

Exercise with Oxygen Therapy (EWOT) or Multistep Oxygen Therapy



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EWOT (Exercise With Oxygen Therapy) or “Multistep Oxygen Therapy”

The basic principles of EWOT or more appropriately known as Oxygen Enhanced Exercise (O₂E₂) have been discovered and studied by German physicians (Dr Manfred Van Ardenne). This information has been known and practiced in Germany since the early 1950's. Dr. Von Ardenne was probably Otto Warberg's prize student. Warberg, received the 1931 Nobel Prize for proving that cancer can only grow in an oxygen-starved environment. Cancer is anaerobic. Manfred went on to do approximately 150 studies combining exercise with extra oxygen. He called it Oxygen Multistep Therapy. The practice of breathing high flow rate of 'oxygen enriched air' (90% and above) while exercising has been shown by the Germans to provide dramatic health benefits. The effects are documented to cause not only an increase the oxygen carrying capability of the red blood cells, but also the blood plasma, the fluid portion of the blood.

The blood plasma is not normally recognized for its oxygen carrying capabilities. This job is normally thought to be the sole responsibility of the red blood cells. However there are some cells in our body that rely on the oxygen that is suspended in this blood plasma for normal functioning. Due to a lack of proper breathing practices in 'Western' nations, lack of exercise, and other related factors the levels of oxygen in the blood plasma of most people is below normal. The cells surrounding the small capillaries (very small blood vessels that deliver oxygen and nutrients to tissues and organs) which normally rely on this supply of oxygen therefore become oxygen starved. One of the effects of this oxygen starvation is a malfunction of the processes that allow these cells to regulate their fluid balance. In short, the cells begin to absorb fluid. This excess of fluid causes them to swell, which in turn causes the internal diameter of the capillaries to become smaller. This smaller diameter results in less blood being delivered to the tissues and organs (much like squeezing a garden hose affects the amount of water coming out the end), which in turn results in less oxygen and nutrients being delivered to the tissues, organs, and other cells. The final result: age related wounds on the extremities, as well as neuropathies and other general health related issues.

The German research has indicated that breathing oxygen while exercising will not only increase the amount of oxygen carried by the red blood cells, but will also increase the oxygen carried by the blood plasma. The increase re-establishes oxygen delivery to the cells that surround the small capillaries, allows them to lose their excess fluid, which causes them to return to their normal size. The reduction in the swelling of these cells causes the interior diameter of the blood vessels to return to normal, re-establishing the normal oxygen and nutrient supply to tissues and organs.

What does this mean to someone who uses EWOT? What could it do for you? This is a direct quote from the German Researchers who showed that Exercise With Oxygen Therapy is “effective for various indications: renormalization of the O₂ loading of the blood in the lung functionally degenerated by old age or severe stress; early stage of cataract, glaucoma, loss of field of vision, impaired focus; angina pectoris, arrhythmias, prophylaxis and rehabilitation for heart disease; edema; peripheral circulation disorders, especially in the lower extremities; circulation disorders, dizziness of old age, senile diabetes; hypertension; general acceleration of any rehabilitation program; lasting increase in physical performance capacity; defense stimulation (immune system stimulation), especially after classical cancer treatments that use radiation and chemotherapy.”

In order to obtain these benefits the German research was very precise regarding the conditions under which the EWOT should be performed, that is, you will require: An oxygen source that produces high flow oxygen of minimum 8 – 10 Liters per minute, a purity of Oxygen at a purity of 90 – 95%, and you also require an EWOT Mask (nasal cannulas and sporty 'Aviator Headsets' will not work).

Not only is 10 Liters per minute required, but the person seeking to obtain the benefits of EWOT will also need to be wearing an EWOT Mask. This is an oxygen mask that has a bag attached to it. The bag catches the oxygen that would otherwise be lost when you are exhaling. Since this oxygen is caught by the bag, and not lost, you are able to breathe it in on the next inhalation. This is the only way that you will be able to breathe all of the oxygen that is made from the oxygen concentrator. A

standard oxygen mask, nasal cannula (nose hose), or an aviator style headset will simply not work because the oxygen produced by the oxygen concentrator is lost to the air when you are exhaling.

Our clinic provides, this and much more!!!!!!

We provide EWOT at **20 litre/minute** (double the research for a better effect!!!) from two new oxygen, high quality concentrators that is a duplicate of the equipment used in the original German research (to ensure you receive the benefits of the research and documentation from performed EWOT). The purchased equipment company have been providing EWOT equipment for over the past 15 years based on pure science and the high quality equipment and accessories you need, as emphasized by the original German researchers.

A specialized EWOT Mask to ensure you have access to all of the oxygen, not just some of it (most companies provide a standard oxygen mask, nasal cannula, or a 'headset' and these simply will not work.

