



## Rescued by Oxygen Relief From Fibromyalgia

Verena Zimmerman



## Lack of Oxygen Affects Immune System

Oxygen is one of the five elements required to live. It's also one of the most important. For decades it's been successfully used to treat the sick. Oxygen deficiency, or oxygen starvation, is arguably the greatest cause of disease. If the body is abused by poor eating and drinking habits, air pollution, drugs or lack of exercise, cells are deprived of oxygen and the immune system is weakened.

When there is insufficient oxygen to support a healthy cell, the cell turns to another source of energy, usually sugar fermentation. This upsets the metabolism of the cell and causes it to manufacture improper chemicals. Soon there is a whole group of unhealthy cells, which have lost their natural immune system. They are open to invasion by viruses, which can result in health problems such as cancers, candida, seizures, nerve deterioration and more.

Oxygen is not only a life-giver, it is also a killer ... a killer of harmful anaerobic infectious bacteria. It's also naturally selective in what it kills. Unlike drugs and antibiotics, it does not harm the aerobic or beneficial bacteria, which are essential for good health. Only oxygen can kill the bad without killing the good.

Published by  
ALIVE  
Canadian Journal of Health and Nutrition  
#227, September 2001, pag. 52

(c) 2001 by ALIVE

All rights reserved. Material may not be reproduced by any process, in whole or in part, without written permission from the publisher.

For 28 years of my life, I worked on a farm. I lived an active healthy life and I ate only organically produced foods from my farm. Nothing was ever sprayed with chemicals. Livestock animals were all naturally raised. There was never any toxic residue in our food.

I would never have dreamed that after living such a life I would become afflicted with a disease that was hardly recognized by the medical profession at the time and for which there were no recognized treatments.

The diagnosis of fibromyalgia is still questioned by some in the medical community. There is no blood test or obvious objective sign to diagnose the

condition. Symptoms found in the examination can also be found in those without fibromyalgia. With so many people presenting the same symptoms, a fatigue condition does exist, whether or not it is labelled. Fibromyalgia is a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. It tends to be more common in women - at least 75 per cent of those with fibromyalgia are women. Yet there is no hormonal explanation to account for this. The older you get, the greater your chance of developing fibromyalgia (up to the age of 65). It often starts after an illness, trauma or surgery and refers to pain in the muscles, ligaments, tendons and fibrous tissues in the body. On a day-to-day basis, most sufferers experience pain, loss of energy and have irritable bowel syndrome as well as migraines.

### Desperate Times

In my own case, after frequent attacks of sinusitis and many courses of penicillin (and after I started to become allergic to it), I was eventually given an X-ray. It revealed six out of eight of my sinus cavities were infected, so an operation was scheduled for three months later. During the exploration a non-malignant tumour was found and removed. However, my infections returned. A post-nasal drip became chronic. I developed an infection in a tooth, which was then removed. Further infection necessitated the removal of all my top teeth. Some months later I developed bursitis in my shoulder and drugs were prescribed. During the course of these events my daughter nearly died. This was a great shock and it also affected my health.

I was finally diagnosed. "Fibromyalgia". But there were no suggested treatments other than sleeping pills and exercise. I turned to my parents, who were believers in alternative methods. They suggested that I try using herbal treatments from a therapist in Switzerland. These natural products helped with some of my symptoms but did not address the pains in my shoulders, hips, knees and elbows -pains that stopped me from working.

I was very tired but I could not sleep. My brain became foggy. I found it difficult to think and my symptoms were always changing, though I would never all the symptoms at one time. They would come and go. One day I would have horrific headaches and the next day an irritable bowel. There seemed no set pattern whatsoever.

Of course I became very discouraged because nothing seemed to help and I couldn't live a normal life. I told a friend about my state of health and she suggested that I try a product that had worked well for her and her husband -**Aerobic Oxygen™**. I had never heard of oxygen therapy other than hyperbaric oxygen chambers (often used for deep sea divers, athletes and sometimes multiple sclerosis sufferers).

I was willing to try anything. I bought a bottle and immediately started taking this liquid oxygen. For the first three weeks I did not notice any change. Then I realized that my sinus conditions was clearing. I no longer sneezed my head off every morning and many of my allergies were considerably reduced. I then started to notice a marked improvement in energy levels and I was thinking more clearly. I was also getting a lot less muscle pain and I was sleeping! What a bonus! I could function again. My sense of taste and smell was also returning, something my doctor said would never happen.

I could hardly believe the changes I have had since taking this liquid oxygen. Although I am not completely cured of all my symptoms, I am much better and profoundly grateful for this product!

Verena Zimmerman lives in Calgary, Alberta.