

## Who can Benefit from HOCATT™ Wellness Therapy?

- Healthy individuals desiring longevity, vitality and overall wellbeing.
- Athletes seeking improved performance and faster recovery.
- Individuals suffering from stress and stress related conditions such as fatigue, brain fog, muscle aches and insomnia.
- Individuals whose health has been compromised due to the following:
  - Heightened cholesterol
  - Hormonal issues
  - Diabetes
  - Obesity
  - Edema
  - Pain and inflammation
  - Poor circulation
  - Arthritis and auto-immune diseases
  - Allergies e.g. sinusitis, hay fever, asthma
  - Depression & anxiety
  - Bacterial or viral infections
  - Burns and poor healing wounds
  - Fibromyalgia & Chronic fatigue
  - Cancer and cancer related treatments (chemo & radiation)
  - Depressed immune function
  - Fungal infections and candida
  - Heavy metal or carbon monoxide poisoning
  - Side effects of long term medication (e.g. antidepressants)
  - Skin conditions e.g. acne, eczema, psoriasis
  - Osteoarthritis
  - Weakened immune system



## HOCATT™ Wellness Treatment

During the session, you will be sitting comfortably in the HOCATT™ ozone sauna capsule with your head protruding out the top to keep your face cool and to avoid inhaling the ozone gas which can irritate the lung lining. Warm steam, CO<sub>2</sub> gas and an ozone/oxygen mixture are infused into the sealed off chamber in computer controlled sequential concentrations.

The pores open and capillaries dilate due to the warm steam, far Infrared energy and CO<sub>2</sub> gas. Ozone is introduced via the skin (transdermal), increasing the "SPo<sub>2</sub>" levels (percentage saturated oxygen). The gentle rise in the body core temperature (hyperthermia) and the increased oxygen level in the blood enhance the blood circulation and the production of white blood cells and stem cells; kill bacteria, viruses, parasites and cancer cells expelling them via sweat through the skin, thereby sparing the kidneys and liver of most of the work. Ozone Therapy has been critically proven to assist in healing of most medical conditions.

A treatment may be anything between 15 – 30 minutes depending on the client's health and he/she can expect to emerge from the treatment feeling extremely relaxed, refreshed and energised.

For general detoxification, a schedule of 10 treatments is advised, however please enquire about other protocols when dealing with chronic illnesses and other health conditions.

There are already over 11'000 Ozone Centers in Germany offering the highly beneficial ozone therapy with only ~50 Centers in South Africa. We are proud to offer the highly beneficial HOCATT™ Ozone Wellness Therapy in Cape Town.

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HOCATT™ Wellness Therapy

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Add years to your life and life to your years!

## HOCATT™ Multi-Modality Wellness Therapy (Hyperthermic, Ozone, Carbonic Acid, Transdermal Therapy)

### Why are we getting ill and age prematurely?

The link between insufficient oxygen and disease has been scientifically firmly established. "Hypoxia", or the lack of oxygen in the tissues, is the fundamental cause of all degenerative and life threatening diseases such as: Heart disease, Alzheimer's, Parkinson's, Diabetes, Cancer, Rheumatoid Arthritis, Osteoarthritis, Fibromyalgia, Multiple Sclerosis...

In a nutshell: Oxygen is the most vital element required for human life and it is the key to good health and vitality. We can survive without water for a week and go without food for a month, but we can only live a few minutes without oxygen. Oxygen is the life-giving, life-sustaining element. All body activities require oxygen. **The best way to optimize health, fitness and beauty is to detoxify our entire body and oxygenate every cell in our body.**

The more oxygen we have in our system - the more energy we produce and the more efficiently our bodies operate. Good health is dependent on the oxygen level in our bodies. Oxygen is vital to metabolism, circulation, respiration, digestion, purification, elimination and healing processes. Oxygen purifies the blood, keeping it free of cellular waste build-up. Sufficient oxygen allows the body to rebuild itself and maintain the immune system.

### Oxygen starvation is caused by:

- Stress
- Smoking
- Poor breathing
- Parasitic infection
- Environmental pollution
- Lack of exercise
- Dietary & Lifestyle factors which affect the Ph balance of the blood and Intracellular fluids making these acidic (refined foods, sugar, alcohol, Improper food combining, deep fried and processed foods)

### Approved stockists of:

#### The Bobby Greenhash Foundation

Cannabis Oil and other organic supplements from the Cannabis range.

#### Coyne Healthcare Products

Berberine, Bio-Curcumin Advanced and Purest Omega-3

#### Natural Supplements

Detox	Pain Relief
Anti-inflammatory	Anti-Cancer
Immune Boost	German Wheatgrass



### Common symptoms of oxygen starvation:

- low immunity
- constant tiredness
- cancer
- regular colds and flu's
- hay fever
- migraine
- low vitality etc.

When the body is flooded with an activated form of oxygen, namely ozone, people consistently report that these conditions as well as their general health, wellbeing and energy levels dramatically improve.

Experts and Doctors say the HOCATT's combination of modalities is the most effective, fastest and easiest form of **oxygenation** and **detoxification** available making it an extremely valuable and powerful therapeutic tool. It is also the least invasive and most enjoyable health, fitness and beauty therapy.

HOCATT™ is a premier technology designed in conjunction with Doctors and Professors to assist the body to respond to health challenges, injury and chronic conditions, improve athletic performance, enhance skincare and beauty, promote weight and cellulite reduction and facilitate overall health rejuvenation.

No other device offers the advanced combination of multiple scientifically proven modalities all included in a single device.

### What are the benefits of HOCATT™ Wellness Therapy?

- **Detoxifies the Body** by eliminating harmful viruses, bacteria, fungi, yeast and parasites mostly via the skin through sweating sparing the liver and kidneys most of the work.
- **Strengthens the Immune System** by increasing the number of white blood cells which fight bacteria, viruses and cancer. A balanced strong immune system provides protection from future infections.
- **Oxidizes Arterial Plaque** and breaks it down allowing more blood to flow to the organs and cells – this being the reason why patients with severe heart problems can often be returned to normal health and vitality with ozone sauna therapy.
- **Improves Circulation** by reducing clumping of red blood cells, restoring their flexibility and thereby their oxygen carrying ability, leading to better tissue oxygenation for days or even weeks after the therapy.
- **Increases Tissue Oxygenation**, thus eliminating degenerative diseases and bringing health and vitality to the body. It improves the function of every cell and every organ in the body.
- **Increases the Production of Interferon and Tumor Necrosis Factor**, which the body uses to fight infections and cancers.
- **Protection from Cancers** due to ozone being anti-neoplastic. Ozone floods the blood and all tissue and body cells with life giving oxygen. Cancers are anaerobic meaning that they don't like oxygen.
- **Accelerates the Citric Acid Cycle**, which is the main cycle for the liberation of energy from sugars. This then stimulates basic metabolism. It also breaks down proteins, carbohydrates and fats to be used as energy, promoting weight loss.

