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STANDARD Exercise with Oxygen Therapy (EWOT) involves the inhalation of concentrated (90% to 95% purity) oxygen at a rate of 8 to 10 liters per minute. A normal EWOT session usually lasts about 15 minutes while performing exercise or activity – in order to raise the individual's heart rate thereby resulting in wider distribution of the oxygen throughout the blood system.

Oxygen is crucial to health; it is literally the chief building block of the body's repair system. Using one's own heart to push oxygen throughout the body makes EWOT a highly-effective and highly-efficient means through which to give your body the oxygen it needs to perform optimally, recover from health challenge, become more resistant to illness or injury and slow aging.

The recognized benefits of EWOT include the following:

- Increases the diameter of blood vessels.
- Oxygenates tissues, cells and organs.
- Assists in recovery from stress related illnesses.
- Helps prevent age-related diseases: cancer, macular degeneration, cataracts, diabetes, chronic fatigue, fibromyalgia, and 'non-healing' wounds.
- Slows aging process.
- Stimulates immune system
- Assists in weight loss
- Reverses chronically-low oxygen saturation of the blood.

Standard EWOT is like a **10 out of 10 when it comes to health, wellness and fitness benefits**; that said most EWOT systems use low volume mask and hose assemblies which limit the Therapy from being much more.



Standard EWOT mask and hose assembly and concentrator: 8 to 10 liters/per minute

Replenishing Care utilizes an Enhanced EWOT Platform that is decidedly MORE!

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Replenishing Care: Enhanced EWOT Platform:

Amplified Inhalation + Altitude Contrast Training

Used by some of the World's top clinics and most elite athletes, Replenishing Care's **Enhanced** Exercise with Oxygen Therapy (EWOT) Platform, works with whatever an individual has to work with to become more well, prevent illness, become more resistant to injury, prevent aging and improve athletic performance, training and recovery.

The Replenishing Care system achieves this by enhancing the recognized benefits of Standard EWOT, as follows:

1. The RC platform uses an oxygen-reservoir system to store a 600 liter "bag" of concentrated oxygen.



Olympian Dara Torres using RC Enhanced EWOT System, 2011

2. This large ready-supply of oxygen enables the use of high volume mask and hose assemblies which increase inhalation rates from 8 to 10 liters per minute (offered by Standard EWOT) to **50 to 100 liters per minute** - depending upon the aerobic capability of the participant **raising the health, wellness and fitness value of EWOT to "12 out of 10"**.



Guinness World Record Holder Theresa Dugwell, Toronto, 2013

3. The design of the reservoir further builds upon the Amplified Inhalation feature, as follows:
 - The reservoir is dual compartment.
 - Compartment One which is about ninety percent (90%) of the reservoir volume, captures the 90% to 95% concentrated oxygen as it is released by the concentrator.
 - Compartment Two, which is about ten percent (10%) of the reservoir volume, captures a non-toxic by-product of the oxygen concentration process that is approximately 12% oxygen.
 - Twelve percent (12%) oxygen is roughly the same *air* found at 14,000 feet elevation.
 - During the course of a therapy/training session participants alternate between the oxygen-rich contents of Compartment One

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and the oxygen-reduced contents in Compartment Two – according to a protocol termed “**Altitude Contrast Training**” (ACT).

- Altitude contrast training **raises the health, wellness and fitness value of EWOT to “15 out of 10”**.

Here is why ACT is needed:

1. Oxygen repairs and maintains the body’s repair system.
2. When the level of oxygen throughout the body is deficient the body simply will not repair effectively or efficiently.
3. Stress and strain triggers inflammation in small blood vessels called capillaries - resulting in lowered blood flow, reduced oxygen delivery and trapping of toxic metabolic waste.
4. This combination of reduced circulation, reduced oxygen and toxic buildup keeps muscles sore, weak, and anaerobic – thereby limiting performance.
5. Many people are misled by the “99er pattern” (which provides a false sense of security regarding their body’s oxygen performance) *as follows*:
 - optimal oxygen saturation is 99%; < 95% is a *red flag*;
 - a pulse oximeter measures oxygen in the blood – but NOT the amount of oxygen diffused in the tissues, organs, and muscles;
 - it is quite common for people to record a 99% on a pulse oximeter reading and yet present as sluggish, tired, sore etc.
 - this is because the individual is stuck in a *functionally anaerobic pattern* in which the body is pushing oxygen around in the blood, but that oxygen is not being utilized/sought by the tissues, organs and muscles – because they are locked in a pattern of doing without oxygen and burn sugar instead;
 - Altitude Contrast Training breaks this pattern by taking oxygen away from the body until it triggers a natural cellular response to demand more oxygen.

