

“How the lack of Oxygen May Destroy Your Health And May Cause Heart Disease, Cancer and Other Degenerative Diseases”

By Dr. Keith Nemeč, M.D.

The most important nutrients you can put in your body are: Oxygen and water. "You can live 30 days without food, 5-6 days without water, but only 2 minutes without oxygen. The oxygen we breathe combines with the food we eat to form energy. This energy is called adenosine tri-phosphate, or ATP" — Dr. Keith Nemeč, M.D.

What kind of symptoms and problems develop with low oxygen content in the body? "ATP is the basic currency of life. Without it we are literally dead. Imbalance or interruption in the production and flow of this substance results in fatigue, disease and disorder, including immune imbalance, cancer, heart disease and all of the degenerative processes we associate with aging." -- Dr. Sheldon Hendler, author of The Oxygen

Breakthrough

“All human cells, especially your brain/nervous system cells call neurons, need energy to do their job. All cells use blood sugar (glucose) and oxygen to create Adenosine Tri-Phosphate (ATP), the energy source that fuels cell function. If your cells need more energy, they use more oxygen. This is why your breathing rate increases when you exercise. If your cells do not receive enough oxygen, they produce less energy.” — Dr. Peter Zeischegg, MS, DC, DACNB

You derive oxygen /O₂ from the air you breathe. "There is plenty of evidence that our air contains less oxygen now, especially in densely populated metropolitan areas. Air pollution levels are constantly increasing. Most people don't breathe well. Many are shallow breathers. This seems to be more the case with our increasingly sedentary life-styles and when we are chronically stressed. This leads to less oxygen transfer in the lungs with devastating consequences for our brain function." — Dr. Peter Zeischegg, MS,DC, DACNB

"Oxygen is the most essential nutrient to enter the body, and when it is in low supply, your internal system starts to become anaerobic, which means low oxygen environment. Why is this a problem? Because most pathogens, like many bacteria, viruses and cancer cells, thrive in anaerobic conditions." — Dr. Keith Nemeč, M.D.

"The fundamental cause of all degenerative diseases is hypoxia (oxygen starvation at the cellular level). Cancer and other degenerative diseases cannot survive in an oxygen rich environment". —Dr Otto Warburg, two-time Nobel Prize winner

"Every single cell in your body must receive oxygen and nutrients which it metabolizes to maintain life. The waste products from this metabolism must be flushed from the cells, otherwise the cells start to die in their own waste products. For that reason, an oxygen steam sauna is the best, gentlest, and safest modality to increase oxygen levels in the bod and at the same time, detoxify the body by taking the waste products out of the cells." — Dr.

Peter Zeischegg, MS, DC, DACNB

How to accomplish this process:

Using an Oxygen Steam Sauna allows you to increase your oxygen at the cellular level and also to flush out the layers of toxicity accumulated over the years due to medications, eating habits, environmental factors, etc. It is the most gentle, safe and non-invasive modality to detox your body with the benefits of oxygen and increase your quality of life. Making you live longer and with a higher quality of life/