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# FOCUS ON NUTRITION

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No.21 - Published as a Public Information Service by alive - Canadian Journal of Health & Nutrition - \$0.35

## Confessions of a Herbalist

# The Magic of Aerobic Oxygen

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Certified Herbologist

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*If you walk, dance, sing, meditate, play sports or even breathe, you may be in contact with the healing aspects of Oxygen and not even know it.*

It's not surprising that you do not give much thought to this "Giver of Life" because it is tasteless, colorless and odorless — or at least it used to be.

In fact, your body is composed of four main elements comprising 96% of your bodily weight: 3% nitrogen; 10% hydrogen; 18% carbon; and 65% oxygen. So, if someone tells you are full of hot air, they may be right.

In general, most people know that when a person inhales and exhales, there is an exchange of carbon dioxide and oxygen, the latter which is picked up by the hemoglobin in the blood and distributed to all the cells throughout the body. **Indeed cellular homeostasis is dependent upon adequate oxygen supplies by the blood.**

There is also a deeper meaning attributed to blood in regards to our health. You may have heard someone say that they have tired blood. The physical symptoms are fatigue, tiredness, lethargy, pale or pallid complexion, and the like.

Well, the Mystery schools considered blood to symbolically represent an individual's ego or personality. In essence, it is the blood in man that compels him to life! After all, it is the movement of our blood that makes us boil with rage or flush with excitement.

The ancient knew that an ample oxygen supply within the lungs, blood and tissue, fosters radiant health, an active heart, strong pulse, rosy skin, positive mind, uplifted temperament and enthusiasm for

life. Conversely, a lack of oxygen resulted in sickness, poor vitality, poor stamina, clouded judgement and a weak disposition.

### **Oxygen and Disease**

As discussed by Dr. Stephen Levine and Dr. Parris Kidd, oxygen is the source of life and energy to all cells. Body abuse through eating and drinking habits (including pollutants and toxic preservatives in our water and food), air pollution, use of drugs and lack of exercise can greatly reduce the amount of oxygen available to the cells. When there is insufficient oxygen to support the health of a cell, the cells turns to another source of energy called fermentation. This fermentation results in an anaerobic

environment which upsets the metabolism of the cell and it no longer participates in the healthy functioning of the body. This causes the cell to start manufacturing improper chemicals, and soon a whole group of cells are unhealthy and weak and lose their natural immune system.

Dr. Parris Kidd has stated that:

**“Oxygen plays a pivotal role in the proper functioning of the immune system; ie resistance to disease, bacteria, and viruses.”** Dr. Stephen Levine has also stated that **“We can look at oxygen deficiency as the single greatest cause of all disease.”** Thus the shortage of oxygen in the blood could very well be the starting point for the loss of the immune system and the beginning of feared health problems such as cancer, leukemia, AIDS, candida, seizures, and nerve deterioration.

This research is confirmed by the renowned biochemist and Nobel Prize laureate, Dr. Otto Warburg. He stressed the importance of oxygen especially in its connection to cancer. Dr. Warburg summarized by saying, **“The prime cause of cancer is the replacement of the normal oxygen respiration of body cells by an anaerobic cell respiration.”**

Suboptimal oxygenation of tissues and cells seen in cellular hypoxia is not only the underlying cause of cancer but results in a predisposition towards degenerative disease and is an outstanding factor in immunodepressive illnesses: therefore it follows that oxygen will restore health.

## Oxidation

Oxygen is used in many processes that break down excess or toxic materials in the body. The combining of a substance with oxygen is called oxidation.

Dr. Freibott explains why oxygen and oxidation is so vital: **“It is the lack of oxygen in proper amounts in the system that prevents oxidation and oxygenation, which energizes the cells to biological regeneration.”** These processes are the foundation of life and death.

“If the normal environment of the cell can be maintained, it will not lose its growth and reproduction potential. Sub-oxygen creates sub-oxidation.”

An oxygen deficiency plays an important part in cellular

contamination. Oxygen is a powerful detoxifier, and when its quantity is deficient, toxins begin to devastate body functions and deplete the body of life-giving energy.

“Without oxygen, there can be no nourishment.” Without nourishment, no heat and no energy can be created, and the body cannot purify itself. The unhindered development of this metabolic process results in a circumstance that we call sound health.

## Detoxification and Cleansing Effects

Oxygen plays another important role in the body acting as a guardian and protector against unfriendly bacteria and disease organisms. One of oxygen’s major functions is disintegration. Rubble, garbage, toxins, refuse, debris, and anything useless are destroyed by oxygen and carried out of the system. Just as a clean house holds little interest to passing flies, likewise, an oxygen rich body is a difficult fortress to assail.

So now we see that oxygen plays the dual role of maintaining a pure environment essential to our well-being and secondly, provides the energy to our cells that is so vitally necessary for proper metabolism. If we can agree that oxygen is the key to improved health, then the importance of adequate exercise, balanced diet, sufficient rest and emotional composure, becomes self evident.

Unfortunately, for many of us, the reality of our everyday life overshadows the ideal, as we do not always eat right or get the rest we need. If only there was a way to get more oxygen into our bodies. Well, ask no further, because there is a product in your local health food stores that could be the answer to your needs.

