

5 BENEFITS OF USING PYOUR OXYGEN by Ashish Kumar

It has been more than two centuries that pure oxygen has been used for improving health as well as athletic performance. Though the use of oxygen for improving health or improving performance is not new, its use is now becoming popular and its various health benefits are being understood. There are many ways pure oxygen is administered like oxygen supplements and canned oxygen. Normal air contains 22 percent of oxygen while canned oxygen is around 95 per cent oxygen.

1. Used for Faster Recovery

Athletes now prefer breathing pure oxygen to facilitate faster recovery. Rugby players, runners and footballers are finding it effective. When your team wants you to win every time you are on the field, speed of recovery is very crucial. Hospitals also recommend pure oxygen for recovery for anyone looking to recover from injury or a minor operation.

2. An Effective Agent for Detoxification and Cleansing

Oxygen is also considered as an effective cleanser and detoxifier. As we are not as active as our ancestors were so we are not generating as much oxygen in our blood as they did. We are also carrying more toxins in our bodies than our ancestors did. Breathing pure oxygen could reduce the amount of toxins we carry in our bodies.

3. Overcome Jetlag Quicker

Flying on long flights is physically very taxing. There isn't enough leg room and you feel entirely fatigued on your arrival. It is due to numerous reasons, i.e., change in time zone, increased air pressure in the cabin and long flight. However, all this is because less oxygen enters your blood stream during the flight. Taking pure oxygen would help you to overcome jet lag quickly.

4. Strengthens Immune System

The immune system must be kept in top health as it is responsible for fighting diseases and infections. Apart from eating healthy, you can also take pure oxygen to keep your immune system in top form.

5. Slows Down Skin Aging

The beauty industry offers numerous products for treating laugh lines or wrinkles. However, now, using pure oxygen for slowing down skin aging is becoming popular.