

## Increasing Lung Capacity To Burn Oxygen

**The Health Circulator is a major breakthrough in physical therapy. It provides a way to use all of the body muscles and tissue at the same time. The great volume of gentle muscle movement creates a natural demand for oxygen. Just a few minutes daily on The Health Circulator helps develop and sustain greater lung capacity.**

Why Should We Increase Lung Capacity To Use Oxygen?

\*\* Oxygen is a healing agent. It cleans out impurities in our arteries, our veins, our muscle tissue and our body joints.

\*\* Oxygen makes healthy and healthy and vital body cells that resist infection and disease.

\*\* Oxygen helps retard the aging process, maintains youthful appearance and complexion.

Exercising on The Health Circulator helps carry oxygen to all parts of the body. It also increases the flow to the lymph through the lymphatic system of the body, thus carrying off waste and toxins from the cells of the body.

Bouncing on The Health Circulator helps relieve tension in the nervous system. When your nerves are tense and you feel uptight, get on The Health Circulator and bounce gently. It will relax you and make you feel better.

When you exercise on The Health Circulator you protect the body from stress that occurs during some forms of exercise. This allows you to get the very essential exercise that you need with no harmful side effects.

If a person harms the skeletal system (ankles, knees and/or back) by jogging on a hard surface to help the cardio-vascular system (heart, arteries, blood vessels) What has that person gained? The person can protect his skeletal system by exercising on The Health Circulator.

You can exercise your body – all of your muscles and tissue, every cell from head to toe, every support system, every vital organ – in the privacy of their own home at whatever time is convenient for you. You need no special clothing. Weather is no problem. You don't have to wait for someone.

The Health Circulator is easy, enjoyable, economical, convenient, and effective.