



Sports Enhancement & the HOCATT™

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™?

Hyperthermic Ozone & Carbonic Acid Transdermal Technology: The HOCATT™ is a bio-chamber that delivers a combination of modalities perfectly sequenced to give a gentle, but incredibly powerful session, that boosts energy and detoxes your body down to the cellular level. The main modality is Transdermal Ozone, which is generated from pure Oxygen.

SO WHAT DOES IT DO?

Using Hyperthermia together with Transdermal Ozone:

- Ensures optimal athletic performance.
- Increases energy levels.
- Builds strength, endurance and speed – without fatigue.
- Enhances weight loss – burns up to 600 calories per session.
- 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 the 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 the cellular level, it's the ideal tool for any sports enthusiast.