

Getting Started EWOT Guide- everything you need to know to begin EWOT!

These statements have not been evaluated by the Food and Drug Administration. This information and product references are not intended to diagnose, treat, cure, or prevent any disease. Seek the advice of your doctor before doing any exercise and taking any supplements.

If you're confused, overwhelmed, or just need a little nudge, read this short article and you'll be armed with everything you need to do effective EWOT. We even help you pick the right equipment for your needs. Just read then breathe. :)

It's EWOT TIME! Get oxygenated, energized, and vitalized! It's never too late- no matter your age.

This page will help you pick the best equipment for your needs as well as suggest supplements to increase oxygen uptake.

STEP 1

What's your pace?

Are you going to work out at a slow pace, medium, or fast? For example, sitting in a chair with a small ergometer (pedals connected to a small machine that acts like a bike) is considered slow. If you are going to workout and run at 12 MPH on a treadmill, your pace is fast. Below are 3 categories based on your pace which will help suggest an oxygen generator.

Your pace and suggested oxygen machine:

Slow (sitting on a chair using an ergometer (bike pedals), standing using [sonic whole body vibration](#)), etc. We suggest the

[Respironics Millenium M5](#)

5 LPM which is refurbished. Looks like new and comes complete with an oxygen mask, humidifier bottle, and long extension tubing.

Medium (exercise bike, elliptical trainer, ROM, weight lifting): We suggest the [AirSep Onyx 6 LPM](#)

Refurbished. Comes with an oxygen mask and tubing. Complete and ready to use.

Fast (treadmill, spin bike, ROM machine, etc): We suggest the [AirSep Onyx Plus 8 LPM](#) machine. Includes oxygen mask. Read to use.

For more information on your LPM (liters per minute needs), view the article written by Dr. Wenborg called [EWOT Needs](#) .

Note: there are many oxygen generators on this web site with varying LPM. However, our [Oxy vital P6000](#) is a 6 LPM machine, but is valued at \$5999. This machine is the Rolls Royce of generators. It's hand made, imported from Germany, displays the actual O2 purity (none of our other machines do this), is ultra quiet, uses HEPA filtration, and will last approximately 2-3 times longer than any other generator. It's ideal for applications in commercial settings and can also be used as an indoor room air cleaner.

STEP 2

Oxygen Mask or Head Set?

There are many delivery devices on the market. Obviously, the mask "appears" to be the best due to the fact that it covers the nose and mouth. However, this assumption couldn't be more wrong. Imagine breathing hard and having a mask prohibit the amount of oxygen you breath in and exhale. Masks CREATE ventilary restriction at high volumes. If you're at rest, sitting in a chair doing nothing, a mask is fine. But EWOT means "Exercise With Oxygen Therapy." Therefor, you need an exercise device such as the [OxySport headset](#) . Studies have proved this to be as effective as a nasal cannula. Regardless of your pace, this is our suggestion, unless your pace is slow or VERY slow.

STEP 3

Improving the blood

Ok, now that you know which oxygen machine may be right for you, it can be very helpful if you consider improving cellular function. The cells in your body can absorb oxygen much better if they are not sticking together (this is called Rouleaux and pictured below). When cells are clumped, they have low cellular function. Oxygen uptake is poor, energy is low, and waste removal (detoxing) is at a crawl. How do we get our cells to declump? Eating greens, drinking plenty of water (approx half your weight in ounces) and incorporating a diet rich in minerals and or green algae. One product which will provide a broad range of minerals and micro-nutrients is

[UMAC Marine Phytoplankton](#)

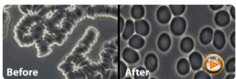
. Another line of products (sulfur, oxygen drops, minerals, and detoxing) is

[Mr. Oxygen's Crown Jewels](#)

. With these two products, you may see a measurable increase in your energy and vitality in conjunction with EWOT.

Another way of improving oxygen uptake (and quite frankly, the ultimate process) is [Super EWOT](#)

[earn more about this amazing cell charging device that declumps cells in 10 minutes.](#)



[Click to watch video of how Sonic Vibration charges red blood cells to increase oxygen uptake.](#)

STEP 4

EWOTing!

Simply exercise at least 3-4 times a week for 15 minutes while breathing oxygen. It can be very helpful if you have taken the appropriate supplements at least 1 hour prior to exercise, especially the Phytoplankton.

Complete EWOT Package Discount!

If you don't have any exercise equipment, EWOT.com has created a complete package consisting of an oxygen generator, OxySport Headset, supplements, and the Sole Fitness exercise bike. We have discounted this package just for our EWOT customers! You won't find this combo of products anywhere in the country. [Click here to view the complete EWOT Package](#)

Resources

We believe that diet and nutrition play a critical role in longevity. There are many resources out there. Our recommendations are the following:

Books: [Flood Your Body With Oxygen by Ed McCabe](#) | [Cancer Free by Bill Henderson](#)

DVDs: [Food Matters](#) | [Cancer is curable now](#)

[Ed McCabe's Video on Oxygen & Ozone](#)

Visit [OCFitnessSource.com](#) for Fitness Equipment & Supplements

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