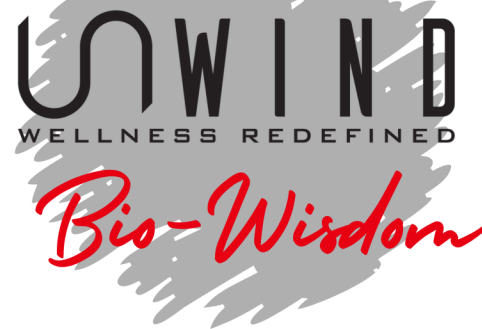


Benefits of **EWOT** & Valley Fever



Valley Fever, caused by a fungus found in desert soil, can leave you feeling tired, achy, and short of breath. While medical treatment is essential, EWOT can be a supportive therapy to help you feel better and bounce back faster.

WHAT IS EWOT?

EWOT stands for Exercise With Oxygen Therapy. It involves light exercise (like walking or cycling) while breathing high-concentration oxygen (up to 95%). This delivers more oxygen to your lungs, blood, and tissues — exactly what your body needs when fighting infection and recovering from inflammation. Think of it as giving your cells a powerful boost to heal and energize.

HOW EWOT SUPPORTS PAIN & INFLAMMATION

While EWOT is not a cure, it may help by:

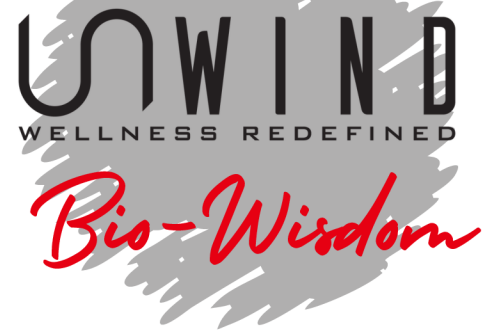
- **Improving oxygenation** – Helps lungs work more efficiently and eases shortness of breath.
- **Boosting immune function** – Oxygen helps white blood cells fight infection.
- **Reducing fatigue and brain fog** – More oxygen = more energy and mental clarity.
- **Supporting tissue repair** – Especially important after lung inflammation or infection.
- **Enhancing circulation and detox** – Helps remove waste and toxins more effectively.

WHAT PEOPLE OFTEN NOTICE

- Easier breathing, especially during activity.
- More energy and better endurance.
- Faster recovery from post-infection fatigue.
- Less muscle and joint discomfort.
- Improved mental focus and mood.

HYPE FADES, SCIENCE STAYS

Benefits of EWOT & Valley Fever



WHAT THE RESEARCH SUGGESTS

Studies show that:

- Oxygen therapy helps immune cells function better during infections.
- Increased oxygen delivery reduces inflammation and supports healing.
- Improved circulation helps repair damaged lung and tissue cells.
- Oxygen enhances mitochondrial (cellular energy) function — key for regaining strength.

EWOT can be a powerful support tool for managing Valley Fever symptoms — helping you breathe easier, feel stronger, and recover with more resilience.



HYPE FADES, SCIENCE STAYS