

THE 1,000% OXYGEN BOOSTER:

Nature's Brain Miracle is
Now More Powerful



Al Sears, MD, CNS, America's #1 Anti-Aging Doctor

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Al Sears, MD

Al Sears, MD is America's #1 anti-aging doctor. He's made it his life's work to challenge conventional medical beliefs and bring his patients the latest breakthroughs in natural cures and remedies to diseases once thought to be "incurable."

Dr. Sears takes a fresh, novel approach to patient health and wellness. Our environment has changed for the worse — and it's affecting your health. He helps patients escape accelerated aging caused by modern toxins, chemicals and other hormonal threats you unknowingly face every day.

Every year, he travels over 20,000 miles to the most remote regions of the world searching for natural healing secrets unknown or ignored by mainstream medicine.

Since 1999, Dr. Sears has published 35 books and reports on health and wellness. He has millions of loyal readers spread over 163 countries.

Today he writes and publishes two monthly e-Newsletters, *Confidential Cures* and *Anti-Aging Confidential for Women*, and a daily email broadcast, *Doctor's House Call*, with more than 500,000 subscribers. He has also appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

Dr. Sears was one of the first to be board-certified by the American Academy of Anti-Aging Medicine (A4M). More than 25,000 patients travel from all around the world to visit him at the *Sears Institute for Anti-Aging Medicine* in beautiful Royal Palm Beach, Florida.

Recently, Dr. Sears proved you can affect the way you age by controlling the length of your telomeres. He made history as the first MD to introduce the Nobel prize-winning, anti-aging breakthrough of our time, telomere DNA therapy, to the general public. And now he's working with the leading scientists in the field of telomere biology to further define how this incredible technology will shape the future of anti-aging medicine.

Table of Contents

Introduction.....Page 5

Supercharge Your Body and Your Brain.....Page 6

Most Doctors Still Deny the Brain-Healing Power of Oxygen.....Page 7

Reawaken Your Oxygen-Starved Brain After a Stroke.....Page 8

Just Breathe.....Page 9

Our Modern World Steals Your Oxygen.....Page 10

What Happens When You Don't Get Enough Oxygen?.....Page 10

Jump Start Your Brain's Oxygen Intake Everyday.....Page 11

THE 1,000% OXYGEN BOOSTER:

Nature's Brain Miracle is Now More Powerful

It was every mother's worst nightmare. And it would have ended in tragedy if not for a miracle therapy the government doesn't want you to use...

Arkansas mom Kristal Carlson took a quick shower while her 23-month-old daughter played with her older siblings. Fifteen minutes later, she went to look for her little girl.

But she was nowhere to be found.

Kristal ran straight for the most dangerous place her daughter could be... the backyard swimming pool.

Little Eden Carlson had broken through a baby gate at the family home. She was discovered floating face-down and unconscious in water.

The toddler later went into cardiac arrest and was clinically dead for two hours.

CPR and top-notch medical care saved Eden's life. But then doctors broke the awful news to her mother...

Her little girl had suffered severe and "irreversible" brain damage.

An MRI confirmed that the near-drowning had ravaged her brain's grey matter, as well as causing loss of white and grey matter. Neurologists told the devastated family Eden would be in a vegetative state for the rest of her life...

That she would never walk or talk or even recognize her mom.

Kristal was told there was no treatment that could undo the damage Eden suffered in the pool.

Now fast-forward a couple months... And Eden is running, shouting and bursting with more energy than she had before her accident.

New MRI scans show that her brain is back to normal. She has regrown substantial brain tissue. According to Kristal, it's like her daughter never had an accident.



Two-year-old Eden recovered from a near-fatal drowning and "irreversible" brain damage – thanks to oxygen therapy.

Eden was lucky. Her parents refused to accept her diagnosis. They explored other options. And they chose to take their daughter to Dr. Paul Harch, a clinical professor at Louisiana State University in New Orleans who offered **hyperbaric oxygen therapy**.

That decision to use the power of supercharged oxygen — also known as HBOT — changed Eden's life.

Eden's miracle recovery is one of hundreds of success stories I've researched that proves what a breakthrough treatment HBOT really is.

And yet, despite decades of compelling clinical research, the FDA's website continues to state that "hyperbaric oxygen therapy has not been clinically proven."

It even warns patients that it "could ultimately endanger their health."

