

THE NEW TURBO OXYGEN



MEGA-FLOW MASK AND RESERVOIR BAG SYSTEM USERS MANUAL



HOW & WHY OXYGEN MULTISTEP THERAPY CAN AND SHOULD BE PART OF REGULAR BODY MAINTENANCE

I'm Mike White. 79 years (Feb 2020) I have been a student, advocate, coach and trainer of Oxygen Multistep Therapy since 1997. I have helped thousands of patients and athletes and many colleague's businesses to use this combination training and therapy to remarkable results. My personal mission is to raise the global consciousness about oxygen and proper breathing and how this almost automatic body function can be enhanced to recover or eliminate serious illnesses, allow elite athletes to improve further, and almost everything in between.

I know. It sounds too simple and too good to be true. In 1997, I thought so too.

In 2007 I began using oxygen concentrators and a nose cannula with a 1-liter reservoir bag and mask to deliver O₂ during exercise or rest. I call this LEVEL ONE. I had some great results with thousands of people referred by Dr. Bruce West but little did I 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 I 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 but realized the single inlet port CPAP mask was not enough to satisfy deepest easy breathing. After all, it IS made for sleeping, not exercise.

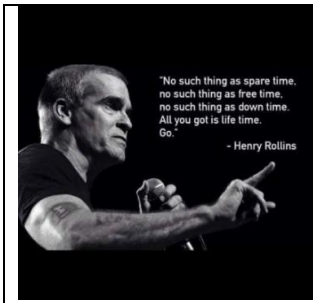
I then modified a DUAL INLET PORT Fire Fighter's Mask that ensured Maximum O₂ Flow volume from the bag regardless of breath rate and exercise intensity. WOW! What a difference that made. It's like deep breathing in a room full of undiluted oxygen. I call this the **TURBO** level.

Why O²E₂®?

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 (including a CPAP or BIPAP augmentation) connected to them via an O₂ feeder tube and nose cannula.

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. In order to provide the most affordable prices to our customers, we use a variety of market-leading brand concentrator/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. They weigh between 5LPM = 30lbs and 10LPM = 41lbs new; 56lbs rebuilt, all 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®. Wee also use a 14lb portable which can fill a bag and a 2lb portable pulse only which will not fill a bag.

You can 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 for **LEVEL ONE** exercise or rest..



The New Turbo Oxygen System

Oxygen Enhanced Exercise and Rest (O2E2) has been used for top-secret military training since as early as the Korean Conflict in the 1950s. We have raised greatly the EWOT bar.

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. The TURBO 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 O2 into parts of the body where cells may have already turned to fermentation for their energy needs, instead of utilizing available O2 – 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 **TURBO** is 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, Training centers, Spas, Wellness & Retreat Centers or just 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>

When you use a 5 liter per minute oxygen concentrator connected by a nose cannula, the FDA approved industry standard machine 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 O2 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 O2, 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 O2.

If you breathe in fewer breaths a minute as with sleeping for example, then you will breathe in even less a percentage of O2 per minute. 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 a 1 liter reservoir bag/mask. This LEVEL ONE system is very helpful but nothing close to the TURBO.

A realistic way to measure the effective amount of inhaled O2 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 (if any) per breath.

The O2 Reservoir plus Turbo Mega-Flow mask system can increase the potential for inhaled oxygen up to 150 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 breathing 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. 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 TURBO combo is that all people need is about 15 minutes once a day or more repetitions if 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. Included with the bag is a protocol for pack packers and trekkers with longer times, slower speeds and greater inclines on a treadmill.

EXERCISE INTENSITY

If people want, they can push themselves much harder and still feel good and recover faster with less to zero lactic acid buildup. Athletes like that a lot and of course competitive athletes love it. I never recommend that people push themselves hard as I am is not a physician and cannot know someone's state of health. I personally use a medium exercise intensity with short bursts of say 80% maximum effort down to a relaxed, easy treadmill 2 MPH stride or pedal on a recumbent bike while watching informational shows on Netflix and YouTube, getting energized and educated simultaneously. Imagine up to 150 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.

