



# Sports Enhancement with HOCATT™ Therapy

## LET ME ASK YOU SOMETHING:

What would you say if someone told you that you could increase your athletic performance simply by sitting and relaxing for just 30 minutes a day? Well, they say "if it seems too good to be true, it usually is". But for the HOCATT™ it's true! And it's not just good — it's great!

## SO WHAT IS THE HOCATT™?

The HOCATT™ is a bio-chamber that delivers a combination of therapies perfectly sequenced to give a gentle, but incredibly powerful treatment, that boosts energy and detoxifies your body down to cellular level. The main therapy is medical Ozone, which is generated from medical grade Oxygen.

## SO WHAT DOES IT DO?

- Ensures optimal athletic performance.
- Increases energy levels.
- Builds strength, endurance and speed — without fatigue!
- Enhances weight loss — burns up to 600 calories per session!
- Turns fat into muscle!
- Speeds up recovery post-exercise.
- Enhances healing for sports injuries.
- Reduces physical and emotional stress.

## HOW DOES IT DO THIS?

- Increases metabolism and heart rate, which simulates a cardiovascular workout.
- Improves oxygen utilization and respiratory efficacy.
- Cleans veins and arteries by dissolving plaque, and also dilates arteries.
- Increases blood and lymph circulation throughout the entire body, thereby improving oxygen delivery down to cellular level! This enhances mitochondrial function and increases ATP production — which means MORE ENERGY!
- Excretes toxins, stimulates the immune system and promotes healing:
  - Regenerates damaged tissue.
  - Enhances the elimination of lactic acid, which facilitates faster recovery after exercise.
  - Reduces the stress your body undergoes with exercise and relieves tension.
  - Reduces inflammation/swelling and pain, and also reduces chronic joint pain.

For the athlete, it's all about increasing energy and improving the way you use oxygen. Because the HOCATT™ floods your body with Ozone (which you can think of as a Super-Oxygen) all the way down to cellular level, it's the ideal tool for any sports enthusiast!