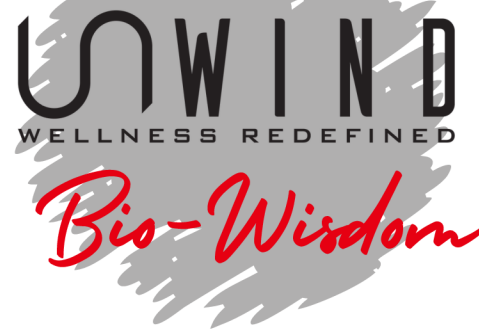


# Benefits of **EWOT** On Anxiety and Depression



If you're feeling anxious, low, or mentally drained, EWOT can help improve your mood, energy, and mental clarity — naturally and without medication.

## WHAT IS EWOT?

**EWOT stands for Exercise With Oxygen Therapy.** It combines gentle exercise (like walking or biking) with breathing in high-concentration oxygen (up to 95%). This boosts how much oxygen your brain and body receive — helping you feel clearer, calmer, and more energized. Think of it as a workout for your mind and mood — with a super-oxygen boost.

## HOW EWOT HELPS WITH ANXIETY AND DEPRESSION

**EWOT supports mental and emotional health by:**

- Boosting brain oxygen levels – Helps with focus, clarity, and emotional balance.
- Supporting neurotransmitter function – Oxygen helps your brain produce feel-good chemicals like serotonin and dopamine.
- Reducing inflammation – Brain inflammation is linked to mood disorders, and EWOT helps calm it.
- Enhancing energy and motivation – Helps lift the physical fatigue that often comes with depression.
- Lowering stress hormones – Helps regulate cortisol, which contributes to anxiety.

## WHAT PEOPLE OFTEN NOTICE

- Improved mood and mental clarity.
- Reduced anxious thoughts and emotional heaviness.
- More energy and motivation.
- Better sleep and stress resilience.
- A greater sense of calm and focus.

**HYPE FADES, SCIENCE STAYS**

# Benefits of EWOT On Anxiety and Depression

UNWIND  
WELLNESS REDEFINED

*Bio-Wisdom*

## WHAT THE RESEARCH SUGGESTS

Studies show that oxygen therapy and light exercise can:

- Increase oxygen delivery to the brain.
- Improve mitochondrial and cognitive function.
- Reduce symptoms of fatigue and low mood.
- Support better circulation and emotional regulation.

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.

*Schedule*



*Today*

**HYPE FADES, SCIENCE STAYS**