PERCENTAGE OF OXYGEN ALERT!

Is the oxygen percentage constant across all flow rates? Is it the same (93%) at 1 LPM. as it is at 5 or 10LPM? (Many units seen online are not.) Our Turbo O2E2 units STAY VERY CLOSE to the same O2 production regardless of the liters per minute being produced, 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 92 and 95% O2 purity is pretty negligible. What is more important is the satisfying O2 flow volume, which our Turbo

Mega-Flow mask provides better than anyone else's.

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 including heart parts. It is very physically strong and long-lasting.

Beware of others offering bag materials that oxygen will break down and outgas into your lungs.

TWO BAG SIZES.

500 liter is 4x5 ft, and 900 liter is 4x8 ft. Both are about 2.5 feet deep when filled. You hang them from the ceiling hanging down 7 feet, flush to the ceiling hanging down 2.5 feet or placed on top of an armoire or an optional bag stand we sell.

1-5 machine to bag inputs; 4 ports for two Turbo Mega-Flow Masks = 2 masks exercising or 4 masks resting; Y Splitter option to send O₂ to several resting positions including an adaptor for our **Respiratory Enhancer or Mental Clarity Essential oil**. Connect one bag to another bag for extended use times up to 1800 liters for HUGE users or entire teams. Multiple machine inputs allow for more individual sessions per hour. Unbeatable value. Ask about our two-bag multiple machine system that will supply an entire 24 person team in 8 hours.

HOW LONG DOES IT TAKE TO FILL A BAG?

The bags are 500 and 900 liters. 5LPM takes approx. 3 hours. A 10LPM takes 90 minutes. Some people turn the machine LPM flow 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 hourly/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 at a slow resting breath rate.

Bag 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 at least a 9 foot or more ceiling most can walk underneath it and use ZERO floor space. If you are sitting on a bike or recumbent you only need an 8 foot ceiling.

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 - add \$200.00 plus \$50.00 including shipping and handling within the 48 contiguous US states and \$100.00 for locations outside the 48 contiguous US States .

O2 TANKS AND BAGS VERSUS O2E2 MACHINES AND BAGS?

Tanks are not practical for exercise as they only hold 5000 liters and that means they last maybe FIVE intense 15 minute exercise sessions using the 900 liter bag. The filling of the **extremely heavy tanks** costs around 5 dollars per fill plus pick up and delivery times for filling one bag daily. The tank lasts 5 days and gets expensive making the oxygen producing machine investment much more cost effective and convenient. Plus the machines can be brought with you during travels worldwide. The tanks usually require a prescription whereas our machines do not.

PORTABLES

We carry smaller units (14 pounds) that still produce 5LPM so ask us about that if you want BOTH a travel option. 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.

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 TurboOxygen/OPTIMALEWOT. 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 TurboOxygen benefits that were described by Dr. von Ardenne and his German researchers in his *Oxygen Multistep Therapy* book (I have read it several times and give PDF searchable copies to our customers). This is why the cannula or one liter mask will simply not work as none will allow full, undiluted O2 breathing volume during exercise. You need our large reservoir Bag housing to collect adequate O2 and our Turbo Mega-Flow Mask to deliver adequate flow volume during exercise.

Due to being wary of what the others' potentially outgassing bags are made of, we do not offer our masks to go with any other bags than ours. You may attach our bag and mask to any oxygen machine you prefer and just get our bag/mask combo.



MASK SIZES

SMALL = 5'3" and Below.

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

LARGE = 6'5" and Up

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

FLOW VOLUME AND RESTRICTED BREATHING

When the flow volume is not allowing deep, easy, and unrestricted breathing 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 chest tension and the tension will soon create lessened lung volume. If you have a competitors CPAP mask (blue holder) you will instantly notice the easier breathing using our Mega-Flow; you will instantly feel the ease of deeper to deepest breathing.

