

## February Newsletter #1

### **Taking your Sonic Experience to the Next Level. EWOT (Exercise With Oxygen Training)**

Once again, THANK YOU for all your positive responses to our Newsletters. We are continually adding more Demo Locations. We're also excited that more of you are jumping on the bandwagon sharing and selling Sonix's to your friends and neighbors. Keep up the good work.

With this Newsletter, we're continuing our series on Taking Your Sonic Vibration Experience to another level. Today, we are talking about adding additional Oxygen to your Sonic experience. When I first experienced the amazing Turbosonic and had several in my gym, I was asking myself; when a person has all 80 to 100 trillion cells in motion all at the same time and all at the same frequency; what does the body want to make it function even better? The first thing that came to mind was minerals and electrolytes to help raise the voltage potential of the entire body. Then came protein and BCAA (Branched Chain Amino Acids). We discussed these strategies in a previous newsletter. The next really big thing that came up for me was oxygen.

Oxygen therapy has been around for a long time in the medical world, but in 2006 incorporating oxygen with exercise was just beginning to come on the scene. I picked up an old 10 LPM (Liter Per Minute) oxygen concentrator and a cannula and started breathing 96% pure oxygen whenever I would use my then Turbosonic. It was a great feeling to know my cells were being flooded with all that oxygen. After about six months, I shared my oxygen experience with a friend of mine over the phone one evening in 2008. I told him it could be coined EWOT- Exercise With Oxygen Training. By the next morning, he had obtained ewot.com and had built an entire website. That is a true story, but since then we have talked about it and he doesn't recall that phone conversation. But I still love him, and the term EWOT has become a well-known acronym.

Oxygen needs a potential, i.e. a reason to be absorbed into the body. Sonic vibration exercise is the perfect potential. It is one of the only forms of exercise where every single 100 trillion cells in the entire body are engaged in the motion. Most cells will be as absolutely lazy as possible, but when they are all being forced to engage, and process, and do what a cell is supposed to do, it is pure Sonic vibration magic. Oxygen plays a key role in that process. A good friend of mine, Dr. Jolly, is in the Hyperbaric oxygen chamber business and has several hyperbaric centers in Southern California. I had the chance to experience quite a few sessions at his centers while I was living in SoCal. The problem I have with HBOT, as it is referred to, is there is no potential or a reason for the cells to create a need for additional oxygen. You are in a slightly pressurized chamber of oxygen, so it would help for skin and wound healing, but for the most part, you are just relaxing, reading a book, or watching a movie. There is no reason for the body to need to absorb additional oxygen. Oxygen absorption into the cells is a little like electricity in the wires in your home. Electricity doesn't run all over your counter when you unplug your toaster, but when the toaster is plugged in and turned on, it becomes the potential for the electricity to start flowing and you end up with the perfect piece of toast. Oxygen utilization is much the same way. We breathe in about 20% oxygen under normal resting conditions. As we exercise, or move our bodies, we are still breathing in 20% oxygen, but we are breathing at a faster rate to increase the supply. When we have done trade shows, or are training a new person on the operation of a Sonic vibration machine, we will tell them to do some deep breathing while they are on the Sonic machine to help increase their oxygen absorption. Combining Sonic Vibration Exercise with

96% oxygen for a 10 minute session is the perfect combination. The Sonic WBV is creating the Potential, and an oxygen concentrator is providing the 96% pure oxygen. It's the perfect combination. If you'd like to add oxygen to your Sonic experience, we do have some Phillips Respiration Oxygen Concentrators for sale at [www.soniclife.com](http://www.soniclife.com). A 5 LPM Everflow Q which would be for a smaller person and is almost silent., and for a larger person we have Millennium M10, 10 LPM Oxygen Concentrator. We also carry a Refurbished Millennium M10 at a very reasonable price. None of these concentrators require a prescription as long as they are used for EWOT purposes only, not for Respiratory Therapy.

More good news, we are also in the process of setting up a new Affiliate Program to make it even easier to share those good, good, good, Sonic Vibrations with your clients, Facebook friends, your websites, Instagram users, twitter friends, Bloggers, and all those other forms of Social Media. Just look for the Affiliate link on the left-hand menu at [www.soniclife.com](http://www.soniclife.com). Sign Up, log-in, and you can now track everyone that purchases a new Sonix through one of your links. If they do, you get a 10% Affiliate Fee. I've been told that some Affiliates make a very good living at just being an Affiliate for some very good products. I do sincerely hope that they will be many of you.

Our next good news is because of my new best friend Ken, getting so much relief from his Peripheral Neuropathy and Lymphedema when he made an appointment to demo a Sonix at Woodlands Medical Group in Prosper TX (our Dec. 13, 2019, featured Sonic Vibration Location). Ken was so impressed; he got a prescription to purchase a new Sonix through his insurance company. SonicLife.com now has an official NPI (National Provider Identifier) number. What this means is that a doctor that is licensed to write prescriptions, can write one for a new Sonix and the insurance company will pick up the bill including shipping. Obviously, not every insurance coverage does this, but it's certainly worth checking into. The future in this area is looking very good for the amazing Sonic whole-body vibration exercise world.

I'm also starting to run out of ideas for future Newsletters. If you have any ideas, just let me know. These Newsletter are for you, and are intended to help you understand what an amazing exercise device true sonic vibration really is. These newsletters have just been some of my past sonic experiences and research over the last 15 years.

That's about it for this Newsletter. Remember, I'm always available for questions, answers, any requests you may have, or just for a chat at [jim@soniclife.com](mailto:jim@soniclife.com) or phone or text to 541-490-5133.

Be Well, Be Happy, Be Love  
Jim