

What is Oxygen Therapy?



Oxygen is essential for brain activity. The brain demands up to 30% of the body's oxygen supply. When it doesn't get this supply, it can lead to issues such as sleep apnea, poor concentration, forgetfulness, mood swings, restlessness, depressive thoughts, and low drive.

Your brain and nervous system need two things to survive: fuel and activation. Fuel comes in the form of glucose and oxygen. You get the glucose from the food you eat BUT as you age, your ability to utilize oxygen decreases. Oxygen therapy gives you oxygen to heal faster. We want you to get better as fast as possible!

Benefits of Oxygen Therapy - BREATHE DEEP. BE WELL.

1. Alleviates tiredness and fatigue
2. Boosts the immune system
3. Builds endurance and strength ---> improves physical performance by 25%
4. Remedy for irregular sleeping patterns
5. Helps with depression and anxiety; reduces stress
6. Alleviates headaches
7. Stimulates brain activity ---> develops alertness; boosts concentration and memory
8. Helps with cardiovascular activity

"In all serious disease states we find a concomitant low oxygen state... low oxygen in the body tissues is a sure indicator for disease... Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease." --- Dr. Stephen Levine, renowned molecular biologist, author of *Oxygen Deficiency: A concomitant to all degenerative illness*

\$50/Session

\$250/6 Sessions