## Bradford Research Institute

Researchers have been trying for decades to stabilize oxygen compounds that could be used to provide the tremendous benefits of oxygen to the body other than through the breathing process. Oxygen is very difficult to stabilize and until a recent scientific breakthrough, oxygen has not been stabilized in a beneficial non-toxic form.

I would like to refer to a report from the prestigious Robert W. Bradford Research Institute, by Rodrigo Rodriguez M.D. and

the Medical Director of American Biologics Hospitals. In his report and I quote “Many substances are capable of releasing nascent oxygen such as chloride oxides, ozone, hydrogen peroxide and iodine compounds including sodium periodate. A comparison may be made of these substances on the basis of their stability and toxicity as well as pharmacologic properties (how it reacts in the body). Using the above examples, ozone releases its oxygen very rapidly (short half life) while chloride oxides remain effective over a much longer period of time. Hydrogen Peroxide has a relatively short half life as well as stimulating free radical activity. Sodium periodate is a rich source of oxygen however, the byproduct iodine, is highly toxic to the cells.

## Comparisons of Commonly Used Oxidants

Here are some important points to remember:

### 1. Oxides of Chlorine

(Cl<sub>1</sub>O<sub>2</sub>) (Cl<sub>1</sub>O) (Cl<sub>1</sub>O<sub>3</sub>) etc.

These remarkable substances have been in use for almost 100 years to combat infectious disease. The major problem, however has been their instability, resulting in equilibrium compounds such as chlorine, chlorate and hypochlorite. **The ability to stabilize chloride oxides has been one of the major breakthroughs of the last few years making possible not only oral use but the injectable form as well.**

Advantages of chloride oxides over other known oxidants are:

- The base compound is non-toxic at over 10 times the normal therapeutic levels
- A rich source of nascent oxygen (two atoms per molecule compared to only one for hydrogen peroxide)
- The major degradation compound (chloride ion) is non toxic and a normal blood constituent
- The half life in the body is approximately 12 hours
- Does not initiate free radical activity in the body

Various stabilized chloride oxides release nascent oxygen which among other things, oxidizes environmental chemicals, stimulates, white blood cell activity and is

devastating to anaerobic micro-organisms (virus, bacteria, fungus) at levels which are completely non-toxic to the body.

## 2. Ozone (O<sub>3</sub>)

Ozone has the shortest half life of the commonly used oxidants and, because of this, toxicity to lung tissue in particular, is a major problem. The major use of ozone is the ozonation of blood in vitro which is common in Europe.

## 3. Hydrogen Peroxide (H<sub>2</sub>O<sub>2</sub>)

A moderate to low source of nascent oxygen (one atom per molecule) with the disadvantage of high toxicity and short half life. Enters into the body's own defense system against invading pathogens by generating damaging free radicals.

This is an overview of the report and copies of the full report is available from Good For You Canada.

I am sure by now you are wondering what the name of this product is called and where you would be able to purchase it. The product is called Aerobic Oxygen in Canada and in the United States and is available in most health food stores. **Aerobic Oxygen is an oxide of chlorides compound stabilized with the richest known source of nascent oxygen with several atoms per molecule.**

The stores have told me sales of Aerobic Oxygen are steadily increasing and people are receiving some very good benefits from it. I have also talked to the manufacturers "Good For You Canada Corp" of Calgary and have been able to find out all the information I required by phoning a toll free number of 1 800 661 8364. This number apparently works for all of Canada and the United States. By phoning this number, stores can place their orders or consumers can get all their questions answered.

Aerobic Oxygen is a safe, non toxic, stabilized liquid concentrate of electrolytes of oxygen, which are made available to your body, in molecular form, when ingested. Electrolytes are any substances that dissolve in water and conduct electricity. The genius of it is the formulating of the two most abundant and important electrolytes of body fluid, sodium and chlorine, to act as the oxygen carriers. The molecular oxygen is released through the

digestive process, and is absorbed into the bloodstream.

In an ordinary glass of tap water there is on the average, 7-12 ppm of oxygen molecules. In Aerobic Oxygen the amount of available oxygen increased to about 12,000 ppm or 1,000 times!

Aerobic Oxygen is not classified as a drug and therefore, should not be prescribed as a cure for any health problems. However, I'm sure that we can agree that the effects of increased oxygenation will have the following beneficial results:

### Purification of Fluids

Aerobic Oxygen has been around for several years and used by travelers and vacationers to purify drinking water in foreign countries, such as Mexico and India. Adding Aerobic Oxygen to water will remove chlorine from water in about thirty seconds and kills the bacteria and organisms, thereby eliminating Montezuma's revenge.

To purify liquids, add 5 drops per 8 ounce glass of water, juice, milk, etc. This eliminates additives like chlorine and kills bacteria. For longer storage of water add 20 drops per gallon. It's a good idea to use Aerobic Oxygen in all unfamiliar water and is an excellent item to have on hand for camping trips as a water purifier and antiseptic. So don't leave home without it.

