

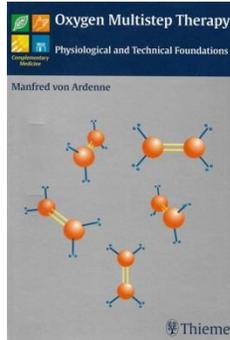


# Oxygen Health Association

A PRIVATE MEMBERSHIP ASSOCIATION

Phone: 704-597-6775 Monday – Friday 10:00 a.m. – 6:00 p.m. EST

**The new Turbo  
Oxygen Mega-Flow  
Mask and Reservoir  
Bag System. O2E2  
and EWOT ON  
STEROIDS  
Based On  
Oxygen Multistep  
Therapy aka OMT**



**Machine Feeds Bag    Bag Feeds Mask**

**You Exercise or Rest**

## O2E2® Oxygen Enhanced Exercise and Rest



Because they are short, roundish and remind us of the Star Wars robot R2D2®. O2E2® stands for Oxygen + Energy Squared or Oxygen Enhanced Exercise and Rest. They can be used prior to, during and after your exercise but they can also enhance "rest" because you can nap or sleep with them on.

In order to provide the most affordable prices to our customers, we use a variety of market-leading brand generators and sometimes combine them to enhance their effectiveness. While the machine brands may vary, you can feel confident that any of our O2E2® approved machines will meet the highest industry standards. Only

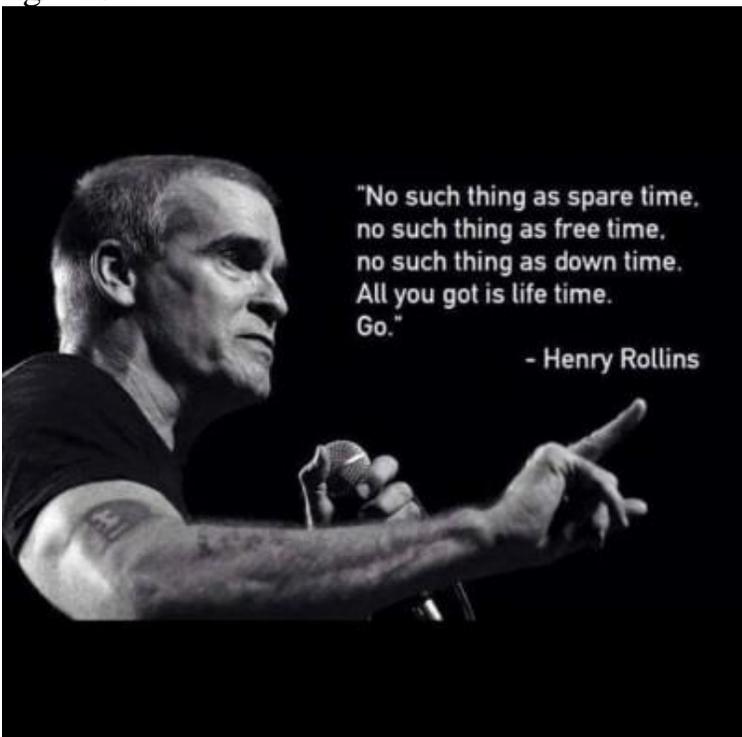
the top performers receive our O2E2® sticker, allowing peace of mind that you are receiving the best.

*"Many of you remember from 5-10 Years ago when Mike began using 5 or 10LPM O2E2 oxygen concentrators and a nose cannula or 1-liter reservoir bag/mask to deliver O2 during exercise or rest. He had some great results with thousands of people but little did he realize that there is so much more potential for profound healing and energy improvement when we radically increase the flow volume of the Oxygen Enhanced Exercise and Rest process to deliver maximum undiluted Oxygen instead of the previous combination of low flow oxygen and ambient air.*

*"So he created the large 500-900 liter reservoir bag and combined it with a CPAP mask to increase the available flow volume. Helpful but over time he realized the single inlet port CPAP mask was not enough to satisfy deepest easy breathing. After all, it IS made for sleeping, not exercise.*

*"He then modified a DUAL INLET PORT Fire Fighter's Mask that ensured Maximum O2 Flow volume from the bag regardless of breath rate and exercise intensity. WOW! What a difference that made. It's like deep breathing in a room full of undiluted oxygen."*

You may add the Bag and Mega-Flow Mask System to your present oxygen machine or get our complete Turbo Mega-Flow system or as an introduction to the concept purchase just an O2E2 machine to use the nose cannula or 1-liter reservoir bag/mask.



### [The New Turbo Oxygen System](#)

Exercise With Oxygen Therapy (aka EWOT) has been used for top-secret military training since as early as the Korean Conflict/war in 1952.

Using just an O2E2 machine and nose cannula, a man who could not walk up a curb was walking a mile 30 days later. We have greatly raised the EWOT bar.

Now with the Turbo Oxygen System, 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 their fitness secrets because they want to keep them to themselves. This system is one of their secret weapons.

You will generate profound conditioning and self-healing results without the use of drugs, chemicals, surgery or invasive techniques. Super-oxygenation drives O<sub>2</sub> into parts of the body where cells may have already turned to fermentation for their energy needs, instead of utilizing available O<sub>2</sub> – a dangerous situation all around. The system starts and enhances a restorative process where normally there would be none because there is not enough cellular energy for it.

The ultimate in fitness enhancement in a fraction of the time. Exponential benefits to fitness programs, including augmenting many programs for the handicapped. Several people can use one bag system simultaneously. Floor space needed is as little as 2x2 feet square. Stationary Exercising, Home Gyms, Spas, Wellness & Retreat Centers or resting in bed. If you want exponential benefits or faster, stronger recovery from a health challenge or to focus on wellness and never get sick, then our Turbo Oxygen Mega-Flow System is a must.

