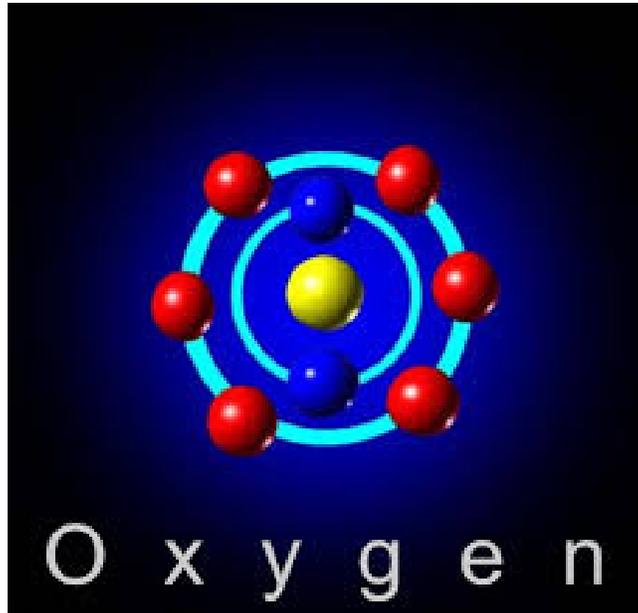


# Miraculous Wellness with Oxygen

## Oxygen Enhanced Exercise and Rest (O2E2)



Starved of oxygen the body will become ill, and if this persists it will die. The clinical application of O<sub>2</sub> to wounds, tumors, leukemia, and to all chronic and acute situations gets to the heart of what is right or wrong inside of us. Wound healing medicine offers doctors and patients alike a view of a level of physiology that is precious to know and understand for it gets to the level of the capillaries and the tissues they feed, which are especially vulnerable to hypoxia (low O<sub>2</sub>), inflammation, tissue necrosis (tissue death) and cancers.

The more oxygen we have in our system, the more energy we produce meaning the healthier we are. Oxygen is the source of life to all cells and medicine that focuses on providing high levels of oxygen to the capillary beds is extremely effective therapeutically. The lack of oxygen causes impaired health or disease and death. The body's requirement for oxygen makes oxygen **the most important supplement needed by the body.**

We simply cannot live without oxygen and yet achieve or maintain optimum health. Some doctors like Dr. Arthur C. Guyton go as far as saying, "**All chronic pain, suffering and diseases are caused from a lack of oxygen at the cell level.**" What he did not say is low oxygen conditions lead directly to inflammation. Chronic inflammation mirrors our body's low oxygen state.

Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life threatening disease. **“Oxygen plays a pivotal role in the proper functioning of the immune system,”** said Dr. Parris M. Kidd.

In the never-ending fight against the aging process and cancer we have finally found a therapy that dramatically reduces the effects of aging, costs very little, and can be done in the comfort of our own homes. The approach is called Multi Step Oxygen Therapy, which can also be done while exercising or while in a sauna or on a BioMat if one is too frail or ill to get out of bed.

I am introducing the O2E2 Turbo Oxygen System which is one of the most effective and elegant wellness protocols ever devised. It is a superlative **re-oxygenating and detoxifying method** for anyone who wishes to directly address the root or common denominator of most health challenges and the acceleration of increased vitality.

The effects of this approach is far reaching for virtually every conceivable human condition. Not that this is a cure for anything, but by improving delivery of the most important substance for tissue life and repair, the body will have a much better opportunity to correct any problem.

In a simple straightforward manner anyone can ignite or create a ramjet where oxygen is injected into the cells with an intensity (of short duration) that blasts open the doors of the cell walls **allowing oxygen in and poisons out**. We bring life and energy in with the oxygen and get to clean house at the same time. Oxygenation is the most fundamental wellness approach because we are dealing with the most basic element of life that we need in constant supply, moment to moment.

Perfect of course for emergency rooms and intensive care units as well as spas, clinics, athletic trainings, and home usage, we now have a way of to **reverse the blood plasma hypoxia that has triggered inflammation in the endothelial tissues**. This system of oxygen delivery will change the face of health and well being. All one needs is an oxygen concentrator, reservoir bag and a mask, thick tube, and either a standing or recumbent bicycle, Air-stepper, treadmill or rebounder and any way to move a lot more than usual. If movement is impossible, a far infrared sauna or bio mat can be used.