### Infection and Bacteria

As we recall, infection results from anaerobic conditions: gangrene being an example. Actually, there are three classes of bacteria: (i) Aerobic ie. friendly bacteria found in the intestinal tract (ii) Aerobic/ Anaerobic and, (iii) Anaerobic. All third class bacteria are infectious and disease motivated. With reference to a lab report from Baylor Research Foundation here are a few of the nasties that are killed by Aerobic Oxygen: Streptococcus, Giardia Lamblia, Salmonella, Cholera, E. coli, Pseudomonas and Staphylococcus — to name a few.

Aerobic Oxygen added to water makes a fine douche for vaginal infections and disorders.

### Increase in Energy Levels

Of course this does not come as any surprise because we have already concluded that oxygen is vital for energy and health.

Many athletes use Aerobic Oxygen and attest to increased stamina and concentration. I know many body builders who use Aerobic Oxygen before workouts for increased performance.

### Candida-albicans

Let's look at another area where Aerobic Oxygen has met with success. In the recent years we have seen an increase in the number of people with a yeast overgrowth problem called Candida-albicans. This disease takes root with relative ease in an oxygen deficient body and Aerobic Oxygen is an excellent adjunct for this reason. People with "Candidiasis" also have an impaired immune system, especially if a history of antibiotics is also present. From information provided by nutritionists, doctors and patients using Aerobic Oxygen for the treatment of Candida, it appears to be very successful over a period of time. In some cases 3 to 4 months.

### Emphysema, Asthma

Another benefit of increased oxygen to the lungs is the amelioration of symptoms associated with poor lung activity

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such as emphysema, asthma, and sinus disorders. I have talked to some emphysema patients who have reduced or been able to go completely off of their oxygen machines. Smokers will find that using Aerobic Oxygen daily helps to alleviate the effects of smoke damage and oxygen deprivation caused by cigarette smoking and drugs. Many laser therapies offer Aerobic Oxygen as part of their stop smoking program.

### Blood Purifier

Many people who have chronic cold hands and feet suffer from poor circulation. **When the blood is not saturated with sufficient oxygen, cells starve.** The body reacts by withdrawing blood from extremities to maintain the

integrity of the internal organs, thus our hands and feet become cold. It may surprise some people to know that the head is also considered an extremity and is also dependent on good circulation. Oxygen starved blood results in an oxygen starved brain which produces symptoms of senility, poor memory retention, etc. Next time you have a head cold you can remind yourself that you are lacking oxygen. In any case, Aerobic Oxygen could improve the condition of the blood and increase the circulation. Aerobic Oxygen is sold in Australia under the label NACLO. In a report from Zieme McDonald (DBM, ND, BP, DNB, BSCIN) Nutritional Health Centre in Australia there was a clearly indicated improvement of all the energy levels of a patient 10 minutes after the use of NACLO (Aerobic Oxygen). A Plasma printer and Bio Transmitter was used to gather this information.

possibly be. Well, amazingly enough there isn't one. **Aerobic Oxygen is safe and non toxic and is easily tolerated by those with a delicate constitution.** Aerobic Oxygen is on the alkaline side, but a caution is added on the bottle to avoid putting the concentrate directly on the skin. This may result in a burning sensation. The only other problem I have heard in connection to Aerobic Oxygen, if you can call it a problem, is that as the body begins to heal, toxins are removed and energy levels increase. This sometimes results in instances where a person may have too much energy and this causes some anxiety. The simple solution is to adjust the drops needed.

It should be noted that most people reported good results by taking 20 drops three times a day. If reactions were occurring too quickly then the amount was reduced and slowly built up. A good maintenance program would be 10 drops 3 times a day. Like oxygen, Aerobic Oxygen is almost tasteless, colorless and odorless and comes in convenient two ounce user friendly bottles.

In summary, we have discussed the importance of oxygen and its relationship to blood and have suggested that disease arises due to anaerobic conditions. Through modern technology, which has brought us another major scientific breakthrough, we have another means of utilizing this Noble Element. Truly, oxygen is the *"Giver of Life."*

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*Brian Asttaria is a herbalist and does private consultation.*

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These are the topics now published:

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PRINTED NOV99

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### Use with Toothpaste

Tooth decay and gum disease are caused by anaerobic infectious bacteria. Place 2 drops on your toothbrush or add 10 drops to an ounce of water to use as a mouthwash to help control mouth infections. Reports show dentists are using Aerobic Oxygen with great success and are recommending its use as above and with water pils. I quote from a letter by Dr. David Williams: "I have been using your Aerobic Oxygen in my dental practice in treating patients who suffer from gum diseases. **Your product is the most natural and the most effective substance that I have used to date in controlling the harmful bacteria in many dental infections.** I recommend it highly for both treatment and routine preventative care."

There are many other reported benefits associated with Aerobic Oxygen including increased memory, reduced blood pressure, disappearing varicose veins, improved diabetic conditions, diarrhoea, improved digestion, etc. I know that testimonies are not always the most scientific method of testing a product but with so many reported benefits how can one doubt the validity of the attributes of Aerobic Oxygen.

### Using Aerobic Oxygen

With so many potential benefits to be obtained from the use of Aerobic Oxygen one might wonder what the downside could