### **Overview of the [TURBO OXYGEN SYSTEM](https://breathing.com/pages/ewot)**

<https://breathing.com/pages/ewot>

When you use a 5 liter per minute oxygen concentrator, it produces approximately 93% oxygen as long as you have it on. The issue is that it's producing 5 liters a minute, and you're not breathing 5 liters of oxygen a minute because you are:

1. Exhaling half to two thirds or more of each breathing cycle losing more than half of the O<sub>2</sub> being produced. The machine is producing it, but you are not breathing it in.
2. Breathing in a lot of ambient air along with the O<sub>2</sub>, diluting it much more (up to 90% or so). That may add up to your receiving less than one-half of a liter per minute of high-quality O<sub>2</sub>.

If you breathe in fewer breaths a minute as with sleeping for example, then you will breathe in even less a percentage of O<sub>2</sub>. Breathing more will never be able to supply a significant increase due to the ambient air dilution and/or limitations of the moment to moment capability of the machine and or 1 reservoir bag/mask...

A realistic way to measure the effective amount of inhaled O<sub>2</sub> is to combine all of the following:

1. Breathing rate
2. Size/volume of lungs

3. Depth of breathing
4. Percentage of oxygen mixed with ambient air per breath.

The O2 Reservoir plus Turbo Mega-Flow mask system can increase the potential for inhaled oxygen up to 200 times more than a nose cannula by having every deepest fullest breath equaling nearly 100% undiluted deep full easy breathing of O2.

If you're breathing a full breath of oxygen every two seconds and your breath volume is two liters, you're breathing 30 times 2 liters of oxygen or 60 liters a minute instead of less than 1 liter per minute via a nose cannula. Faster breathing rates increase the maximized O2 potential because there is adequate supply for the demand. This greatly shortens exercise time needs and exponentially increases exercise effectiveness.

**The larger your lungs are, the more O2 supply you want.**

Now, if you have larger lungs (6'5" wide receivers and Olympic athletes love our system) and you're breathing 3 liters every breath, then at that point you're breathing 30 X 3 or 90 liters of oxygen per minute **INSTEAD OF LESS THAN 1**. Faster deeper breathing combined with larger lungs means you get even more. The feedback from using the bag/mask combo is that all people need is about 15 minutes once or twice a day or more as preferred for competition training. Even 30 minutes a week can work well for many. Those that can only exercise on the weekends often called Weekend Warriors find this extremely helpful.

**Exercise intensity**

If people want, they can push themselves much harder and still feel good and recover faster. Athletes like that a lot and of course competitive athletes love it. Mike never recommends that people push themselves hard as he is not a physician and cannot know someone's state of health. Mike personally uses a medium exercise intensity with short bursts of say 80% maximum effort down to a relaxed, easy stride or pedal on a recumbent bike while watching informational shows on Netflix and YouTube. Get energized and educated simultaneously. Imagine up to 200 times more oxygen than you have ever had before while exercising. Find out much more about exercise in the Exercise Program Recommendations that comes with the Turbo Oxygen system.

**Filters.** How often do you need to change the air filters on the machines?

**Biannually or yearly or based on air quality.**

Where do you get those filters? **from us.**

Are they difficult to change? **30 seconds. Cost is \$25.00**

## Percentage of oxygen?

Is the oxygen percentage constant across all flow rates? Is it the same (93%) at 1p.m. as it is at 5p.m.? (Some units seen online are not.)

The Turbo EWOT units STAY VERY CLOSE to the same O<sub>2</sub> production, but if you get a bag it is meaningless as it all combines together and 1 or 2 percentage points will not matter. The difference between 90 and 95 is pretty negligible. What is more important is the O<sub>2</sub> flow volume, which our Turbo Mega-Flow mask provides quite well for.

**BEWARE** of other concentrators that reduce O<sub>2</sub> percentage from 90% to 30% as the flow increases from 1-5 LPM. A HUGE loss of O<sub>2</sub> potential.

## Alternatives to Turbo Oxygen Enhanced Exercise and Rest?

Hyperbaric Mild therapy HBT (soft chambers) enjoy the strongest market position due to cost vs. Hyperbaric Oxygen Therapy Chambers (HBOT hard chambers). Market standard hyperbaric soft/mild chamber systems run \$7,500 - \$29,000 and require many hours of encapsulation to produce a therapeutic result. Plus the breather has no way to exercise, so the experience is similar to watching TV or reading while sitting or lying down. Lately, a few companies have created larger SOFT chambers that include 1.3 atmospheres of pressure and allow for exercising upright, but the oxygen concentration is still greatly diluted by the ambient air and reduced LPM of pure oxygen in the chamber.

HBOT hard chambers cost upwards of \$75,000-250,000 each and allow for maximum O<sub>2</sub> saturation, but they are not conducive to exercise at all, so the person just lies there and loses the benefits of exercise. If you cannot exercise or move, then this is the best albeit more expensive option.



Therapeutic soft or hard chamber hyperbaric protocols usually require 30+ “dives,” each requiring 1-2 hours. Both human factors and cost have seriously limited adoption of soft and hard chamber hyperbaric training, and are limited to a fraction of the potential of oxygen-enhanced exercise. Our Turbo Oxygen Mega-Flow system is like breathing in a room full of undiluted oxygen.

