



Turbo-Charge Your Exercise at Home or Office

Michael Grant White

There are surprising things you can do to enhance physical and mental performance if you know how to use oxygen the right way. Then, all you need is 15 minutes day.

Our system, using insights of top-secret military training, plus Oxygen Multistep Therapy, delivers profound conditioning or self-healing results without the use of drugs, chemicals, surgery or invasive techniques.

Tiger Woods, LeBron James, Michael Phelps, Mario Lemieux, Olympic athletes, multiple players in the NBA, NFL, and professional baseball all use some type of oxygen. Even weekend warriors find it extremely effective. We have seen it improve almost every symptom



known to mankind, including Parkinson's, ALS, and Lyme disease.

A clean-oxygen generating machine prefills a large bag, which is connected to two hoses and a face mask that you wear while on a treadmill, elliptical machine, or any exercise equipment. You can even use supplemental oxygen while resting for the healing benefits of deep oxygenation. Needed floor space is as little as 2 x 2 feet. It's perfect for home gyms, spas, wellness and retreat centers, computer time, while watching TV, or at rest. The many, exponential benefits range from faster, stronger recovery—from heavy exercise or a health challenge—to never getting sick in the first place! ■

For more information & to order:
MyOxygenMachine.com • (704) 597-6775 ET
Charlotte, NC • Ask for Mike or Kim

A month ago, I couldn't walk up a curb. Now I'm walking a mile! —J.C., Boston, MA

Got on the treadmill this morning. Did a full one-mile sprint using the turbo mask and oxygen bag, and a full mile at 6:00 pace with reserve left over! In my marathon training, historically, I could not even run a quarter mile sprint at 6:00 pace. I feel the oxygen has made a huge difference in my speed training.

As an *EWOT (Exercise with Oxygen Training)* enthusiast for 8 years, the improvement has been adding the Turbo Mask and 900-liter oxygen bag. With the turbo mask, my treadmill sprint work is a fun and enjoyable part of my training as I move forward with the next half marathon run in October.

An interesting side note—it seems that any (pain) issue that I might be experiencing seems to totally clear up regarding muscle/joint issues while I am on the treadmill doing my sprints. Also, I don't even have to stretch out before or after, which is also unique! Clearly, using the *Turbo Oxygen Mega-Flow System* has made a wholesale difference at the cellular level for my running training—just as we suspected!

—Dr. Mark Gustafson, Wellness Professional