



The Oxygen Prescription: The Miracle of Oxidative Therapies

Nathaniel Altman

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A complete guide to oxygen therapies as a path to optimum health

- Presents new scientific findings of the effectiveness of oxidative therapies in treating heart disease, cancer, herpes, HIV, hepatitis, and diabetes
- Presents the evolution of these therapies, including positive trends and challenges for the future
- Includes new chapters on using the therapies in dentistry and veterinary medicine

Scientists now agree that most disease states are caused by oxygen starvation at a cellular level. Polluted air, devitalized foods, poor breathing habits, all can lead to chronic oxygen deficiency, a bodily environment in which toxins thrive as the overall immune response is weakened. Though we receive most of our oxygen from the air around us, even deep breathing may not be enough to improve oxygen-starved cells. Oxidative therapies generate the oxygen needed to fight disease and delay the aging process.

The Oxygen Prescription is the only book to place oxidative therapies in the context of holistic health. Completely updated and expanded to include the use of these therapies in dentistry and veterinary medicine, it explores the latest scientific findings that show how ozone interacts with cells when introduced into the bloodstream. It presents treatments that stimulate the body's own ability to produce ozone to fight cancer, osteoporosis, and hepatitis and provides the evidence of how oxidative therapies are being used to treat heart disease, herpes, HIV, and diabetes. *The Oxygen Prescription* also shows how to enhance the effectiveness of these treatments through diet and the use of minerals, herbs, exercise, and visualization.

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