Oxygen at a purity of 90 – 95% from equipment that is reliable (some companies provide oxygen at only 30% and this simply will not work).

Measurement of Pulse Rate and Oxygen Saturation pre, during and post session by an Oximeter

Optional supplementation 30 minutes prior to your session to support increase oxygen delivery, by a unique formula design from the research on EWOT

Multi-step therapy involves breathing high levels of oxygen while exercising. The higher oxygen level in the lungs creates a greater head of pressure to drive oxygen into the pulmonary capillaries. The exercise moves the circulation much faster, ensuring a greater oxygen carriage. Initially, the oxygen pressure in the veins rises, as more oxygen is getting through to the venous side, but it is this oxygen that allows the capillaries to repair the transfer mechanism. Once the mechanism is fixed, more oxygen can diffuse through the capillary wall to oxygen-thirsty tissues.

The effects of this treatment are far reaching for virtually every conceivable human condition. Not that this is a cure for anything, but by improving delivery of the most important substance for tissue life and repair, the body will have a much better opportunity to correct any problem. Emphysema, for example, can definitely be assisted, but ongoing sessions are necessary since the transfer mechanism is severely compromised by loss of tissue due to the emphysema. All circulatory disturbances can benefit, including high blood pressure. The development of cancer also may be inhibited. Otto Warburg won the Nobel Prize years ago for demonstrating that cancer functions in an oxygen-poor environment.

There are also reports of excellent results in eye problems; including cataracts (this is understandable, since the lens of the eye is known to be oxygen-deficient already). Other illnesses that benefit from multi-step therapy include: senility, arthroses (joint disturbances), liver and internal organ disturbances, infections, radiation exposure, late effects of strokes, poisonings and burns, and stress.

Several articles on the internet have documented the benefits of Oxygen Therapy and there will be more articles, written by educated and well informed researchers who can convey the facts and benefits.

Some benefits below include:

- Dramatically increase oxygenation of the tissues and cells

- Recover from stress related illnesses
- Prevent age related diseases such as cancer, macular degeneration, cataracts, diabetes, chronic fatigue, fibromyalgia, 'non healing' wounds (and so much more!)
 - Slow down (or Reverse!) the process of aging
- Increase the diameter of the blood vessels (capillaries) that provide oxygen and nutrients to tissues and cells
 - Recover from jet lag
 - Stimulate the Immune System
 - Lose weight
- raises the arterial pressure back to youthful levels. And what's just as important is the effect is long lasting!
- Do you have chronically low oxygen saturation of your blood? EWOT can reverse this!

Oxygen FACTS

Each stressful event in our life can drop our oxygen score drastically
 We are at best breathing 20% oxygen (depending on altitude and pollution level)
 Our oxygen level drops on average of 5 points per ten years.
 Between ages 30-40 our oxygen level drops the most (up to 10 points)
 The danger zone is an oxygen level of 60 or less
 You could live to 120 if properly supplied with oxygen and are in good health
 Our best oxygen score is 100 (normally found in young children)
 We can keep our oxygen level at 100 if we do EWOT regularly

Examples of oxygen killers

We can help to neutralize the results of these stress factors by simply breathing higher levels of O₂ during exercise. It's that simple.

smoking (each time you smoke you can drop 10 points)
 alcohol (one molecule of alcohol kills 3 molecules of oxygen)
 mental overstrain (death of a loved one, yelling at someone, etc.)
 physical overstrain (boxing, marathon running, heavy weight lifting, endurance cycling)
 lack of exercise
 total bed rest
 intoxications
 operations
 noise
 immunizations
 trauma
 infections
 extensive burns
 traveling (business & pleasure)
 drugs (of all types)
 cancer

Tip! Stop the morning hangover:

Breathe oxygen for 10 minutes before you go to bed and ten minutes when you wake up. Your blood alcohol level can drop by up to .01% (reducing a hangover greatly). Every molecule of alcohol kills 3 molecules of oxygen.

Exercising with Oxygen...

Increases the amount of oxygen in the blood plasma
 Increases strength during exercise which allows you to burn more calories in the same time frame (i.e., you can exercise harder than usual without fatigue)
 Can increase your pO₂ levels higher than that of a healthy 20 year old
 Can be done while riding a stationary bike, elliptical, or using a treadmill.
 Can provide a higher level of mental clarity
 Can provide an increase in energy» Increase energy, strength, and oxygen levels during exercise
 Burn up to 30% more calories & burn more fat!