But without HBOT and the brave decision of her parents to defy the FDA's spiel, I wouldn't be able to share Eden's incredible recovery with you today.

HBOT is just another in a long list of our government's ignorance or blatant blind eye in real health. Whether it be Alzheimer's, the connection with your eyes or the healing treatment — it's clear that if it doesn't profit them, you won't hear about it from them.

But I take my commitment to your health seriously. And I will treat my patients the best way I know how, no matter what the government has to say about it.

That's one of the reasons why I've had my own HBOT chamber installed at my clinic. I've been using it for almost three years now to help heal patients with many conditions, including heart disease, chronic pain, diabetic foot ulcers, brain damage from strokes and many other vital uses.

In this article, you'll learn exactly what HBOT is, why it's so effective and the many conditions it can help cure... and how it can help YOU.

Supercharge Your Body and Your Brain

Hyperbaric oxygen therapy is the delivery of high-pressure oxygen to your body. It was first used in the 1930s to treat deep-sea divers with decompression sickness called "the bends." But doctors soon discovered that it also speeded up wound healing.

At the **Sears Institute for Anti-Aging Medicine**, I treat patients with 100% oxygen at 1.5 times normal atmospheric pressure.

You see, HBOT works because it infuses your body with this supercharged oxygen. It increases oxygen levels in your red blood cells, allowing your blood to carry 10-times more oxygen than it normally would by breathing. This encourages the healing and regeneration of tissues, blood vessels and nerves.

Let me explain...

The main reason HBOT is so effective begins with a number: 100 trillion.

That's roughly the number of cells in your body — and each one requires oxygen to make and burn fuel — and live.

When you breathe, oxygen binds to a protein molecule called hemoglobin in your red blood cells, which transports it to every cell, tissue and organ in your body.

But when your body is injured — whether it's a blocked artery, a diabetic wound, brain damage or gangrene — it reduces the amount of blood flow, and therefore oxygen, to the damaged area.

That means the cells in the wounded part of your body go into a kind of suspended animation, because they're only getting enough oxygen to barely survive.

But with HBOT, your lungs take in more oxygen than would be possible if you were breathing pure oxygen at normal air pressure.

The combination of pressure and oxygen, physically dissolves more oxygen into your red blood cells, boosting oxygen levels and encouraging healing and regeneration.

Studies show breathing pressurized oxygen also stimulates the release of *growth factors* and *stem cells*. This also promotes healing and gets the cells working again.^{1,2}

Thanks to the FDA's needless warning, mainstream medicine has been slow on the uptake. But hyperbaric chambers are now used in a handful of hospitals and healing centers.

As a painless, drug-free treatment for many of our modern world's most chronic conditions, its potential is enormous.

Instead of cutting open your body, removing limbs, or injecting nauseating drugs into your veins, I prefer to prescribe hyperbaric oxygen any day.

And there are no known side effects — because you're not putting anything unnatural in your body. Just pure oxygen... the very source of life.

But for all the conditions that HBOT has been used to treat, its most remarkable successes have been seen with brain damage victims, many of whom — like little Eden Carlson — were written off by their doctors as "incurable."

Most Doctors Still Deny the Brain-Healing Power of Oxygen

In spite of its warnings, the FDA has approved hyperbaric oxygen therapy as a primary treatment for four different kinds of brain injuries — carbon monoxide poisoning, arterial gas embolisms, cerebral decompression sickness (the bends), and radiation damage to the brain after cancer radiotherapy.

Yet it continues to ignore the long history of successes and the decades of sound scientific research that back up HBOT as a treatment for many other forms of brain damage.

Hyperbaric Oxygen Therapy Can Treat These Medical Conditions:

- Anemia
- Arthritis
- Burns
- Brain injury
- Crush injury
- Cerebral palsy
- Chronic wounds
- Decompression sickness
- Diabetic foot ulcer
- Embolisms
- Fibromyalgia
- Hypoxia
- Heart disease
- Infections, including gangrene, and bone infections
- Migraines
- Nerve-related deafness
- Pain management
- Carbon monoxide poisoning
- Stroke
- Radiation injury

Sadly, most doctors still believe HBOT works by creating a placebo effect. But that's an enormous misconception.

The fact is that HBOT activates 8,100 genes — especially those involved in inflammation, growth and the repair of human tissue.³ And placebos don't activate genes.

