

Oxygen Supplementation— A Key to Vibrant Health

BY MICHELLE SCHOFFRO COOK, DNM, DAC, CNC, CTP



Did you know that 90 percent of our nutritional energy comes from oxygen— and only 10 percent is derived from the food we ingest? Oxygen is fundamental. Colorless, tasteless and odorless, oxygen is

the supreme element— a primary nutrient without which life couldn't exist. We can live without food for weeks and without water for between three to seven days. But how long can we live without oxygen? *Five minutes.* That's how important it is.

Our bodies literally starve without oxygen. Each of the body's estimated 100 trillion cells requires oxygen for each and every one of its metabolic processes. You need oxygen in order to combust foods to provide energy for the heart, brain and cells.

All functions of our body are regulated by oxygen. The ability to think, feel, move, eat, sleep and even talk all depends on energy generated from oxygen. Our brain needs oxygen to process information. Our body uses oxygen to metabolize food and to eliminate toxins and waste through oxidation. Oxygen energizes cells so they can regenerate— and provides vital cellular flexibility. In fact, all of our organs need a great deal of oxygen to function efficiently. That's why it must be replaced on a moment-to-moment basis.

Oxygen is also one of the most significant *anti-aging* components. The more we saturate our cells with stabilized oxygen the lower the rate of wear and tear on our bodies. Oxygen's natural ability to catabolize or oxidize bacteria, fungi and viruses plays a very significant role in preventing degenerative diseases and sustaining the natural immortality factor of the cell. In fact, were we to take any fungus, virus or pathogenic bacteria and put these invaders in a petri culture dish, then drop stabilized oxygen on them, they would all die on contact.

The challenge, then, is clear: to get oxygen not only into our bodies, but *directly into the cells* where it can fight pathogens, burn up toxins, and support our overall internal health. And, we want to bring oxygen into the body without creating the harmful free radicals considered to be a major cause of premature aging.

Q: IT SOUNDS LIKE DISEASES OCCUR WHEN OXYGEN LEVELS ARE INSUFFICIENT. IS THIS CORRECT?

That seems to be the case. Without sufficient oxygen, cells simply cannot function properly and disease can set in. In the 1940s, Nobel Laureate Dr. Otto Warburg stated emphatically that all disease is ultimately related to oxygen starvation. More recently, Dr. Stephen Levine, a molecular biologist and nutrition researcher, said the same thing: hypoxia— low oxygen levels in the cells— results in disease.

Initial symptoms of oxygen deficiency may include overall weakness, fatigue, circulation problems, poor digestion, muscle aches and pains, dizziness, depression, memory loss, irrational behavior, irritability, acid stomach, and bronchial complications. When the immune system is compromised by a lack of oxygen, the body is more susceptible to opportunistic bacteria, viral, and parasitic infections, colds, and flu. Oxygen deprivation can also trigger life-threatening diseases.

Q: WHY AREN'T OUR BODIES GETTING ENOUGH OXYGEN?

With millions of square miles of oxygen-regenerating rainforest already destroyed (and disease growing in our remaining forests), and huge amounts of precious oxygen-producing sea algae destroyed by pollution, our great sources of oxygen are being severely compromised. And, research scientists have determined that— unless concerted global efforts are made to protect the atmosphere— our atmospheric oxygen concentration levels will continue being reduced by about 0.8% every 15 years or so.

There are other factors that can cause oxygen depletion:

- Emotional Stress— which produces adrenaline and adrenal-related hormones, and which utilize more oxygen;
- Physical Trauma— which reduces circulation and oxygen supply to many cells and tissues throughout the body;
- Infections— which use oxygen to fight bacteria, fungi and viruses. Use of drugs also depletes our oxygen supplies at the cellular level. Today, noted authorities stress that most dis-

eases, especially yeast or fungal infections like candida albicans, occur most frequently in any oxygen-poor environment in the body. Dr. Stephen Levine has stated "We can look at oxygen deficiency as the single greatest cause of all disease." Thus the development of a shortage of oxygen in the blood could very well be the starting point for the loss of the immune system and the beginning of feared health problems such as cancer, leukemia, AIDS, seizures, nerve deterioration and candida.

Q: IS THERE AN IDEAL OXYGEN LEVEL?

The average concentration of oxygen in the blood stream is between 60 percent and 70 percent. At this level people feel generally good, with average energy and intelligence. However, if the oxygen level drops below 60 percent, disease begins to take over the management of the cells as they become overwhelmed by pathogens. The minimum concentration of oxygen needed to sustain life is about 52 percent, but at this level one is not very much alive.

Optimally, we want to keep our oxygen supply around 80 percent so that we can maximize our energy and feel terrific. At that level, we can detoxify the body, wipe out infections and boost our health, vitality and natural intelligence enormously.

HEALTH TIP

Q: SO HOW CAN WE MAINTAIN HEALTHY LEVELS OF OXYGEN IN THE BODY?

Through a combination of good nutrition, a healthful lifestyle (including ample exercise) and oxygen supplementation, the average person can enhance the way their body accesses and utilizes oxygen. That means seeking out an oxygen supplement with a superior delivery system. I recommend a liquid supplement called Cellfood, which has the unique ability to split water molecules within the body, releasing oxygen and hydrogen at the cellular level. It doesn't create free radicals, but instead bonds with any free radicals found in the body, transforming them into stabilized oxygen. To my observation, Cellfood provides the deepest and most abundant cell oxygenation of any supplement I've come across. One

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additional benefit of Cellfood is that it contains 129 trace minerals, enzymes, amino acids and electrolytes, and provides exceptional cellular nutrition.

Cellfood has been shown in laboratory tests to destroy harmful bacteria and pathogens on contact without harming the body's beneficial intestinal flora.

Other benefits of Cellfood include normalization of pH balance; strengthening of the immune system; support for lung and breathing function; improvement in brain function, alertness and concentration; and it will increase the absorption of all other supplements taken in the same 24-hour period.

Cellfood is made from all-natural plant-based ingredients, and is yeast-free and gluten-free.

As you begin to introduce more pure, stable oxygen into your system, it's only a matter of time before your body will begin to respond with new levels of vitality, energy, endurance and, most of all, profound wellbeing.

ABOUT THE AUTHOR

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