

Health Benefits from Exercise With Oxygen

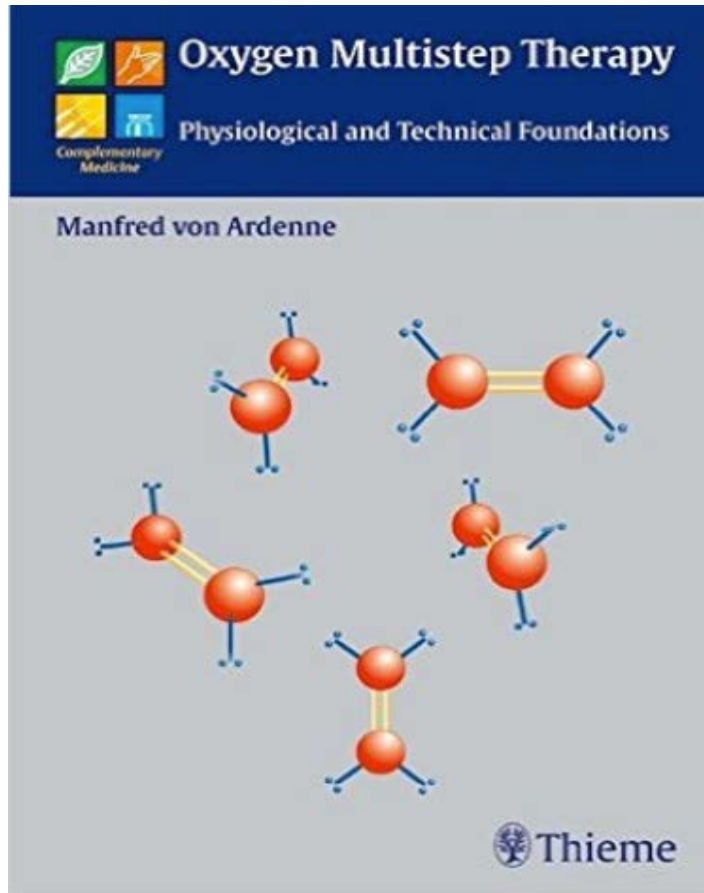
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What is Live O₂ Training

- ◆ 15 minute exercise while breathing either high concentration O₂ or alternating concentrations O₂
- ◆ “Exercise With Oxygen Therapy” or originally “Oxygen Multistep Therapy” are precursors to the advanced “Live O₂ Adaptive Contrast Training”

What is the research behind LiveO2 Training



Dr. Manfred Von Ardenne

Key point from Von Ardenne's research

- ❖ Lack of Oxygen leads to swelling of the cells that form the lining of the blood vessels. This causes a reduction of blood flow which can lead to total occlusion beyond the point of no return. = ***downward spiral feed back loop***
- ❖ Sufficient high O₂ levels are able to **reverse** the swelling, open up the blood vessels and enhance blood flow = **upward spiral effect**

The main issue

- An initial un-opposed low O₂ event can become a reinforced pattern within the circulatory system that over time can lead to **deterioration of the whole body health status** ending in progressive disease
- This process can be **reversible** with proper O₂ Therapy inside a window of time.

Development of Advanced O2 Therapies -1-

- ◆ The initial adaptation to Dr. Von Ardenne's clinic based protocol was the invention of a large **600 liter O2 reservoir**.
- ◆ Use of only O2 rich air has a good but limited effect for ultimate performance in athletes.
- ◆ Because of the high saturation of O2, the heart doesn't get the incentive to increase to the maximum rate needed for maximum benefit.

Development of Advanced O₂ Therapies -2-

- High altitude training enables the body to adapt to low O₂ levels which improves O₂ transport and utilization efficiency.
- Altitude Contrast Training is used to switch High O₂ air to high altitude air = Low O₂.
- This allows people with different exercise capabilities to experience an **increase in respiratory challenge** that creates benefits beyond what was previously seen with rich O₂ - only exercise.

Development of Advanced O2 Therapies -3-

- Live O2 Adaptive Contrast Therapy provides the ability for rapid transitions from **rich** O2 to **poor** O2 by means of use of an O2 reservoir bag with 2 compartments :

High O2 (large compartment) and
Low O2 (small compartment).

