



LurraLife LurraFit

Lurralife Thrive, Lurrafit Coffee, Lurralife Dr Miller's Detox Tea, Luralife O2 Drops

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LurraLife's O2 Drops Frequently Asked Questions.

Why is oxygen so important to a healthy body?

Oxygen plays a powerful and primary role in our overall health and well-being. The oxygen concentration in a healthy human body is approximately three times that of air, and the human body is largely composed of oxygen. All metabolic processes in the body are regulated by oxygen, and 80% of all our metabolic energy production is created by oxygen. Oxygen is vital for proper metabolic functions, blood circulation, the assimilation of nutrients, and digestion and the elimination of cellular and metabolic wastes. Even our abilities to think, feel, and act require oxygen-related energy production.

It is no surprise then that scientists have determined that low levels of oxygen can disrupt the body's ability to function correctly. Dr. Arthur C. Guyton, M.D. included this statement in The Textbook of Medical Physiology, "*...all chronic pain, suffering and diseases are caused from a lack of oxygen at the cell level.*" As the body's oxygen levels decrease, cellular energy is reduced, and disease organisms find the conditions more ideal for proliferation.

Don't we get enough oxygen just from breathing?

No. Because pollution is everywhere, we don't get enough oxygen just from breathing. As toxins contaminate the air, they replace oxygen molecules in the air. What's more stress (emotional or physical), lack of exercise, infections, medications, viruses, drugs and alcohol, highly processed fast foods, and polluted water further reduce the bio-available oxygen in the blood stream.

What are LurraLife's O2 Drops?

LurraLife's O2® – also called O2 Drops® – is our one-of-a-kind formula of bio-available oxygen molecules and essential trace minerals. The proprietary Activated Stabilized Oxygen in O2 Drops has been the subject of more than two dozen independent research studies at laboratories and at universities all over the world. Athletes, scientists, educators, and health professionals and practitioners have testified to its safety and efficacy repeatedly. No other activated oxygen supplement formula has undergone as much scrutiny and validation.

LurraLife's O2 Drops are completely natural, safe, non-toxic, pH balanced, totally stable, and simple to use. They are bio/eco-friendly, anti-fungal, anti-viral, and anti-bacterial. They contain NO artificial colors, preservatives, stabilizers, or dangerous stimulants. They are simply packed with a bio-available form of oxygen combined with the minerals that your body needs the most.

What are the everyday uses and benefits of using LurraLife's O2 Drops?

Research testing and clinical use have found that LurraLife's O2 Drops:

- Can dramatically boost energy levels
- May help strengthen the immune system
- May heighten concentration and alertness
- May exert a calming effect on the nervous system
- May help relieve headaches
- May reduce the symptoms of hangovers
- Helps improve blood circulation without drug side effects
- May help the liver in cleansing itself of toxins
- May help with inflammatory conditions by assisting body in carrying away cellular debris and free radical toxins
- May promote faster recovery from injury, stress or strenuous exercise
- May help promote weight loss by increasing energy production and fat burning
- Can be used for skin and acne care
- Increases blood flow and oxygen to the skin makes the skin look more beautiful
- May help relieve the pain and itching of bug bites and skin rashes and promote healing
- Has been used clinically to reduce gum disease and kill bacteria in the mouth
- May be used as a gargle to relieve sore throat conditions
- May be used as a nasal irrigation spray to provide moisture and to help control bacteria in the nasal cavity
- May be used as a completely safe and natural hand sanitizer
- May be used as a safe biocidal counter and bathroom spray
- Can be used as a safe vegetable and fruit wash•May be used as a preservative for short-term water storage to control harmful anaerobes.

What is Stabilized Oxygen?

The term "Stabilized Oxygen" refers to a solution intended to be used as a dietary supplement for human consumption that contains oxygen atoms as a key ingredient. Generally, the definition implies that there is the presence of a molecule containing diatomic oxygen (O_2) that is typically bonded to other atoms forming an "ion", or a negatively electrically charged group of atoms. Most of the stabilized oxygen solutions that were sold in the 1980s and 1990s contained chlorine dioxide (or "chlorite") molecules where two oxygen atoms were bonded to a single chlorine molecule (ClO_2^-). This solution is extremely alkaline (pH 12 or more) and is very caustic. O_2 Drops, on the other hand, is a cluster of four oxygen atoms in a very stable grouping called polyatomic tetraoxygen.

Was "polyatomic tetraoxygen" just made up to make LurraLife's O_2 Drops sound unique?

