



Manual

EWOT Multistep oxygen Bag

March 2021
Referentie: 001b

Table of contents

WHAT IS EWOT	4
THE ADVANTAGES OF EWOT	4
WHO CAN USE EWOT?	6
WHAT DO YOU NEED TO USE EWOT?	7
CONNECTING THE EWOT MULTISTEP OXYGEN BAG TO THE OXYGEN CONCENTRATOR	8
WARNING	11
CLEANING	11
WARRANTY.....	11
COMPLAINTS AND QUESTIONS	12
INCIDENT	12

WHAT IS EWOT

EWOT or Exercise with Oxygen Therapy, in Dutch “Oefening met zuurstof therapie”, was invented by Manfred von Ardenne (1907-1997), a German researcher, applied physicist and inventor with about 600 patents on various applications, such as electron microscopy, medical technology, nuclear technology, plasma physics and radio and television technology.

During the EWOT, a higher oxygen level is inhaled to increase the amount of oxygen in the blood plasma. The impact of this increased blood oxygenation is a renewed widening of the capillaries that are constricted due to oxygen deprivation caused by stress, toxins, disease, aging and other causes.

When EWOT is done correctly, much improvement can be achieved with just 15 minutes of exercise a few times a week.

THE ADVANTAGES OF EWOT

Dr. Von Ardenne discovered that with EWOT the reduced blood microcirculation of the endothelium and capillaries is restored.

A narrowing of a capillary due to lack of oxygen caused by illness or other influences can be reversed by EWOT. Increased oxygen in the blood and improved oxygen utilization of the tissues re-dilate capillaries and resolve inflammation.

The increased oxygenation of the cells also increases cellular ATP (cellular energy). This increase in the body's energy levels boosts the immune system, promotes health, and increases healing.

Von Ardenne has demonstrated the following with EWOT:

- Reduces systemic inflammation;
- Supports the body in oncological problems;
- Boosts the immune system;
- Increases energy;
- Supports weight loss and helps the body burn fat;
- Has an anti-aging effect on the body by improving cell metabolism;
- Deacidifies the body and improves alkalinity;
- Increases circulation;
- Improves athletic performance.

WHAT DOES IT DO IN YOUR BODY

Increasing the amount (%) of oxygen in our lungs increases PAO₂ (the pressure of oxygen in the alveoli of the lungs) forcing more oxygen to pass into the blood. Oxygen that can no longer be absorbed into the red blood cells penetrates the blood serum. It is this blood serum oxygen that provides much of the benefits of EWOT.

Exercise increases the arterial pressure of oxygen, PaO₂, through the actions of increased breathing, increased heart rate, and the increased blood circulation as a result.

In Von Ardenne's study, incapacitated patients had artificially increased their heart rate and respiratory rate to increase PaO₂.

This increase in PaO₂ significantly improves the rate of cellular oxygen uptake. Exercise is known to be good for health. In the days of physical labour, there were generally far fewer degenerative health problems.

As we move less, the problems increase. There is a direct relationship between exercise and the uptake of oxygen in the tissues and a direct relationship between this better use of oxygen and our health.

By adding a higher PAO₂ (alveolar O₂ pressure), more O₂ becomes available through the serum to tissues, and this is what von Ardenne's research is all about.

WHO CAN USE EWOT?

One of the surprising results of exercise with oxygen is that almost anyone who is able to exercise can benefit physically - regardless of whether someone is young or old, sick or in good health.

EWOT helps people with health problems on their way to recovery by oxygenating the body at the cellular level so that their body performs more efficiently.

For people of middle age and above, EWOT provides the anti-aging benefits first described by Von Ardenne. Poor cellular oxygenation leads to cellular aging. It took Von Ardenne only one session to discover that the use of EWOT reverses the age-related swelling in the capillaries leading to decreased circulation and cellular oxygenation.

Reversing this aging process improves both metabolism and energy use.