The real problem is that HBOT falls outside America's health delivery system — where drugs and surgical interventions are fed into a treatment/insurance complex by corporate interests that control both medical information and clinical practice.

So the FDA continues to support treatments for brain injury that range from simply doing nothing to using meds like over-the-counter painkillers, diuretics, anti-seizure and even coma-inducing drugs for brain surgery.⁴ But all of them have fallen well short of HBOT's successes, which have been demonstrated both in practice and in high-quality clinical trials.

Most doctors don't know that HBOT has been used to reverse brain damage since 1963, when it was found to be an effective treatment for carbon monoxide poisoning.⁵ But that was just the beginning. High-quality clinical trials have shown the healing power of hyperbaric oxygen in many other conditions of the brain, including cerebral palsy and autism.

Dr. Harch has even shown its astonishing effectiveness in treating traumatic brain injury in veterans with blast and concussion casualties — as well as post-traumatic stress disorder, depression, anxiety and suicidal tendencies.⁶

He also recently published the success of HBOT treatment on little Eden as a case study in the journal, *Medical Gas Research*.⁷

Studies show HBOT minimizes injury and stops the cascade of damage that follows brain cell death caused by oxygen deprivation — and that it also stimulates intracellular healing.⁸

But at my own clinic, I've seen the most extraordinary successes with patients who have suffered brain damage after a stroke...

Heal Your Body with Pure Oxygen



I updated the HBOT chamber in my clinic. It delivers the healing power of oxygen at 1.5 times normal atmospheric pressure.

Reawaken Your Oxygen-Starved Brain After a Stroke

Oxygen is the primary substance your brain is deprived of when you have a stroke. And most doctors will tell you that if you've had a stroke, that area of the brain is dead and that's the end of it.

When you have a stroke, the blood supply to parts of your brain is cut off. It's usually caused by uncontrolled high blood pressure.

It's the same result whether you have an ischemic stroke (when clot blocks a vessel supplying blood to the brain) or a hemorrhagic stroke (caused by the ruptured blood vessel in your brain). Blood vessels get damaged or destroyed. That means the oxygen your brain cells need to live and function is also cut off.

This lack of blood flow and oxygen often creates “dead zones” in your brain by killing the *neurons* (your grey matter) that store information, as well as your brain’s *white matter* cells that form the connections that transport the signals between neurons.

Doctors used to think the debilitating symptoms suffered by stroke victims, such as paralysis and difficulty swallowing and speaking, were caused by the death of neurons.

But neuroscientists now know that the human brain regenerates neurons constantly — even after a stroke. In other words, given time, your neurons will replenish themselves.

The real problem is the damage done to your white matter. When white matter cells are deprived of oxygen and die, they cause lesions in your brain, like scar tissue.

And like roadblocks, they prevent brain-signal traffic from moving.

That’s why HBOT is such a breakthrough. It restores cerebral blood flow.

Back in the late 1990s, three Dutch neuroscientists in a pathology laboratory in Amsterdam proved it by doing what no one had previously thought possible – they brought brain cells from 30 dead people back to life by suffusing these cells with oxygen.⁹

Studies now show that life-giving effects of oxygen delivered at higher pressure actually speeds up the production of new grey matter neurons. Research has also demonstrated that HBOT reduces brain swelling after a stroke.^{10,11}

But even more importantly, it boosts *brain neuroplasticity* after a stroke.

That’s your brain’s ability to reorganize itself by forming new white matter connections that bypass and find their way through the roadblocks created by the lesions.¹²

And exciting studies have shown that these connections can still be reformed and activated years after a stroke.¹³

Ramping up your brain’s oxygen supply in the aftermath of a stroke is often the difference between full recovery and chronic, lingering disability.

Just Breathe...

I’ve seen some truly astonishing results using HBOT with my stroke patients. It heals and revives parts of your brain that most doctors give up for dead and damaged.

Oxygen restarts the same growth processes you enjoyed as a child. It encourages the regeneration of brain tissues, its blood vessels and nerves. Increasing oxygen loads up the red blood cells, thus promoting healing and regeneration.

The research — and success — of HBOT has been so overwhelming, even the FDA has approved it.

Now many insurance companies accept it as part of a treatment protocol.