When you get the Optimal Breathing Kit , it will show you how to release the tension in your chest, you will feel the increase in breathing ease and volume partly or entirely caused by the forced CPAP mask inhales inviting shallow breathing. You will love the Mega-Flow mask's ease of breathing correlated with speed of recovery, strengthened endurance with no dilution of O₂, and ZERO chest tension caused by using the 1-liter bag or the single port CPAP mask version.

BAG, MASK SYSTEM FOR TRAINING OR RECOVERY

For TEAM TRAINING we can add up to 10 machines to fill two or more connected 900 liter bags (totaling 1,800+ liters in 18 minutes allowing for multiple sessions per hour or several individual multiple person sessions per day.

There are 4 MASK/BAG outlets for **TWO masks (each mask needs two outlets) to train one person or rest four people simultaneously providing you have enough machines to supply the needed O₂.**

We can via a Y splitter add additional bag to mask connector ports to the bags allowing for 4 people connected to one bag for lower breath-rate/volume resting needs.

During competitions, one sideline PRIVATE tent fed by an oxygen tank or tanks could house one bag and allow for several simultaneously recovering athletes; as many people as can fit in the tent at the same time. Sessions could be 5-10 minutes or more depending on individual recovery needs and time allowed.

We seek an angel to develop a rebuilt school bus converted to house three key exercise machines and a double bag 10 machine system for on site practice or competitions for delivery of entire team trainings.

This is just about guaranteed to run the competition ragged.

MEASURING REAL-TIME BLOOD OXYGEN SATURATION, AEROBIC FITNESS AND IMPLIED "INNER MEDICINE/IMMUNE STRENGTH"

Immune function is decreased in Individuals who exercise so vigorously that they exceed aerobic levels and cross the anaerobic threshold. (Brahmi et al, 1985). Reduced Lung volume and oxygen capacity are associated with less resistance to disease an increased risk of mortality (Gordon and Kanell, 1970 - Framingham Study; Cullen et al , 1983). Therefore, it behooves one to monitor energy reserves sensibly.

Years ago some of you, including Mike, wished 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 brain and thigh muscles making the fingertip an insufficient monitor for real-time O₂ 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. The HEX gives you real-time feedback via a thin wrist watch like device you strap on your thigh (which when exercises uses the most of your oxygen next your brain) is blue toothed to a

smartphone or Garmin Watch (and a few others), so you can strap it on and monitor oxygen saturation in real time while exercising or whatever.

The TurboOxygen system pretty much ensures against overtraining even under extreme exercise intensity. But with EXTREME intensity it is still wise to monitor aerobic levels and not cross the anaerobic threshold.

Enter the HEX. The HEX is so fast you see your O2 levels drop before or simultaneously and you feel it and eventually train yourself biofeedback wise to feel the drop or stabilized ease and never over-train or undertrain. Dave Scott, 6 time Iron Man Tri-athlete never wore a watch. He had a well-developed inner guide. You get the maximum benefit out of each session. Warm up properly and build O2 intelligently and your benefits increase exponentially.

Consider www.humon.io. Get a 10% discount by using the code HPP-MIKE10

You may purchase a **Pulse Oximeter** from Breathing.com. <https://breathing.com/products/592-pulse-oximeter-fingertip>

BRAINTAP® AUGMENTATION

Because the Brain uses the largest percentage of our oxygen and thinking uses up a lot of that oxygen, and energy follows thought, we often combine our system with Dr. Patrick Porter's incredible BRAINTAP headset and over 700 programs to help you learn anything faster, defeat stress and anxiety, enjoy optimal health, enhance neuroplasticity and so much more. Chat with us about this incredible tool.

ESSENTIAL OIL DELIVERY OPTION

Using a special splitter, we designed a way you can fill a bag and/or deliver our 9 oil combo Respiratory Enhancer or Mental Clarity essential oil (bypassing the bag) simultaneously.

REMOTE CONTROL

You can purchase a remote-controlled plug at Home Depot or Lowes or online to allow for remote bag fill using your smartphone.

BEWARE

of eBay, Craigslist, Amazon, and elsewhere where people are selling low O2 producing machines and single port masks 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/ TurboOxygen.

