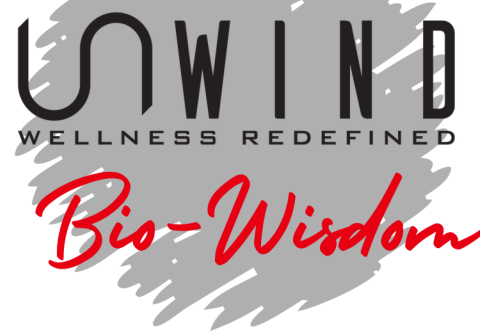


Benefits of **EWOT** & Testosterone Production



Feeling low on energy, motivation, or muscle strength? These could be signs of low testosterone. EWOT offers a natural way to support hormone balance, boost vitality, and help you feel like yourself again.

WHAT IS EWOT?

EWOT stands for Exercise With Oxygen Therapy. It combines light movement (like biking or walking) with breathing concentrated oxygen (up to 95%). This helps your body deliver more oxygen to your tissues, improving energy, circulation, and recovery—key for hormone health. Think of it as fueling your body's natural systems, including the glands that make testosterone.

HOW EWOT SUPPORTS PAIN & INFLAMMATION

EWOT helps by:

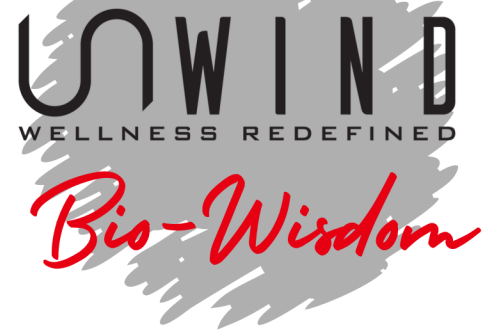
- **Boosting blood flow** – Better circulation to hormone-producing glands (like testes and adrenal glands).
- **Reducing stress and cortisol** – High stress can lower testosterone; EWOT helps calm the body.
- **Improving energy and mitochondrial function** – More energy = better hormone production.
- **Enhancing exercise benefits** – Combines movement and oxygen for natural testosterone support.
- **Reducing inflammation and oxidative stress** – Both linked to hormonal imbalance.

WHAT MEN OFTEN NOTICE

- Increased energy and motivation.
- Better mood and mental clarity.
- Improved muscle tone and strength.
- Enhanced libido and sexual function.
- Easier fat loss and lean muscle gain.

HYPE FADES, SCIENCE STAYS

Benefits of EWOT & Testosterone Production



WHAT THE RESEARCH SUGGESTS

Studies show that:

- Exercise with proper oxygenation increases growth hormone and testosterone output.
- Lowered inflammation and oxidative stress help normalize hormone levels.
- Oxygen-rich environments enhance cellular energy and endocrine function.
- Improved recovery and sleep lead to better natural testosterone production.

EWOT is a natural, drug-free way to support testosterone, energy, and performance — inside and out.



HYPE FADES, SCIENCE STAYS