Train at peak strength levels for accelerated conditioning
Anti-aging and immune boosting

Oxygen helps with the following conditions and/or recovery time:

FLU

Emphysema

Heart failure

Alzheimer s

Stress

High Blood Pressure

Chemotherapy

Individuals which are exposed to loud noise environments

Severe Physical Exercise (lifting weights, running, boxing, etc.)

MS

Infectious disease

Cancer

Skin Conditions

Eye Diseases

Cancer

Oxygen therapies have great potential in the treatment of cancer. As early as 1931 Dr. Otto Warburg won the Nobel Prize in his work of what causes cells to become cancerous. "Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of body cells by an anaerobic (lacking in oxygen) cell respiration." It is well known that cancer cells thrive under conditions of low oxygen and high acidity

Heart conditions.

The heart goes into spasm largely due to lack of oxygen. Deep breathing increases oxygen levels and reduces strain on the heart.

Oxygen myths

- A. Exercising "increases" the oxygen intake and therefore increases your body's oxygen content. Quite the opposite. The more strenuous the exercise, the more oxygen consumed than what you breath in.
- B. Oxygen is only for elderly or injured. If the elderly used O₂ during exercise in their younger years, they many not have to be on "medical grade oxygen" during their later years.
- C. Breathing higher levels of oxygen can hurt you. Not true unless you have very low pH levels (i.e., body is acidic). Your pH level should be 7.4 (or close to it). High levels of O₂ consumption can cause oxidative stress and make the acidic levels worse.
- D. Running high in the mountains is the best way to get "fresh air." Not true. The higher the altitude, the lower the O₂ purity. Strenuous activity at high altitude is a major oxygen killer.

A primary reason for aging is the failure of enzymatic systems that are responsible for your body's uptake and utilization of oxygen. When your cells don't get enough oxygen, they get weaker and weaker—and so do you.

Exercising while breathing supplemental oxygen may greatly increase the amount of oxygen in the blood plasma, i.e., the nearly colorless liquid carrying the red and white cells. This can be determined by testing the blood-oxygen levels in the arteries or veins. Quite often after 15 minutes of exercising with oxygen, there is a dramatic "pinking" of an exerciser's skin. If this can be seen by simple observation, then it follows that the tiny capillaries, the blood vessels tinier than a strand of hair, are carrying extra oxygen not only to the skin's surface, but to all the cells in the body. Energy, vision and mental clarity may improve immediately. Streaming, energy currents, buzzing, tingling, and breeze-like sensations may be felt in different areas of the body.

Many contemporary scientists say you can't increase the oxygen in your blood by breathing extra oxygen. I disagree. What they most likely mean is that you can't increase the oxygen in your red blood cells, which are responsible for transporting oxygen to the tissues. The reason many say the amount of oxygen in the red blood cells cannot be increased is because, under most circumstances, they are already 97.3% saturated with oxygen. So they say a three-percent increase will make little difference, and the red blood cells won't accept the extra oxygen anyway.

William Campbell Douglas, MD in his landmark [*Stop Aging or Slow the Process: How Exercise with Oxygen Therapy \(EWOT\) Can Help*](#) has clarified this. While the red blood cell info is true, the role of oxygen in the plasma needs to be considered. Many (but not all) people can, by taking lots of slow deep breaths, cause the oxygen content of the plasma itself to be significantly increased, and thus oxygen will be "pushed" into the body's cells without the aid of the red blood cells. Dr. Douglas shows that it is based on the "Law of Mass Action," which states that if you build up the concentration of a certain component in a chemical mixture high enough, chemical combining will take place with other elements in the mixture, which under normal circumstances wouldn't happen. In this way, the normal "shunting," or oxygen's bypassing cellular uptake, is partly reduced and the cells get extra O₂ anyway.

Transformational breathwork (where one lies down and gently increases their breathing rate for a period of time) works a great deal in this manner, and this partly explains why so many "healings" occur by just doing more good breathing in a safe and supportive environment.

Most of the oxygen in the plasma under these high-saturation circumstances will be shunted/bypassed and "wasted" in that it will not be absorbed by the cells, which normally expect to be "fed" oxygen by the red blood cells. But if only one-tenth of one percent of this oxygen gets through, and you offer your cells this extra O₂ dose every day, there will be an extensive increase in your total tissue-oxygen levels. My goal is to keep the oxygen level of my blood as close to optimum (100% on the pulse oxymeter scale) for as long as possible—and ideally, for life. Majid Ali, MD in his [*Oxygen and Aging*](#) is one of the best information source on all this. He is a pathologist (blood specialist) and has performed over 20,000 tests using the High Resolution Bradford microscope. The Bradford (dark field) magnifies 12,000 times while conventional microscopes magnify 400 times. At 12,000 X You can learn a lot about blood that most others do not know about.

