

Benefits of EWOT

On Your Heart and Circulation *Bio-Wisdom*

If you want to support a healthy heart, improve blood flow, or boost your energy, EWOT can help your cardiovascular system work better naturally.

WHAT IS EWOT?

EWOT stands for Exercise With Oxygen Therapy. It combines gentle exercise (like walking or cycling) with breathing in extra concentrated oxygen (up to 95%). This helps your heart pump more oxygen-rich blood throughout your body. Think of it as giving your heart and blood vessels a powerful oxygen boost while you move.

HOW EWOT SUPPORTS HEART AND CARDIOVASCULAR HEALTH

EWOT helps by:

- **Increasing oxygen delivery to the heart and muscles** – Helps your heart work more efficiently.
- **Improving blood circulation** – Supports healthy blood vessels and lowers strain on your heart.
- **Reducing inflammation** – Calms inflammation that can harm the heart and arteries.
- **Boosting energy production in heart cells** – Supports stronger, healthier heart function.
- **Helping lower blood pressure** – Encourages better vessel flexibility and blood flow.

WHAT PEOPLE OFTEN NOTICE

- More energy and less fatigue.
- Better endurance during physical activity.
- Lower blood pressure and improved circulation.
- Reduced symptoms of heart strain or chest discomfort.
- Improved overall heart and vascular health.

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UNWIND
WELLNESS REDEFINED

Bio-Wisdom

WHAT THE RESEARCH SUGGESTS

Studies suggest that oxygen therapy and exercise:

- Enhance oxygen supply to heart tissue.
- Improve mitochondrial function in heart and muscle cells.
- Reduce inflammation and oxidative stress linked to heart disease.
- Support blood vessel health and lower blood pressure.

EWOT is a natural and effective way to help your heart and blood vessels get the oxygen and support they need — helping you feel stronger and healthier every day. Want to learn how Red Light Therapy or PEMF can also support your heart health? Just ask!

Schedule



Today

HYPE FADES, SCIENCE STAYS