

Benefits of EWOT



Bio-Wisdom

On Brain Health & Neurodegenerative Conditions

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 MAY HELP WITH NEURODEGENERATIVE CONDITIONS

EWOT supports brain and nerve health by:

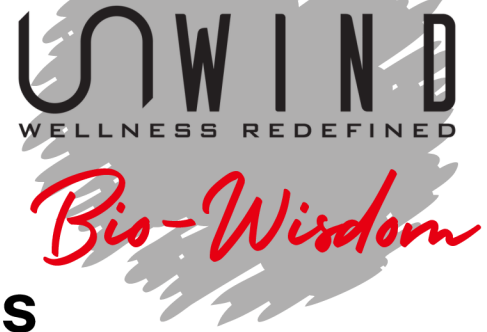
- **Delivering more oxygen to the brain** – Helps protect neurons and improve cognitive function.
- **Reducing brain inflammation and oxidative stress** – Key contributors to neurodegeneration.
- **Boosting mitochondrial function in nerve cells** – Helps support energy production in the brain.
- **Improving blood flow to the brain** – Supports memory, focus, and alertness.
- **Enhancing movement and coordination** – Helps with mobility and muscle control in conditions like Parkinson's.

WHAT PEOPLE OFTEN NOTICE

- Clearer thinking and better mental focus.
- More energy and less brain fog.
- Improved mobility and coordination.
- Reduced fatigue and improved mood.
- Slower progression of symptoms (when part of a holistic care plan).

HYPE FADES, SCIENCE STAYS

Benefits of EWOT On Brain Health & Neurodegenerative Conditions



WHAT THE RESEARCH SUGGESTS

Studies show that oxygen therapy and mild exercise:

- Improve cognitive function and oxygen delivery in the brain.
- Help reduce inflammation and oxidative damage in nervous tissue.
- Support neuroplasticity (the brain's ability to form new connections).
- Enhance circulation and mitochondrial energy in brain cells.

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

Schedule



Today

HYPE FADES, SCIENCE STAYS