



## GYM FOR THE BRAIN

Key Quotes from *Anti-Inflammatory Oxygen Therapy*, by Dr. Mark Sircus

### PROBLEM

“All chronic pain, suffering, and diseases are caused from a lack of oxygen at the cell level,” Dr. Arthur C. Guyton

“Simply put, disease is due to a deficiency in the oxidation process of the body, leading to an accumulation of toxins,”  
Dr. Albert Wahl

“In all serious disease states we find a concomitant low oxygen state. Low oxygen in the body tissue is a sure indicator for disease. Hypoxia, or lack of oxygen in the tissues, is the fundamental cause of all degenerative disease,” Dr. Stephen Levine, Medical Biologist

Dr. Otto Warburg received the Nobel prize for proving that cancer can only grow in an oxygen-starved environment. According to Dr. Warburg, “The primary cause of cancer is the replacement of the respiration of oxygen in normal body cells by a fermentation of sugar.”

“A healthy cell breathes oxygen for energy. A cancer cell shuns oxygen and ferments sugar instead for its energy requirements,” Majid Ali, MD

Inflammation diseases are intensified in direct proportion to the amount of sugar intake and produced. Inflammation leads to: Cancer, Cardiovascular diseases, Alzheimer’s, Diabetes II, Arthritis, Autoimmune diseases, Neurological diseases, Pulmonary diseases, Advanced aging, Sexual dysfunction.

*Time Magazine* quoted Dr. David Sinclair, professor of genetics at Harvard Medical School, “What makes cells age? Wear and tear, yes. But biologically, its lack of oxygen that signals cells that it is their time to go. Without oxygen, the energy engines known as the mitochondria become less efficient at turning physiological fuel like glucose into the energy that the cells need to function. Eventually, they shut down.”

“Not enough oxygen in to the brain is the main cause of memory loss, inability to find the right words, getting words mixed up, and not being able to speak in sentences,” Dr. Mark Sircus, author of *Anti-Inflammatory Oxygen Therapy*

## SOLUTION

“Anti-inflammatory Oxygen Therapy is the most dramatic single thing you can do to prevent disease and restore health,”  
Dr. Mark Sircus, author of *Anti-Inflammatory Oxygen Therapy*

“Oxygen is the most direct answer to cellular detoxification. It is the number one way the body gets rid of acids. No wastes or toxins can leave the body without first combining with oxygen,” Dr. Mark Sircus, author of *Anti-Inflammatory Oxygen Therapy*

“Oxygen therapy is the cheapest and easiest detoxifying agent,” Dr. Mark Sircus, author of *Anti-Inflammatory Oxygen Therapy*

“Oxygen is the source of health. Oxygen is essential to the human body, extending effects beyond breathing,” Dr. Mark Sircus, author of *Anti-Inflammatory Oxygen Therapy*

According to the British Lung Foundation, “Breathing in air with a higher concentration of oxygen can be used to correct low oxygen levels in the blood. If you feel breathless and tired, particularly when moving around, you may have low blood oxygen levels.”

“The body’s requirement for oxygen makes oxygen the most important supplement that is needed by the body. When the body has ample oxygen, it produces enough energy to optimize metabolism and eliminate accumulated toxic wastes in the tissues. Cellular garbage, toxins, refuse and debris are destroyed by oxygen and carried out of the system. The more oxygen, the easier it is for the body to detox,” Dr. Mark Sircus, author of *Anti-Inflammatory Oxygen Therapy*

“When oxygen levels are increased, the cells pick up extra oxygen and provide it to our tissues. Waste gases and toxins are removed more efficiently and cells begin to function better. Anaerobic viruses, bacteria, and fungi are unable to live in an oxygen enriched environment. Oxygen builds resistance to infections like yeast that thrive in an oxygen deficient environment. Oxygen helps to neutralize acids in our body, like lactic acid resulting from muscle overload. Our body’s chemical reactions are ‘fired up’ due to increased oxygen levels. We burn fat more efficiently. Sleep often improves, even at altitude. We feel better, our body is healthier and we think more clearly because of increased oxygenation. There is a direct relationship between oxygen and vitality. Enhanced exercise greatly aids in the body getting oxygen to the tissues,” Dr. Bruce West

“Oxygen is the answer to just about everything. If one gets enough oxygen, one can heal from just about anything,” Dr. Mark Sircus, author of *Anti-Inflammatory Oxygen Therapy*

Exercise with Oxygen Therapy studies show:

- Endurance increased 32-67%
- Short-term memory improved 19-23%
- Recovery time reduced 27%
- Power increased 8-14%
- Fat-burn for fuel increased
- Lactic acid reduced 34-60%
- Reaction time reduced 12-18%

## **SOME BENEFITS OF HIGHER LEVELS OF OXYGEN**

- Decreases inflammation
- Detoxifies and removes environmental toxins
- Improves circulation
- Improves short-term memory
- Improves red blood cell ability to carry oxygen to tissues and cells
- Promotes anti-aging
- Reduces pain
- Relieves stress
- Burns calories / weight reduction
- Stimulates immune system
- Destroys harmful bacteria and viruses
- Enhances ability of white blood cells to remove bacteria and debris
- Enhances growth of new blood vessels
- Helps prevent infection
- Improves bone regeneration for faster recovery
- Improves the survival tissues of crush injuries
- Increases growth of cells
- Increases oxygen levels in tissues
- Increases oxygen perfusion in areas around wounds
- Increases stem cell growth
- Increases production of collagen
- Increases white blood cell production and strength
- Oxygenation positively affects blood flow
- Promotes greater tissue strength
- Significantly reduces edema
- Significantly reduces swelling
- Stimulates new capillary growth
- Supports scar tissue rehabilitation
- Improves range of motion