Here is how ACT is delivered and how it affects the body:

1. Like standard EWOT, Altitude Contrast Training sessions are typically 15 minutes; the difference is ACT involves a 3-step process, as follows: :
 - Participants begin by breathing from the high concentrated (90% to 95%) oxygen for about 9 minutes. At this time they have a richer than normal supply of oxygen to use; some *feel like they can rip the phone book in half*.
 - After 9 minutes Participants are switched to the low concentration (12%) or “*high altitude*” oxygen for 3 minutes during which their bodies have less oxygen to work with – and must work harder; NOTE: during this stage of ACT oxygen saturation drops and the heart rate increases; often times there are observable changes (e.g. scent of sweat may change) as lactic acid is released, and
 - After 3 minutes Participants are then returned to the high concentrated (90% to 95%) oxygen at a time their brain knows they are oxygen deplete and their heart rate is raised to a high (but safe)

- level. This is the perfect scenario for saturating their blood, water, plasma and organs with high concentration oxygen.
2. This process of saturation-depletion-re-saturation:
 - helps flush lactic acid that builds up through “life”, and intensified through athletic performance and/or training,
 - restores oxygen and performance factors throughout the body,
 - reverses the stress-triggered congestion that limits blood flow – and which in turn limits health, strength and endurance.
 3. The contrast in oxygen concentrations is key to healing.
 - The shifts in oxygen act like an *oxygen-pump* - pumping out toxins and pumping in life-giving oxygen.
 - This causes cells to be either up- or down-regulated, leading to improved healing and increased cellular metabolism.
 - As a result ACT opens the whole vascular system, flushes waste, and restores metabolism.
 - ACT often clears lactic acid soreness within a single session, and erases the muscle brownouts that limit performance.

What People Experience From Altitude Contrast Training:

1. After just one session:
 - Muscle soreness, lactic acid buildup greatly reduced or eliminated
 - Accelerated recovery post-strenuous exercise or overtraining
 - Increase in energy and a clearer mind
 - A cellular detoxification with benefits lasting up to twelve (12) months
2. With multiple sessions (2-3 per week) over 4-12 weeks:
 - Increased metabolism and weight loss
 - Decreased cravings of unhealthy foods
 - Increased cardiovascular capacity
 - Improved mood
 - Clearer thinking and improved memory
 - Able to handle stress more easily
 - Improved athletic performance

Who Altitude Contrast Training is for:

1. Anyone wishing to improve wellness, or deal with a health challenge who:
 - Wants or needs more energy;
 - Wants to lose weight;
 - Feels like they have a toxic build-up in their body;
 - Has a chronic illness or infection;
 - Doesn't feel as *sharp* as they'd like to be;
 - Suffered a concussion, stroke or brain injury.
2. Athletes of all levels who:
 - Feel sluggish, burned-out, sore, or over-trained;
 - Want to recover more quickly from races or games;
 - Want greater aerobic capacity;
 - React poorly to performing at altitude.

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Costs and configurations

The Replenishing Care Enhanced EWOT System consists of the following:

PROFESSIONAL Version: 15 minute fill rate \$6700
Two (2) Ten (10) LPM Oxygen Concentrator
Reservoir with Altitude Contrast Feature
Six (6) High-volume masks and hose assembly
Frame for reservoir, pulse oximeter and shipping included



Professional system with 2 concentrators

HOME Version: 60 minute fill rate \$5150
Same as Professional unit but with:
➤ **ONE (1) Ten (10) LPM Oxygen Concentrator,** and
➤ **Four (4) High-volume masks** and hose assembly
Reservoir with Altitude Contrast Feature
Frame for reservoir, pulse oximeter and shipping included



NOTE: All prices are in US\$. We offer special packages designed to meet Canadian government regulations and reduce currency/import costs.
For more information or to order please: [Contact us](#)

Where Replenishing Care's Enhanced EWOT Platform "FITS" and how it Works:

NOTE: The Replenishing Care Model involves 12 sessions over a 6 week period – and amplifies the benefits further with the use of 10+ other complementary technologies. On a home use basis most owners will do *altitude contrast training* 3 to 6 times per week depending upon their health and wellness needs and/or fitness goals.

Replenishing Care (RCC) does not diagnose, treat, nor cure any illness or medical condition. Our services promote ascending wellness and best performance; results vary. Readers and users alike are advised to use the information, technologies, and methods presented under the supervision of their family doctor and/or other health professionals they rely upon.

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