## O<sub>2</sub> Liquids

Supersaturating water with oxygen micro or nanobubbles, which are often referred to as stabilized singlet oxygen (O instead of O<sub>2</sub>). Helpful but not in the same league as Oxygen Enhanced Exercise. Lots of hype as well. Here is a good one that

we offer. Can't hurt, inexpensive, and could help. [www.breathing.com/oxylift.htm](http://www.breathing.com/oxylift.htm)

### **The System Consists of:**

**Combining: 1. O2E2 Machines; 2. Reservoir Bags; 3. Mega-Flow Masks**

#### **1. What is an O2E2® machine?**

<https://breathing.com/pages/o2e2>

In order to provide the most affordable prices to customers, the company uses a variety of market-leading brand oxygen generators. While the machine brands may vary, you can feel confident that any of our O2E2® approved machines will meet the highest industry standards. Only the top performers receive the O2E2® trademarked sticker allowing peace of mind that you are receiving the best!

Our personal commitment is to deliver an oxygen generator with industry-leading specifications while offering affordable prices to our customers. This allows more people to enjoy the opportunity of owning their own personal unlimited supply of oxygen.

They weigh between 30lbs – 5LPM and 48lbs – 10 LPM both with wheels.

Size approx. 26in high 14 deep and 18in wide similar to the R2D2® robot in Star Wars movies. Its resemblance to R2D2® is why it is called O2E2®

A 2lb model one can carry while walking or jogging outdoors is available but not appropriate for the bag system as most portables that are light enough to carry or wheel while walking or exercising usually are PULSE ONLY and need to have someone breathe in to trigger the O2 release. PLUS as stated previously, you get only a fraction of the O2 via cannula only. We do carry smaller units (13 pounds) that still produce 5LPM so ask us about that if you want BOTH options perhaps for travel.

#### **Essential Oil Delivery Option.**

Using a special splitter, we designed you can fill a bag and/or deliver essential oil (bypassing the bag) simultaneously.

#### **Remote Control**

Some of our new 5 and 10LPM units are made to allow for remote bag fill using your smartphone. When purchasing, specify this if you would like this option.

#### **NOT SURE ABOUT WHAT SIZE MACHINE OR BAG TO GET?**

Call Mike or Kim. Usually, over time, the largest is best.

**For much faster bag fills, the bags are designed to connect with two to five 10LPMs.**

## 2. What is a **Turbo Oxygen Reservoir Bag**?

<https://breathing.com/pages/reservoir-bag>

It supplies large quantities of undiluted easy to deeply breathe oxygen. The material is **medical grade, smell- and phthalate-free material** also used in surgical implants. It is very physically strong and long-lasting. Beware of others offering bag materials that oxygen will break down and outgas.

The bag is filled by yours or our oxygen generator/O2E2.

**Two Bag sizes.** 500 liter is 4x5 ft, and 900 liter is 4x8 ft. You hang them from the ceiling, an optional bag stand we sell or show non-contiguous 48 state buyers how to get on amazon.com or on top of a sauna, cabinet, or even in a different room.

**1-5 machine to bag inputs. 4 bag outputs to Turbo Mega-Flow Masks, Y Splitter option to send O2 to several resting positions. Connect one bag to one or more bags for extended use times.**

Several people may use one bag simultaneously for exercise and/or rest.

Unbeatable value. Think exponential Liters Per Minute more than via cannula, 1-liter bag or blue head strap CPAP mask.

### **How long does it take to fill a bag?**

The bags are 500 and 900 liters. 5LPM takes approx. 3 hours. A 10LPM takes half that time. Some people turn the LPM down to 1 or 2 LPM and “SLOW fill” the bag overnight or during the day for two sessions daily. Wellness or training facilities get two or more 10LPM O2E2 units to fill faster for several sessions daily and/or prefill two or more bags.

### **How to choose your bag size**

The variables are your breathing rate during exercise and lung size. No rocket science here. The bigger the lungs and faster the breath rate, the more O2 is used. We recommend 500 liters for those below 5’8” and 900 liters above that. However if you are an intense exerciser, then 900 will be best as you may well run out of O2 too soon. Or the largest/900 liter for less attention around needing a fill. Also, 4 bag outlets will feed up to 8 people resting.

Floor space needed if you use a Bag stand:

500 liter = 4 feet high, 3’.5” wide and 3’ deep: 900 liter = 7 feet high 3’.5” wide and 3’.5” deep.

Airspace need is pretty much the same size when fully inflated though some hang it horizontally and with a 9 foot or more ceiling most can walk underneath it and

use ZERO floor space.

### **Exchanging a smaller bag for a larger bag?**

We will within the first 30 days give you full credit for a small (500liter) bag toward a larger 900 Liter bag plus \$50.00 including shipping and handling within the 48 contiguous US states and \$100.00 for locations outside the 48 contiguous US states .

**BEWARE** of eBay, Craigslist, Amazon, and elsewhere where people are selling the single port mask and used or non-medical grade (mattress covers, parachutes, and God knows what else that O2 LOVES to outgas) bags and saying that is legitimate EWOT.

### **3. The Turbo Mega-Flow Mask**

<https://breathing.com/pages/mega-flow-mask>

The DUAL PORT Turbo Mega-Flow Mask fed by a 500-900 liter reservoir bag is a critical component of the practice of OPTIMAL EWOT. With the nose cannula, 1 liter reservoir bag, OR a telephone-style "Head Set," you must mix outside "air" with the 90-95% oxygen, and that will dilute the volume of pure oxygen to severely lessen the EWOT benefits that were described by Dr. von Ardenne and his German researchers in his *Oxygen Multistep Therapy* book (I have read it several times). This is why they will simply not work as none will allow full, undiluted O2 breathing volume during exercise. You need our large reservoir Bag housing to obtain adequate O2 and our Turbo Mega-Flow Mask to deliver adequate flow volume during exercise.



