

# Benefits of **EWOT**

## On Bone & Joint Pain

If you're dealing with stiff joints, sore muscles, or bone-related issues, EWOT can help reduce pain, improve movement, and support your body's natural healing.

### WHAT IS EWOT?

**EWOT stands for Exercise With Oxygen Therapy.** It combines light exercise (like walking or cycling) with breathing in high-concentration oxygen (up to 95%). This gives your body a big boost in oxygen while keeping you gently active. **Think of it as “supercharged” movement that feeds your joints, muscles, and bones with what they need to feel better.**

### HOW EWOT HELPS JOINTS AND BONES

EWOT supports musculoskeletal health by:

- **Reducing inflammation** – Helps calm swelling in joints and tissues.
- **Boosting circulation** – Brings more oxygen and nutrients to areas that are injured or inflamed.
- **Enhancing cartilage and bone repair** – Oxygen supports the cells that rebuild tissues.
- **Easing stiffness and pain** – Especially helpful for arthritis, injury recovery, or age-related joint issues.
- **Improving mobility and strength** – Light exercise with oxygen can make movement easier and more comfortable.

### WHAT PEOPLE OFTEN NOTICE

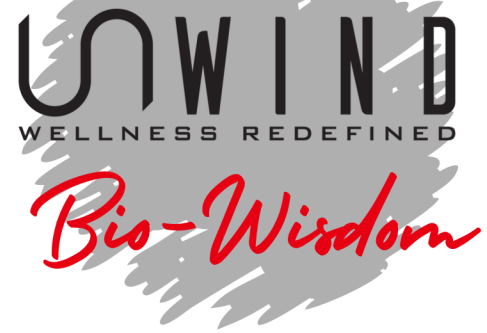
- Less joint and muscle pain.
- More flexibility and movement.
- Faster recovery from flare-ups or injuries.
- More energy to stay active.
- Improved overall mobility and comfort.

**HYPE FADES, SCIENCE STAYS**



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### WHAT THE RESEARCH SUGGESTS

Research suggests that oxygen therapy and movement:

- Decrease inflammation and oxidative stress in joints.
- Improve oxygen delivery to tissues involved in healing.
- Support mitochondrial activity and reduce fatigue.
- Promote tissue regeneration in muscles, bones, and connective tissue.

EWOT is a natural and empowering therapy that helps your brain and body feel more alive, focused, and emotionally balanced — supporting you on your mental wellness journey.



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