

EWOT INFO

There are four basic keys to EWOT Exercise With Oxygen Therapy:

1. High volume of O₂
2. Efficient delivery of O₂
3. Increased Heart rate: at least 110 BPM to maximize performance but can be worked up to for people who are weak.
4. Supplemental aids for O₂ absorption

High Volume O₂

You must have a "reservoir" to fill before beginning exercise to achieve this. You want to fill it with about 600-700 liters of O₂. With a 12 LPM O₂ concentrator, it takes 54 mins to fill the reservoir with 650 liters of O₂. A small concentrator, 5 LPM would take about double the time but they are much cheaper. The concentrator should produce quality O₂ (90%--95%)

This is the system in our office. The O₂ bag is hanging on the wall behind the



treadmill. The 12LPM O₂ Concentrator, mask and hose system are shown as well.

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Efficient Delivery System

You need a large hose coming from the bag (reservoir) to the breathing mask to deliver the large volume needed to breath easily while exercising.

***Longevity** is a Canadian company that is *thee* place to get **ozone** equipment; however, they **ARE NOT** who I recommend for EWOT info and EWOT systems. Their hosing and masks are **inadequate** if you are looking for the maximum benefits. I found out by getting their system. They have great O2 concentrators but they do not have the bag, large tubing and quality mask system for this type of EWOT.



In the picture above, you see the Longevity mask on the left. It is a thin, clear plastic mask with white elastic, shoe string like straps to hold the mask in place. Notice the small 1/4" tube supplying the O2. You cannot get enough O2 when exercising hard with such a small supply tube

On the right side you see a green elastic mask holder. This secures a clear plastic mask in place during heavy exercising. This system is much, much more adequate and comfortable. Also, notice the difference in the hose size coming to the green mask. It is about 1 full inch. Also notice the mask has a wide, air filled border that forms to your face and is held tightly in place by the green elastic support system. The mask on the left leaks when you exhale and blows the air into your eyes. Very annoying!

Increased Heart Rate

Studies show that you need to raise the heart rate up to 110 BPM to get the extra pressure in the vascular system to drive the O2 into the blood cells, plasma, other fluids and tissues. "O2 ignorant" MDs have told patients that their blood O2 levels are fine and yet the person's condition prove they are O2 deficient. The

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problem is that the O2 is not getting out of the blood cells and into the O2 deficient areas.

O2 "toxicity" is also misunderstood. Exercising not only increases the heart rate but also increases CO2 levels which allow the extra O2 to be safely utilized. Thus, exercise, increased pressure and CO2 levels along with high O2 concentration combine to give an incredible result for just about every area of health.

Is EWOT that good? Many people pay a lot of money (\$200-\$350 per session) for Hyperbaric treatments in order to achieve a better O2 supply. Proper EWOT systems will deliver over 20 times the O2 to the body!

A prominent Ophthalmologist once used hyperbaric chambers as a part of his protocol to reverse Macular Degeneration. He sold his chambers and went to "Super" EWOT because of it's vast superiority.

You may use a rebounder, treadmill, stationary bike or vibration machine to help elevate the heart rate.

Supplemental Aids to O2 Absorption

There are prescriptions that a doctor can give you to increase the body's up-take of O2 but, for the average person, great results can be obtained with other products. Dr Rowen, MD mentions taking 30 mg of thiamine (B1) and 100 mg of magnesium 30-90 min before EWOT. Another doctor I know prefers magnesium oil topically. He also uses 1 and 1/4 teaspoons of sodium bicarbonate (baking soda) in a glass of water 15 minutes before an EWOT session.

One of the doctors we work with says he may have a source for quality, rebuilt O2 concentrators. They would be 5 LPM in output. The other quality pieces needed (bag, tubing, mask and mask support) may be purchased from www.ewot-usa.com (don't leave out the hyphen between ewot and usa)

We will keep you posted on our results and the possible source for low cost, high quality concentrators. As always, we are not licensed medical practitioners so we only pass this on for you to research and consider on your own.

*Note: In fairness to **Longevity**, they are following the work of a pioneer in this field Dr. von Ardenne. The studies he did had documented results using 8-10 LPM but, it was 36 hours of exercise over an 18 day period. That's 2 hours of exercise a day. Using the reservoir system, you are getting about 6 times the O2 in just 15 minutes of daily exercise!

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