#### **MASK SIZES**

**Medium Mega-Flow Mask  
(fits 80% of adults)**

**MEDIUM = 5'4" to 6'4."**

**SMALL = 5'3" and Below.**

**LARGE = 6'5" and Up**

#### **Flow volume and restricted breathing**

When the flow volume is not allowing deep, easy, and unrestricted breathing and it is like trying to breathe a satisfying in-breath through a drinking straw (extreme example but we hope you get the idea), then this will cause tension and the tension will soon create lessened lung volume. You may not notice how when you

compare the CPAP mask without Mega-Flow in real time, you will instantly feel the ease of deeper to deepest breathing. When you get the [Optimal Breathing Kit](http://www.breathing.com/breathingkit.htm) <http://www.breathing.com/breathingkit.htm> and release the tension in your chest, you will feel the increase in breathing ease and volume partly or entirely caused by the forced inhales inviting shallow breathing. You will love the mask's ease of breathing correlated with speed of recovery, strengthened endurance with no dilution of O<sub>2</sub>, and ZERO chest tension caused by using the 1-liter bag or the single port blue head strap CPAP version.

### **ALERTS!**

**An EWOT mask competitor** talks about using extra pressure to push more O<sub>2</sub> into the mask. It needs the pressure to do that because their masks have half the inflow volume potential than our TWIN PORT TURBO MEGA-FLOW mask. With the Mega-Flow mask, you need no pressure as the twin ports allow for an adequate flow that is large enough to satisfy over 150 Liters Per Minute for a 6'5" football wide receiver. Besides who wants to have air blowing in their nose or mouth when they exercise?

**Nitrogen and kidney disease.** Beware of systems that add only nitrogen back into the breathing air. To me they are playing with fire – no pun intended. Study BUN (Blood Urea Nitrogen) for more about this. Ask us for an article titled *Myth Busting Common Misconceptions of Kidney Disease*.

Nitrogen is not toxic at all under normal circumstances. We breathe 78% nitrogen all day long, and it doesn't harm us at all. But breathing pure nitrogen means we're not breathing oxygen, which means that we'll die of oxygen deprivation in a matter of minutes.

A pure nitrogen environment is particularly dangerous because it's odorless, tasteless, and invisible. Moreover, if you're breathing nitrogen, you don't feel like you're suffocating. You get lightheaded and pass out (apparently very quickly), but you never get that stuffy, choking feeling you get when you're holding your breath or choking. As a result, people will pass out without realizing that something is wrong, and it's extremely dangerous to go in after them without special equipment because of the same risk.

Nitrogen asphyxiation is a form of inert gas asphyxiation (nitrogen being the inert gas), and this is a real phenomenon – people have died of it. While it seems strange that you could asphyxiate without any painful effects, it turns out that the anxiety and painful sensations that we experience when struggling for breath (such as during drowning or being choked) are not caused by a lack of oxygen but rather a

buildup of carbon dioxide in our systems. When one is asphyxiated by inert gas but still allowed to breathe, they will expel the CO<sub>2</sub> from their system. As it does not build up, you do not experience the typical symptoms associated with asphyxiation – after a minute or so you will simply pass out due to hypoxia and then die within a short amount of time. It is painless, and it is absolutely possible to asphyxiate without knowing anything is wrong until it is too late.

## **MEASURING REAL-TIME BLOOD OXYGEN SATURATION**

Some of you wish the fingertip pulse oximeter could be used properly with exercise. But it turns out to be too cumbersome due to the fingertip factor. Plus, we use most of our oxygen in our thigh muscles making the fingertip an insufficient monitor for real-time O<sub>2</sub> usage during exercise.

Well, eight years later lo and behold a much better way has been invented by some MIT folks, and Mike just loves it. It gives you real-time feedback via a smartphone or Garmin Watch (and a few others), so you can strap it to your thigh and monitor oxygen saturation while exercising.

It is so fast you see your O<sub>2</sub> levels drop before you feel it and eventually train yourself to feel the drop or stabilized ease and never overtrain or undertrain. You get the maximum benefit out of each session. Warm up properly and build O<sub>2</sub> intelligently and your benefits increase exponentially.

Check out [www.humon.io](http://www.humon.io). Not that it is needed, but recently scientists in the UK published documented evidence that lack of usage of the large muscles in the legs of mice (where Humon.io attaches to monitor oxygen) correlates with a 70% loss of stem cell activity.

The patent-pending Mega-Flow Mask is the key to extra O<sub>2</sub> delivery, exercising or not. Over 100 times more potential oxygenation than a cannula and twice the O<sub>2</sub> flow of any bag-mask system competitor.

You may purchase a **Pulse Oximeter** from Breathing.com. It measures blood oxygen in the fingertips, so you can watch your blood oxygen increase as you use the system. See *machine accessories* section on the website. The Humion.io is much more expensive and sophisticated and is purchased directly from the manufacturer.

## **FREQUENTLY ASKED QUESTIONS**

**Where are you located?** Charlotte, NC.

**How much do the non-portable machines weigh?** They range from 30 – 48 lbs. They all have wheels.

**How much do the portable machines weigh?** They range from 2-13 lbs. The 13 pounders come with a cart and will also fill a bag. The 2 pounders are pulse-based and will not fill a bag.