We can have at home, oxygen power far beyond anything an emergency room or intensive care unit can field. We will rarely find ourselves needing such services if we use O2E2 Turbo Oxygen on a regular basis. People who do will find themselves healthier and happier and the experience must be something like a fighter plane fueling in midair. The gain from intense oxygen therapy is remarkable in concept and in practice.

### **Inflammation - Infection - Cancer**

A new MIT study offers a comprehensive look at chemical and genetic changes that occur as **inflammation progresses to cancer**. **One of the biggest risk factors for liver, colon or stomach cancer is chronic inflammation of those organs, often caused by viral or bacterial infections.**

The [\*Yale Journal of Biology and Medicine\*](#) tells us that, “Tumor promotion and progression are dependent on ancillary processes provided by cells of the tumor environment but that are not necessarily cancerous themselves. Inflammation has long been associated with the development of cancer. This review will discuss the reflexive relationship between cancer and inflammation with particular focus on how considering the role of inflammation in physiologic processes such as the maintenance of tissue homeostasis and repair may provide a logical framework for understanding the connection between the inflammatory response and cancer.”

“It is believed that cancer is caused by an accumulation of mutations in cells of the body,” says [Dr. Carlo M. Croce](#), professor and chair of molecular virology, immunology and medical genetics. “Our study suggests that miR-155, which is associated with **inflammation, increases the mutation rate and might be a key player in inflammation-induced cancers generally.**” This and many other studies show how inflammation can help cause cancer. **Chronic inflammation due to infection or to conditions such as chronic inflammatory bowel disease** is associated with up to 25% of all cancers. Chemotherapy and radiation only make inflammation worse!

### **Fountain of Youth**

Our body’s oxygen supply is cut in half over the course of your lifetime and simply put that is the basic reason we grow old, get sick and die. But fortunately we can reverse this process and we don’t need a prescription to do it. As we age, the oxygen supply to the tissues of your body drops to 50% or less than the levels of your youth.

Science News reported findings from the Framingham Study and National Institute of Aging showing that “a person’s pulmonary function is a reliable indicator of general health and vigor and is also the primary measure of a person’s potential lifespan.” Then in 2005, Richard Brown, MD, and Patricia Gerbarg, MD, analyzed several studies and concluded that proper and balanced deep-breathing techniques are extremely effective in treating a number of health problems, such as: depleted levels of oxygen can be linked to illness, disease, and a shortened life span.

The O2E2 Turbo Oxygen Training helps restores our oxygen capacity to what it once was meaning it is a fountain of youth that can be combined with others, like magnesium, selenium and sulfur, to eradicate cancer and many other diseases that have the habit of shortening our lives. Studies show that this re-oxygenation not only slows the aging process, but that it will have effects equivalent to subtracting several years off our biological age. I have found this to be true of magnesium bicarbonate when it is added to all of one’s water and we know that even a minute amount of selenium will reduce our chance of dying from cancer by 50 percent!

### **Inflammation and Hypoxia**

**Chronic inflammation sets up a durable restriction to blood flow in the capillaries.** The cell walls become less permeable meaning oxygen does not get in as well and cellular wastes and poisons do not get out. Cellular energy plunges and eventually fermentation and cancer result.

Hypoxia and hyperoxia (excess O<sub>2</sub>) are relative terms. They refer to a state of oxygenation that departs from the normoxic set point, *i.e.* the  $pO_2$  to which cells or tissues are adjusted to under basal conditions.

**Hypoxia limits ATP synthesis.** The cells have an absolute requirement for O<sub>2</sub>. Cellular O<sub>2</sub> homeostasis is tightly maintained within a narrow range (“normoxia”) due to the risk of oxidative damage from excess O<sub>2</sub> (hyperoxia), and of metabolic demise from insufficient O<sub>2</sub> (hypoxia).

Oxygen has two major functions in cellular metabolism, the most important of which is the electron transfer oxidase system which is responsible for approximately 90% of the total oxygen consumption. This pathway produces high energy phosphate bonds in the form of ATP which is the general source of biological energy.<sup>i</sup>

A wide variety of illnesses, including heart disease, cancer, circulatory disorders, and mental illness, are sometimes related to oxygen deficiencies. Oxidative therapies generate more oxygen in the body and can contribute to the recovery of disease, as well as help to achieve optimum overall health and longevity.

