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## Aerobic Oxygen® – The Breath of Life

Over thousands of years, diet has been of utmost importance to man in maintaining a healthy body and mind. But in the last hundred years or so, and in conjunction with the rise of technology, we've managed to destroy much of the nutritional value of what we eat. The consequence of this has been the appearance of more degenerative disease than at any other time in history.

It's a shame that most people only resort to changes in diet, and then only reluctantly, when a major illness appears. Few seem to understand that an ounce of nutritional prevention is of more value than a pound of medical cure. Replacing refined foods with wholesome counterparts does more to stem the tide of disease than all the drugs or medical intervention the world over.

But even then, the healthiest diets available today may not be entirely enough to counter a vicious, modern assault on our health. It takes more than a semi-casual effort to maintain the status quo today. We really have to **FIGHT** to keep our health. Air pollution, industrial chemicals, agricultural poisons, bio-technology, irradiation, pasteurization, and so on are malicious agents that must be forcefully, and intelligently countered.

Prevention therefore is more than merely knowing what to eat. It also involves knowing what to avoid and using certain key supplements which help to offset negative influences. By "KEY" supplements, I mean those which are not fragmented and either remain a substantial nutritional powerhouse or help in the fight against factors that have a bearing on disease cause.

But folks, in the business of nutrition, talk is cheap. Too many inferior products are pitched, with little proven impact on long term health. If a product is to be judged on merit, then these must be of the highest scientific standards, as well as results achieved. Well I know of one such product -- Aerobic Oxygen. It's no surprise to me that it works, because it's based on the very principle that's most important to bodily health -- alkalinity.

It's a novel product based on negatively charged, stabilized electrolytes of oxygen molecules, in a non-toxic form. What's so unique about this you say? Good question? In

nature, everything has both a positive and negative charge. This is also true of the earth's magnetic field and the air we breathe. In our body, any ion depletion can also have a dramatic effect upon our health. Negative ions in higher clusters, can give you a positive, uplifted feeling. That's why after a good rain, when these will be in greater numbers, you will experience a burst of energy when you breathe in deeply. These negative ions bring about beneficial hormonal and biochemical reactions in the body and brain.

However, positive ions in too great numbers have the opposite effect. They make you feel depressed, with no energy and other pains and ailments. These acidic ions are of little value and create free radical activity within the body. Unfortunately, too many suffer from this condition today.

### What Does A Lack Of Oxygen Do To My Body?

Oxygen is a primary element for cleansing the body of toxins and waste, as well as being a source of energy to bodily cells. A lack of oxygen to tissues and cells, through various means, can lead to a number of degenerative illnesses:

- circulatory problems
- digestive disorders
- strokes
- diabetes
- peripheral arterial deficiency
- memory loss
- dizziness
- loss of balance
- depression
- bacterial infections
- viruses
- fungi
- cancers and other diseases.

Lack of oxygen also deprives us of an incredible energy source and leads to an unhealthy metabolic function, including improper assimilation of nutrients, improper digestion, brain function, nervous system response, circulation and elimination. That's a hefty price to pay.

Some of the reasons we may lack adequate oxygen is stress from environmental chemicals, emotional stress, physical trauma (through adrenal related hormones which utilize oxygen), and infections (which use up free radical forms of oxygen to combat bacteria). Frequent use of medicinal drugs also depletes oxygen at the cellular level.

### What Are The Benefits of Aerobic Oxygen?

Some of the beneficial effects of this product are quite startling. Through personal experience, and recommendations, I've seen people with problems such as asthma,

bronchitis, varicose veins, Candida, allergies, low energy, and food intolerance show dramatic improvements. It's also plays a pivotal role in proper functioning of the immune system, which helps in resistance to disease, bacteria and viruses, something which we can all benefit from.

Much of this comes from the ability of the oxygen to keep yeast or fungal infections such as Candida albicans in check, while promoting friendly bowel flora. And as many of my readers know, I have long linked ill colon health with many body ailments.

Nobel Laureate Dr. Otto Warburg proved that the growth of cancer is inhibited in a high oxygen environment. This means that cancer will not grow in the presence of oxygen. He showed that when oxidization fails and fermentation is substituted for our cell's energy, cancer can rear its head easily. That's another reason why Aerobic Oxygen stands out from the crowd. It's remarkably oxygen concentrated, extremely effective, and highly alkaline, which energizes our body cells to biological regeneration.