USING MORE OXYGEN TO GET MORE OXYGEN = A net loss.

You can run, swim or walk for miles and not increase the oxygen content of your blood. You may even decrease your blood oxygen as the body burns oxygen to cover the degree of increased muscular activity.

You may also be producing insufficient blood-CO₂ levels that will compromise O₂ transfer into the blood cells and the mitochondria. Thus, you will not develop "oxygen-rich blood" if you have this form of hidden hyperventilation, also called "overbreathing."

OXYGEN KILLERS

The most punishing oxygen users for the body are major operations, heart weakness, poor posture, tension in neck and around shoulders, acute and repetitive trauma, too much exercise, chronic inflammation, poor digestion, poor diet, negative attitude, fungal, viral or bacterial infection, toxic stress, chronic sinusitis, food allergies, sleep apnea, snoring issues, shallow breathers, asthma,

emphysema, heart attack, stroke, lack of exercise, dehydration, cancer, chemotherapy, acidic body pH, weak kidney's, high stress levels (especially when accumulated over time), Operations have an instant draining effect on the CO₂. Within 24 hours, CO₂ drops below the danger zone and, it can take 50 days or more to make a reasonable recovery. I suggest that (when practical) surgeons put their patients on EWOT before and after surgery, but make sure they test for correlations of [UDB](#) and/or [overbreathing](#) FIRST.

CANCER [loves a low-oxygen environment](#) and so, although chemotherapy and radiation may be killing some cancer cells, they are probably encouraging the growth of more cancer, because these interventions rob the tissues of oxygen. Either the cancer starts growing again or a new type of cancer can start. Perhaps that's why with childhood leukemia, while the leukemia appears to have gone away after chemotherapy, often a new cancer, such as lymphoma, can develop and kill the child.

Because of the known fact that cancer cannot live in a high-oxygen environment, I am convinced that EWOT is one of the better adjunct-therapy choices for most cancers (but not ALL cancers due to lymphatic density and colonic intestinal accumulations/debris, where cancer hides outside of the primary blood system). See also www.breathing.com/articles/cancer.htm.

Utilized 60 years ago. Oxygen Enhanced Exercise used for top secret military rescue mission training in 1952. Bradley Himes, age 79 and retired military is an O₂E₂ fan and was an 82nd airborne parachutist in Korea in 1952. He was being trained for a special rescue mission team behind enemy lines. One of our leaders had been captured and had extremely sensitive information that could have done a great deal of harm to our side if they got it out of him. They HAD to get him out and within a certain short time limit.

Paratroopers had to be in excellent shape then (and now) to withstand the rigors of falling out of the sky to who knows what but this mission was so important the general called for an extra 20 days of super intense training.

Bradley tells us that they used supplemental oxygen to breathe while riding stationary bicycles and got pushed way, way, way beyond where they had ever been pushed before. No pills, nothing but oxygen enhanced exercise and rest. Bradley says "it was incredible. I was already in fantastic combat shape but after this training I was in the best shape ever by a very wide margin.

Dr. Rowen of *Second Opinion* explains "Oxygen is extracted in the capillaries and when the blood comes out the venous end of the capillary, the average pressure of oxygen in the veins is about 40 mm early in life and drops way down by age 70. The difference in the pressure of oxygen between the arterial and venous sides reflects how well the oxygen is delivered and consumed.

In your teens twenties and thirties, the amount of oxygen released to the cells is significantly higher than in your seventies. The problem is that when you age, the oxygen pressure falls. Thus, while the volume of oxygen may stay the same and it may appear you are getting enough, you may be oxygen deficient because there isn't enough pressure to make use of the volume of oxygen.

The breakthrough of the oxygen machine usage, due to exercise it raises the arterial pressure to youthful levels; breathing high levels of oxygen while exercising. Exercise increases the circulation, creating a greater pressure to drive oxygen into the capillaries. The increase in pressure facilitates the repair of the transfer mechanism. EWOT is effective for every conceivable condition because it improves the delivery of the most essential substance in tissue life and repair."

No FDA or TGA approvals have been granted yet, but we have seen that oxygen enhanced exercise or rest can either be utilized for wellness, to enhance your exercise or longevity program. Added beauty is that for many the extra oxygen works well even without exercise hence the "rest" factor and enhanced recovery potential.

This information above has not been evaluated or approved by the FDA or TGA and they *would like us to inform you that we can make no specific health claims or benefits regarding the use of EWOT for any disease or health challenge. EWOT is not accepted as a standard health practice in Canada, USA or Australia.* Results may vary. This information is not meant to imply any health benefits, to encourage any person to breathe oxygen, nor is intended to diagnose or cure any disease. Always speak to a qualified medical doctor before attempting any activity that may affect your health



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