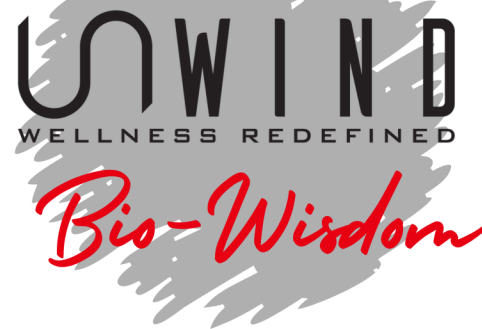


Benefits of **EWOT** & Allergies



WHAT IS IT?

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 boosts how much oxygen your body and brain receive while you move. Think of it as giving your body a clean air boost while gently getting your blood pumping.

HOW EWOT HELPS ALLERGY SUFFERERS

EWOT helps your body handle allergies by:

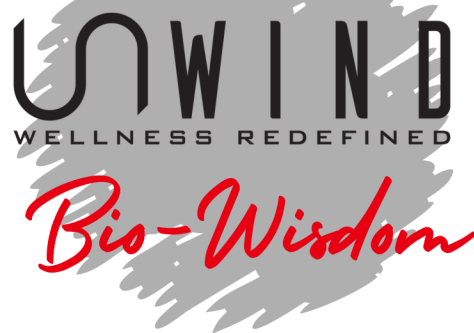
- Improving oxygen levels – Supports healthy breathing and reduces sinus pressure.
- Boosting immune function – Helps your body fight inflammation from allergens.
- Increasing energy – Fights allergy-related fatigue and brain fog.
- Reducing inflammation – Helps ease symptoms like congestion and sinus discomfort.
- Enhancing detox – Oxygen supports your body's ability to flush out toxins and allergens.

WHAT ALLERGY SUFFERERS OFTEN NOTICE

- Easier breathing and clearer sinuses.
- More energy throughout the day.
- Less congestion, pressure, and fatigue.
- Faster recovery from allergy flare-ups.
- A stronger, more balanced immune response.

HYPE FADES, SCIENCE STAYS

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WHAT THE RESEARCH SUGGESTS

Studies show that oxygen therapy can:

- Improve how well your lungs and cells use oxygen.
- Reduce inflammation in the airways.
- Support better immune response to allergens.
- Boost mitochondrial function and overall energy.

EWOT is a natural, drug-free therapy that helps allergy sufferers breathe better, recover faster, and feel more energized — especially during allergy season.



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