ALERT!

An EWOT mask competitor talks about using extra pressure to push more O2 into the mask. It needs the pressure to do that because their masks have half the O2 flow 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. Our masks are like effortlessly breathing in a room full of oxygen. Besides who wants to have air blowing in their nose or mouth when they exercise?

MACHINE FILTERS

How often should the air filters be replaced? **Biannually or yearly or based on air quality.**

Where do you get those filters? **from us. The cost is \$25.00**

Are they difficult to change? **30 seconds.**

BAG MAINTENANCE.

None. They are incredibly safe, tough and made from surgical material used for body parts.

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, 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. They might add a mask but that will provide only half the flow volume of our patent pending Mega-Flow masks.

HBOT hard chambers cost upwards of \$75,000-250,000 each and allow for maximum O2 saturation up to 3 atmospheres of pressure or dozens of times more than the soft chambers, but they are not conducive to exercise, so the person just lies there and loses the benefits of exercise. If you cannot exercise or move, then HARD CHAMBER HBOT is the best albeit more expensive option at \$100-150.00 per session.



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 and moving in a room full of undiluted oxygen.

O2 Liquids

Supersaturating water with oxygen micro or nanobubbles, which are often referred to as stabilized singlet oxygen (O instead of O₂). 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.

<https://breathing.com/products/oxylift>

Breathing 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.

Scuba divers get it and it is called nitrogen narcosis or Martini's law like in drinking multiple martinis. They often drown from it.

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 CO₂ 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.

Our mask delivers twice the flow of theirs. So why adaptive anything? Let's keep it simple.

Altitude training

Studies show that altitude training is more about strengthening the diaphragm and blood flow (hemodynamic function), not the superior blood and muscle oxygenation. In addition, diaphragm strengthening whether from hypoxic O₂ supply ala and form of adaptive contrast, or a restricting volume training mask all comes with a cost of chest tightening and why in our breathing kit we provide a tool and techniques to strengthen the diaphragm, but as well show how to release the tension caused from restricted breathing and forced inhales. On top of all that, the forced in-breaths while gasping and breath heaving while exercising add additional tension in the rib cage and reduce breathing volume and increased speeds of resting breath rates. See this <https://breathing.com/pages/statistics> for statistics around breathing rate and diagnosed illnesses.

My feeling is there is no need to use anything other than just breathing to deliver the Turbo Oxygen providing you have adequate flow volume; our bag/mask combo is the best for that.

OXYGEN THERAPY SIDE EFFECTS.

Although most Emergency Medical Service EMS jurisdictions hold that oxygen should not be withheld with from any patient there are certain situations in which oxygen therapy can have a negative impact on a patient's condition. Oxygen has vasoconstrictive effects on the circulatory system and depending on the breathing pattern which may also be vasoconstrictive and reducing peripheral circulation, was once thought to potentially increase the effects of stroke. That is why TurboOxygen therapy is much safer and more effective in the presence of carbon dioxide and bicarbonate because both are

vasodilators and often aid a state of calm. This is why Anti-inflammatory oxygen therapy delivered by the TurboOxygen system is so effective as the Mega-Flow mask retains adequate carbon dioxide as you exhale into the mask and then out through the escape outlet. So breathing pure oxygen when exercising is creating an avalanche of carbon dioxide with every exhale.

When additional oxygen is given to the patient, additional oxygen is dissolved in the plasma according to Henry's law. This allows or compensating change to occur and the dissolved oxygen in plasma supports embarrassed (oxygen starved neurons), reduces inflammation and post stroke cerebral edema.

Since 1990, hyperbaric oxygen therapy has been used in the treatments of stroke on a worldwide basis. Though the dangers are rare, they must be stated. Administration of high levels of oxygen in patients with severe emphysema and high blood carbon dioxide reduces respiratory drive which can precipitate respiratory failure and death. Note the word SEVERE as there are many studies that advocate oxygen enhanced exercise for said conditions.