Blood leaves the heart in arteries and flows through a funnel network to tiny capillaries. Stress triggers durable inflammation in these capillaries and surrounding tissues. **Stress disrupts the blood’s ability to release oxygen at the tissues.** This causes inflammation in the capillary on the outgoing side of the capillaries. Reversal of the condition requires a sustained, but finite, elevation in plasma (the fluid which carries red blood cells) oxygen levels to turn off the capillary inflammation, and restore circulation. **Capillary venous inflammation is a contributory component of virtually all pathologies,** and a functional limitation in virtually all healing responses.<sup>ii</sup>

Healing with oxygen can be both intensely therapeutic as well as preventive and anti-aging. The mainstream of medicine already knows that optimizing wound perfusion and providing supplemental O<sub>2</sub> in the peri-operative period reduces the incidence of post-operative infections. Doctors know that the correction of wound  $pO_2$  (partial pressure of oxygen in the wound tissue) may, by itself, trigger healing responses.

Most diseases, including cancer, can be seen on the continuum of various degrees of inflammation as well as various levels of oxygenation. Routinely, not just in wounds but in all distressed tissues, we have the condition and deepening threat of oxygen deprivation. Limitations in the ability of the vasculature to deliver O<sub>2</sub>-rich blood to tissues leads directly to the condition of hypoxia.

Hypoxia is a reduction in oxygen delivery below tissue demand, whereas ischemia is a lack of perfusion, characterized not only by hypoxia but also by insufficient nutrient supply. In physiology, perfusion is the process of a body delivering blood to a capillary bed in its biological tissue.

Generally, acute mild to moderate hypoxia supports adaptation and survival. In contrast, chronic extreme hypoxia leads to tissue loss and cancer. Cancer itself can be seen as a survival and adaptation process in which cells turn off their normal metabolic pathways because of low oxygen conditions. Cells turn to fermentation for energy when oxygen levels dive. **There is nothing new under the sun about this story but what is new is how to pump in high concentrations of oxygen for short durations to achieve relief from inflammation where it counts—into the capillary bed where changes can be effected immediately.**

While tumor tissue is metabolically designed to thrive under conditions of hypoxia (low oxygen), hypoxia of human tissues is most often caused by vascular limitations, which is very much a part of the inflammatory process. Hypoxia leads to poor healing outcomes and poor prognosis in terms of cancer survival.

Those tissues and cells with the lowest oxygen supply will be vulnerable to necrosis which in turn may propagate secondary tissue damage and infection. **Pockets of extreme hypoxia may be flooded with angiogenic cancer provoking factors.** In general most people lack sufficient O<sub>2</sub> necessary to fuel the repair process.

#### **Professor von Ardenne**



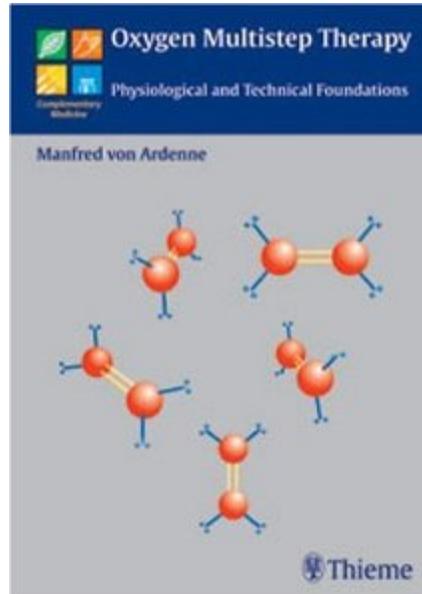
Developed in the late 1960s by [Professor von Ardenne](#), (a student of Dr. Otto Warburg, best known for his pioneering research on the connection between lack of oxygen and cancer), [Oxygen Multistep Therapy](#) combines oxygen therapy, drugs that facilitate intracellular oxygen turnover, and physical exercise adapted to individual performance levels. This unique therapy has diversified into more than 20 different treatment variants and is now practiced in several

hundred settings throughout Europe. Ardenne put his finger on how **inflammation interferes with oxygen transfer to cells. This was later expanded upon by Majid Ali, MD**

“It is believed that cancer is caused by an accumulation of mutations in cells of the body,” says Dr. Carlo M. Croce, professor and chair of molecular virology, immunology and medical genetics. “Our study suggests that miR-155, which is associated with **inflammation, increases the mutation rate and might be a key player in inflammation-induced cancers generally.**” This and many other studies show how inflammation can help cause cancer. Chronic inflammation due to infection or to conditions such as chronic inflammatory bowel disease is associated with up to 25% of all cancers.