**Machine warranties.** 1-3 years.

**SHIP TO AVAILABILITY.**

**BAGS:** WORLDWIDE.

**MACHINES:** NEW – Worldwide excluding so far Argentina, Brazil, Spain, Mexico, Greece, and Turkey.

**REBUILT:** 48 states only.

**MACHINE ELECTRICAL NEEDS:** Match the country they are shipped to. Portables are adaptable to any electrical socket worldwide.

**Estimated time for arrival?** As quickly as possible; usually within 5 days to 2 weeks depending on how busy we get and where they are being shipped to including worldwide, holidays, and inclement weather.

**How do I know that oxygen is coming out?** The units are made for severely sick people, and the FDA requires them to be engineered to alarm if they do not produce a minimum of 88%. They usually produce 93 to 97% oxygen at their maximum Liters Per Minute flow rate.

**Can I change the amount of oxygen that comes out?** Yes. There is a flow meter that goes from one-half liter per minute to 5, or up to 10 if you have a 10LPM unit.

**How does it make the oxygen?** It takes the air from the room, filters out the nitrogen, and gives you the pure oxygen. The nitrogen is absorbed by organic zeolite in canisters inside the machine. The zeolite (and machines) lasts for thousands of hours.

**Can I use the unit while sleeping?**

Using it while sleeping (we recommend and include a nose cannula as the Mega-Flow mask is too cumbersome for sleeping on side or stomach) is a great way to oxygenize your body throughout the night. In addition, REM (rapid eye movement) sleep requires maximum resting oxygen. Many prefer to decrease the LPMs to 2 or 3. You may increase to 5 if you like.

**Extra nose cannulas for sleep?** Yes, \$3 - \$5 each with a bulk option of 12, 24,

and 50 at discounted prices.

**Can I use the machine with my CPAP/BIPAP?** Yes. We offer an adaptor for \$6, but many have no longer needed the CPAP when they sleep using the nose cannula alone and/or have integrated our sleep program theme in the Optimal Breathing Kit. No guarantees. Your decision alone but worth a try.

**Is the machine easy to use?** Yes. You simply attach the tubing and water bottle, plug it in, turn it on, insert the cannula in your nostrils and enjoy. Or bypass the water bottle, fill the bag then connect the Mega-Flow mask to the filled bag and exercise then rest or sleep with the Turbo Mega-Flow mask or supplied nose cannula.

**Is there anything I have to clean?** The outside machine filter should be cleaned every 6-12 months depending on how clean the ambient air is.

The cannula, water bottle, and the Turbo Mega-Flow mask can be immersed in gentle soap and water and wiped clean. Miracle2 is our favorite soap.

The bags do not need cleaning, but you could do so with an ounce of Miracle 2 in a quart of water. First, fill the bag. Then, empty the bag and run it for 24-48 hours with 2 small inlet nipples uncapped to allow escaping O<sub>2</sub> to carry the moisture out.

**What is the water bottle for?** It helps keep the nostrils moist when using a nose cannula and is primarily for sick people using the machine for many hours a day. You can use the machine without it. It's your choice. The bag does not use it as the sessions are so short and I do not care for moisture collecting in the bag as it adds an unnecessary moisture factor to contend with.

**Can I use a glass water bottle?**

The plastic bottle can be replaced with a glass one if desired so long as it fits the same lid and ensures an airtight seal to allow the O<sub>2</sub> to travel up the hose instead of leaking out into the room. We do not carry the glass versions.

**Dry nostrils?** We have a non-oil based product to use for \$9.95. Do not use Vaseline or other common oil products. Sesame oil can work.

**Do I need to buy tanks?** It does not require tanks. The machines produce the oxygen in real time as needed. The machines could come with adaptors for tank filling, but they are quite expensive. Let us know if this is a desired option.

**What comes with the machine?** One 50 foot hose, one nasal cannula, and one water bottle. Included with some units is a hose to connect the unit to the water bottle. Others do not need that. A 1-liter bag mask is available for \$15.00. It is

NOT the Mega-Flow.

**What comes with the bag?** Two large bag-to-mask connector hoses. 1 extra 14-foot smooth bore hose to fill the bag. One Mega-Flow Mask with your requested size of Small, Medium or Large. A nose cannula for optional sleep.

**May I purchase a mask if I do not buy or already have your bag?** No. Mike is concerned that some sellers are making bags from materials that Oxygen will break down and outgas such as mattress covers. The Turbo Mega-Flow system Bag materials are so pure they are used in surgical implants. Mike does not want his products associated with such materials.

**Can 2 people use either the bag or O2E2 at the same time?** Yes. See the bag info for that.

**Bag Warranties.** 5 years (they may well outlive us all).

**What exercise equipment should I use?**

Almost any equipment you have or wish to purchase. Geriatrics should focus on not falling and exercises that are easier on the joints like recumbent bikes or elliptical cross-training machines. You can also do yoga; Optimal Breathing Techniques or exercises; jumping jacks or any floor exercises; rubber resistance tools; anything that is safe and gets you gently to intensely exerting, breathing deeper and/or moving.

**Altitude 1.** The percentage of oxygen in the atmosphere does not change with altitude, so it is about 21% at 10,000 feet. What does change is the pressure. This declines with altitude. At sea level, the air pressure is about 101 kPa (kilopascals). Oxygen accounts for 21% of this, so the oxygen pressure is 19.6 kPa. This means that there are fewer oxygen molecules in the same volume of air at higher altitudes. At 10,000 feet, for example, the oxygen pressure drops to 7.2 kPa, which is roughly one-third of the pressure at sea level. For an online calculator of oxygen levels at different altitudes see:

<http://www.altitude.org/calculators/oxygencalculator/oxygencalculator.htm>

We have had great reports of using our system at higher altitudes.