- The bag compartments are filled with a **modified O2 generator**.

Adaptive Contrast System



Live O2 in action



What is the goal of Live O2 Training

- ◆ Ultimate goal is to **restore** and **maximize Oxygen Delivery** and **Oxygen Use**.
- ◆ Resulting in **lasting changes** at capillary blood vessels and at cellular level
- ◆ Leads to **Hyper Oxygenation** of the tissues

Why all these benefits from
O₂ enhancement?

Healthy Oxygen levels

= Healthy BioEnergy levels

= Optimal Function

What is Bio Energy Needed for

- ◆ Intake of nutrients and **Expulsion of Toxins and Waste**
- ◆ Production of specialized substances such as hormones
- ◆ Communication through gateway control
- ◆ Production of information for replication

And much more...

Impaired Bio Energy Production

- ◆ Any reduction in Energy Production will negatively affect cell function.
- ◆ A common result from impaired cell function is **Inflammation**, which seems to be the common pathway to many modern day **degenerative diseases** .
- ◆ **Inflammation** is the hallmark of most Neurodegenerative Diseases

What happens in the cells

- ◆ With the Live O2 Training we enable the cells to produce the **highest amount of energy possible**
- ◆ This allows the cells to dump toxins, take in the nutrients and start functioning as they should again

Live O2 Training In Plain English

- 💧 We will flood all the nooks and crannies of your vascular system with O2, which causes the cells to get the energy to dump their garbage which includes toxins and excess fluid.
- 💧 This leads to immediate **inflammation reduction** and **optimal cell function** which causes your metabolism to get a boost which is why you can get really hot during the session.

Benefits from Live O2 Training

- ◆ Athletic Performance Enhancement
- ◆ Health Improvements:
 - ◆ Enhances Detoxification
 - ◆ Reduces Inflammation and Pain
 - ◆ Boosts the Immune system
 - ◆ Improves Brain Function
 - ◆ Restores Cardiac Function
 - ◆ Enhances Integrative Combination Therapy

Benefit: Athletic Performance Enhancement

- ◆ Improved Oxygen use efficiency
 - ◆ Significant improvement in VO₂max
 - ◆ Reduces overtraining Fatigue
 - ◆ Legal natural performance enhancement
 - ◆ Ability to push through harder exercise
- without lactic acid build up** = no “pay back”

Gain without Pain

Health Benefit: Detoxification

- Flushes metabolic waste and toxins out of tissues
- Detoxification via perspiration
- Detoxification through exhaled air with noxious gas smell noted
- Safe and tolerable detox without Herxheimer for Lyme's patients
- Enhanced effect in combination with other detox modalities

Health Benefit: Immune support

- ◆ Von Ardenne reported 17% up-regulation in lymphocytes and measurable increases in motility
- ◆ After suspected exposure to infectious agents - after any airline travel
- ◆ At early sign of infectious condition
- ◆ As part of a multi modality cancer supportive therapy

