

# OPTIMAL BREATHING ASSOCIATION

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## O2E2 FREQUENTLY ASKED QUESTIONS

**Is the machine easy to use?** Yes. Basically you plug it in, turn it on, insert the canula in your nostrils and enjoy.

**How much does the machine weigh?** 48-50 pounds. It has wheels.

**How large is the machine?** Approximately 27in H x 19in W x 11-14in D

**How do I know that oxygen is coming out?** The units are made for severely sick people and engineered to alarm if they do not produce a minimum of 88%. They usually produce 92% and 95 %. You can order an oxygen sensor for an additional \$60.00. We prefer to measure the oxygen being produced but using a fingertip pulse oximeter that measures blood oxygen in the fingertips. This saves you the cost of paying for the extra \$60.00 that you can now use to buy a pulse oximeter which we find much more useful.

**How do I know if it is producing the liters per minute as indicated on the dial. This has to do with the compressors which are built to last 25,000 hours. But some times they go bad. So if you need to check it you can buy for \$250.00 or rent a device from us used to measure this for \$50.00 a week.**

**Can I change the amount of oxygen that comes out?** Yes. There is a flow knob that goes from one half liter per minute to 5 liters per minute.

**How does it make the oxygen?** It takes the air from the room, filters out the nitrogen and gives you the pure oxygen. The nitrogen is absorbed by the zeolite in canisters inside the machine.

**What comes with the machine?** One 25 foot plastic hose, one plastic nose canula, and one water bottle. Included with some units is a hose to connect the unit to the water bottle.

**What is the water bottle for?** It helps keep the nostrils moist. You can use the machine without it. Its your choice.

**Can I get a mask?** An additional \$4.00 but do not use it for exercise, as it restricts breathing volume needed during exercise.

**Extra nose canulas?** \$3.00 each with an option of 12, 24 and 50 at discounted prices.

**Can I use the machine with my CPAP/BIPAP?** Yes. We offer an adaptor for \$6.00.

**How much do I exercise?** Dr. Bruce West recommends 30 minutes 3 times a week. Mike White uses it every day for at least 30 minutes but takes time off now and again to allow the cells to rebuild without any oxygen stimulus. Best to take time off if you experience any fatigue or mental foginess which might be the oxygen detoxifying and that may take a few days to run its course or some might want to let the new oxygen integrate. Many use a pulse oxymeter (information noted in the units packing slip) to help gauge how much and how intensely to exercise.

**Where are you located?** Charlotte, NC

**Where does the machine ship from?** The closest distribution center to the customer via FedEx or UPS ground.

**Estimated time for arrival?** We build them when ordered so between 1-3 weeks depending on how busy we get and the weather.

**Do I need to buy tanks?** It does not use tanks.

**Can I refill tanks with it?** Only if you have the Invacare Home Fill II System unit that accepts a Home fill compressor. The Home Fill compressor costs between \$1000 and \$1500. We do not offer them. If you are on bottled oxygen you should consult with your doctor about using our equipment because they often have specific requirements just for you that we know nothing about. We do not like oxygen tanks as they can leak and act as a projectile possibly causing harm to others.

**Is there an air filter?** TWO or THREE depending on the unit. Some O2E2s have two outside and one inside. Others have one out and one inside. Wash the outside units in warm water weekly-monthly. Internal filters need replacing yearly for 24/7/365 users but hour a day users may never have to replace a filter. We offer a kit for \$30.00 for that. You can order a kit for your particular O2E2 when you order the unit or by phone later on.

**Is there anything I have to clean?** The outside filter and canula, hose and water bottle.

**Can 2 people use it at the same time?** Yes but that means that each person will receive half the oxygen the unit is capable of producing. Most share them during sleep as we recommend only 2.5 liters per minute for that sleep but you may experiment with 5LPM as well. You will need a splitter that we sell for \$30.00. Order the splitters by phone. Get two units if you want to exercise together with the full five liters each.

**How do I hook it up to my exercise machine?** You dont. It is a stand alone machine. The tube goes to your nose directly from the O2E2.

**What exercise equipment should I use:** Geriatrics should focus on not falling and exercises that are easier on the joints like recumbent bikes or recumbent elliptical cross training machines. My future articles will elaborate on other choices.

**Free Radicals and Antioxidants:** Oxygen is not only necessary for every cellular action in your body but it also creates free radicals as a byproduct of O2 combustion. Kind of like what smoke is to fire. Antioxidants aid in cellular metabolism as well as offset this "smoke". Strictly speaking the more O2 we uptake the more antioxidants we should have. We've never heard of any MD prescribe extra antioxidants to anyone on oxygen. But that stems from a traditional medical model that often states/believes nutrition doesn't have anything to do with health. So we suggest that if you want to optimize your O2 utilization you increase your antioxidants such as A, B, C, D, E, Coenzyme Q10, germanium, super oxide dismutase (SOD) and organic sulphur. Ask your favorite health professional for a good formula.

**Dry nostrils?** Use more water in the bottle and/or swab sesame oil on a Q-tip inside the nostrils.

**Why an O2E2?** We stand behind our products. We have the best prices in the country. Many oxygen generators are sold by private parties or small companies that may well not withstand the test of time. We have been in business for over 20 years, refurbish thousands and will always be here if you need.

**Shipping returns:** If not satisfied for any reason, your O2E2 can be returned within 2 weeks of delivery for refund of purchase price, less \$125.00 (Continental USA) and \$250.00 (Alaska, Hawaii and Canada) for shipping to and from Texas and less \$10.00 for the nasal cannula and tubing (unless these are returned unopened). O2E2 must be received in good operating condition to an address we will provide. In any event and in case of repair keep the box and packaging material.

**How long will it last.** It is built to last 25,000 hours. So at 1 hour a day it could last 68 years. We suspect it will become part of peoples estates and get willed just like jewelry, stocks and real estate. What better gift to give a loved one but enhanced breathing for living.

**ADDITIONAL INSTRUCTIONS AND MANUAL WILL ACCOMPANY THE O2E2. 4-22-2010**