**Altitude 2.** With increased altitude, tidal volume (lung volume) can be increased to offset the lower air pressure (think barrel chests of mountain men). For increasing breathing/tidal volume and deeper easier breathing we highly recommend our

[Optimal Breathing Kit. www.breathing.com/breathingkit.htm](http://www.breathing.com/breathingkit.htm)

**Altitude training?**

Mike is NOT keen on any Training Mask® (google it) or ANYTHING that makes it harder to breathe due to the chest tension it creates from the forced inhales. One of his trainers told him it can be helpful but only to the very highly trained competitors in the top 1%. If you must, then he strongly suggests you get the Optimal Breathing Kit and use the video guided techniques to offset the breathing restriction caused by altitude training and simultaneously further develop lung volume [Optimal Breathing Kit www.breathing.com/breathingkit.htm](http://www.breathing.com/breathingkit.htm).

## **SUPPORTIVE DATA**

### **Oxygen Multistep Therapy**

Dr. Manfred von Ardenne's book *Oxygen Multistep Therapy* (OMT).

We at Oxygen and Health offer PDFs of several pages of Dr. Manfred von Ardenne's book which can be sent to our system customers. The ultimate primers for EWOT/Oxygen Multistep Therapy and health, wellbeing, and fitness. While von Ardenne was most focused on curing cancer, the general parameters he set out transform very well into modern EWOT protocols with high volume delivery of O<sub>2</sub>. OMT is heavy reading! More a reference book than a weekend read! Ever read the Bible, Koran or Talmud more than once? Get one. Von Ardenne died owning 300 patents.

**Also**, get Majid Ali MD's book *Darwin, Oxygen Homeostasis and Oxystatic Therapies Volume 10* <http://www.breathing.com/pdf/omt/omtali.pdf>

Ali did over 20,000 Darkfield microscope tests related to O<sub>2</sub>. In my opinion and though it does not address exercise, Ali is second only to von Ardenne in knowledge of oxygen benefits. This book is Ali's pride and joy as he shared with me personally. Get one. Between von Ardenne and Ali, you will know more than most PhDs and MDs in the oxygen enhanced exercise business. We show our Turbo System owners how to use Control Find as a research tool.

See also

<https://majidalimd.me/2014/06/02/oxygen-lyme-disease-fibromyalgia/>

The insights and benefits just keep coming.

Educate yourself. Learn to respect this subject. It will serve you, your friends and loved ones quite well.

**Where can I learn more about oxygen?** Use the breathing.com search engine. Or email [info@breathing.com](mailto:info@breathing.com) for an even greater selection. You will be impressed.

## **TIPS AND INSIGHTS USING THE TURBO OXYGEN SYSTEM**

Though the benefits are plainly obvious for most, you will want to start a regular

habit of taking notes related to you and/or friends and loved one's heightened abilities. You may use this free **Holistic Health Questionnaire** form to track several health aspects. <http://www.breathing.com/pdf/hhq.pdf>

Areas to track are improved energy, mental clarity, better sleep, memory and concentration, less to no high blood pressure, resting blood oxygen increase, exercising blood oxygen stability, chronic lingering ongoing malady(ies) improving, headaches diminished, increased intensity of working out with weights at the gym even without the O2, faster recovery from physical exertion, improved stamina. The list just goes on and on.

The Optimal Breathing Academy at [optimalbreathing.com](http://optimalbreathing.com) goes into deep detail with over 29 individual programs, including children, pregnancy, and postpartum breathing.

A recent email told us of "no more asthma inhaler" after ten minutes of Turbo O2E2. WOW! Basics such as dressing themselves, taking longer walks, or doing household chores or hobbies are also major markers for some.

Mike used to hook up while working on the computer and use it with 5 Liters Per Minute (via included cannula) while sleeping but after using the Mega-Flow system, he no longer feels the need. Many love to exercise rest, exercise rest until their body energy tells them me to get up; exercise rest and repeat as time allows.

Think mountain climbing or taking a very long walk or going shopping all day and how you would need to sit and rest a spell every now and then. Take your rest while using an O2E2. Eventually, you will notice you recover even faster without being connected to the O2. You are lowering your biological age. Your cells are getting stronger.

Exercise with a recumbent bike (you lean back with best posture while using it), stationary bike, cross trainer, Nordic track, treadmill, rebounder, stair stepper, step aerobics, walk in place, yoga or stretching, even jumping jacks or various floor exercises.

**We often use a Biomat**

<https://www.biomats.com/breathing>

**We carry two formulas of essential oils: MENTAL CLARITY and RESPIRATORY ENHANCER.** You can get a SPLITTER/adaptor to add to the O2 to breathe using the cannula or Mega-Flow mask while exercising or resting. Get the specifics from Kim over the phone.

**Never EVER forget** that EXERCISE/MOVEMENT or moderate EFFORT is the key to health and wellbeing. Life and living often get easier, but you never want to lose your EFFORT-MAKING CAPACITY. Oxygen is the primary catalyst in easing the making of effort. And WHAT a catalyst it is.

**GET MOVING** during, before or after a session any way you can even if it is gardening or cleaning the house. Wearing a Mega-Flow mask while **just sitting** on a **vibration platform** (use an internet search engine for them – I have a Power Plate). Hooked up while lying on your back using an inexpensive version of a chi machine (passive aerobic exerciser) that shakes your legs, hips, and upper body side to side (mind your knees) can help add and increase O2 circulation and get you on the move. But that is only if you can't exercise because it is a toy compared to the Turbo Mega-Flow system.

