's what we're you're still up there shredding it on the head high at North Shore.

Yeah. Cool. All right. We had a huge swell. Did you? Yeah. It was very, very happy with my performance in those conditions. Nice. Nice. Oh, gee. All right.

Well, tell us about the other modalities. I'm looking on your website. You have a fascial stretching, Reiki, Cairo coming in. Exosomes by me. I'll go to your clinic.

Red light, infrared, Nano V. Give us some highlights about what people have found useful in your biohacking. Well, I'd say right now the technology that's leading the path would be the hyperbaric oxygen chamber.

Our cryotherapy chamber is in second place. people seem to really know about cryotherapy was very heavily promoted. Although a lot of people are switching over to ice baths, which is definitely not the same.

It's similar, but not the same. Infrared sauna is also very, very popular. And again, people confuse infrared sauna with the traditional steam or dry saunas.

And then we have, of course, chiropractic adjustment. We age because our telomeres shorten and our stem cells deplete, but what if we could support both?

I've been taking TA65 for 17 years. It's the only supplement I trust to support better mood, better sleep, and exercise recovery. And at age 57, I don't have any gray hair, and I don't need breathing glasses.

TA65 is available now. Go to rechargebiomedical.com slash TA-65 and enter promo code RECHARGE10 to save 10% off. So these people with the ice bath, I don't know, that's very popular in biohacking circles, Wim Hof or whatever, but basically if you put the body into cold shock, then these heat shock, cold shock proteins, another hormesis thing, a little stress is a little good and it somehow triggers pathways to regenerate and whatnot.

A lot of people will do it every day. They do their cold plunge. So how would you know if cryo is right for you and how many minutes and how long and how cold?

Well, so cryo and ice plunge differ in that in a crowd therapy chamber, we're only cooling your skin. It's sort of like hyperbaric oxygen therapy with the relative hypoxia.

We're creating a relative hypothermia and we're dropping the skin temperature. by 20 to 30 degrees. And that tells the brain that you're in serious trouble.

And that's when you get all the repair and regeneration benefits like you're mentioning the cold shock proteins. But the core body temperature always remains stable.

So you're going to feel really cold when you're in the chamber. Three minutes maximum. And then you get out and you'll still be cold for a little bit, but you're going to warm up relatively quickly within a half an hour.

And you won't be all stiff and you won't be shivering. You'll warm up very fast. Less shocking than an ice bath, you're saying. Yeah, so what a lot of people do in an ice bath to almost achieve the same or similar skin temperature drop or what they perceive to be a skin temperature drop is they stay in the water too long.

And what that does is because water is such an effective conductor of thermal heat, you are putting your body into

hypothermia and you've just negated all the benefits that you could have had from that coldness measure.

So yeah, your core teladate drops too much, okay. Yeah, more than three minutes in ice water or cold water is all you're going to get as far as benefits.

You might as well just get out after that, even if you don't feel too cold, because after that you are stressing the bottom. That's what you want, is that creating more stress and These people that do this every day, they kind of become addicted because there are hormones like serotonin and of course endorphins, undying orphans that are released during this cold exposure and they become very in need of that feeling.

I like to be warm, which was one of the good things about living in Hawaii and LA. But 12 years on the East Coast taught me to be intermittently cold.

And then the structured water, Nano-V, give us that nutshell on that. Oh, that's kind of like the secret weapon here at Superhuman. It's built off of the science of the fourth phase of water, which Gerald Pollock is credited as discovering, although his work is built off of Gilbert Ling's research.

And the fourth phase of water is basically, well, it's the fourth phase of water. It is the water that's in our cells, for example, and what lines our blood vessels.

It's sits in between ice. and liquid. So cytoplasm is this jelly-like fluid that's in our cells and that is what this fourth phase water is. It's also called exclusion zone water.

It's a form of structured water or ordered water. People talk a lot about structured water.