Extra care needs to be exercised in patients with chronic obstructive pulmonary disease especially in those known to retain carbon dioxide (type 2 respiratory failure) who lose their respiratory drive and accumulate carbon dioxide if administered oxygen in modern moderate concentration. However the risk of the loss of respiratory drive are far outweighed by the risks of withholding emergency oxygen and therefore emergency administration of the oxygen is never contraindicated.

Oxygen first aid has been used as an emergency treatment for diving injuries for years. The success of recompression therapy as well as a decrease in the number of recompression treatments required has been shown if first aid oxygen is given within 4 hours after surfacing.

Oxygen should never be given to a patient who is suffering from paraquat poisoning unless they are suffering from severe respiratory distress or respiratory arrest as this can increase the toxicity (paraquat poisoning is rare for example 200 deaths globally from 1958 to 1978).

Oxygen therapy is not recommended for patients who have suffered pulmonary fibrosis or other lung damage resulting from bleomycin treatment.

ALTITUDE

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 high 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](https://www.breathing.com/pages/breathing-kit). Which often works in minutes (not weeks or months). <https://www.breathing.com/pages/breathing-kit>

Altitude Training?

I am 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 a colleague's trainers told him it can be helpful but only to the very highly trained competitors in the top 1% and usually with several support trainers. If you must, then I strongly suggest 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](https://www.breathing.com/pages/breathing-kit). <https://www.breathing.com/pages/breathing-kit> The Breathing Kit addresses breathing mechanics, is very synergistic to TurboOxygen and is a separate study unto itself. Several studies support its potential efficacy. <https://breathing.com/pages/clinical-studies>

SUPPORTIVE LITERATURE

Oxygen Multistep Therapy

Dr. Manfred von Ardenne's book *Oxygen Multistep Therapy* (OMT). While von Ardenne was most focused on curing cancer, the general parameters he set out transform very well into modern TurboOxygen protocols with high volume delivery of O₂. OMT is heavy reading! More a reference book than a weekend read! Ever read the Bible, Koran or Talmud more than once? Von Ardenne died owning over 300 patents.

Also available is Majid Ali MD's book *Darwin, Oxygen Homeostasis and Oxystatic Therapies Volume 10 and Oxygen and Aging*. Ali did over 2,000 Darkfield microscope tests related to O₂. In my opinion and though it does not address exercise, Ali is second only to von Ardenne in knowledge of oxygen benefits. This *Darwin, Oxygen Homeostasis and Oxystatic Therapies Volume 10* 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 world. We show our Turbo System owners how to use Control Find them 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.

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 Free Breathing Tests <https://breathing.com/pages/free-breathing-test> and the free **Holistic Health Questionnaire** form to track several health aspects. <https://breathing.com/pages/hhq-holistic-health-questionnaire>

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 **Online Optimal Breathing Academy** at optimalbreathing.com goes into deep guided, tested 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 many infirm or elderly.

I used to hook up with 5 Liters Per Minute (via included cannula) while working on the computer and use it while sleeping but after using the Mega-Flow system, I no longer feel the need. Many love to exercise rest, exercise rest until their body energy tells them me to get up and move on; 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 <https://breathing.com/products/852-mental-clarity-inhaler> and RESPIRATORY ENHANCER. <https://breathing.com/products/850-respiratory-enhancer-aromatherapy> With each bag 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 and offsetting the negative aspects of making 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. Wear 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 an increase O2 circulation and get you on the move. Rebounders work well.

TIME NEEDED EFFICIENCY. The Turbo Mega-Flow system can allow many who do not or cannot conform to regular (you travel a lot) 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.

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.

Keep a journal and 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!

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.
Scroll down past the below testimonials to a long list of FAQs.

Be well, my friends.

Mike Kim

Mike & Kim

The Breathing.com Team.