**BREAKING THE RULES.** The Turbo Mega-Flow system can allow many who do not or cannot conform to recommended healthy lifestyle guidelines, receive significant progress anyway. We say this not to encourage slacking but to give hope to all. The best way to predict the future is to invent it.

**Increased cellular oxygen saturation** may well be the most powerful adjunctive support system ever, but moderate even gentle exercise is the primary cause of major improvement, not just lying there breathing oxygen. Think of watching TV or exercising. Which is better? Muscles need to be toned to work better, and toned muscles utilize oxygen (**and calories**) more efficiently. Movement begets improved circulation and is a sign of increased vitality. Proper diet, nutritional supplementation, and internal cleansing greatly aid cellular function.

If you wish to test the system's efficacy, you can stop using it for a few days or weeks and see how you backslide. THAT is usually what makes one REALLY understand what is going on.

**Remember to keep a journal. Send your progress reports to**

**info@breathing.com.**

There are many folks out there that need to see your reports both for inspiration and hope. As you become stronger and more energetic, you will inspire others to greater states of vitality; to take control of their lives in ways they never imagined possible.

**DISCLAIMER:** These statements are not reviewed by the FDA. Always consult your health practitioner before engaging in any exercise program. Please be advised we will not answer any medical questions. This applies for any Live Chat questions and/or contact submissions. Our representatives can discuss product and science with you, but cannot address your medical issues. Thank you!

### **Benefits?**

It SIMPLY replaces oxygen faster than you burn it. Start with cellular function, detoxification, reduced inflammation, improved coping mentality, natural energy, and endurance and add significant to profound improvement in every chronic health challenge you can imagine.



Our partner The Optimal Breathing Association at Breathing.com offers this system worldwide, including free nose cannulas for sleep.

**International Patents Pending**

Buy now at <https://breathing.com/pages/ewot>

This promises to be one of the smartest decisions you have EVER made.

Be well, my friends.

Kim at the Oxygen and Health Assn and The Breathing.com Team.

704.597.6775 10-6 PM ET M-F [info@breathing.com](mailto:info@breathing.com) 7-11-18

### Recent Testimonials

Topic: Turbo Mask (EWOT) Running Story

July 16, 2018 Training Update

Just as an update, I did get on the treadmill this morning and did a full one mile sprint using the turbo mask and oxygen bag, and did the full mile at 6:00 pace with reserve left over! In my marathon training, historically, I could not even have run a quarter mile sprint at 6:00 pace. I feel the oxygen has made the difference in my speed training, for sure. As an EWOT enthusiast for 8 years, the new item has been adding the Turbo Mask and 90 Liter oxygen bag.

With the turbo mask, my sprint work will be a fun and enjoyable part of my training moving forward with the next half marathon run in October 2018.

An interesting side note -- it seems that any (pain) issue that I might be experiencing (I am pain-free most of the time!), it 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, oxygen using the Turbo Oxygen Mega-Flow System from Mike White, truly has made the wholesale difference at the cellular level for my running training just as we suspected!

Cheers, and thanks for your support!

Best regards,



**Mark Gustafson, D.PSc., Wellness Coach and Consultant**

### **From world-class volleyball player TJ Forsythe.**



I recently had the opportunity of being put through an optimal breathing athletic performance workout by [Michael Grant White](https://www.breathing.com) of <https://www.breathing.com>, and it changed the way I condition my body inside of the gym.

He uses natural oxygen produced by the best oxygen machines money can buy, and that can be found at [breathing.com/pages/o2e2](https://www.breathing.com/pages/o2e2)

Mr. White also uses amazing breathing strategies/techniques MADE FOR ALL PEOPLE to help the body recover naturally as a regular person, pre and post workout as an athlete, or if you have any health issues.

The crazy thing is, he has also helped heal many people with diseases such as Lyme Disease using these techniques! Personally, I felt the best I ever have when using these techniques during

my workout and afterward. It felt like I hadn't even worked out despite pushing myself to my limits. You guys have to go check it out and connect with Mr. White if you have any questions, concerns, or want to get your health back in control! He is an expert in his field. Go get your health back or improved bigtime today!"

Dear Mike. I am 67 years old this month and have been in reasonably good health for most of my life up until the past two years.....Heart issues and COPD run in my family (my Father passing at 67 with heart issues and lung cancer, my Mother passing at 65 from Emphysema, and my older brother passing two years ago at 72 from COPD and heart issues).....I have been quite active and have exercised most of my life up until 4 years ago.....Family and business issues intervened for a couple of years that knocked me out my exercise routine and all of a sudden, I found myself with extreme shortness of breath and interestingly, a resting pulse rate in excess of 80....Despite good results from a battery of diagnostic blood tests and EKG last year, most recently, I found up until last week that 5 minutes of moderate exercise on my Elliptical Max Trainer would just about wipe me out.....

Some years ago, I read that a French surgeon and biologist by the name of Dr. Alexis Carrel (a Nobel prize winner) and his associates were able to maintain a series of chicken heart tissue cultures at the Rockefeller Institute.... From 1912 to 1946, this series of chicken heart tissue cultures remained alive and dividing..... This occurred as a result of their tending to the tissue cultures by replacing daily the medium in which they thrived in (thus daily eliminating the cellular waste and providing new nutrients typically found in normal chicken blood)..... The only reason the tissue cultures stopped living and dividing was that the team no longer had any use for and just quit caring for the cultures..... One can easily see from this experiment that if the cells in the body are provided with the right nutrients and a relatively stress free environment, the potential for continued healthy growth and division is possibly unlimited....