The treatment itself is easy and painless. You just lie down and breathe. You can watch TV, read

or even take a nap. The only difference is that you're breathing pure oxygen at 1.5 times normal atmospheric pressure. HBOT is usually delivered in one of two ways:

- 1. An HBOT individual unit:** This is the method I use to deliver HBOT treatment at my clinic. You simply lie down in a single-person chamber that looks like a tiny submarine with a glass hood — and breathe.
- 2. An HBOT chamber:** In a multi-person hyperbaric oxygen room you can sit or lie down. In this setting, you'll probably get oxygen through a mask over your face or a lightweight, clear hood will be placed over your head.

For more information about getting HBOT treatment at the **Sears Institute for Anti-Aging Medicine**, or to make an appointment, just call my staff at 561-784-7852. Or you can visit www.searsinstitute.com. If that's not an option for you, try a healing center near you.

Our Modern World Steals Your Oxygen

Oxygen is essential for living well and living younger. With plenty of oxygen, your body pulses with energy. Every cell vibrates with life. You're able to do all the things that make your life fun, enjoyable and worth living.

But chances are you're not getting enough oxygen...

We've evolved over millions of years in an atmosphere with a set amount of oxygen that was constant. But in our modern world it's not always possible to get enough.

We've cut down trees, cities have fewer parks, and there are fewer plants to produce oxygen. Add in pollution around major cities and the result is as much as a 30% cut in oxygen.

But even if you live out in the country with pure air, you may not be taking in enough oxygen. You see, most people are deconditioned and don't have enough lungpower. The less we use our lungs, the more they shrink.

All of that can add up to an oxygen deficit.

What Happens When You Don't Get Enough Oxygen?

Every cell in your body is designed to burn oxygen. It's the basic fuel for cell metabolism. Cut back on oxygen and all of those cellular processes slow down. You start to become tired or short of breath. Your cells lose the energy they need to repair DNA. Your immune system slows down. Your risk of illness and disease goes up.

Oxygen deprivation is associated with all kinds of chronic diseases, including cancer. Your brain doesn't work as well, your heart is not as strong, and circulation slows down.

Getting more oxygen can reverse those conditions. Studies show oxygen therapy can:

- relieve painful migraine and cluster headaches¹⁴

- help treat diabetic foot, skin grafts, burns and neurological diseases¹⁵
- regenerate brain cells after strokes and seizures¹⁶
- reduce inflammation and oxidative stress¹⁷
- mobilize sleeping stem cells¹⁸

With so many benefits to getting more oxygen, you might be tempted to start loading up on oxygenated sports drinks. Clever marketers are making a fortune adding oxygen to tap water.

Don't waste your money.

As soon as you open the bottle the added oxygen escapes into the air.¹⁹ And taking one deep breath would give you more oxygen than a whole bottle of that water.

Jump Start Your Brain's Oxygen Intake Everyday

But you can also boost your oxygen intake at home...

This is important because if you've had a stroke, your risks are much higher for having another one. And that means preventing a second stroke can be the most important treatment of all.

I recommend a few natural and powerful ways to get more oxygen into your blood and into your brain — and you can do them right from home:

- 1. Use the Sherpa's secret.** Tibetan Sherpas use *Rhodiola rosea* for energy, physical endurance and to protect against altitude sickness. For centuries, they've lived at high altitudes in the Himalayas and have aided climbers to ascend Mt. Everest without the need for supplemental oxygen.

This tough little yellow flower, also known as Arctic Root or Golden Root, grows in some of the world's harshest places, but it's one of nature's true medicinal gifts.

3 Simple At-Home Methods I Recommend to Increase Your Oxygen Intake

- 1. Practice Deep Breathing.** Even for the sick and elderly, this is an easy way to get the healing benefits of oxygen. It can be done sitting or lying down. Just place your hands on your belly and feel it expand as you inhale.

Then expand your breath into the sides of your lower chest pushing your side ribs out. Finally, lift your upper chest and let it fill with air. Exhale in the same order, from your abdomen to your ribs to your upper chest.

Start with 5 minutes a day and work up to 15 minutes. In no time at all, you'll be boosting your oxygen throughout the day without even thinking.