For athletes and health conscious people, EWOT can be an opportunity to improve athletic skills, gain a competitive edge and take performance to another level.

Some examples where EWOT has proven effective:

- Chronic fatigue
- Extreme tiredness
- Chronic muscle pain
- Fibromyalgia
- Polymyalgia rheumatica (PMR)

WHAT DO YOU NEED TO USE EWOT?

Early EWOT protocols used a simple nasal cannula to deliver fresh oxygen. The slow flow of oxygen was inadequate under the high demands of exercise and caused a minimal increase in blood oxygenation.

These dramatic results required several hours of exercise every day.

This EWOT system contains the following components:

- An oxygen concentrator (CE Class IIa) that can produce an endless amount of almost pure oxygen from the air;
- An EWOT Multistep oxygen bag to collect and hold enough oxygen for a 15-minute workout.
- An oxygen hose as a connecting piece between the concentrator and the EWOT Multistep oxygen bag
- A CPAP oxygen hose of 2 meters with a diameter of 22 mm
- An overpressure valve



- An EWOT 3M High-flow mask to deliver the pure oxygen without the ingress of external air (non-rebreathing device).



You also need a training device of your choice (bike hometrainer, elliptical trainer, treadmill, etc.).

The content of the EWOT Multistep oxygen bag with a standard size of 200x150 cm is 900 litres. The oxygen flow is variable, between 20 and 50 litres per minute.

CONNECTING THE EWOT MULTISTEP OXYGEN BAG TO THE OXYGEN CONCENTRATOR

The EWOT Multistep oxygen bag can be connected to the oxygen concentrator by anyone following the points below in combination with the installation drawing on page 10. No special knowledge or training is required.

- Attach the oxygen bag to, for example, the ceiling or in a rack and make sure that it remains clear of the wall (40 cm)
- Connect the oxygen concentrator (CE Class IIa) with the oxygen hose (A.) to the valve (B.)
- Connect the CPAP oxygen hose 22 mm (C.) for "oxygen out" to the connector on the bottom of the oxygen bag.
- Connect the CPAP oxygen hose to the overpressure

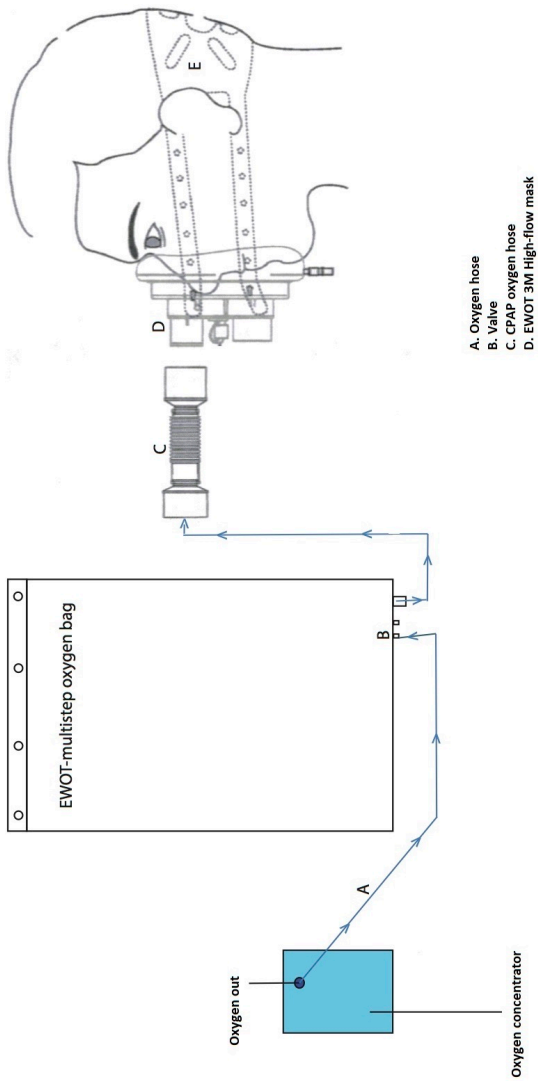
valve when not using the oxygen concentrator. This keeps your EWOT Multistep oxygen bag always at the right pressure.

