

UPDATED DIRECTIONS FOR USE – STABILISED OXYGEN (S.O.)

There are two alternatives set out below for use of S.O. For rapid detoxification and healing, use option one or two. If using fruit juice for options one or two, Vitamin C must still be used as per these directions. Sufferers of Gout should use option 2, as Vitamin C tends to aggravate this condition.

1. WITH Ascorbic Acid (Vit C)

- ✓ PURE WATER OR JUICE - **225mls / 8.5 floz** for **each dose**;
- ✓ ASCORBIC ACID - 1 x OVAL teaspoon of Ascorbic Acid for **each dose**;
- ✓ S.O. (STABILISED OXYGEN) Add up to **50 drops or use a LEVEL teaspoon: BE PRECISE**

✓ Drink anytime including after food but not up to 1 hr before food

2. WITHOUT any Vitamin C

- ✓ PURE WATER OR JUICE - **150mls / 5 floz** for **each dose**;
- ✓ S.O. (STABILISED OXYGEN) Add up to **10 drops** → **BE PRECISE**

✓ Drink only after meals - max 2 x 150mls up to 60mins after meals.

WARNING: IF YOUR DOSE EXCEEDS 10 DROPS IN PURE WATER OR JUICE YOU MUST STILL ADD VITAMIN C. *Insufficient Vitamin C, can lead to discomfort due to irritated stomach lining.*

FOR STOMACH DISCOMFORT: IMMEDIATELY add ONE flat teaspoon of Ascorbic Acid to a glass of water, stir and consume or use ONE lemon juice in glass of water. After approx. 2 hrs you may consume yoghurt to restore the balance of digestive flora. Don't use 'town' water as the Chlorine also leads to stomach discomfort & other illnesses (see 'A').

Cleansing reactions during detoxification may include fatigue, rashes & flu symptoms. Persevere!

DO

1. Follow these directions strictly and carefully especially quantities and ratios of ingredients;
2. Take S.O. three times a day especially after lunch and dinner for improved digestion/maintenance;
3. Take S.O. up to six times a day for treatment of any disease;
4. Take S.O. three times a day to relieve the symptoms of 'Asthma';
5. Take S.O. prior to and after exercise for increased performance & recovery;
6. Take S.O. with sugarless, preservative free (read poison free) fresh juices for improved taste;
7. Obtain a 'Reverse Osmosis' water purifier or drink rainwater or purified water. 'Jug' filters are incapable of effective purification and they saturate quickly and thereafter contaminate water.

DO NOT

- A. Do not drink 'Municipal' water. Contains readily available fluoride & chlorine poisons;
- B. Do not spill S.O. on clothing, oxygen bleaches. This is how it kills anaerobic life forms;
- C. Do not drink S.O. without first diluting in strict accordance with the above directions;
- D. 'Ascorbic Acid' (Vit C) aggravates the condition 'Gout', Use option 2 instead;
- E. Do not consume dairy goods one hour either side of S.O. as these products smother the oxygen in the stomach; A small amount of milk in tea or coffee is allowable; Avoid eating up to 1hr after taking S.O.
- F. Do not eat refined brown or white sugar, it is the primary food of all infection, use honey instead;
- G. Do not accept injections of disease accompanied by Formaldehyde, Mercury & Aluminium. How? By not vaccinating. Yes, these are the contents of every vaccine. In the warm, wet, dark, sugary atmosphere of the human body, incubation occurs & the injected disease proliferates within you. Formaldehyde, Mercury – Named Thimersal & Aluminium also poison you. All this is introduced by means of a deep puncture wound and thus precipitating short and long term illnesses eg. Asthma, Child-hood Arthritis, Meningitis Polio, M.S., A.D.D., S.I.D.S. and C.F.S. are but a few of the disastrous outcomes. More info? Check the following: www.nccn.net/~wwithin/vaccine.htm

H. **DON'T USE ANT ACID MEDICATIONS.** Use no. **2** method above to neutralise excess or rising acid.

PROCEDURE TO FOLLOW

1. **LISTEN TO THE TAPE OR CD: 'Oxygen Therapies' by Ed McCabe.** If you don't have the DVD, listen from the US website: www.superoxy.com/download/
2. **READ THE ARTICLE 'The Magic of Aerobic Oxygen' by Brian Goulet Certified Herbologist.** This article will further enhance your knowledge of oxygen therapies and in particular the potential of Stabilised Electrolytes of Oxygen.
3. **DETERMINE THE METHOD TO USE.** There are three choices on the 'Directions for use'. Read the directions for your chosen method of use for Stabilised Oxygen. Please also read the 'Warning', "Do's and 'Don'ts".
4. **DETERMINE NUMBER OF DOSES.** For methods 1 and 2 on the 'Directions for use' each dose is made up to a total of 225 mls & for method 3 it is: 150 mls. You may consume between one (1) and six (6) doses per day, depending on your overall condition and whether or not you wish to detoxify your body slowly or rapidly. Three (3) doses daily is good for maintenance of good health & will also remove toxins. Up to six (6) doses is for rapid detoxification and treatment of any disease condition.
5. **READ AND FOLLOW DIRECTIONS.** Please follow the directions and especially the DO'S and DON'TS so you may gain the greatest benefit of Stabilised Oxygen use.
6. **AFTER TAKING STABILISED OXYGEN.** Stabilised Oxygen puts extra oxygen into your blood stream and thus enhances the blood. Any benefit you get will depend on the current state of your health. Here are some typical responses.

Response A. Most people obtain increased energy and wellbeing. A dose with and after meals will give you a 'light' well-digested feeling. A dose before and also after exercise or sports activity will increase performance and recovery. Three doses per day promotes well being and energy increases. If it happens that you are 'poisoned' by 'preservatives' or similar, treat as soon as possible with Stabilised Oxygen until symptoms disappear with a dose or three. It is very effective.

Response B. Some people may experience mild flu like symptoms or fatigue which can last up to seven (7) days. Remember, toxins hurt you on their way into the body and they also may hurt you on the way out. Many 'don't notice' because they are eating so many toxic substances and their body's may also be clogged. Flatulence will occur when the bowel is impacted and is reduced/eliminated with cleansing. Persevere. Consume between three (3) and six (6) doses per day. Look for the improvements. If you don't notice obvious progress, keep going, we know it works for EVERYONE even if you don't notice what's happening provided they are consistent and follow directions. Also refer to the Hot Health Tips to find out ways of reducing your toxin intake.

Response C. If you are highly toxic you may feel like your 'going backwards before going forwards' after taking oxygen. This is because SEO removes toxins from the body with oxygen, go into the blood stream and make you tired. More oxygen is needed to get on top of this situation. Evenly space up to six (6) doses of oxygen throughout the day – following directions. Extra sleep maybe a necessary component of the detoxification and healing process for you. Drink plenty of pure water. Persevere. It is worth doing.

7. **THREE MAIN BENEFITS.** There are many advantages from taking stabilised oxygen, however the main three are 1. Detoxification; 2. Metabolism improvement and 3. Maintenance of wellbeing.
8. **DISEASE TREATMENT.** Successful treatment depends upon detoxification and nutrition. Stabilised oxygen gives you the power to detoxify. It is the most powerful way of treating illness and successes have been achieved especially when mainstream medicine is avoided.
- 8.1. **FURTHER QUERIES.** If you have listened to the Ed McCabe lecture (available at: www.superoxy.com.au read the article, the directions for use and these recommended steps and still have a question – please contact Chris Savage via www.cwshealing.com