

Oxygen Benefits

How Km Works

Comments by ,Dr Karl Jurak formulator of
Matol/Km

"The blood stream is benefiting fantastically (from Km) to a degree that is unbelievable. It purifies the bloodstream, removes the toxins, removes the impurities at the rim of the vessels that we call cholesterol which causes a film which prevents the food value and other good things to come in, and also creates the rigid veins that have not got the function...systolic and parastolic functions are essential to pump the blood back to the heart which goes to the lungs and becomes oxygenated, and so on."

"For some reason, the lung, when we inhale, we inhale a lot of oxygen, we exhale the oxygen right away and it is lost. So, what is happening and what I have verified over and over again, ...with this product a great deal more of oxygen is retained with each intake of breath, and consequently oxygenates the blood to a great extent. This oxygen shoots into your brain cells and activates the brain. Sometimes it becomes sluggish and tired, and so on. This has an effect on the blood, and we come to the conclusion that because the blood stream is so regenerated, and the blood is the stream of life and living substance. The blood stream in this potency is a new type of feeding to the cells, to the whole metabolism. Because of that, it finds every gland, every cell affected, like for instance, thousands of times I have heard..."My feet were cold as ice for years and years... they are perfectly warm now." and perfect circulation and so on. Thus, it reaches all the extremities. This is due to a very simple fact that the blood is the source of life."

Digestion: When the liver does not receive enough oxygen, gastric juices are diluted because it takes calcium, water and oxygen to produce gastric juices. When the digestion is poor, food is not assimilated properly which encourages overeating because nourishment is needed. Overweight people are usually oxygen starved. They need more oxygen to burn calories more efficiently. Oxidation is necessary in order to burn fuel (food), to produce heat, and to assist the body to eliminate wastes. Here is a good general rule to follow in choosing fuel for your cells to sustain quality life. Are you eating something that is worth digesting, or expending vital enzymes and oxygen that your body could use for other purposes? Food requires ENZYMES and OXYGEN for digestion.

Rule # 1: Quality fresh and raw food has it's own enzymes intact. It is very easily digestible

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and full of vital nutrients. Your body isn't tired after consuming herbs, apples, oranges, bananas, celery, carrots, salads, and food that is alive! Let's refer to this as the "Cave Man" diet. Very simple! No stove, no microwave, no mess, no fuss! No bread, no pasta, no flour, no sugar. This is perfect fuel to keep a body healthy and replace the old cells with vital new ones!

Rule # 2: Dead, cooked, processed, and foods laden with preservatives, sugars, and toxins rob your body of stored enzymes that were not intended for digestion. Using a digestive enzyme supplement with cooked meals is beneficial for those that won't change their habits. The body suffers when you deplete your enzyme bank. When you head for the couch after a meal to sleep, this is a good warning sign that your body has not been fueled properly and is using all it's stored energy to digest garbage. These foods that lack fiber and nutritional value are the culprits of your future intestinal diseases as well. It's amazing that people are very particular about the upkeep of their automobiles, and yet their body gets little or no attention! What a shame to get to the point of so many organ and gland malfunctions before seeing all the warning signs! Organs and glands will compensate for each other during a crisis to keep you alive! Your auto will stop dead when it's parts are not fueled, lubricated, worn out, and not performing! Your "metal transportation" can be fixed or replaced. Your "body transportation" has only the option of being fixed, and the sooner the better! Procrastination is not an option here!

Aging: When there is a lack of oxygen the body is unable to assimilate Vitamin C properly. There is a collagen breakdown. A lack of oxygen is why body organs grow old, permitting arteries and veins to harden. It is the primary cause of strokes and degeneration of the brain. If there are too many dying cells in the body and if too many cells cease to function, the entire organism will collapse and eventually die. Therefore, we must eliminate dead, useless damaged cells, thus clearing the way for the development of new cells. The digestive systems of the elderly have been worn down with time and a liquid supplement is readily available to their bodies. Matol/Km can be absorbed directly into the cells and can be held in the mouth before swallowing to allow absorption into the gum tissues and a better effect.

Cirrhosis of the Liver: The liver is unable to repair cells when oxygen starved. Alcohol builds up the density between the molecules of blood, causing a deficiency of oxygen being carried to the brain. This causes intoxicification and confusion.

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High Blood Pressure: High blood pressure is a major killer! This is another result of toxin build-up. The heart has to work harder than it was designed in order to pump blood through the different areas past the toxins. It takes a more forceful heartbeat, which creates abnormal wear and tear. Blood pressure is normalized through the detoxification process and through the anti-stress factor; as we all know stress plays a high blood pressure role. Oxygen supply is necessary for the heart to function properly!

Emotional and Mental Upsets: People lacking oxygen suffer mental and emotional upsets, hold grudges, and feel anxiety. Memory declines and germ life multiplies. Sociability requires oxygen, for when you're oxygenated you're vivacious.

