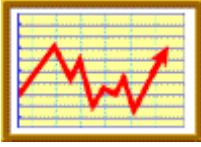


Healthy Choices Herald

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EWOT: Exercise With Oxygen Therapy

Dr. Bruce West

*“Oxygen starts and ends life. It breathes life into all human cells. It is the **most critical of all substances in healing**. It keeps your blood clean, detoxifying your body. It acts as a potent hormone, medicine, and blood controller. It is the master over your immune system, lungs, colon, brain, muscles, bowels, and all other human functions that are basic and essential. Immune cells love oxygen, and cancer cells hate oxygen. And most Americans are **starved for oxygen**, due mainly to polluted air, poor food, and a sedentary lifestyle. Throw in dozens of anti-oxygenating medical therapies, such as statin (cholesterol-lowering) drugs, that interfere with cellular metabolism, and you have a recipe for tens of millions of oxygen-starved, degenerative disease sufferers in this country alone.”* Health Alert, Volume 26, No. 8

Exercise with Oxygen Therapy (EWOT) is the ultimate anti-aging therapy. We have researched it sufficiently to now recommend it. EWOT is performing light exercise, usually on a recumbent bike or some other aerobic exercise equipment, while breathing oxygen (O₂) from an oxygen-generating machine. The O₂ is fed into your nose through a cannula (two tiny plastic tubes). You generally use EWOT for 30 minutes, 3-5 days a week. The goal is to increase your plasma oxygen levels to those of a younger person.

Most people over age 60 are starved for O₂. The following are prime **oxygen killers**: shallow breathing, alcohol, smoking, mental strain, chronic stress, total bed rest, surgery, prescription drugs of all types, cancer, immunizations, trauma, infections, burns, jet lag, and more. And low O₂ leads to heart disease; degenerative diseases; exhaustion; memory loss; weakness; and stealth diseases such as lupus, rheumatoid arthritis, chronic fatigue, multiple sclerosis, chemical sensitivity, fibromyalgia, chronic infections, and cancer.

But perhaps most important, low O₂ leads to **premature aging**, that is, feeling old before your time. After all, everything begins with oxygen and ends without it. This most overlooked, simple, effective, safe, unpatentable, and inexpensive therapy in the world has definitely helped me. And it could also help you. I use it 4-5 times per week and can feel the difference. And if I can feel the

difference, most people who are already aging prematurely should really feel the difference. Here is what we now know.

Lung power and oxygen are keys to good health and longevity. And by the time you reach age 50, you have lost **40%** of your lung capacity. Your lung capacity and O₂ levels are the **top predictors of longevity**. By increasing lung capacity and oxygen levels, you are, by definition, helping yourself to live longer and healthier.

EWOT can help you do just that. And when you do, you will feel better and younger, with increased energy and mental acuity. EWOT can also help you lose weight (you burn more calories with higher O₂ levels), can often stop headaches, and is beneficial to heart disease sufferers (heart pains are primarily due to lack of oxygen). EWOT can also help you fight the stealth diseases mentioned earlier. And thanks to the work of Otto Warburg-arguably the world's greatest cancer researcher, cell biologist, and Nobel Prize winner-we know that it is **anti-cancer**.¹ Warburg clearly states that low oxygen at the cellular level is the prime cause of cancer.²

Low lung capacity and O₂ levels increase your odds of having **a stroke** by a third. They increase your risk of **heart disease** and your risk of a **fatal stroke** by 200%. EWOT is such a good therapy because it can boost your lung capacity and O₂ levels-reducing your stroke and heart attack odds.

EWOT Now User Friendly

There have been oxygen bars, hyperbaric oxygen chambers, and all kinds of super-expensive **oxygen-generating machines** available. A simple Internet search shows that the machines for home use cost from \$800 to \$10,000. But I have found an effective, plug-in oxygen machine for \$475! It is a Respironics Millennium 600. These are completely refurbished and guaranteed machines that you cannot tell from new. This is the machine that I use. And when you combine the \$475 price with a recumbent bike for less than \$200, you have a new paradigm in anti-aging medicine that just about everyone can afford.

So who can benefit from EWOT? Anyone! But especially those who are chronically tired and need energy; are gaining prematurely; want to stay out of a nursing home, regain their strength, and become more independent; have heart problems, chronic headaches, flu, emphysema, heart failure, chronic stress, high blood pressure, infectious disease, skin conditions, eye and vision problems, any of the stealth diseases listed in this article; and finally, anyone who wants to stay and feel young-that is, everyone!

If you are interested in EWOT for yourself, you can get an inexpensive recumbent bike online. And I have arranged for you to get an excellent, plug-in, oxygen-producing unit for just \$475 (shipping and handling included). To place your order, you can call Mike White at Optimal Breathing (866-694-6425) and

tell him you are a *Health Alert* reader to get the best price. Orders are best placed online, where you will get the same price and more information, at www.oxygen-therapy.biz.

I will be using EWOT for the rest of my life. It is easy, convenient, and effective. And when I combine it with my own nutritional protocol, it becomes even more powerful.

NOTES

^{1,2}Cancer: The good news," *Health Alert*, Vol 24, No. 11. (Free flyer available with a SASE and two stamps.)

Power Food Habits*

VI. Food Condiments

1. Salt

Avoid commercial salt (which is highly heated and toxic). Instead, use natural sea salt called Premier Pink Sea Salt as your daily seasoning. Use it in place of regular salt. Also avoid low-sodium salt and potassium salts.

Salt is necessary for proper fluid balance in the body. In fact, salt is essential for life. But we are referring to “good salt” – salt which has been unheated and retains its natural tract minerals. Premier Pink Sea Salt is raw (no destructive high temperature drying) and is rich in trace minerals. Regular commercial salt, such as from your local supermarket, has been refined to eliminated its trace minerals. In addition, this salt has been heated to extremely high temperatures, typically over 2,000 °F, to help it pour more easily and to eliminate the natural moisture content typically found in salt. Research shows that this type of highly heated salt is harmful to the human body. It has been associated with high blood pressure, arteriosclerosis, kidney stress and many other ailments.

Natural sea salt is not associated with high blood pressure or any disease. In fact, it is very healing to your kidneys. Salt is necessary to help your body produce adequate amounts of stomach acid so that you can properly digest your food. Natural salt is needed to help your body maintain a normal fluid balance and to keep or return you to our proper weight. Use natural salt as delicious part of the seasoning for your food every day.



2. Spices

Use fresh spices often in cooking or seasoning dishes for your food everyday.

We offer many grade 10, culinary herbs including turmeric, cinnamon, coriander, etc. Beware of the word, “spices,” when listed in the ingredients on a label: it is a legal name for MSG (monosodium glutamate), a known neurotoxin.

Courtesy of Healthline – www.Healthline.cc

Food For Thought...