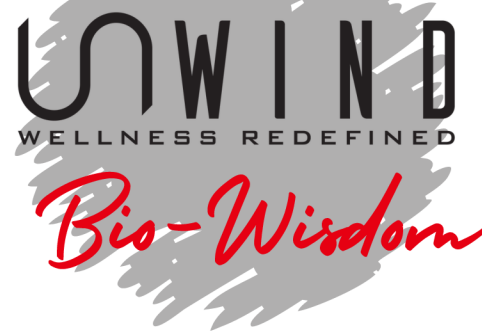


Benefits of **EWOT** On Brain & Nerves



If you are experiencing brain fog, memory issues, or nerve discomfort, EWOT can help improve mental clarity, nerve function, and overall brain health naturally.

WHAT IS EWOT?

EWOT means Exercise With Oxygen Therapy. It combines gentle exercise (like walking or cycling) with breathing in extra concentrated oxygen (up to 95%). This helps deliver more oxygen to your brain and nervous system while you move. Think of it as giving your brain and nerves a fresh boost of clean, energizing oxygen.

HOW EWOT SUPPORTS BRAIN AND NERVE HEALTH

EWOT helps by:

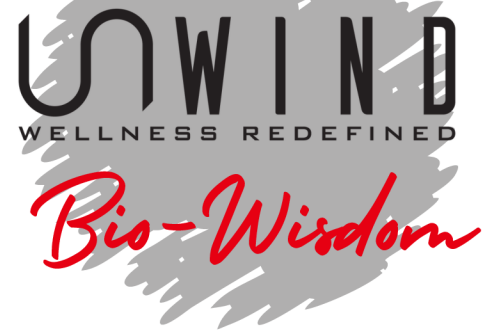
- Increasing oxygen delivery to the brain and nerves – Supports better function and repair.
- Improving circulation – Helps nourish nerve cells and remove waste.
- Boosting energy in brain cells (mitochondria) – Enhances focus, memory, and alertness.
- Reducing inflammation – Protects nerves from damage and calms brain inflammation.
- Supporting nerve repair – Helps damaged nerves heal faster and work better.

WHAT PEOPLE OFTEN NOTICE

- Clearer thinking and better memory.
- Less nerve pain, tingling, or numbness.
- Improved mood and mental energy.
- Faster recovery after nerve injury or brain fatigue.
- Better overall brain and nervous system health.

HYPE FADES, SCIENCE STAYS

Benefits of EWOT On Brain & Nerves



WHAT THE RESEARCH SUGGESTS

Studies suggest oxygen therapy and exercise:

- Enhance brain mitochondrial function and energy production.
- Support nerve regeneration and reduce neuropathic pain.
- Decrease inflammation in brain and nerve tissues.
- Improve cognitive function and mental clarity.

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.



HYPE FADES, SCIENCE STAYS