

INTERMITTENT HYPOXIA TRAINING FOR HEALTH, FOR BEAUTY & FOR SPORT



HIGH OXYGEN CONSUMPTION SPEEDS UP AGING. LOW OXYGEN LEVELS SLOW IT DOWN.

Stimulation by IHT helps to synchronise body function and the coherent action of hormones, neurotransmitters. In short, it unifies the body's metabolism. IHT is one of the most powerful means of decreasing the chaos of the body.

WHAT ARE THE MAIN EFFECTS OF INTERMITTENT HYPOXIC TRAINING (IHT)?

A healthy and a happy life depends on how much oxygen the body uses and how effectively it uses it. We are like burning candles or decaying fruit. The more oxygen we inhale the quicker we age. This is the law of life. Intermittent hypoxia training is a method that can make the body use oxygen more effectively, thereby slowing down the aging process.



IHT calms your mind, gives a great feeling of well-being and enables you to sleep like a baby!

IHT has a proven slimming effect and brings about tissue and organs detox.

IHT results in beautiful skin, improved in colour and appearance, an end to bags under the eyes, a reduction in wrinkles. The aging of the skin is slowed down!

WHAT PARTICULAR MEDICAL CONDITIONS CAN BE HELPED?



Pulmonary conditions, Cardiovascular diseases, Metabolic diseases, such as obesity, diabetes, high cholesterol. Depression, anxiety, skin diseases and allergy. Iron deficiency anaemia. Reduction in post-radiation and chemotherapy side effects. Improved sport performance. Improved sexual health (enhancing sperm count).

The improved effect of stem cell therapy, IHT is used before and after infusion of umbilical cord stem cells.

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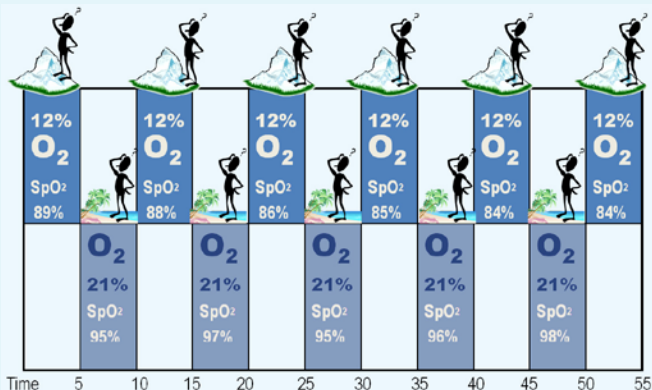
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Dr Voronina offers IHT courses for doctors, sportsmen and home users. Please contact for more information and if you would like to purchase a hypoxycator.



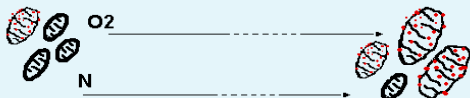
WHAT IS IHT?

Repetitive inhaling of air, with a content of about 10-12% of oxygen, for up to 5 minutes: alternating with ambient air of 20.9% of oxygen for 4-5 minutes.

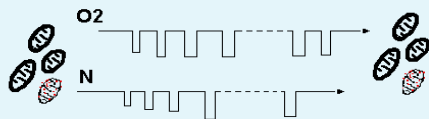


THE KEY TO LONGEVITY IS IHT AS THE STIMULATOR OF MITOPTSIS AND THE BUILDING OF YOUNG MITOCHONDRIA

Normal breathing pattern (resulting in earlier aging)



Intermittent hypoxia (breathing pattern of whales)

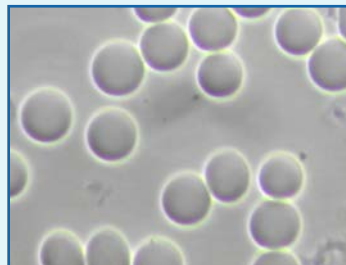
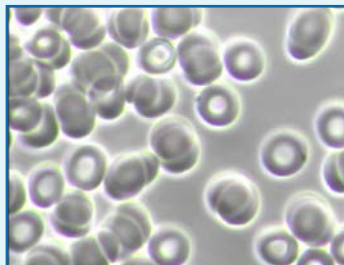


Mitoptosis leads to longevity (destroying of old damaged mitochondria and the promotion of new, healthier, mitochondria). Bowhead whales (*Balaena Mysticetus*) have this quality so can live up to 200 years largely because their breathing patterns are similar to intermittent hypoxia.

HAEMOGLOBIN BINDS WITH ENZYME 2,3 - DPG (2,3-DIPHOSPHOGLYCERATE), WHICH MAKES THE RELEASE OF OXYGEN INTO TISSUE FROM HAEMOGLOBIN SIGNIFICANTLY EASIER.

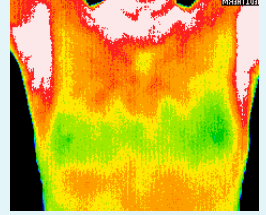
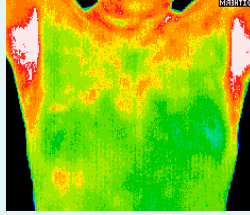
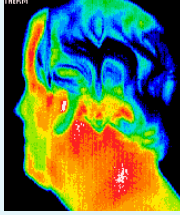
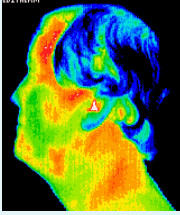
IHT IMPROVES ERYTHROCYTES

Blood test taken before and after 30 minutes of IHT, Patient Mindy T (picture taken 20/05/06)



IHT IMPROVES CIRCULATION

There is an improvement in circulation in the part of the body which is deprived of oxygen. The hypoxic tissues are more acidic. The low pH become regulators of dilation capillaries.

