

Benefits of **EWOT** On Pain & Inflammation

If you deal with chronic pain, soreness, or inflammation, EWOT may help your body heal faster and feel better — naturally and without medication.

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 boost helps your body fight inflammation and repair damaged tissue more efficiently. Think of it as feeding your cells more oxygen so they can heal and calm down pain and swelling.

HOW EWOT SUPPORTS PAIN & INFLAMMATION

EWOT helps by:

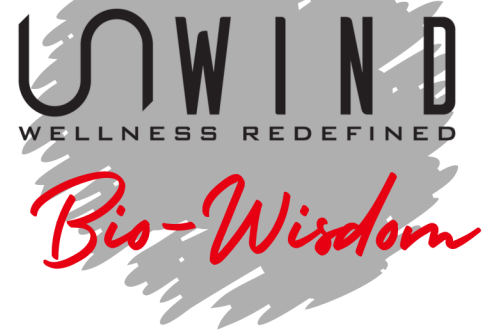
- **Delivering more oxygen to muscles and joints** – Supports healing and reduces pain.
- **Improving circulation** – Helps carry away inflammatory waste and toxins.
- **Decreasing oxidative stress** – Reduces damage and irritation in tissues.
- **Boosting cellular energy (ATP)** – Speeds up repair and recovery in painful areas.
- **Calming the immune response** – Helps control unnecessary inflammation.

WHAT PEOPLE OFTEN NOTICE

- Less joint or muscle pain.
- Reduced stiffness and swelling.
- Faster recovery from workouts or injuries.
- Better mobility and daily comfort.
- A calmer, more energized body.

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WHAT THE RESEARCH SUGGESTS

Studies show that oxygen therapy combined with light exercise:

- Lowers markers of inflammation in the body.
- Enhances tissue repair and reduces muscle soreness.
- Improves circulation and oxygenation in inflamed areas.
- Reduces fatigue and increases physical performance.

EWOT is a safe, natural way to help your body reduce inflammation, relieve pain, and heal faster — so you can move and feel better.



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