

Preview Dominic D'Agostino presentation (San Diego 2017) 2

Dominic D'Agostino: I worked with the Office of Naval Research to develop ways to mitigate oxygen toxicity seizures. Of course if you dive within the exposure limits that will work, but it's not always feasible for a Navy SEAL when they're underwater to stay underwater when the enemy is right above them firing at the water.

So sometimes they have to stay down longer and go deeper than expected. So staying within dive limits that's the first thing they got to do. Antioxidants really provide minimal protection. Even powerful antioxidants that are more drug like do not really provide a whole lot of protection.

Antiepileptic drugs will prevent seizures to a certain degree, but they have to be used in very high doses. And if you know someone with epilepsy who uses antiepileptic drugs, they have a lot of side effects and some of these are very lasting side effects.

So I guess this goes back about 10 years ago... I discovered in the literature there was a number of studies showing that fasting animals for 24 to 36 hours gave them more protection and resilience against oxygen toxicity than any other anticonvulsant drug that was tested.