

EXPERIENCING BRAIN FOG?

NEED MORE ENDURANCE?

LET'S ELEVATE YOUR OXYGEN LEVELS!

Things you can do at home:

1. Practice deep breathing exercises
2. Open windows and receive fresh air
3. Decorate your living space with indoor live plants
4. Use air purifiers to reduce indoor pollutants
5. Regular exercise and plenty of water to drink



How we can help you!

Try Adaptive Oxygen Contrast Training (LIVE O²)

LIVEO2 is a form of exercise training that involves the use of an oxygenation system to increase the delivery of O₂ to the body during physical activity. This method is designed to improve overall fitness.

1. Improves cellular function
2. Improved endurance and stamina
3. Enhanced recovery
4. Detoxification support
5. Cardiovascular benefits
6. Stress reduction

LIVE O₂



Click here to
schedule your
free LIVE O²
session.