704.597.6775 10-6 PM ET M-F

info@breathing.com 1/5/20

Clinical Studies: <https://breathing.com/pages/clinical-studies-o2e2>

A few of the many testimonials (more here) <https://breathing.com/pages/testimonials-from-happy-customers>

“ Had my 1st session already. With the Mega-Flow 2 tube mask the difference was instantly noticeable. I pushed through to a new level on the Pelleton and have felt tremendous all day.” Devin in the UK

"I'm a healthcare practitioner that offers Multi-step Oxygen therapy via the Turbo Oxygen system in my clinic. My patients that use the therapy range from world class athletes to physically impaired. My personal story can claim health benefits.....better stamina , breathing, endurance , but most remarkable, since using the therapy over the past couple of years.....I no longer need to use reading glasses. I'm 68 years old. I've used different nutritional and eye exercises for a number of years, yet, the need for the "cheaters" kept creeping in. The only difference is using the O2E2 therapy. What can I say ? It is what it is..... " Dr. Ted C, Chiropractor (name given on request)

Topic: Turbo Mask Running Story & 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 6:00MPH 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 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. 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!"

Mike,

I wanted to update you on my results from using the O2E2 for several months, about 8 months I think.

Thirty mins/day on the treadmill followed by 30-45 minutes of weight training. I notice a significant difference on the treadmill/weights with the O2. No discomfort and a heightened sense of well-being that

lasts for a significant time afterwards.

Along with good nutrition and supplements, I would strongly recommend to anyone having cardiovascular problems to check with their Medical Doc and then give it a try.

Semper Fi, Clint. C. LtCol, USMC, Retired

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 TurboOxygen 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 TurboOxygen 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 TurboOxygen . I also searched at great length before purchasing your system for any information regarding any complications or issues arising from the use of TurboOxygen and could find absolutely nothing.....

At any rate, THANK YOU for your informative, introductory email describing your work with TurboOxygen (which led me to further investigation and purchase of your unit), the benefits derived from using TurboOxygen and your system, the outstanding concept of using two intake oxygen hoses for the TurboOxygen 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 TurboOxygen, 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.....

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 1,000s more than yours....(And nowhere did I find any other units priced anywhere near as reasonably priced as your 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 PhD person with long-term (25 years) ALS feels it is very helpful in his health management.

[More testimonials](https://breathing.com/pages/testimonials-from-happy-customers#) <https://breathing.com/pages/testimonials-from-happy-customers#>

FREQUENTLY ASKED QUESTIONS

Q: Where are you located? Charlotte, NC.

Q: Is our bag and mask BPA, PCV & phthalates free? YES. Our bag is a medical grade TPU that is inert and no off gassing and will not harbor bacteria or mold. The seams are frequency welded so oxygen can be held in the bag. Other brands claim their bag leaks to allow air flow to prevent mold. This is hype as mold will not grow in a high oxygen environment. So, that expensive O2 your generator makes spills out into the room! Not with ours and an O2 port can be opened by simply removing the hose to let it breathe. Our mask is 100% silicone and medical grade that can withstand all cleaning procedures (including autoclave).

Q: How many liters per minute (LPM) should the oxygen generator be for my Turbo Oxygen system?

Since you are breathing from the bag, not the oxygen generator itself, you can use any LPM. However, the higher the LPM the faster the bag fills up. 10 LPM will fill in under 90 min. 5LPM will take 3 hours. Keep in mind you can keep the oxygen generator running while using The TurboSystem to add extra oxygen your next fill time is faster. 10LPM system adds 150 liters to the bag during exercise a 15 minute exercise session. 5LPM will add half that.

Q: Can I leave oxygen in the bag and is it safe? Yes and yes, but we suggest that when you are not home for extended periods empty the bag. Keep away from flames and do not smoke near the system. Keep in mind O₂ makes a fire burn faster and hotter, but it will not cause an explosion. The bag is not under pressure. Oxygen will stay in the bag as long as you allow it.

Q: I don't have a lot of room. How can I make this fit? Eliminate the stands. The bag was designed originally to hang from the ceiling in a vertical or horizontal position. There are grommets at all four bag corners.

Q: How will I know when the bag is full and will it blow up if I forget to turn off the oxygen generator?

The bag is much stronger than the PSI of the machine. I have forgotten to stop filling mine many times. Use a timer to stop the fill if this concerns you. You can also use a remoter timer via your smart phone.