No. The existence of polyatomic oxygen is a physical chemistry "fact". Allotropes of oxygen differ on the structure (forms) of the oxygen atoms, (i.e. how the atoms are arranged), while isotopes of oxygen differ on the number of neutrons of the atoms (i.e. the composition of subatomic particles in an atom). The naturally occurring stable isotopes of oxygen are ^{16}O , ^{17}O , and ^{18}O , with ^{16}O being the most abundant (99.762%). The allotropes of oxygen include: Dioxygen (O_2) which is the form of oxygen that we breathe; Trioxygen (O_3), usually known as ozone; Tetraoxygen (O_4). The existence of the metastable O_4 molecule was confirmed in 2006 and research indicates that this allotrope has the potential to be a much more powerful oxidizer than either O_2 or O_3 .

Are LurraLife's O_2 Drops stable?

Yes. Stability is the tendency of a material to resist change, decomposition due to internal reaction, or due to the action of air, heat, light, pressure, etc. Inert implies non-reactive. The naturally occurring Noble Gases (are helium/He, neon/Ne, argon/Ar, krypton/Kr, xenon/Xe, and the radioactive radon/Rn). These gasses are inert due to the fact that they have full outer shells, and therefore do not

need to gain or lose electrons in order to reach a stable electronic configuration. O2 Drops are stable but not inert.

What can destabilize LurraLife's O2 Drops?

The oxygen molecules in LurraLife's O2 Drops will become unstable when they come into contact with metal (like a stainless-steel spoon) or when combined with organic matter (food). Therefore, use a plastic spoon when stirring and always take LurraLife's O2 Drops 30 minutes before and one hour after eating.

How does the oxygen in LurraLife's O2 Drops get into the body?

There appears to be ample supportive scientific evidence that dissolved oxygen in a liquid supplement form can be absorbed either sublingually into the blood stream or may pass directly through the stomach lining into the blood plasma. Research has clearly shown (Dr. Arthur Guyton, M.D.) that the blood plasma contains approximately 3% dissolved oxygen; the red blood cells (hemoglobin) hold the remaining 97% in a completely healthy and well-oxygenated individual. Oxygen passes out of the red blood cells and into the plasma to be transferred to the cells that need oxygen for the metabolic process. These cells then pass CO2 back into the plasma that is picked up by the red blood cells in the exchange. Oxygen is almost always present in the plasma as it travels through the body.

Research conducted on the activated oxygen in LurraLife's O2 Drops by Suntory International of Japan indicates that there is a direct and long-lasting correlation between the consumption of LurraLife's O2 Drops and an increased partial pressure of oxygen in arterial blood. A Duke University study, completed in March of 1996, indicates clearly, for the first time, the actual mechanisms by which oxygen is transported in the blood directly to the tissues and how oxygen is released and acquired by the blood through both the lungs and the plasma. The combination of these two studies implies that LurraLife's O2 Drops, when taken orally, is absorbed into the blood stream where it is transported directly to the tissues.

How does the oxygen in LurraLife's O2 Drops get into the bloodstream?

Independent research has established that the polyatomic oxygen molecules in LurraLife's O2 Drops are safely and easily absorbed into the blood stream through capillaries in the mouth (ultra-lingual and sublingual) as well as through the stomach lining.

Does the oxygen in LurraLife's O2 Drops cause free radical damage?

No. The scientific literature clearly indicates that most free radicals are formed as a natural part of the body's normal metabolic activity in producing the energy the body needs to "exist" and sustain itself. Breathing is the major source (contributor) of free radicals, yet without breathing, the body dies. Almost all free radicals produced during the energy-production cycle are reduced to water. Some are used to fight against invading bacteria and viruses. Some, the result of contaminants like smoke, pollution, alcohol, ozone, radiation and highly processed foods, are very damaging to the body. Natural nutrient antioxidants (vitamins, amino acids and minerals) occurring in the foods we eat are designed to control the production of these deleterious free radicals. It is important to remember that the research clearly shows that diatomic oxygen (O2) is essential for a healthy body and that an abundant supply of oxygen helps reduce free radical activity, not increase it!

Are LurraLife's O2 Drops FDA approved?

Dietary Supplement Health and Education Act (DSHEA) of 1994. DSHEA regulations state that dietary supplements may not make health claims unless supported by evidence and only when approved by the FDA. However dietary supplement manufacturers may make claims that their supplements affect the structure or the function of the body. So, O2 Drops, as a "dietary supplement", does not require FDA approval.

Are LurraLife's O2 Drops a "natural" product?