- 2. Open the Windows.** You can't get a good supply of oxygen from stale air. Whether it's your home or office, crack a window to let fresh air circulate. But if you live in an area with lots of smog and fumes, you may want to consider a good air filtration system instead.
- 3. House Plants.** Another way to boost your room's oxygen is to keep lots of potted green plants. They take in carbon dioxide and pump out fresh oxygen. Good choices are English ivy, spider plants, and heartleaf philodendron. NASA uses them in the Space Station not just to produce oxygen but to filter out toxins in the air like benzene and formaldehyde.

Research supports what these Sherpas have always known. Rhodiola increases oxygen intake in your lungs and stimulates red blood cell production. Studies show that rhodiola also increases the oxygen-carrying capacity of your red blood cells.²⁰

You can enjoy rhodiola in a tea, the way the Sherpas do, or you can find it in capsule form. I recommend daily doses of 200 mg for the best effect.



This tough yellow flower increases the oxygen intake in your lungs.

- 2. Take Ginkgo biloba.** Ginkgo helps treat problems related to blood circulation. When blood can't reach the limbs, your arms and legs don't get enough oxygen. It can lead to pain and weakness. Ginkgo biloba increases the amount of oxygen that reaches the extremities. Studies show it helps increase the distance patients with poor circulation can walk without pain.²¹

Take 100 mg three times a day.

- 3. Pump up your oxygen with PACE.** You need to keep your oxygen levels up to prevent chronic inflammation. And the best way to do that is with short bursts of vigorous exercise found in my PACE fitness program. It's extremely simple.

You start with a simple exercise like running or jumping jacks. Do a set of these until you are winded. Then take a break and recover. And repeat for a total of three sets.

Then gradually increase the intensity of each set. Over time, you'll notice how much easier it gets at a higher intensity as you progress.

You'll also notice that the time it takes for you to recover will decrease. This means you're boosting your body's oxygen intake and utilization. The more you challenge your lungs, the bigger they get.

And that means you're getting more oxygen where it's needed.

In fact, PACE helps pump oxygen-rich blood to your vital organs by up to 18 times more than light exercise such as walking.²²

- 4. Add quercetin.** This flavonoid antioxidant is the perfect complement to PACE. While PACE expands the size of your lungs, which increases the maximum volume of oxygen your body can use (known as VO2 max), quercetin kicks it up another notch.

A study by the University of South Carolina showed that people who took 500 mg of quercetin twice a day also had increased VO2 max — without doing anything else.²³

To get the absolute maximum volume of oxygen your body can use naturally, I recommend that you use the potent one-two punch of PACE and quercetin.

You can get quercetin from foods like onions, apples, berries, grapes, red wine and leafy green vegetables.

But for the best effect, I recommend that you take a supplement of 500 mg twice a day.

- 5. Eat more beets.** Beets boost your body's production of *nitric oxide*. And this is one of the best dietary ways to increase oxygen intake in your brain.

Nitric acid sends "blood flow signals" that *relax arterial walls, dilate the blood vessels, and improve the flow of blood and oxygen everywhere in your body. This makes it a powerhouse at preventing and treating stroke.*^{24,25,26}

For maximum effect, add **hawthorn extract**, which is a great natural remedy for high blood pressure. Take one glass (250 ml) of fresh beet juice along with 15 drops of liquid hawthorn extract daily to boost nitric oxide levels.

You can also take a supplement, but make sure to choose an activated beet extract at no less than 2,500 mg of fresh beet powder. Open two capsules into water or juice and then add the liquid hawthorn. Swish it around your mouth, so it mixes with your saliva to activate the nitric oxide.

You can juice beets yourself. If possible, use organic and throw in the roots, fruit and leaves. Here's my favorite recipe:

Fresh Beetroot and Vegetable Juice

Ingredients:

- 1 organic beetroot
- 3 stalks of organic celery
- 2 raw organic carrots
- 1 fresh lemon
- ½ organic cucumber

Directions:

1. Wash and dry your ingredients. Peel and cut the beetroot into small pieces.
2. There's no need to peel the rest of your ingredients. Chop into small pieces and place in a blender.
3. Add one cup water. Squeeze the juice of the lemon over the vegetables.
4. Blend until smooth and enjoy.



I get the health benefits of nitric oxide from a fresh glass of beetroot and vegetable juice.

To Your Good Health,

A handwritten signature in black ink that reads "Al Sears MD".

Al Sears, MD, CNS

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