### What about the Scientific Evidence?

Don't merely believe my word, nor anyone else's without due diligence in research. Though many put no special value on ingested oxygen, cellular oxidization is in fact the key to life and health, through alkalinity.

Aerobic Oxygen has been proven in many scientific tests to be highly effective against Candida albicans because it inactivates neurotoxins released into the system and destroys the fungi itself. This is also highly beneficial because Candida is responsible for a common, yet under diagnosed condition known as leaky gut, which leads to many allergies today.

Some very prestigious and top rated laboratories and services have conducted tests on Aerobic Oxygen. Calgary Alberta's Brl Beta Research Laboratories Ltd., Talen Inc. (Fort Worth Texas), Agat Laboratories (Calgary, Alta), Professional Services Industries (Arlington, Texas), Baylor Research Foundation (Dallas, Texas), Mexican Red Cross (Mexico City, Mexico), Hardin-Simons University, Science Research Centre, (Abilene, Texas) and the Kaiser Hospital (San Francisco, California) used various tests to prove that Aerobic Oxygen:

- Has superior ability to destroy anaerobic infectious bacteria, without damaging friendly bowel flora.
- Has increased amount of dissolved oxygen in fluids
- Kills Giardia Lamblia effectively within 2-3 minutes
- Efficiently kills pathogenic organisms
- Is highly toxic to bacteria, protozoa, fungus and parasitic organisms
- Decreases burn pain, smoothes burn scar tissue, prevents or eliminates infection
- Destroys pathogens such as Salmonella typhi, Viberio cholerae, Campylobacter fetus ss jejuni, Escherichia coli (H 1 0407) & Staphylococcus aureus

- Is non-toxic

### Are there any alternatives?

A word of caution. You should always avoid products such as Hydrogen Peroxide or Chlorine Dioxide, as their positive, unstable ions concentrations are too high to be of any internal benefit to the body. Hydrogen Peroxide is one of the earliest forms of utilizing dissolved oxygen and may achieve some short-term results for sickness, but it may also be toxic if used in more than small amounts. Not only does it release unstable nascent oxygen into the body, generating free radical activity, but it creates an even more toxic substance, namely Hydroxyl radical. Though this may not be a common substance, it's one of the most deleterious of toxic oxygen metabolises, also known as the Haber-Weiss reaction.

When we introduce Hydrogen Peroxide to our system, we add to the load already created naturally by the body as a result of oxygen metabolism, and we overtax our red blood cells to the point of being unable to produce sufficient catalyse to reduce the toxicity.

Another product, Chlorine Dioxide, is a semi-stable, non-toxic compound, but it also has drawbacks. It will destroy some of our good bowel flora. As such, it should not be recommended by any competent, natural professional.

Competitors to Aerobic Oxygen with a pH balance claim for their product, are merely lower forms of semi-stable oxygen products with acidic ingredients such as H<sub>2</sub>O<sub>2</sub>, or diluted concentrations. Aerobic Oxygen on the other hand has a high, beneficial concentration of alkalinity, and should therefore always be diluted when used.

### Follow the Holistic Approach

Good health is a long term outlook, coupled with much patience. But the good news is that every journey starts with one small step. Though it can take months, and even years, to help the body return to normal operation, some changes can be noticed in the short term. This is always encouraging and should help you look after your most important investment.

Follow plenty of exercise, rest, and other lifestyle habits, while avoiding drugs and other bad habits. Keep your body clean with organic food, such as whole grains, organic meats and dairy, plenty of leafy, green vegetables, salads and vegetable juices and fresh fruits. Also avoid most refined foods and couple this with choice supplements such as cod liver oil and green powders, which are tremendously alkaline and nutritious.

A natural diet helps to maintain health and fitness, including mental agility. On top of this, a product such an **Aerobic Oxygen** can really benefit in your fight to stay healthy. That's right, I said fight. We can't take health for granted anymore, and require knowledge of what is needed to counter negative influences all around us.

I am convinced that Aerobic Oxygen deserves honourable mention in any arsenal against ill health. And because it's such an inexpensive product, you should easily convince yourself to give it a try. So go ahead, give yourself the breath of life.

**Sources:**

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