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Yes. Legally, food labeled "natural" does not contain any artificial ingredients, coloring ingredients, or chemical preservatives. Based on this definition, LurraLife's O2 Drops is a "natural" dietary food supplement.

What are the ingredients in LurraLife's O2 Drops?

It contains only Activated Stabilized Oxygen (ASO® pure bioavailable O4 molecules, natural sea salt, and distilled water) and organic plant-based LTSM® minerals Zinc, Chromium, and Magnesium. It does NOT contain any artificial colors, preservatives, stabilizers, or dangerous stimulants.

Do LurraLife's O2 Drops contain hydrogen peroxide?

No. Independent analysis indicates there are no molecules of hydrogen peroxide (H2O2) in LurraLife's O2 Drops.

Do LurraLife's O2 Drops contain chlorine dioxide?

No. Independent analysis indicates there are no molecules of chlorine dioxide or "chlorite" (ClO2) in LurraLife's O2 Drops.

LurraLife's O2 Drops smells like "pool water". Does that mean it contains chlorine?

No. LurraLife's O2 Drops do not contain chlorine and are chlorine free. Even if you tested it with a pool chlorine test kit and it tested positive for chlorine that does not mean it contains chlorine. The standard method for testing for free chlorine uses DPD test tablets that react with various forms of natural oxidizing agents as well as any free chlorine in water. These oxidizers include: ozone, chlorite, chlorate, hypochlorous acid, hypochloric acid, bromine and iodine. The presence of any of these compounds in water will react with the DPD test tablets or other free chlorine test solution kits and will indicate an incorrect reading of the free chlorine levels. Thus, tests using the above method will indicate levels of free chlorine that are inaccurate.

LurraLife's O2 Drops are processed using activated charcoal filters that eliminate any and all trace amounts of free chlorine that might be in the solution. As our assays reveal, LurraLife's O2 Drops contain sodium chloride (NaCl) and during the manufacturing process these atoms are separated into Na⁺ and Cl⁻ ions. We are more sensitive to the "smell" of Cl⁻ just as we are more sensitive to the "taste" of Na⁺. Again, chlorine gas (Cl2) is not a by-product of stabilized oxygen reacting in the blood stream, digestive system or on the skin. Individuals can, however, detect the smell of Cl⁻ (chloride ions) as the Cl⁻ ions evaporate. This is what gives LurraLife's O2 Drops its distinctive "smell".

Are LurraLife's O2 Drops an ionic solution?

Yes. Simply explained, an ionic solution exists when one substance is dissolved into another (the solute dissolved into the solvent). All atoms and molecules (substances) comprise of one or more electrons spinning around a central nucleus. If one or more of those electrons are removed that substance becomes an ion. An ionic solution contains both positively charged anions and negatively charged cations, which are positive. To illustrate an ionic solution, imagine putting some table salt (NaCl or "sodium chloride") in water and watching it dissolve. Chemically, the ionic bond between the sodium atom and the chlorine atom is broken in the solution. The result is the formation of a positively charged sodium ion (Na⁺) and a negatively charged chloride ion (Cl⁻) which remain in suspended in the water. Because LurraLife's O2 Drops contain salt, it is an ionic solution.

Why is pH important in an oxygen supplement?

pH means the "potential of Hydrogen" and is the measurement of the hydrogen ion concentration in a solution. The scale goes from "0" to "14". The lower the pH value, the higher the ion concentration and vice versa. An "alkaline" solution will have a pH that is between 7 and 14. An "acidic" solution will have a pH between 0 and 7. Water, the universal solvent, has a neutral pH of 7. LurraLife's O2 Drops are slightly alkaline and has a pH of about 7.3. Stabilized Oxygen solutions with a pH below 5.0 and above 9.0 can potentially damage the skin and tissues in the mouth and esophagus. The one-of-kind Activated Stabilized Oxygen in LurraLife's O2 Drops makes

it the only nearly neutral and pH balanced oxygen supplement available today.

Can you take too much of LurraLife's O2 Drops?

No. LurraLife's O2 Drops are completely safe to use in any amount.

Do you have to dilute LurraLife's O2 Drops to use it?

No. LurraLife's O2 Drops may be taken full strength or can be diluted in water. It is effective when taken either way.

Can you mix LurraLife's O2 Drops with juices or other drinks?

No. The oxygen molecules in LurraLife's O2 Drops can become unstable when it is added to any liquid other than water.

Can you take LurraLife's O2 Drops with food?

No. Food can be oxidized and so may destabilize LurraLife's O2 Drops. It should be taken separately and only with water.

Can you take LurraLife's O2 Drops with other nutritional or medications?