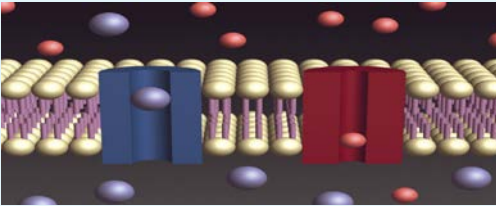


Thermal Images of head and chest taken before and after 30 minutes of IHT.
Client Duncan H. taken 27/04/2006

IHT TRIGGERS THE BUILDING OF NEW VESSELS AND NEURONS.

It has been identified that hypoxia-induced growth factors (as well as VEGF) are involved in an angiogenesis as well as neurogenesis.

OPEN CHANNELS OF ATP-K PUMP IN 20-25 MINUTES AND BUILD ATP



The effect is an improvement in circulation thanks to increased ATP K⁺ pump (the effect of Mg⁺⁺), which relaxes smooth muscles and opens up the capillaries.

IHT OPTIMISES NO CONCENTRATIONS AND LEADS TO IMPROVED CIRCULATION

IHT optimisation of NO concentrations inhibit smooth muscle cells proliferation and reduce platelet and leukocyte adhesion, as well as improve circulation.

NO synthesis and/or availability activates or increases expression of other protective factors including :

- heat shock proteins
- antioxidants and
- prostaglandins



INCREASED SPORTS PERFORMANCE

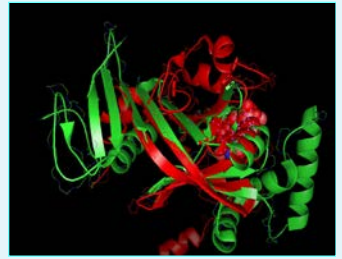
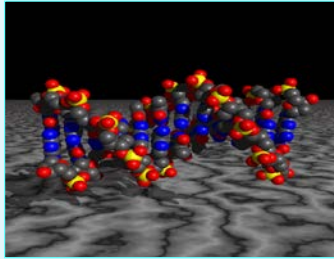
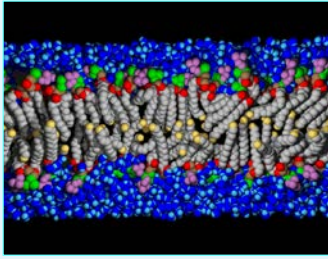
DO YOU KNOW THAT THE BENEFIT OF REGULAR EXERCISE IS CONNECTED WITH THE PERIODIC CHANGES OF O₂ SATURATION IN THE BLOOD (SPO₂)?

Strenuous exercise can decrease SpO₂ from 98% to 90%. IHT reduces it to 86% to 82%!

IHT is the best training for any sport, but for mountaineering it is essential.



THE MAIN CHARACTERISTIC OF IHT IS THE GRADUAL DEVELOPMENT OF OXYGEN EFFICIENCY AND A DECREASE IN ENDOGENIC OXYGENATION



INTERMITTENT HYPOXIA THERAPY



Oxygenation of lipids
Oxygenation of DNA
Oxygenation of proteins

EFFECTS OF IHT ON PARKINSON'S AND ALZHEIMER'S DISEASES

Hypoxia triggers the production of HIF1 (Hypoxic Induce Factor 1). HIF1 stimulates Erythropoietin (EPO) in brain. EPO, via increasing nitric oxide production, has protective and therapeutic effect in survival of nigral dopaminergic neurons and nitrate levels in substantia nigra and striatum.

IHT HELPS THREE KINDS OF HYPOTHYROIDISM

- Primary hypothyroidism (damage to thyroid, 95% of all kinds)
- Secondary hypothyroidism (damage of adenohypophysis)
- Tertiary hypothyroidism (destruction of hypothalamus)
- A hypoxic mix of 10% - 12% oxygen (alternated with 21%, room air) immediately stimulates the function of the thyroid gland.

IHT IN THE PREVENTION AND TREATMENT OF CANCER

- IHT encourages the formation of nitric oxide by microphages, which kill cancer cells
- Hypoxia increases in p53 protein
- IHT increases cytochrom P-450 in the liver
- IHT activates stress-protein
- Lactate decreases in organs and tissues,
- Release of water retention

EFFECTS OF IHT ON DIABETES TYPE 2

- IHT up-regulates glucose transport activity through an increase of GLUT1 expression
- IHT triggers production of beta-cells in the pancreas
- IHT opens ATP-K channels in 20-25 minutes exposure
- ORP150 (oxygen-regulated protein) plays an important role in insulin sensitivity. Systemic expression of ORP150 improves insulin intolerance
- IHT activates cytochrome P-450 in liver
- Hypoxia-induced growth factors involved in angiogenesis as well as in neurogenesis.
- IHT in the prevention and treatment of Cancer