Diabetes: When there is too much sugar in the blood the brain cannot get enough oxygen. Diabetes related deaths are often caused by lack of oxygen to the brain. High blood sugar starves the brain of oxygen. Rapid circulation is also vital. The real cure can only take place when new tissue is exchanged for the old by the bloodstream.

Immune Mechanism Failure: As we grow older our thymus gland becomes less active and lowers our resistance to disease, thus our bodies require all the nutritional support necessary to fight back. The healthier we are, the more responsive our immune system is. Conversely, the more toxic we are the more prone to disease we are! Oxygen is a vital factor here.

Cholesterol Build-up: Cholesterol is a fatty substance produced in the body which has been related by medical investigators to hardening of the arteries and coronary heart disease. Foods with high-fat content promote excess production of cholesterol in the bloodstream. An excess of cholesterol sludges up and clogs the system, as it sticks to the walls of the veins and arteries. Circulation is again the key factor here. This build-up prevents vital nutrients and oxygen from reaching the cells! The blood plasma was designed to carry vital nutrients to your trillions of cells. The nutrients cannot be diffused throughout the tiny holes in your bloodstream that were designed for diffusion if they are clogged with wastes, thus the cells throughout these areas of your body are starved for nutrition and oxygen! Without proper delivery, you will experience disease, pain, suffering, and eventually cellular death.

Prevention of Wound Infection: Higher oxygen level will help prevent infection at the time of surgery. If a person must have surgery the positive effects of building the blood with nutrient and oxygen factors is phenomenal! The

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body uses these two factors to heal itself.

High Altitude: People living at a higher altitude need more oxygen.

Respiratory Problems: People that suffer from any lung disorders are oxygen deficient. The results by increasing the oxygen levels in the bloodstream are very dramatic for individuals with asthma, bronchitis, emphysema, and other diseases where the lungs are weak or damaged. People that live in major cities are oxygen deficient because of the high pollution factors.

Athletes: The cellular damage caused by pain thresholds and injuries that athletes put themselves through will require more nutrition and oxygen than an average person. There is such a thing as good exercise (cellular exercise) and one that can actually depress and immune system. If the body is working overtime to repair cellular damage, the immune system is busy with this job of clearing dead and dying cells. This leaves the other jobs, such as protecting you from viral and bacterial invaders, and cancer cell detection on the back burner. Usually age catches up with the athlete that doesn't take proper care of this situation, and the aches and pains of the damages can be felt tenfold. Regardless of the reason for the blockages and damage in the body, pain can be defined as a lack of oxygen!

Life Support: Oxygen is so vital to good health that all rescue units, ambulances and life support systems are equipped with it. You can only live a few minutes without oxygen! According to the American Association of Physicians, approximately 90% of the body's energy is created by oxygen. Oxidation is the "burning" process of essential nutritional energy elements, which takes place at the individual cell level.

Anemia and Deficiencies in Essential Nutrients: Nutrients are vital to our body. They are our building blocks and we are what we eat. When there is anemia there is also an oxygen deficiency. Many people believe if they eat the right foods, they will be receiving the proper nutrition. This is not always true, because foods with proper nutritional value are not easily attainable. Our store-bought foods are very low in nutritional value due to over processing and depletion in nutrients in the soil today. Preparation of foods also can eliminate the remaining nutrients. As long as food is being produced solely for profit, we will have foods that are low in nutrition and high in potential carcinogens such as preservatives. Herbs have been used as a food for centuries! The roots of herbs penetrate

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deeply into the soil to extract the minerals and necessary nutrients for your cells. The grow into powerful plants with the help of the sun and Mother Nature, to provide you with an "eatable" form of food because you cannot consume the soil itself on earth. This is why you see such dramatic results with herbs versus fruits and vegetables for healing. Herbs are food too. The question is where they are grown and if they have been poisoned with pesticides that can cause cancers and other health complications. Unfortunately, truly organically grown fruits and vegetables are very hard to find today.

Km is a scientific, molecular formulated preparation of plants and botanicals. It was created to work with the blood.

Km is classified by the FDA as a food product because of its biological form.

Km is classified as a therapeutic formulation in Canada.

Km has been safely tested in the finest laboratory in the world, the human body, since it's creation in 1922. It's production for the public began in 1985.

Km's natural liquid form is readily used by the body, unlike some synthetic vitamins in pill form which can take 4-6 hours to dissolve, passing through the body's essential areas of absorption.

Km has no calories.

Complete and balanced nutrition on a "regular basis" can increase the oxygen level in the blood by as much as 30%.

In general, Km's effects are noticed at different periods of time. One-third of the people notice some changes in their health in 1-3 days, one-third notice in 3-4 weeks, and the last third notice a change in their health during the second or third month of consumption, depending on their individual health status.