Manfred von Ardenne (20 January 1907 – 26 May 1997) was a German researcher, applied physicist and inventor. He holds approximately 600 patents in fields including electron microscopy, medical technology, nuclear technology, plasma physics, and radio and television technology.

Oxygen Multi-Step Therapy has become more commonly known as O2E2 Turbo Oxygen as well as (EWOT) Exercise with Oxygen Training. Although there are different ways to practice these, the core of Dr. von Ardenne’s therapeutic practice is the breathing of nearly pure oxygen while exercising. This allows additional oxygen to be absorbed by your red blood cell, blood plasma and tissue fluids.



Professor Ardenne wrote<sup>iii</sup>, “Because more than 80% of all cancer deaths are caused by metastases, development and evaluation of methods for fighting tumor dissemination should be major tasks of present cancer research. Formation of metastases is favored by both reduced numbers of immune cells in the bloodstream and **impaired oxygen transport into tissues.** These closely related signs often emerge concomitantly when the organism is endangered by

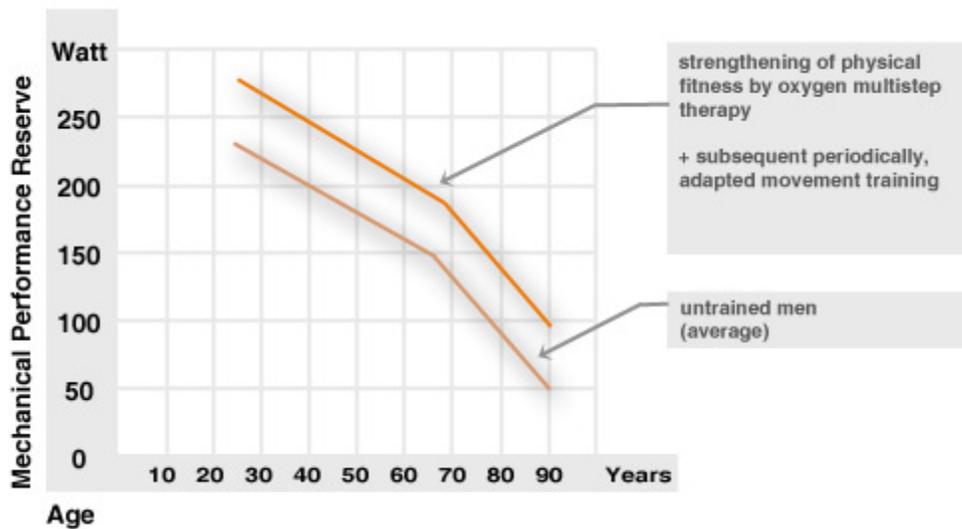
circulating tumor cells released from the original tumor by therapeutic manipulations. From knowledge of these facts the O<sub>2</sub>-multistep immune-stimulation technique has been developed as a way of **diminishing the risk of tumor spread**. The process combines temporary **elevation of the number of circulating immune cells** with continuous **improvement of oxygen transport into tissues.**"

When the oxygen saturation of blood falls, conditions then become ripe for the creation of cancer. Oxygen is exchanged and removed from the arterial blood as it passes through the capillary system. If arterial blood is deficient in oxygen or if blocked arteries restrict the blood flow, then tissues oxygenated by the latter stages of the capillary system may be so deprived of oxygen as to become cancerous.

People with various degenerative diseases are often found to have low venous oxygen saturation. Once they receive proper treatment, the venous oxygen saturation level rises and their health and vitality improve dramatically.

