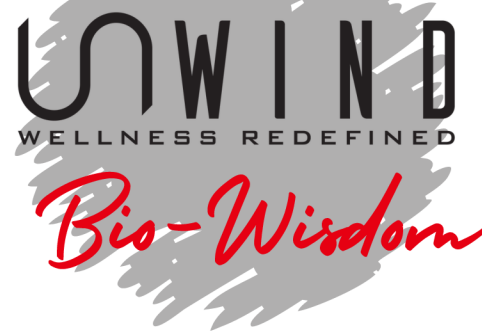


Benefits of **EWOT** On Your Immune System



If you want to strengthen your body's natural defenses and stay healthier, EWOT can help boost your immune system by improving oxygen supply and overall body function.

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 helps your body get more oxygen, which supports immune cells and helps fight off illness. Think of it as giving your immune system an oxygen boost while you move.

HOW EWOT SUPPORTS IMMUNITY

EWOT helps by:

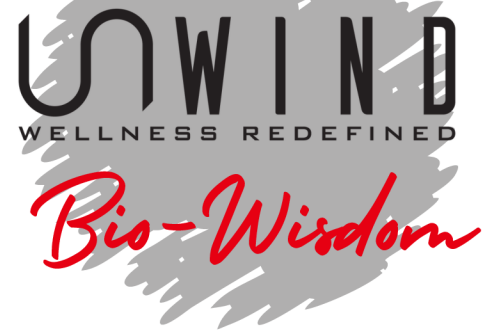
- **Increasing oxygen delivery to immune cells** – Helps them work better to fight infections.
- **Boosting circulation** – Helps immune cells travel quickly to where they're needed.
- **Reducing inflammation** – Keeps your immune response balanced and healthy.
- **Enhancing energy in immune cells** – Supports faster healing and defense.
- **Helping detoxify the body** – Clears out waste that can weaken immunity.

WHAT PEOPLE OFTEN NOTICE

- Fewer infections or illnesses.
- Faster recovery when sick.
- More energy and feeling stronger.
- Better resistance to stress and fatigue.
- Overall improved immune health.

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Benefits of EWOT On Your Immune System



WHAT THE RESEARCH SUGGESTS

Studies indicate that oxygen therapy and mild exercise:

- Enhance immune cell function and activity.
- Reduce inflammation that can weaken immunity.
- Support faster tissue repair and recovery.
- Improve circulation and oxygen supply throughout the body.

EWOT is a natural way to help your immune system get the oxygen and energy it needs — keeping you healthier and more resilient.



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