Cryotherapy and Cold Exposure

All water has some kind of structure. This is exclusion zone water, and that's what the Nano-V helps your body to create. And this exclusion zone water is called exclusion zone water because the water molecules become so structured that they pack themselves tightly together in a very orderly fashion, and they squeeze out, they exclude everything that's not H2O and in doing so it becomes this jelly-like texture or fluid and that's what's in our cells and this exclusion of water is actually created through infrared energy so this byproduct of oxidative phosphorylation by our mitochondria or the metabolism of creating energy is creating this this type of water in our cells.

It lines our lymphatic vessels, it lines our blood vessels, but it's in our cells where this exclusion of the water is super important. It provides the energy to fold protein.

I mean, it all sounds a little esoteric to me. So let me see if I can restate what you've told me. You're saying that there's a fourth state of water that is structured and that by using infrared energy, you can maximize its ordered state and that has subsequent real benefits for the functioning of the intracellular water.

Exactly. To understand the way the Nano V works, you have to understand what this water does in the body. And so within the cell, it's this exclusions of water that creates the folding of proteins.

It's the last step in creating protein. Fascinating. OK. All right. Well, it's true that we're 70 percent water. So, you know, and I guess they have this.

Yeah. The Japanese guy who talked to water and said nice things and mean things and it had different results. I don't know. That's kind of weird. Yeah, that's, that's disputable.

And this gets into the realm of the woo that. So is there a crossover then with infrared from the skin and nano V infrared is that are they working on similar principles in your opinion?

Yes. So the Nano V creates this energy within the device and then uses water in the form of tiny droplets of water to transfer that energy into your body.

And it does this in a very effective fashion. For example, if you tried to drink exclusions of water, it would just be the surface. So you're not going to get very much.

You're just going to be able to sip the very surface and you'd have to regenerate it and then sip it again. What Ang3 has done is they vaporize water and they hit that water vapor with this energy and the surface of all of those water droplets, those tiny water droplets become energized.

and then you breathe that in, the water vapor, and it just, it's almost like a little bit of humidity as you're breathing. Those water droplets, when they make contact with your mucous membranes, discharges the energy into the water in your body, is conducted by the water in your body, all the way through into the cells.

I mean, it feels good when I did it, and I met the owner of the company, Rowena, and yeah. Great, I saw that video. I treated her wrists and she's like, I don't know what you did to my thumb and wrist, but it got better with Exosome.

So she's a man. Queen of Gates. Yeah. She does a good job with that. Okay. So tell us you're still at the office there. So you have your website is superhumanhealth.com in Honolulu and you offer a wide range of services.

Structured Water and NanoV

You have allied health professionals coming in too. So they can go there and find out what's on the menu. Yeah. Well, I'll be out there in a week or two, hopefully, treat a few folks.

Yes, I'm looking forward to it. Yeah. What kind of general tips can you give people? I mean, it looks like at 55, you're a walking testament to biohacking, to trying and seeing what works.

For people who just want good advice, what's the main tips that you can use? Is it attitude? Is it diet? Is it mindset? What do you think is going to help people live their best lives?

it's diet i tell everybody this plants are killing you and they're designed to kill you because they have the same biological reasons for being on this planet they want to reproduce and spread their genetic material they're not just sitting around waiting for you to pluck them and cut them and chew on them they're going to defend themselves and unfortunately they can't run they can't scream in a way that we can hear them they can scream but only other plants can hear them some of them have thorns I mean, I think people don't appreciate like the whole nightshade family, like tomatoes and all that.

I mean, it can be very reactive. I think people understand gluten and its interactions from the wheat products and rice sometimes. So that can really cause gut permeability.

So yeah, I mean, you can even do an LCAP test, which people don't really like, but it'll tell you which of the hundreds of food types you can react to.

But you're saying you feel it's just generally safer to have more of a meat-based diet. And I know people who are in extremely bad autoimmune health, immune dysregulation, and a lot of times they do end up doing a pure meat thing and it ends up being quite helpful.

Not always, but often. Well, I would say for the people that it doesn't help them immediately that they give it some more time because their body can be damaged way more than they might think it's been damaged.

For example, myself. So you covered gluten. Gluten is a lectin. Lectins are one of the poisons in nightshades. So it's this whole category of proteins called lectins.