- Turn on the oxygen concentrator and wait for the oxygen bag to fill.
- Remove the overpressure valve and connect the EWOT 3M High-flow mask (D.) to the CPAP oxygen hose.
- Start your exercise.

For an overview of the connections we refer to the drawing.

You will experience the best performance when the EWOT Multistep oxygen bag is completely filled with oxygen. This is enough to complete your 15-minute exercise. The oxygen concentrator continues to operate during your exercise. Bring your heart rate up to 100-120 beats per minute and vary the exercise rhythm. The oxygen flow depends on your inhalation during the exercise.

INSTALLATION SCHEME



WARNING:

When not using the oxygen concentrator, connect the overpressure valve to the CPAP oxygen hose instead of the EWOT 3M High-flow mask. The overpressure valve ensures that your EWOT Multistep oxygen bag always remains at the correct pressure.

- Do not smoke.
- Do not use with open fire (kitchen, fireplace).
- Always ventilate sufficiently (window open).
- The EWOT Multistep oxygen bag is not a toy; do not let children play with it.

CLEANING

Regularly wipe the outside of the EWOT Multistep oxygen bag with a damp cloth. When using medical disinfectants, follow the manufacturer's instructions.

WARRANTY

The EWOT Multistep oxygen bag comes with a 3-month warranty. With normal use, the EWOT Multistep oxygen bag will last for approx. 2 years.

COMPLAINTS AND QUESTIONS

In case of complaints or questions about the EWOT Multistep oxygen bag, the supplied package or the instructions for use, please contact the manufacturer via info@freeair.nl.

Always provide the following information: product name, production number, serial number and description of the complaint or your question.

INCIDENT

In case of an incident directly caused by the EWOT Multistep oxygen bag, please contact the supplier immediately: info@freeair.nl.

Always provide the following information: product name, production number, serial number, description of the incident, including date and location.

Any serious incident must also be reported to the competent authority in the user's Member State.

EU-CONFORMITEITSVERKLARING

Deze EU-conformiteitsverklaring is verstrekt onder de uitsluitende verantwoordelijkheid van de fabrikant

FABRIKANT

Firmanaam:	Freeair
Adres:	Dorpsstraat 207
Postcode:	6741 AH
Plaats:	Lunteren
Land:	Nederland

BESCHRIJVING EN IDENTIFICATIE VAN HET MEDISCH HULPMIDDEL

Commerciële benaming:	EWOT Multistep oxygen bag
Model:	EMOB001
Referentienummer:	EMOB XXXXXX
Batchnummer:	XXXXXXXX (ddmmjjj)
Beoogd gebruik:	De EWOT Multistep Oxygen bag is een grote kunststof zak die gebruikt wordt als voorraadzak voor zuurstof, gekoppeld aan een in werking zijnde concentrator
Risico klasse:	1
Classificatie regel:	1

OVEREENSTEMMING

De fabrikant verklaart dat het voornoemde medische hulpmiddel in overeenstemming is met de

Medische Hulpmiddelen Richtlijn 93/42/EEG
Medische Hulpmiddelen Verordening (EU) 2017/745

Plaats:	Lunteren	Naam:	Peter Olthof
		Functie:	Directeur
Datum:	8 februari 2019	Handtekening:	

The *EWOT Multistep oxygen bag* is a product of:

Freeair

Dorpsstraat 207

6741 AH Lunteren

www.freeair.nl

info@freeair.nl

Kvk: 68698801

EWOT MULTISTEP OXYGEN BAG

This product is a CE approved Class 1 Medical Device

REF EMOB001

LOT 16112018

 2023-11



Made by
Freeair.nl
Dorpsstraat 207
6741 AH Lunteren
The Netherlands



8 945004 637529