Q: How do I clean the bag and hoses? The main bag receives the cleanest, dry O₂ possible. It should not harbor mold whatsoever. In addition, the lining is anti-microbial. When breathing from the mask, you only inhale O₂ from the bag, you can never exhale into the bag or hoses with the mask. The valves in the mask only allow inhalation of clean dry O₂ and exhalation of CO₂ into the room. Therefore, none of the hoses or bag should ever need to be cleaned. If you feel you must clean the main breathing hose, any CPAP hose cleaner on the market will suffice. In our opinion, keeping the system closed keeps cleaner, filtered O₂ in the bag vs contaminated room air.

Q: How do I clean the masks and do I need one for each person? Both systems include a medical grade mask. This allows you to clean the mask with gentle liquid soap like Miracle2 and share them. The medical grade masks also hold up well to autoclaving and sterilization procedures. You only need additional masks if the person needs a different size or is wanting one for their own. For clinics, we suggest you have one of each of the medical grade to keep on site for those who don't bring their masks. We highly suggest you get one each for family members or if a business, buy a few extra Mega-Flow masks and sell them to your clients. They are responsible for cleaning their own masks and bringing them. Clinics/training facilities can buy masks at wholesale prices. Please call us for more information on pricing.

Q: Does the oxygen have a smell? Never.

Q: What studies are available on the benefits of exercising with oxygen? The entire industry formed from the body of work by Dr. Manfred von Ardenne, Oxygen Multistep Therapy (OMT), Physiological and Technical Foundations. This 400 page book documents the 10,000 patients and results of 150 versions of

O2 therapy. We supply a free PDF searchable copy to customers. We have other PDF searchable sources as well and numerous clinical studies done since OMT was published.

Q: Can I add more than one oxygen generator? Yes, each bag can connect up to 5 generators.

Q: What exercise equipment do you suggest? Any stationary equipment should suffice. Even jumping jacks or running in place.

Q: What makes TurboOxygen better than the competition? Ask for the Comparison Chart.

Q: Can I use an oxygen tank and do I need a prescription? Oxygen tanks require prescription from your doctor because they are explosive and 100% pure. Oxygen requires a prescription if your intended use is for medical purposes. If you need oxygen for medical conditions, please consult with your doctor.

Are your oxygen generators portable? Two of our O2E2 Oxygen generators are portable (you can go places like the store), but the other heavier ones have wheels for moving around and are used with stationary exercise systems.

Q: How often do I need to use TurboOxygen and for how long? Consider Oxygen Enhanced Exercise as one component of your exercise program. Target three days per week at 15 minutes or more per session. Incorporate weight training and outdoor walking or swimming as additional components of your overall conditioning program.

Q: How strenuous does using TurboOxygen have to be to be effective? Only light to moderate exercise is required to see significant benefits. Most will work-out at a very steady pace for 15 min, but every 3 min you will sprint for 20-30 seconds making sure your BPM (Beats Per Minute) is 120 or higher. You will repeat this cycle 3-5 times. Others may use what we call our **Backpacker/trekker protocol** included with the recommendations with the bag.

The Turbo system involves perceived levels of exertion. When exercising with oxygen, tissues and muscles have higher levels of oxygen available for energy production. The human brain detects the higher levels of oxygen and thus perceives less physical stress. Less lactic acid buildup as well. We can exercise longer with greater energy production. The result is increased caloric burn for each minute of exercise. We burn more fat as well.

Q: I have sleep apnea and I use a CPAP machine. Is this a form of oxygen? Can this machine do something for me while I am exercising? CPAP (BIPAP is similar) stands for continuous positive airway pressure. Sleep apnea occurs when airway muscles naturally relax during sleep. The result is an obstruction in air flow leading to arousal from sleep. The CPAP machine provides continuous positive pressure to the airway to hold the tissues open and promote air flow. Normal room air is used directly without extra oxygen. CPAP is not TurboOxygen and cannot be modified for TurboOxygen but our O2E2 CAN, with a \$6.00 adaptor that bypasses the bag, be connected to a CPAP or BIPAP to add an oxygen rich air supply for better sleep.

