The Benefit of Oxygen

Oxygen is the single most important substance taken into the body. Oxygen is a necessary component in every chemical reaction important to human physiology.

Oxygen offers the body the following benefits:

• Stimulates the production of white blood cells, which are necessary to fight infection.

• Oxygen and water promotes a quicker recovery time for athletes.

• Oxygen increases hemoglobin disassociation, thus increasing the delivery of oxygen from the blood to the cells.

• Oxygen gives more energy.

• Oxygen re-hydrates the body quickly and increases stamina.

• Oxygen increases red blood cell membrane dispensability, thus enhancing their flexibility and effectiveness.

• Oxygen decreases pathogens.

• Oxygen can increase the efficiency of the anti-oxidant enzyme system, which scavenges excess free radicals in the body.

• Oxygen accelerates the Citric Acid Cycle, which is the main cycle for the liberation of energy from sugars. This then stimulates basic metabolism. It also breaks down proteins, carbohydrates and fats to be used as energy.

• Oxygen stimulates the growth and efficiency of friendly bacteria that the body needs for good health.

• Oxygen is crucial for muscle functions. Oxygen gives muscles the elasticity and strength they need.

• By drinking oxygenated water, oxygen is quickly absorbed into the body and distributed through the digestive track.