No. LurraLife's O2 Drops should NOT be taken with other dietary supplements or prescription medications because ingredients in these formulations may destabilize the oxygen molecules in LurraLife's O2 Drops. However, LurraLife's O2 Drops may be taken in addition to these formulations if taken 30 minutes before or an hour after them.

I'm on a reduced sodium diet. Will taking LurraLife's O2 Drops affect my dietary restrictions?

One daily recommended dose of LurraLife's O2 Drops (45 drops), taken in three doses of 15 drops in 8 ounces of water each day, would contain less than 5 mg of sodium — and sodium is the big culprit in increasing blood pressure. That's why patients with high blood pressure have to monitor their sodium intake. 5 mg is an insignificant amount of sodium. By comparison, one bowl of a popular rice cereal contains over 300 mg of sodium.

Can children take LurraLife's O2 Drops?

Yes. Absolutely. We recommend that they take half the adult dose. LurraLife's O2 Drops can also be given to infants, pregnant women, and nursing mothers without any concern of toxicity.

Can pets/animals take LurraLife's O2 Drops?

Yes. Absolutely. Dosages should be determined by weight. We would use the "rule of thumb" of one drop of LurraLife's O2 Drops for every five pounds of weight. The proprietary activated oxygen used in the LurraLife's O2 Drops formula has been used for many years by professional trainers and large animal vets in the horse breeding and racing industry.

Are LurraLife's O2 Drops antimicrobial?

Yes. Merriam-Webster defines "antimicrobial" as "destroying or inhibiting the growth of microorganisms and especially pathogenic microorganisms." Using this definition, LurraLife's O2 Drops are definitely antimicrobial. Independent tests have clearly demonstrated that, even when diluted as much as seven times, it kills the test organisms on contact.

How do LurraLife's O2 Drops kill microorganisms?

The outer cytoplasmic membranes of unicellular pathogens are composed of lipids, proteins, and lipoproteins. These membranes act as a diffusion barrier for water, ions and nutrients. Research indicates that the membranes are actually a lipid matrix containing randomly distributed globular proteins that penetrate through the lipid bilayer. It is this high lipid content of the cell walls of these

pathogenic bacteria that may explain their sensitivity, and eventual destruction, when exposed to oxygen molecules. Oxygen molecules penetrate these cellular envelopes and affect the cytoplasmic integrity of these pathogenic organisms. In addition, oxygen disrupts the metabolic activity of these disease-causing cells. The oxygen in LurraLife's O2 Drops disrupts the integrity of the bacterial cell envelope through the oxidation of the phospholipids and lipoproteins. In fungi, LurraLife's O2 Drops oxygen inhibits cell growth at certain stages. With viruses, the LurraLife's O2 Drops oxygen damages the viral capsid and disrupts the reproductive cycle by disrupting the virus-to-cell contact with peroxidation. The weak enzyme coatings on cells that make them vulnerable to invasion by viruses make them susceptible to oxidation and elimination from the body, which then replaces them with healthy cells.

Are LurraLife's O2 Drops better than (35%) hydrogen peroxide?

Yes. 35% hydrogen peroxide is not intended for internal use. Hydrogen peroxide is labeled "Food Grade" as an approved use for use to clean food-handling equipment. Ingesting hydrogen peroxide can cause serious side effects and hydrogen peroxide is listed as a hazardous material.

Does the oxygen in LurraLife O2 Drops promote skin health and healing?

Yes. Oxygen is perhaps the key ingredient in helping to repair damaged skin. It is essential in creating elastin and collagen, which are important molecules in maintaining skin texture and elasticity. Oxygen is also biocidal and can help reduce inflammation and redness that may be caused by harmful bacteria. LurraLife's O2 Drops should be sprayed liberally and regularly on the skin and is safe to use on the face and neck.

Do LurraLife's O2 Drops relieve sunburn and other burn pain?

Yes. The oxygen in LurraLife's O2 Drops has a soothing and calming effect on the skin. It can help reduce redness and swelling and bring almost instant relief to sunburn or any other first-degree burn.

Can LurraLife's O2 Drops be used to help preserve the quality of water stored for emergency purposes?

Yes. We recommend you add ¼ ounce of 35% LurraLife's O2 Drops for every gallon of stored water. Every 60-90 days, add an additional ¼ ounce per gallon to help control microorganisms and algae buildup. If the water is being stored where it is being heated by sunlight (UV rays) and where the temperature of the water averages 80° F / 27° C, then we recommend that additional LurraLife's O2 Drops be added every 30 days.

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