

Benefits of **EWOT** On Oral Health & Teeth

If you're dealing with gum issues, slow healing after dental work, or just want a healthier mouth, EWOT may help improve your oral health by increasing oxygen and circulation – naturally.

WHAT IS EWOT?

EWOT stands for Exercise With Oxygen Therapy. It combines light movement (like walking or cycling) with breathing in high-concentration oxygen (up to 95%). This floods your body – and your mouth – with oxygen-rich blood that helps tissue heal and stay healthy. Think of it as delivering more oxygen to your gums and teeth while gently moving your body.

HOW EWOT SUPPORTS IMMUNITY

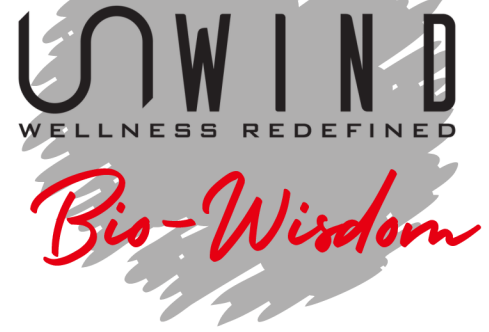
EWOT helps your mouth by:

- **Boosting blood flow to gums and teeth** – Promotes faster healing and better tissue health.
- **Increasing oxygen levels** – Helps fight off harmful bacteria that cause gum disease.
- **Reducing inflammation** – Calms irritated or swollen gums.
- **Supporting immune function** – Helps your body prevent or fight off infections in the mouth.
- **Enhancing detoxification** – Removes waste and toxins that can impact oral health.

WHAT PEOPLE OFTEN NOTICE

- Healthier, pinker gums.
- Less gum bleeding or inflammation.
- Faster healing after cleanings, surgery, or dental work.
- Fresher breath and cleaner mouth feeling.
- Fewer dental infections or issues.

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WHAT THE RESEARCH SUGGESTS

Studies show that oxygen therapy and exercise:

- Improve wound healing and tissue repair (including in the mouth).
- Lower inflammation and support immune health.
- Reduce harmful oral bacteria that thrive in low-oxygen environments.
- Support circulation to the small vessels in gums and oral tissues.

EWOT can naturally support your oral health by delivering oxygen to where your mouth needs it most — your gums, teeth, and tissues.

Schedule



Today

HYPE FADES, SCIENCE STAYS