

Hartwell Chiropractic and Wellness Center (503-266-2997)

EWOT (EXERCISE WITH OXYGEN THERAPY)

The three basic nutrients without which our planet could not exist as home for living things are **light, water, and oxygen**. Everyone knows that walking in fresh air does you good. It promotes the capacity of thinking and improves efficiency. A deep breath raises our energy levels within a short time. Even *after* physical exercises we feel more alive and fresh although a lot of energy has been used up.

One major reason for aging is the failure of enzymatic systems that are responsible for our bodies' uptake and utilization of oxygen. When our cells don't get enough oxygen, they degenerate and die. Lack of mobility, infection, and toxins make our oxygen status worse and this worsening produces illness. This degeneration is connected with a notable reduction in physical and mental powers, especially in old age. Human beings can take a lot of punishment, mentally and physically, so frequent drops in our ability to utilize oxygen efficiently are not going to kill anyone immediately. **But each level of oxygen deprivation takes its toll, and if a few cells die here and there due to constant external (or internal) stress, it begins to add up. The end result is premature aging.** So if a simple system can be used that consistently provides the body with additional oxygen, these stress factors can be, to a certain extent, neutralized. With EWOT that system is available. EWOT stands for Exercise with Oxygen Therapy. This method of prolonging your life is so simple that it's hard to believe it could work, but it does.

EWOT was invented by Manfred Von Ardenne, (1907-1997) physicist, researcher and inventor, state award winner of the USSR, national award winner of the GDR. He pioneered the development of the Television broadband amplifier and electron ray tube. Later in life, he turned to medicine, and developed two classic EWOT techniques. Von Ardenne found that stress of any type can cause a decrease in the ability to absorb oxygen into the blood, which can result in decreased oxygen to the tissues. EWOT can reverse this by increasing the amount of oxygen in the blood, plasma, and tissues. This then has several beneficial effects. **It has been used to successfully treat many conditions such as: Heart failure, Cardiomegaly, High blood pressure, Cancer, Emphysema, and stress.** Exercising while breathing concentrated oxygen dramatically increases the amount of oxygen in the blood plasma (the portion of the blood outside the red and white cells). The law of Mass Action causes this oxygen to be pushed into the body's cells. After even 15 minutes of EWOT, there is a dramatic "pinking up" of the patient's skin. This is the external evidence that capillaries throughout the whole body are carrying extra oxygen to all the cells of the body. So every organ gets bathed in these extra amounts of life-sustaining oxygen.

EWOT can be used therapeutically via multiple sessions over a short period of time for acute therapy, or employed periodically over a longer period to treat chronic stress, injury or illness. After EWOT you'll find yourself invigorated, renewed and clear-minded.