

"Years to your Life, Life to your Years"

by Kyle & Veronica Leatherwood

Kyle and Veronica are owners of Day Spring Wellness Center in Garland, Texas utilizing oxygen. spas, FIR infrared saunas, body wraps, ph. balance programs, hair mineral analysis, and the ion footbaths. Both are certified OHT's. Kyle, a native of Texas, has written a couple of Christian books, has a PhD, and has lived in Europe, Africa, South America as well as the Caribbean. He also started and owned the first Christian radio station in the country of Sierra Leone: Veronica is from Santiago, Chile. After completing her studies at the University of Chile in Business Management and Human Resources, she eventually became an operations Manager in a company before moving to the USA. Kyle and Veronica have an amazing story of how God put them into the wellness business. She has been managing Day Spring now for almost 20 years.

The search for the Fountain of Youth has been going on throughout history; literature and mythology. People have fallen prey to charlatans and con men in the quest for rejuvenation. Even though we are aware of this, yet there is something: in us that: yearns to be younger, feel younger and look younger. We are often willing to spend thousands of dollars in this quest but results usually are only temporary and only skin deep. What if there was a way to rejuvenate your body, to a degree, from the inside out. I want to share with you the most scientific ways I am aware of to "add years to your life and life to your years". Rejuvenation starts from within, at the cellular level.

"Years to your life, life to your years" is a favorite quote of Dr Saul Pressman of Canada one of the gurus of the oxygen spa movement: He coined the phrase because of the results he has seen. What does he say, can add years to-your life and life 'to 'your years? The answer, "an oxygen spa". Most of you have probably never heard of an oxygen spa, so let me tell you the theory, behind why it works and some personal testimonies.

Dr. Otto Warburg, a two-time Nobel Prize Winner in medicine, made this statement, which he proved scientifically to be true, "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".

It was his discoveries regarding cancer was why he won the Nobel Prize for medicine. There are many others saying similar things about oxygen such as Steven Levine, PhD... co-author of "Antioxidant Adaptation: Its Role in Free Radical Biochemistry" that states, "We can look at oxygen deficiency or oxygen starvation as the single greatest cause of all disease." And then examine this statement by Kurt W Donsbach. DC. ND. PhD. "The greater the oxygen concentration in the bloodstream, the greater the feeling of vitality and the stronger the body's barrier to degenerative diseases."

When you begin to-read the scientific studies by highly respected men such as Dr. Warburg regarding oxygen, it changes your perspective on disease and aging. Here is a man that proved the cause of cancer, and many degenerative diseases is actually caused by the Jack of oxygen at the cellular level. If you have enough oxygen at the cellular level, and each cell can breathe, then cancer will not grow. For cancer and other degenerative diseases grow because of the fermentation process which: starts as the

cell cannot breathe. But their research not only impacts cancer but other degenerative diseases. Dr. Warburg went on to say that you need to remove 'the toxins or chemicals that hinder cell respiration. For many cells have access to oxygen, but the cellular debris, chemicals or toxins which keep the cell from breathing (known as carcinogens) does not allow the cell to breathe.

Therefore, there needs to be detoxification or cleansing at the cellular level as well as the exposure of oxygen to the cells. Therefore, you should only use products that are all natural and purely botanical if possible. Many products contain animal byproducts, mineral oils, chemicals, and toxins to the body, which can contaminate the body at the cellular level, which eventually can contribute to many diseases including premature aging and cancer.

Degenerative diseases, which we all accepted as a part of aging, can be greatly reduced if we are able to detoxify or cleanse the body at the cellular level and then give the body the needed oxygen. Remember oxygen is the number one: nutrient that the body needs. You can only live a few minutes without oxygen; therefore it is the most important nutrient that exists, as far as life is concerned.

In naturopathic medicine there are two pillars of health and long life. One pillar is the nutritional side, giving the body everything the body needs to build and rebuild itself, The other pillar is the cleansing or detoxification side. Dr.

Warburg's work unwittingly confirmed these principles of naturopathic medicine that had been taught for hundreds of years.

Now let's get back to the oxygen spa. An oxygen spa is a steam sauna where oxygen is added to the steam sauna. The body receives the oxygen transdermally through the skin. This concept was originally started by Dr. Kellogg in the late 1800's. The head is out of the steam sauna in modern oxygen spas or oxygen saunas. The mouth and nose isn't breathing the oxygen. The oxygen passes into the body through the pores of the skin, thereby causing: more cells of the body to be exposed to the oxygen... The steam sauna causes the body to sweat. The sweat detoxifies the skin, making it healthier and you get more oxygen to the skin and indirectly to other parts of the body.

The ancient Romans understood the concept of steam saunas and the ability to create sweat or artificially induce fever to fight sickness and disease. Steam, sauna therapy has been used for thousands of years by the Norwegians, Native American Indians, and many others.

Why did they use steam saunas? For thousands of years steam sauna sweat therapy has: been believed to be a powerful healing and rejuvenation experience as well as relaxing. Steam therapy has: been widely reported to do the following things according to The international Steam Therapy Association: Dramatically increase oxygenation of the tissues and cells, Increase the white blood cell count, Increase circulation, oxygen and nutrient delivery within the body, Burn 400-600 calories per session, Increase tumor necrosis factor by up to 500 times, Purge the body of accumulated toxins such as pesticides, PCBs, drug residues, acidic wastes and much more. It is said to stimulate the immune system, kill bacteria and viruses, Relax and loosen sore muscles.

Sweat is reported to contain more toxins than urine! This is why skin is often referred to as the third kidney. So anything you put on the skin needs to be all natural, and non-chemical if possible. For some

things we put on our skin and clog the pores of the skin and we lose the ability of our third kidney to detoxify or get rid of toxins. This is why the condition of the skin can be a predictor of disease. When skin is healthy, naturally from within, often this is indicative of a healthy body. When you use natural means, such as oxygen, steam therapy and proper nutrition and diet it creates healthy skin and effects the entire body.

Most people notice after a few sessions, sometimes in just one session, that other people notice differences in their skin, for it starts to look better and they get the "glow" of healthy skin. The difference in one man was amazing. His wife divorced him because of his dementia and Alzheimer's. Within a few months of doing the oxygen spa once a week he was no longer having headaches from a previous stroke, as well as no signs of dementia or Alzheimer. Then his ex wife wanted him back. We have had many people with cancer coming and getting great results. Sometimes we work in conjunction with medical Doctors and other times without them.