Arterial oxygen saturation should ideally be very high. "High O<sub>2</sub> tensions were lethal to cancer tissue, 95% being very toxic, whereas in general, normal tissue were not harmed by high oxygen tensions. Indeed, some tissues were found to require high O<sub>2</sub> tensions", J. B. Kizer quoted in "Oxygen Therapies: A New Way of Approaching Disease" by McCabe, page 82.

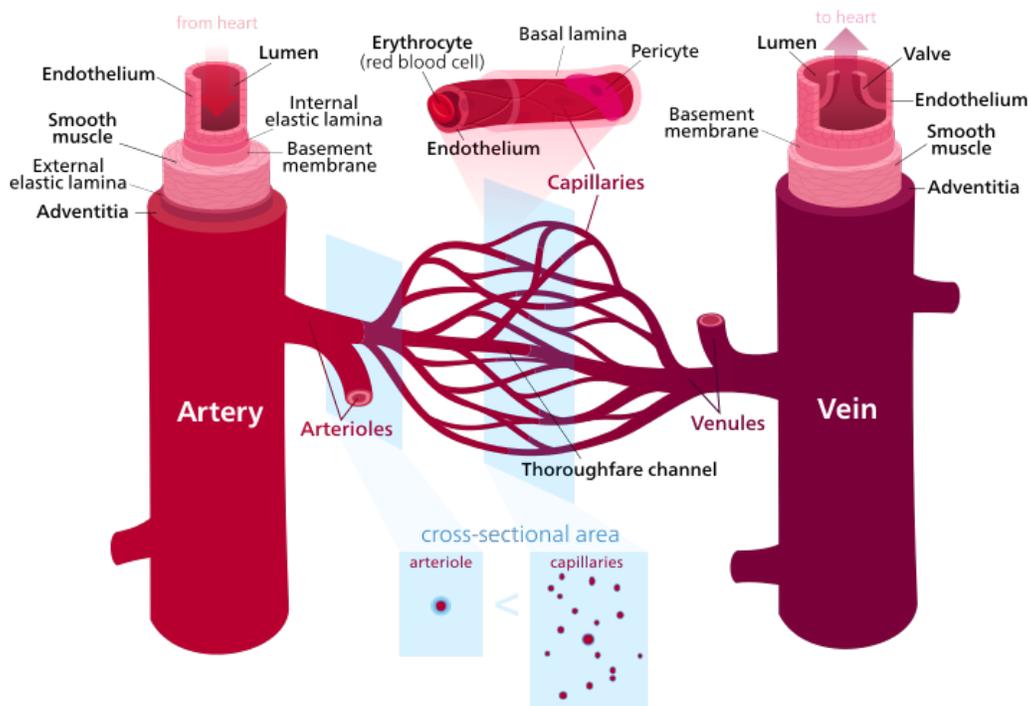
He discovered a "switch mechanism" of blood microcirculation, which depends on the oxygen state of the body. A high value of pO<sub>2</sub> (greater than or equal to 50 mm of Hg) at the venous ends of the capillaries, attainable by the procedures of the Oxygen Multistep Therapy and by powerful physical exercise as well, results in an **increase of the blood microcirculation and, consequently, in a permanent elevation of the oxygen influx and uptake, respectively.**



Incredibly this effect can persist for weeks, months or even years. If the oxygen state gets worse and declines below a certain threshold, e. g. in progressing age or after long-term distress, the

cross sections of the capillaries shrink by swelling of the endothelial cells, and the blood microcirculation is diminished for an extended period of time. Medicine just does not get any better. Practitioners who integrate [Live Oxygen](#) into their protocols will find a **power to reach into the heart of cells quickly, efficiently and inexpensively**.

The utilization of the above-mentioned switch mechanism for permanent improvement of the oxygen flux into all the tissues of the organism is therefore of decisive importance for fighting against the common cause of many diseases, disorders and complaints often going along with increasing age due to an insufficient oxygen (energy) supply for general metabolism.



On [Professor von Ardenne's](#) site they say that, **“This switching mechanism is interpreted as a re-enlargement of the capillary narrowed by oxygen deficiency** (old age, disease, distress). The re-enlargement appears after increased oxygen uptake of the blood and improved oxygen utilization of human tissue over a certain time period.”

