

A photograph of a person from behind, wearing a patterned shirt and a hat, with their arms raised in a 'V' shape against a bright blue sky with scattered white clouds. The person appears to be in a state of joy or triumph.

# AMAZING FACTS ABOUT OXYGEN

## OXYGEN IS CRITICAL FOR ALL LIFE TO EXIST!

"Oxygen is the source of life to all cells."

Dr. Stephen Levine, Ph.D.,  
Molecular Biologist and Geneticist

"Oxidation is the source of life. Its lack causes impaired health or disease; its cessation, death."

Dr. Eugene Blass, Ph.D.

"Oxygen Therapy: Its Foundation, Aim & Result"

"If deficiencies of less vital elements such as vitamins, minerals and enzymes can rob the human body of its health and vitality, how much more damage must result from a deficiency of oxygen, the element universally acknowledged to be the most vital to life?"

Towsend Letter for Doctors .

The body's requirement for oxygen makes oxygen the most important supplement needed by the body. We simply cannot live without oxygen and yet achieve or maintain optimum health.

## OXYGEN SOURCES ARE VANISHING!

"Certainly there is scientific proof that the oxygen concentration in the atmosphere is being slowly reduced

...In Japan we now see the regular use of 'oxygen booths' and portable oxygen cylinders because the people realize that the air is so contaminated they are not getting sufficient oxygen from it."

Dr. John Muntz, Ph.D.

"The more oxygen we have in our system, the more energy we produce. Understanding this is more important today than ever before because of a general deficiency of oxygen intake."

Dr. Norman McVea, Ph.D.

The earth's two main sources of oxygen are from plankton in the world's oceans and new growth in the rain forests in Africa, Central and South America. Recent studies indicate that our atmospheric oxygen levels have decreased significantly during the last century. The causes include: an increase in toxic wastes and poorly maintained waste sites, industrial air pollution, automotive carbon monoxide, polluted water tables, in pollution to rivers, streams and oceans and the clear-cutting of large areas of forests and woodlands.

## CURRENT LIFESTYLES ROB OXYGEN FROM OUR BODIES!

"All chronic pain, suffering and diseases are caused from a lack of oxygen at the cell level."

Dr. Arthur C. Guyton, M.D.,

The Textbook on Medical Physiology

"Rubble, garbage, toxins, refuse, debris and anything useless are destroyed by oxygen and carried out of the system. Just as a clean house holds little interest to passing flies, likewise an oxygen rich body is a difficult fortress to assail."

Brian Goulet

Certified Herbalist Canadian Journal of Health and Nutrition

"Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life threatening disease. The link between insufficient oxygen and disease has now been firmly established."

Dr. W. Spencer Way, M.D.

Journal of the American Association of Physicians

Our bodies now receive less oxygen from the foods we eat and the water we drink. These consumables also contain significant levels of toxins and synthetic chemicals that require high levels of oxygen in order to metabolize (oxidize) them out of our system. Causes include: over-processed "fast" foods, over-worked farmlands stripped of nutrients, contaminated drinking and agricultural water supplies, significant increase in daily stress and unbalanced diets, lack of exercise and proper rest.

## WE NEED TO BE PRO-ACTIVE IN MAINTAINING OUR HEALTH!

"Oxygen plays a pivotal role in the proper functioning of the immune system."

Dr. Parris M. Kidd, Ph.D.,

Antioxidant Adaptation

"Oxygen is needed in the body. We can be without food and water for a lengthy time. We can be without oxygen only for a few seconds...it is the spark of life."

Dr. Charles H. Farr, M.D., Ph.D.,

O2 Therapies

"Simply put, disease is due to a deficiency in the oxidation process of the body, leading to an accumulation of toxins. These toxins would be ordinarily burned in normal metabolic functioning."

Dr. Albert Wahl, M.D.

"It is very clear that activated oxygen has great promise beyond that ever envisioned by its inventors."

Dr. Gilbert Gordon, Ph.D.

Professor and Chair, Miami University

"The body's ability to metabolize vitamins, minerals and other nutrients is greatly facilitated by activated oxygen...It enhances the uptake of vitamins, minerals and amino acids from natural food sources as well as from daily supplementation..."

James Lembeck, D.C.H., C.M.P.

Author, nutritional researcher and weight trainer