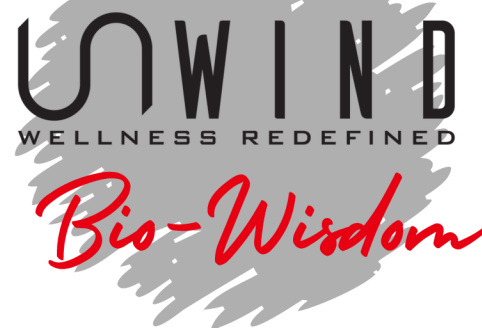


Benefits of **EWOT** & Parkinson's Disease



If you or a loved one is living with Parkinson's disease, EWOT may help improve energy, mobility, and brain function — naturally and safely.

WHAT IS EWOT?

EWOT stands for Exercise With Oxygen Therapy. It combines light physical movement (like walking or cycling) with breathing in high-concentration oxygen (up to 95%). This oxygen-rich blood supports the brain, nervous system, and muscles. Think of it as supercharging your body and brain with clean fuel while moving gently.

HOW EWOT HELPS PEOPLE WITH PARKINSON'S

EWOT can support your body and mind by:

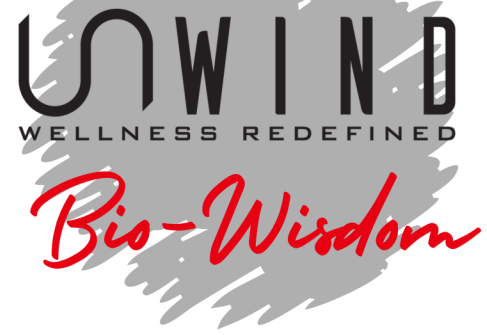
- **Improving oxygen delivery to the brain** – Helps support the neurons affected in Parkinson's.
- **Enhancing blood flow and circulation** – May improve coordination, movement, and cognitive function.
- **Reducing brain inflammation and oxidative stress** – Key factors in Parkinson's progression.
- **Supporting mitochondrial function** – Boosts cellular energy in the brain and muscles.
- **Improving stamina and reducing fatigue** – Helps you stay active and feel stronger.

WHAT PEOPLE OFTEN NOTICE

- Improved energy and reduced fatigue.
- Better movement control and less stiffness.
- Clearer thinking and sharper focus.
- Improved mood and motivation.
- Greater ease with daily tasks and mobility.

HYPE FADES, SCIENCE STAYS

Benefits of EWOT & Parkinson's Disease



WHAT THE RESEARCH SUGGESTS

Studies on oxygen therapy and exercise show:

- Better oxygenation of brain tissue supports brain cell health.
- Reduced neuroinflammation and oxidative damage in neurodegenerative diseases.
- Improved physical performance and recovery.
- Slower progression of symptoms when paired with holistic care.

While EWOT is not a cure for Parkinson's, it can be a powerful tool to help you feel better, move easier, and support your brain health — naturally.



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