**Live Oxygen specifically targets capillary inflammation with bursts of plasma dissolved oxygen.** Resolved inflammation restores the blood supply to tissue – and allows the tissue to return to normal aerobic metabolism. Professor [Ardenne](#) showed that stress triggers persistent inflammation, which locks an escalating percentage of the body, and muscles into anaerobic metabolism – especially with advancing age.<sup>iv</sup>

This effect explains why stress events tend to trigger both degeneration and disease. Stress causes inflammation that creates persistent cellular energy brown-outs throughout the body. These areas host degeneration and disease. Oxygen at the levels delivered by the Live Oxygen

system enters into your blood capillaries, lymph and fat tissues easily. Athletes have a system designed for them that augments their performance..



This state of the art home training system delivers the ultimate Multistep Training at 25-150 liters per minute consistent with Manfred von Ardenne's advanced protocol.

Anti-Inflammatory Oxygen Training is surprisingly simple. All it involves is breathing high levels of oxygen while exercising. The higher oxygen level in the lungs creates a greater head of pressure to drive oxygen into the pulmonary capillaries. The exercise moves the circulation much faster, ensuring a greater oxygen carriage, the oxygen pressure in the veins rises, as more oxygen is getting through to the venous side, but it is this oxygen that allows the capillaries to repair the transfer mechanism. Once the mechanism is strengthened, more oxygen can diffuse through the capillary wall to oxygen-thirsty tissues.

### **Benefits For Everyone**

- Destroys harmful bacteria and viruses, hepatitis, candidiasis (yeast overgrowth), parasitic infections, mycotoxicosis, etc.
- Stimulates the immune system (rheumatoid arthritis) rather than suppresses it.
- Improves blood circulation to the capillaries, decreases viscosity and separates the red blood cells; supports peripheral vascular diseases, arrhythmia.
- Can improve lung function and improves the ability of red blood cells to pass on oxygen to other tissue in emphysema, asthma, chronic bronchitis etc.
- Promotes anti-aging and rejuvenation by increasing oxygen delivery to cells, tissue and organs.
- Decreases inflammation.
- Reduces pain, relaxes tired muscles: fibromyalgia,
- Relieves stress and "burnout" - nerves are calmed.
- Speeds up the metabolic process (Improves circulation and nutrient delivery within the body) and results in a loss of 200 - 250 calories per session).
- Reverses hypoxia (lack of oxygen) in the tissues - gangrene, diabetic infections, AIDS/HIV, etc.

- Detoxifies - reduces environmental toxin load and is esp. helpful with environmental hypersensitivity.

One of Oxygen's many properties is that it destroys harmful bacteria. Researchers have not found any anaerobic infectious disease bacteria that Aerobic Oxygen does not kill. It is effective against Salmonella, Cholera, E. Coli, Streptococcus, Pseudomonas and Staphylococcus A. It is even effective against Giardia-Lambliia.

### **Some Indications for Oxygen Multistep Therapy**

#### **In Prophylaxis**

- Reduction of susceptibility to disease
- Cancer and cancer relapse prophylaxis (stabilization of immunodefense)
- Increase of general circulation stability
- Conditioning at permanent job stress (restorative training for manager)
- Conditioning before predictable intensive physical or psychical stress (operations, delivery, several hours of artistic, political or sporting events)
- Conditioning after intensive stress to minimize the aftermaths (danger of heart attack, also in younger years, fatigue, difficulty of breathing, reduction in vitality and so on)
- Increase of mechanical performance reserve (strongly reduced at ripe old age) and therefore increase of individual expectation of life (reduction of the “biologic age“ by average 10 years)

#### **Fighting Illnesses and Suffering**

- Amelioration of degenerative phenomenon's in areas of eye
- Reduction of frequency of angina-pectoris attacks by support of perfusion of coronary vessels in coronary heart disease
- Strengthening of inspiratory muscles in pulmonary emphysema
- Amelioration of bronchial asthma and shortness of breath, providing the breathing pattern is appropriate
- Influence on certain liver diseases, support of detoxifying function of liver at toxic load
- Combating circulatory disorders in extremities (intermittent claudication, prevention of amputations)
- Reduction of frequency and severity of migraine attacks
- Acceleration of wound healing / contribution to renormalizing low blood pressure
- Acceleration of rehabilitation after serious illness (after heart attack, surgery, infection, intoxication)
- Reduction of side effects and increase of the main effect of drugs
- Amelioration of toxic side effects of conventional cancer therapies (surgery, radiation and chemo therapy)

