

LiveO2 - EXERCISE WITH OXYGEN THERAPY!

Super Oxygenate Your Body for Optimal Physical and Mental Performance in Just **15 Minutes** with **LiveO2**.



LiveO2 SUMMARY

LiveO2 is simply astounding; there is no other term to describe this wonderful and simple therapy. Sometimes referred to as "Multistep Oxygen Therapy" and Exercise with Oxygen Training, **LiveO2** is simple to perform, and requires little time! Oxygen therapy can change your life, prolong your health-span, and prevent the onset of so called "age related" diseases.

LiveO2 BENEFITS

Several articles have been published on LiveO2. Some of the benefits include...

- ☑ Has been shown to prevent age related diseases such as cancer, macular degeneration, cataracts, diabetes, chronic fatigue, fibromyalgia, 'non healing' wounds (and so much more!)
- ☑ Slows down (or reverse!) the process of aging
- ☑ Increases athletic performance
- ☑ Improves skin tone
- ☑ Increases immunity
- ☑ Accelerates recovery from illness or injury
- ☑ Boosts energy
- ☑ Improves cardiovascular health
- ☑ Supports lung function/ respiratory system
- ☑ Improve physical performance
- ☑ Allows for faster recovery after workouts
- ☑ Improves vision
- ☑ Improves mental capacity/memory
- ☑ Reduces inflammation
- ☑ Assists in weight loss
- ☑ Promotes detoxification

LiveO2 has already changed the lives of thousands of people and can change your life too!

ReGenesis360 is now offering LiveO2!

Call ReGenesis360 @ **805.202.2077** and be one of the first to experience this amazing therapy!

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LiveO2 @ ReGenesis360

Supercharge Your Blood Oxygen with Patented Technology!

STANDARD EWOT WITH ADAPTIVE CONTRAST

LiveO2 and LiveO2 **Adaptive Contrast™** deliver oxygen flow rates that meet or exceed the researched levels required to reach a therapeutic result in 15 minutes. LiveO2 and LiveO2 **Adaptive Contrast™** work faster and better than standard EWOT (exercise with oxygen therapy) because they achieve higher oxygen concentrations. More oxygen lets your body heal more and recover faster.

In the body, circulation works the opposite of how most people think. Oxygen surplus shuts circulation down while oxygen depletion activates circulation. Alternating depletion provokes maximum circulation and then oxygen surplus supercharges the blood to take oxygen where it needs to go. Oxygen **only** systems prevent depletion which limits circulation to normal flow patterns. Contrast systems produce better and faster results because they maximize both oxygen and circulation at the same time.

Exercising with oxygen reduced air (-O2) depletes your blood cells. This forces your body to adapt by moving more blood, opening your vascular system.

Then when switched to +O2 you get maximum oxygen and maximum blood flow. Adaptive Contrast allows you to achieve your health goals faster.

Imagine 15-minutes of cardiovascular exercise on a recumbent bike will deliver more value than 2-3 hours of traditional cardiovascular exercise in the gym. That is the power of LiveO2 Adaptive Contrast.

The patented **LiveO2 Adaptive Contrast (AC)** System is our most popular system. Our proprietary Adaptive Contrast technology allows you to instantly switch between oxygen concentrated air and oxygen depleted air.



“ After doing LiveO2 for 15 minutes I have so much more energy throughout the day! I am also experiencing quicker recovery from my ARX workouts. Incorporating the LiveO2 three days a week has allowed me to take my physical and mental performance to another level...It's amazing! - **Julia Colton, ARX and LiveO2 Client**

“ Oxygenating your blood cells is the answer to a strong, healthy immune system! - **Coach Chris Cucchiara**

“ After only doing 12 LiveO2 exercise with oxygen sessions I have experienced a significant difference in my overall energy, stamina, and mental clarity! It has also increased my metabolism as well as my overall circulation. Doing the LiveO2 for only 20-minutes a day I am experiencing better cardiovascular health than doing traditional cardiovascular exercise for 60-minutes!” - **Mark Frassica, ARX, HOCATT, and LiveO2 Client**



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