Q: Does breathing extra oxygen create free radicals? Free radicals are highly reactive oxygen, nitrogen and oxygen/hydrogen atoms which create cell damage through their effect on fats and proteins. Free radicals may be in the food we eat, the water we drink or the air we breathe. Triggers for more free radicals include infection, trauma, stress, toxins (including toxic food sources), allergies and the sun.

Oxidative stress or oxidation being the result of cellular metabolism might also be thought of as free radicals. Excess exercise increases oxidation, something like burning a log in the fireplace, and that creates what you might call “soot”. Specifically, oxidative stress is increased when the muscle cell outstrips its oxygen supply and is forced to produce energy through anaerobic glycolysis.. Therefore, exercising to the point of anaerobic glycolysis increases free radical propagation. The extra oxygen helps reduce this reaction as well as lactic acid buildup.

The natural veggies, fruits and juices and supplemental antioxidants like coenzyme Q10, glutathione, niacin, vitamins E and C help remove the “soot”.

Q. Can Oxygen Enhanced Exercise reduce free radical propagation? Yes and for each watt of power produced by the human body. Testing was conducted at the US Olympic Training Center in Colorado Springs, Colorado. The athletes competed in three randomized trials in which they performed a standardized interval workout while inspiring medical grade O2. Post-training testing was performed on blood and urine. Noted, there was no significant difference between the supplemental oxygen trials and the control trial in serum lipid hydroperoxide and reduced glutathione or urinary malondialdehyde and 8- hydroxyl-deoxygenase. In other words, the extra oxygen did not cause a drop in serum lipid hydroperoxide and reduced glutathione or urinary malondialdehyde and 8- hydroxyl-deoxygenase.

It can be concluded that **Oxygen Enhanced Exercise** enhances exercise tolerance without inducing additional oxidative stress. [View study](https://eprints.qut.edu.au/96874/1/96874.pdf) <https://eprints.qut.edu.au/96874/1/96874.pdf>

Q: How do I know if it's safe for me to start TurboOxygen? The higher O2 levels is not the issue. For many, it's the sudden change in getting exercise. If you have not exercised in a long time, begin gradually. If you don't have any health concerns, breathing higher levels of O2 is considered safe. We always recommend to consult your doctor before doing any exercise.

Q: How much do the non-portable machines weigh? They range from 30 – 56 lbs. They all have wheels.

Q: How much do the portable machines weigh? They range from 2-14 lbs. Our 14 pounders come with a cart and will also fill a bag. The 2 pounders are pulse-based and will not fill a bag.

Q: Machine warranties? 1-3 years.

Q: Bag Warranties? 5 years

Q: Ship to availability?

BAGS: WORLDWIDE.

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

REBUILT: 48 contiguous states only.

Q: Machine electrical needs? Will match the country they are shipped to. Portables are adaptable to any electrical socket worldwide.

Q: Estimated time for machine or bag/mask 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.

Q: 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.

Q: 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 5LPM, or up to 10LPM if you have a 10LPM unit.

Q: 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.

Q: 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.

Q: Extra nose cannulas for sleep? Yes, \$3 - \$5 each with a bulk option of 12, 24, and 50 at discounted prices.

Q: 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.

Q: 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.

Q: 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.

Q: 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 or for sleep. You can use the machine without it. It's your choice. The bag does not use it as the sessions are so short and we do not care for

moisture collecting in the bag as it adds an unnecessary moisture factor to contend with.

Q: 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 O₂ to travel up the hose instead of leaking out into the room. We do not carry the glass versions.

Q: 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.

Q: 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.

Q: 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.

Q: 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.

Q: 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 toxic materials.

Q: Can 2 people use the bag at the same time? Yes. But you will need shorter sessions or an extra machine(s) to maintain the O₂ supply.

Q: 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.

Q: Where can I learn more about oxygen? Use the breathing.com search engine and type in oxygen.