

Bellamar

Punta Mita Living



What's up on the Beach?

Life Guard Stations & New Beach Signs

For those of you currently at Bellamar, you may have seen the funny green structures being built on the beach. They are lifeguard stations. Last year in the greater Puerto Vallarta area there were a couple of drownings during the Easter holiday week. This year the government has decided to erect these lifeguard towers on all the popular beaches from Bucerias to Rincon. The lifeguards are currently in training and will be stationed on the beaches during the crazy Easter week.

You may also have noticed new beach signs prohibiting vehicles, smoking, trash and so forth. These signs were put up as part of the PROFEPA enforcement effort. A joint effort between PROFEPA and the Bahia de Banderas "Secretario de turismo" to ensure the signs were tourist friendly. Apparently Mexican culture respects signs like this. You certainly wouldn't know it when it comes to "no parking here" signs, but we can hope these are more effective!



Local Goings On Hyperbaric Chamber

The healing benefits of oxygen have long been understood. Major hospitals have pressurized oxygen chambers to treat various illnesses such as diabetes, bone necrosis, wound healing, alleviating discomfort in patients undergoing chemotherapy and radiotherapy, reducing bruises, post-surgical treatment, rehabilitation of acquired brain damage, ictus, sclerosis, fibromyalgia, spasticity, sports medicine and professional training.

Now, our own Punta Mita Hospital has a hyperbaric chamber available. At 1.45 atmospheres, and 80% oxygen level, it's a low risk way to heal. The high pressure chamber allows your red blood cells to carry a higher level of oxygen into your tissues, and stimulates growth hormone production and stem cell production. Appointments take an hour (45 minutes in the chamber) and are not expensive - they are running a special for \$4500 MXN for three appointments. How many appointments you need varies based on what you are trying to address. Dr Salazar who runs the clinic and monitors your progress would be happy to chat about what it could do for you. Take a good book as it's a great way to catch up on your reading list too.

WhatsApp the hospital at +52 322 173 1212 to book an appointment. <https://zenovacenter.com/index.html>



Reduce inflammation



Helps fight infections



Stimulates collagen
production



Boosts immune response



Speeds-up wound healing



Stimulates damaged tissue
regeneration



Improves motor and
sensitive deficit



Nurtures new blood vesse
formation



MYTHBUSTERS

Today's Myth: Bad things only happen to other people.

Our AED (Automatic External Defibrillator) is here along with the wall container for it. We will get figured out where to hang it that it will be readily accessible but still protected from the weather.

We will soon have a new owner who is a paramedic. He will be happy to show folks how the equipment should be used. We will get that organized - probably for next season when more people are here.



Funny story about getting the AED here from the US. Dave carried it down on a flight. Despite the fact that under FAA regulations it would have been legal to put it in checked baggage, the airline (Delta) insisted that it be carried on the flight. Then when Dave got to security the unit set off the bomb detectors! They ultimately rescanned the device and allowed Dave on board with it.