

“LIVE O2” for brain health

Your brain runs on oxygen. Without it, brain cells die.

A strongly pumping heart and open arteries are not enough to get nourishment to individual brain cells. Individual cells rely upon capillaries to deliver oxygen and nutrients to them. These are the tiny, microscopic arteries that are at the end of the line in your circulation. The blood flow in these capillaries can become sluggish allowing toxins to back up impairing oxygenation to the brain cells. This low oxygen state can cause brain cell death and worsening dementia.

A TITLE WAVE OF OXYGEN

"Live O2" therapy involves exercising while at 100% oxygen. This super-saturates the red cells and the plasma with oxygen delivering high doses of O2 to the cells that are in need. After exercising at high oxygen for, a switch is flipped converting 100% oxygen into a low oxygen environment. This is the equivalent of exercising at 14,000 feet elevation. Your body reacts by opening up the arteries further, and the cells react by enhancing their ability to take up oxygen. The switch is then flipped back to 100% oxygen taking full advantage of this vasodilated state. The resultant title wave of oxygen flushes out toxins and delivers high levels of oxygen directly to the most needy cells.

The result is better brain function with more energy. Over time, when combined with the other recommended treatments, it gives you the best chance to stop the decline of your memory and improve your overall health. That flood of oxygen that is hitting your brain also hits the other organs, muscles, bones literally every cell in your body. You get the bonus effect of total body rejuvenation.

GENTLE EFFORT, BIG RESULTS.

I recommend one "Live O2" session each week. The routine is simple and only takes about 15 minutes. This can become a regular part of your weekly routine since there is no "downside" to continuing the therapy.