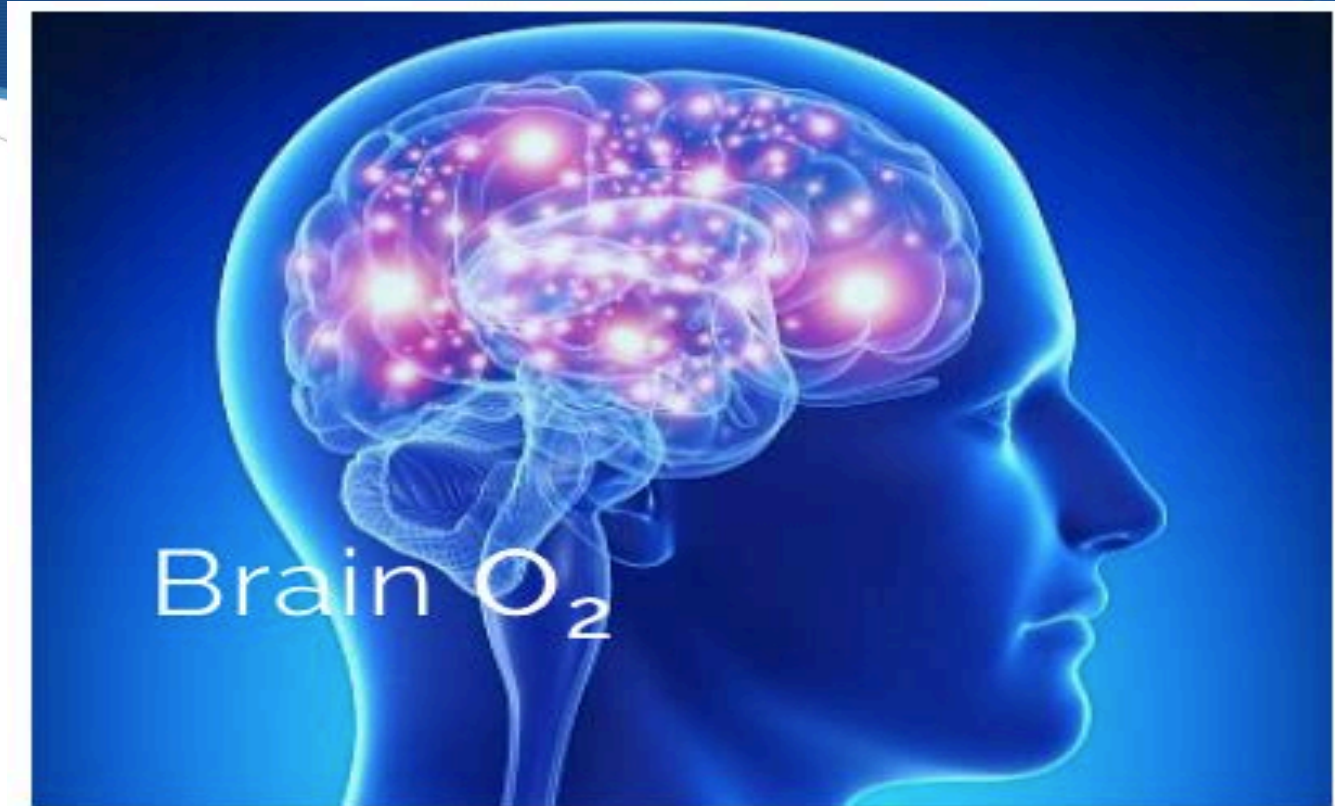
Health benefit : Inflammation Reduction

- 💧 Reduction of chronic joint discomfort and swelling
- 💧 After acute injury
- 💧 After overuse of vocal cords
- 💧 Enhanced effect with combination of other anti-inflammatory modalities (IV Glutathione)

Health Benefit: Brain Function Improvement

- ◆ Significant improvement in cognitive function, executive function, and motor control
- ◆ Utilizes hypoxic vascular reflexes to increase blood flow to the brain
- ◆ Promising tool for treatment for Traumatic Brain Injury and Post stroke patients

