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Anesthesia & Hypoxia ©G.M. Woerlee, 2005–2019. Hypoxia has many different causes, but the bottom line is that metabolism in the cells of the body receive too little oxygen to function normally. The healing process is a dynamic circle that starts with injury and ends with recovery. This process becomes less efficient as we age (Gosain and Dipietro, 2004), and reciprocally, incomplete healing results in cell senescence and accelerated aging (Valentijn et al., 2018). Kelly Brogan, MD. Kelly Brogan, M.D. is a Manhattan-based holistic women's health psychiatrist, author of the New York Times bestselling book, A Mind of Your Own, and co-editor of the landmark textbook, Integrative Therapies for Depression. Academia.edu is a platform for academics to share research papers.