- Increasing performance reserve that becomes reduced by a lack of exercise after serious illnesses (especially such as paralysis, arthritis, rheumatism)

### **Even Athletes Can Benefit**

- Increases tissue oxygenation.
- Increases production of ATP, (the energy used by an organism in its daily operations) - more energy and faster recovery - acceleration of wound healing and recovery from overuse and stress.
- Delays the onset of anaerobic fermentation.
- Oxidizes lactic acid and prevents buildup, helps prevent sore muscles.
- Reduces swelling, bruising and pain from injuries and speeds healing.
- Prevents and builds up immunity stress, and musculo-tendinous strain.
- Increases hormone production to balanced, optimum levels.

When treating diseased cells many of them may have passed the point of no return in the survival curve. We cannot save all the cells but that is not a problem because the body is always regenerating its tissues if it has enough energy and oxygen. Correction of tissue oxygenation will help to clean-up the dead or dying tissue and replace the void with new healthy proliferating neighboring cells.

### **Cancer Cure?**

Less oxygen does not simply mean getting a heart attack or stroke. Warburg proved it also can mean cancer. Warburg found that malignant tumors always have a degree of oxygen deprivation. He also found that cancerous tumors produced far more lactic acid than benign tumors. Lactic acid is what cells produce when they burn sugar without enough oxygen. It's also what yeast produces when it ferments. Warburg argued that, malignant cancer cells are essentially cells that are fermenting. As the degree of fermentation increases, so does the degree of malignancy.

Natural Allopathic Medicine and its protocol for cancer now has Multi Step Oxygen Therapy at its heart stepping into the number two spot in the protocol after magnesium. It makes no sense to fire up the mitochondria without magnesium around to lubricate the process of life. And it does not make sense to practice oxygen medicine without paying equal attention to carbon dioxide, oxygen's sister.

The main point that needs to be appreciated with **Multi Step Oxygen Therapy is that it is a way to dispatch an army of killer white blood cells that cause apoptosis** – the cancer cell's own death – obliterating them from the bloodstream and anywhere else cancer cells can be found. What do you think is going to happen to the lymphocytes when oxygen floods the lymphatic tissues?

Everyone it seems but most oncologists understand that cancer occurs under low oxygen conditions and that cancer cells hate oxygen. Wouldn't it be the most ridiculous thing in the

history of medicine to find out in the end that oxygen, when delivered correctly, is the cure for cancer?

According to the Natural Allopathic Medicine this is not really an appropriate question for a single part of the protocol. The real question and answer is that without doubt that strong and instant detoxification of cells, de-inflammation of the capillaries and connecting tissues, firing up the immune system, and ramming high levels of oxygen into tumors is going to be of stupendous support in resolving one's cancer or any other disease.

If you contract stage-4 cancer, conventional medicine has nothing really that can cure a person. Very few people are cured at this late stage with chemo, radiation, surgery, or any combination of these. The government knows this is true and still gives orthodox medicine a government-granted monopoly on cancer treatment.

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<sup>i</sup> The oxygen trail: tissue oxygenation; A T Nathan and M Singer; British Medical Bulletin 1999;55 (No. 1): 95-108;  
<http://bmb.oxfordjournals.org/content/55/1/96.full.pdf>

<sup>ii</sup> <http://care.whnlive.com/rkauffman/2013/04/05/o2-science-library/>

<sup>iii</sup> **Fundamentals of combating cancer metastasis by oxygen multistep immunostimulation processes.** von Ardenne M.; Med Hypotheses. 1985 May;17(1):47-65;  
[http://www.ncbi.nlm.nih.gov/pubmed/3892251?ordinalpos=26&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/3892251?ordinalpos=26&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)

<sup>iv</sup> Measurements and combat of stress effects (author's transl); von Ardenne M.; ZFA. 1981;36(6):473-87;  
<http://www.ncbi.nlm.nih.gov/pubmed/7336784>  
"Darwin, Oxygen, Homeostasis and Oxystatic Therapies" Majid Ali, MD