

WHAT YOU SHOULD DO:

- Drink a lot of water before and after your session.
- Wear as little to non-clothing as possible during your session.
- Drink enough supplements like Zeolite.
- Let a fan blow on your face – *optional.
- Make sure you are eating before your session

WHAT YOU SHOULD NOT DO:

- Limit your supplement intake 1 hour before and after your session.
- Do not walk directly on cold surfaces after your session.
- Do not shower or bath for at least 30min after your session.
- Do not eat LARGE meals directly after your session.
- Do not drink alcohol directly after your session.
- Do not ozone within 1-2 Months after a mayor surgery.
- Do not ozone when you are pregnant or breast feeding.

THE TEMPERATURE SHOULD BE LOWERED WHEN YOU HAVE THE FOLLOWING:

- Low or High Blood pressure
- Heart conditions
- Younger than 18 years
- When you have any skin condition
- When you are currently sick

WHAT TO EXPECT AFTER YOUR SESSION:

- Dry to itchy skin
- Dry mouth
- Thirsty
- Energy
- Breathing/ chest pains
- Stress relief
- Less foggy brain
- Heart palpitations

Oxygen is the most vital element required for human life and it is the key to good health. The best way to optimize health is to oxygenate every cell in our body. The more oxygen we have in our system, the more energy we produce. And the more energy we produce the more efficiently we can eliminate waste products.

Steam therapy is known to:

- 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.
- Stimulate the Immune System.
- Kill bacteria and viruses.
- Relax and loosen sore muscles.

15 Science-backed Benefits of Molecular Hydrogen You Need to Know About:

- Hydrogen acts as an antioxidant
- Hydrogen supports your body's antioxidant system
- Hydrogen is anti-inflammatory
- Hydrogen may help reduce pain
- Hydrogen protects your muscles
- Hydrogen can speed up sport-related recovery
- Hydrogen can help balance the pH of the blood
- Hydrogen affects cell modulation
- Hydrogen is neuroprotective
- Hydrogen is protective against metabolic conditions
- Hydrogen boosts your mitochondria
- Hydrogen protects against DNA damage
- Hydrogen can calm allergic reactions
- Hydrogen is protective against cancer
- Hydrogen protects organs

The Rife Pod is a frequency generator that uses micro pulse technology to effectively expose pathogens in your body.

- Relieves pain
- Boost immune system
- Repair DNA
- Burns fat
- Endocrine system support (hormones)
- Diabetic Treatment Support
- Cancer Treatment Support
- Depression/Stress/Anxiety relief
- Respiratory system support
- Detox kidney, liver, lymph
- Treats covid, flu, sinus
- Digestive support

Electrodes for Rife Machine

Hold them, one in each hand, with a comfortable grip. Do not let your hands touch each other to ensure that the frequency flows through your whole body for maximum effectiveness.