

## Exercise With Oxygen Therapy (EWOT)

Dr. von Ardenne has 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 help reverse this by increasing the amount of oxygen in the blood and plasma, and thus also in the tissues. This increased level of tissue oxygen has several beneficial effects. It has been used successfully for a multitude of conditions, including:

- Heart failure
- Cardiomegaly (enlarged heart)
- High blood pressure
- Cancer
- Wellness and anti-aging
- Emphysema
- Stress of all types (surgery, injury, immunizations, smoking, over-exertion, infections, etc.).

We use ionized oxygen for our treatments, which has even greater effects than regular oxygen (see the information on ionized oxygen). Results are seen more quickly, and the depth of treatment is much deeper.

### PROCEDURE

Wear comfortable clothing that you can move freely in. We will start out with whatever level of exercise you can tolerate, and work up to the goal of 15 minutes of continuous exercise. You can bring a headphone-type radio if you wish.

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