Accordingly, based upon the results of Dr. Carrel's research and work and of course every other holistic healthcare information guide, and having been a malignant cancer survivor from an incident I dealt with some 32 years ago, I have always maintained that good health as a rule depends upon controlling your stress level, getting a reasonable amount of exercise and providing the body with proper nutrition (a healthy, balanced organic diet and GOOD supplementation)...Weight has never been an issue for me as a result of applying these principles.....I weighed 160 pounds when I was discharged from the Army in my early 20's and weigh the same now at 67....

I have always known that exercise is instrumental for good health but as stated earlier, I let other demands intervene and lost my ability to engage in what I consider to be quality, healthy exercise....15 minutes a day with your Turbo Mask System and simultaneously using either my Elliptical Max Trainer or my Treadmill has miraculously changed that....With four days use of this system, my pulse rate has reduced approximately 20 per minute at the same stress workout level when compared to the exercise readings prior to using this system.....And my breath is now much deeper and fuller with an average O2 level increase throughout the day from 93-94 to 95-96....By the end of a 15 minute walk or light workout using your system, I actually find myself ready for more....

More importantly, my energy level throughout the day is twice what it used to be prior to engaging in this daily morning activity.....(I did a bit of research on this phenomena and discovered that in the cellular respiration process, the cells actually STORE the energy from when the oxygen converts the biochemical energy from nutrients into ATP for later use which accounts for the additional energy throughout the day.....And I saw one benefit claim where the additional energy can be felt for up to three days after one EWOT session in addition to up to one year of benefit from the antioxidant effects,

all of which I find to be reasonable benefit claims...).....At any rate, instead of feeling like a 70 year old, I actually stopped the other day (a couple of hours after the second 15 minute use of your system) and just had to sit at my desk for a few minutes and revel in just how well I felt (something that I have not felt in almost two years).....I felt like I was 45 years old again.....

The Optimal Breathing Self Mastery Kit I purchased from you in October of last year was a real bargain.....Your Turbo Mask System however is light years ahead in reference to immediate, tangibly felt and measured results, with just a few minutes of daily, relatively comfortable, simple use especially when used in conjunction with the simple, proper breathing techniques taught in your Breathing Self Mastery Kit.....

I am not certain if someone in good health would experience the same immediate, profound, tangibly felt results from the use of your system that I have experienced....However, I do believe they will experience and feel immediate, healthy benefits and the benefits of using EWOT in maintaining their good health are clearly documented....I researched thoroughly before purchasing your system and found a wealth of information from other health practitioners and exercise enthusiasts discussing the phenomenal, long lasting benefits of EWOT. I also searched at great length before purchasing your system for any information regarding any complications or issues arising from the use of EWOT and could find absolutely nothing.....

At any rate, THANK YOU for your informative, introductory email describing your work with EWOT (which led me to further investigation and purchase of your unit), the benefits derived from using EWOT and your system, the outstanding concept of using two intake oxygen hoses for the EWOT mask that you developed, and the excellent materials and equipment that you use with the system you sell.....As far as I am concerned, you have given me my life back.....Aside from the immediate, profound effects that I have experienced from using your Turbo Mask System, I am 100% confident that continuing with my program of daily juicing (I use a recently purchased Omega J8006 juicer that I am about as happy with as I am with your Turbo Mask System), daily EWOT, supplementation with GOOD vitamins, minerals, and herbs, and a reasonable amount of rest, that I will be able to 100% recover my good health in just a few months.....And interestingly, I am enjoying the journey because of the immediate, healthy effects I feel from using your Turbo Mask System.....

With regards to your Turbo Mask System as compared to others I saw after at least one full day of research prior to purchasing your system:

In my opinion, you are correct in saying that the two intake hose system you developed by far exceeds the use of a one hose intake system....(Every other unit I saw used a one hose system....)...A one hose system most likely would not have comfortably served my needs.....This looks to be one of the best designs I found in the US market.....(I found an Australian unit that used a 1 ½ inch single intake hose coming into the front of the mask with two side discharges for elimination that looked appealing but I suspect your two hose unit works as well or better).....

The quality of the materials and the packaging used are excellent.....

Instructions for set up and use were clear.....Approximately 1.5 hours to unpack, set up the reservoir bag stand, hang the reservoir bag, and hook up the hoses and the O2E2 unit for use.....

As for pricing.....I purchased the 500 liter reservoir bag and new 10 LPM O2E2 machine unit.....This works absolutely phenomenally well for me.....Quick fill up and based upon my usage, I get a full 15 minutes from the 500 liter reservoir bag without fully depleting the bag with the O2E2 machine

continuing to operate while exercising.....Your Turbo Mask System is the most reasonably priced system that I was able to find.....Other comparable units appeared to cost anywhere from 750 to 1,000 more than yours....(And nowhere did I find any other units priced anywhere near as reasonably priced as your 1,170 Turbo Mask System with a refurbished 5 LPM machine and a 500 liter reservoir bag for personal use)....

Overall, I would rate your Turbo Mask System a 5 star in every category...My hat is off to you for the great work you have done in putting together such a quality, affordable system for folks to own and use in the privacy and convenience of their home.....

John C  
Washington State

A former marathoner who was fatigued after a mile and used our system for a couple days then ran 5 effortless miles. He was simply “amazed.” A chiropractor has 20 patients using the system and loving it. A man who could not walk up a curb was walking a mile in 15 days. A person with long-term ALS feels it is very helpful in their health management.