Then there's oxalic acid. which you can buy online or at your Home Depot and it's used as a rust remover. And this is in all the other plants like spinach and beets and turmeric and sweet potatoes.

This creates calcium oxalates crystals in your body, in your entire body. Most people only realize they have these

crystals when they get kidney stones.

I am still detoxing my body of these calcium oxalate crystals. I mean, even just this past weekend, I had to do an intestinal flush because it had turned into like mud in my intestinal tract.

I have samples of oxalates that have come out in my urine and also in the form of calcified gallstones. I can show you on camera if you… It's okay. Yeah, I know what you're talking about.

They're gross. But yeah, so I mean, it's, you know, not not for everyone. A lot of people love their vegetables and a lot of people would, you know, take issue with that.

But it is only to prove that you can live and thrive on just meat alone. So that's interesting. Well, there's there are thousands of people that are like me and we're all thriving.

Have you heard of the opposite? The Lone Star tick thing? There's like a maybe possible bioweapon. where they dip this horrible allergic reaction to the stem carried by it.

That's terrible, huh? They can't eat meat at all. Yeah. Well, yeah, so I'm keeping an eye on that because I'm trying to figure out is it real and how to counteract that.

But it should tell you something if there's some kind of a biologically, genetically manipulated virus or whatever that is being released to stop people from eating meat.

Yeah, I mean, I had Zeon meat thing, and that kind of died. And now they have this tummy-in-cheek soylent green thing. And stem cell meat, you know, maybe is a thing.

But like, karmically, you know, people don't really want to see literally how the sausage is made. But, you know, one could argue that we are omnivores, maybe, you know, fructivorous hominids, maybe.

Yeah, but the movement to mount the goose. The GMO with the preservatives has not been great for people and the glyphosate and the pesticides has not been great.

So hopefully we can start to reverse some of that. Okay.

Lifestyle Advice and Closing Remarks

So you think diet's important? Eat what gives you energy and makes you thrive? And what about personal? It's not about feeling good. Yeah. Because if you're addicted to carbohydrates, you're going to get carbohydrates to feel good.

So it's about feeling good once you've stopped eating plants. And do you have like a spiritual practice? I know you spent time in China and overseas. Would you adhere to any kind of organized form of spirituality or?

Not currently. I know that there's definitely evil on this planet and if there's evil on this planet, there's got to be a source of good as well. So my life, I moved to Europe by myself, was homeless for at least a month and just lived like a Lebenskünstler, as they say in German.

Life artist. And that that was started off in Vienna, Austria. And then I wandered into France and lived in France for 10 years, five years in Austria and then wandered over into China and then now I'm back home.

And I feel like there is some kind of a higher power that's. helping guide my life. I fought so hard to do what I thought I was supposed to do, right?

So in my previous life, I was supposed to be a filmmaker. And here I am healing people, right? So when I look back at all my trials and tribulations of what I've learned about the world, Not just relating to health or spirituality, also

politically.

I feel like there's been a guiding hand in all of this. It's something that's also been keeping me safe despite all the stupid, stupid things I've done in my life.

What was the term for life artists again? Lebenskünstler. That was because I remember I said that about my eldest niece eight years ago, and they loved it.

They go, we're so worried she's not doing this. She doesn't have that. She won't get that. I said, listen, Katie is a life artist. Life is her canvas.

She's just living it. So they love that. Yeah. All right. So, um, great. Thank you, Victor, for treating us to your expertise and your unique nutritional vantage.

Uh, again, people can go to superhumanhealth.com and he's set up there in Honolulu. Maybe if you're visiting, you can drop in and, and partake. Uh, catching a wave though.

Yeah, yeah, no, I know your priorities. You just like my brother is getting in the water five days a week is the minimum. And he has a five wave minimum before he gets out.

So I get it. I get it. All right, Victor, thanks so much for doing this. And we'll see you in a couple of weeks in Hawaii. It's my pleasure. Who we hold, Dr.

Park. All right, brother. Thanks. Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.