



### Editor's Note:

I love my **Turbo Oxygen machine!** My oxygen levels are up. My breathing is fuller. My endurance is improving with every 15-minute session. There's no fatigue or recovery time after a session.

—Denis Ouellette

**E**xercise With Oxygen Therapy (aka EWOT) has been used for top-secret military training since as early as the Korean Conflict in the 1950s.

With the new **Turbo Oxygen System**, designed by Michael Grant White, founder of [OptimalBreathing.com](http://OptimalBreathing.com), we have seen it improve almost every symptom known to mankind, including Parkinson's, ALS, and Lyme disease. World-class, competitive athletes will often not reveal this fitness secret, because they want to keep it to themselves!

The system consists of an oxygen concentrator machine, which fills a floor-to-ceiling, 900-liter bag. You climb on the exercise machine of your choice, put on the patented face mask, with two 1-inch hoses for the oxygen coming into it from the bag. In about 15 minutes of exercise, you've breathed in—and your muscles and cells have absorbed—that whole bag!

## THE TURBO OXYGEN SYSTEM

### The Ultimate in Body Conditioning & Self-Healing

Denis Ouellette,  
for [OptimalBreathing.com](http://OptimalBreathing.com)



individuals with chronic diseases or aging-related conditions.

#### ▲ **Decreased Inflammation:**

By targeting blood vessels in the endothelium, EWOT helps reduce inflammation, which can benefit conditions, like chest pain due to reduced blood circulation to the heart, migraine headaches, and high blood pressure.

#### ▲ **Improved Oxygen Utilization:**

EWOT optimizes oxygen utilization within muscles, joints, lungs, heart, brain, and other organs, addressing any conditions caused by oxygen deficiency.

#### ▲ **Protection Against Cancer:**

Studies by Dr. von Ardenne suggest that EWOT can act as a protective measure against cancer by boosting immune functioning through increased oxygenation.

#### ▲ **Weight Management:**

As EWOT increases your energy levels without consuming any additional nutrients, you will feel less fatigued. This will reduce your tendency to engage in binge eating, which happens as a result of the fear of a sudden drop in energy.

#### ▲ **Improved Fat Metabolism:**

EWOT enhances enzyme activity in cells, promoting better fat metabolism and better utilization of fat as an energy source for more effective fat burning.

*With the Turbo Oxygen System, you will generate profound conditioning and self-healing results without the use of drugs, chemicals, surgery, or invasive techniques. Get yours today. [Link is here.](#) ■*

### How EWOT IMPACTS YOUR PHYSIOLOGICAL WELL-BEING

▲ **Increased Arterial Partial Pressure of Oxygen (APPO):** The APPO gradient is the driving force of oxygen delivery to the cells, tissues, and organs in the body. EWOT increases the resting APPO, while reducing the resting venous partial pressure of oxygen. This can be equated to increased release of oxygen, due to the pressure difference between the arterial and venous sides of the capillary.

▲ **Efficient Lactic-Acid Removal:** The higher the pressure, the better the oxygen delivery to the body cells with better lactic-acid removal.

▲ **Improved Immune-System Function:** EWOT enables the immune system to get to the problem areas in sick tissues more effectively, offering support for