Supercharge Your Brain



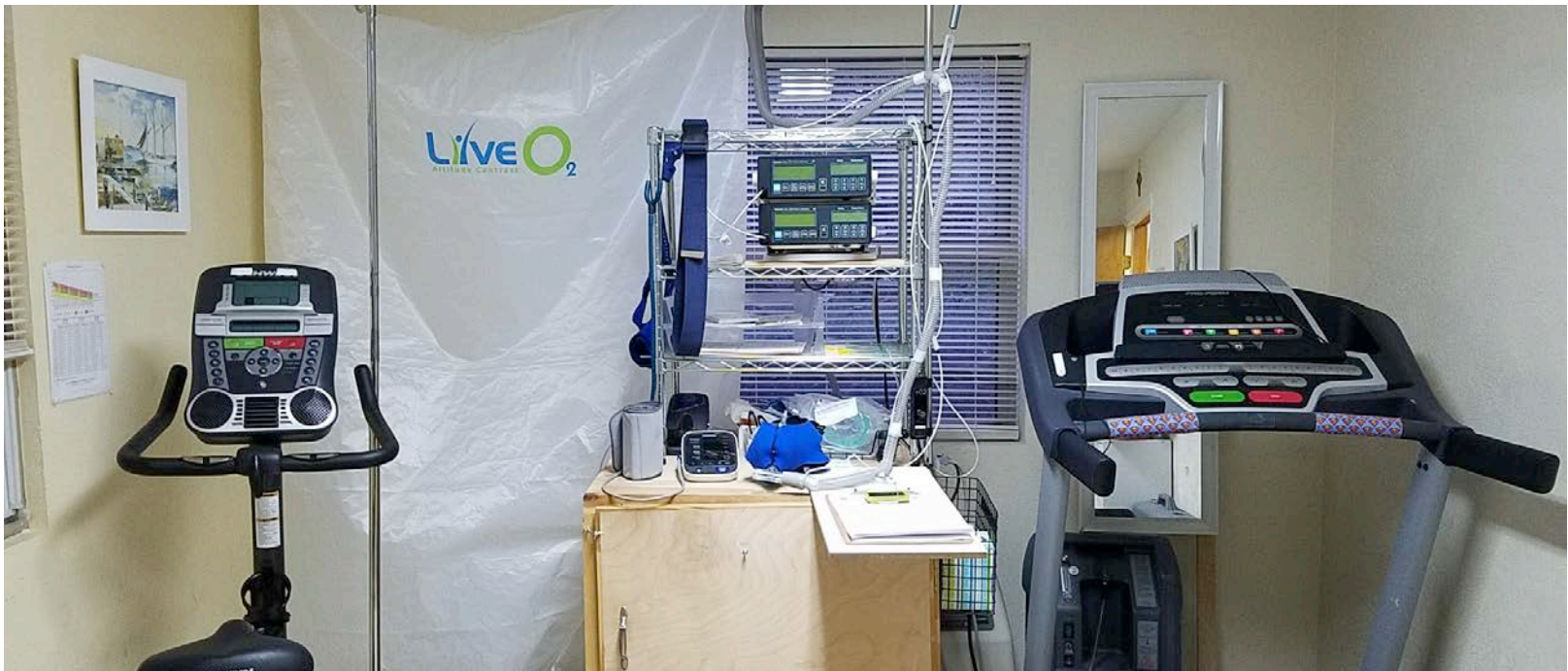
With the BrainO₂ Protocol you can theoretically get up to 24x normal O₂ levels

Health benefit: Restores Cardiac Function

- ▶ Enables **save** and **fast** improvement of exercise tolerance for the cardiac patient because of “unlimited” supply of O₂
- ▶ Used with EECP (Enhanced External Counter Pulsation) : significantly improves the circulation of the heart muscle by a form of passive exercise through inflation and deflation of compression cuffs on the thighs and calves guided by specific timing prompts from your EKG
- ▶ Live O₂ with EECP =

Integrative Powerhouse Cardiac Rehab

Combination therapy



9X9 room

Combining Live O2 -1-

- ◆ Combining Live O2 training with IV therapies helps to increase the detox effect, because of **deeper tissue penetration** of medication during the Live O2 sessions.
- ◆ We use EECPP (Enhanced External Counter Pulsation) in sequence with Live O2 Training, providing an excellent alternative to conventional Cardiac Rehab.

Combining Live O2 -2-

- ◆ We combine Live O2 with **Dynamic Motion Therapy** which treats osteoporosis and leg circulation problems and also enhances the detox effect.
- ◆ We use **Far Infra Red Sauna** immediately following the Live O2 sessions to help remove the 'stirred up' toxins from the body.
- ◆ Coffee enemas which help to increase **Glutathione** production, or nebulized Glutathione are recommended to patients for home therapy **prior to** Live O2 sessions.

Combining Live O2 -3-

- Combination therapy leads to rapid inflammation and pain reduction and enables us to address underlying psycho/emotional problems early on.
- Patients usually need the energy and clarity of mind to be ready to face these underlying issues.
- Counseling sessions by day 4 or 5 become a **MUST** because of the quick release of toxins and “toxic emotions” from the “issues in the tissues”

Game Changer

- ◆ Exercise with Oxygen enables the very sick and sedentary to **start exercising** without exhaustion and increase in pain, which allows for the possibility to finally **start a substantial healing process**

Conclusion

Live O2 helps to reduce cellular dysfunction and inflammation, resulting in lasting overall Health Improvement

Live O2 training enhances the effect of multiple Integrative Modalities