



HOCATT™

Hyperthermic Ozone & Carbonic Acid Transdermal Technology

THE HOCATT™ IS A SINGLE UNIT DEVELOPED FOR A SINGLE PURPOSE – STRATEGIC WELLNESS AND VITALITY. How does it do this? Using a combination of powerful modalities, the HOCATT™ detoxes the body, improves circulation, boosts energy, and strengthens the immune system.

WHY IS THE IMMUNE SYSTEM SO IMPORTANT?

When it's working properly, the immune system is nature's most perfect healing network – it provides the ideal platform for the recovery of any illness or disease.

However, the immune system is not invincible! It can be weakened by things that overburden it, like heavy metals and toxins in the water we drink, the air we breathe, and the food we eat. In today's world we are all steadily exposed to toxins, and most of us remain unaware as they continue to accumulate. Eventually, the pace of incoming toxins may overtake the pace at which your body can eliminate them. When you reach this point, your body has no choice but to store some of these toxins, which it does in your fat cells. A study done in 2005 found that blood samples from newborns contained an average of 287 known toxins¹ – if a newborn is exposed to that many toxins, imagine how many you have been exposed to in your LIFE!

An unhealthy lifestyle like eating too much sugar, excessive alcohol consumption, smoking, lack of exercise, stress, too little sleep, and lack of oxygen also weakens the immune system. When this happens, the door is left open for disease to creep in...

This is why supporting the immune system is so important, because it's not just there to fight diseases – a strong and balanced immune system will prevent you from getting sick in the first place. With a strong immune system, everything works better! But what does this mean for you? You'll FEEL better, LOOK better, PERFORM better, you'll have more energy, focus and drive.

HOW DOES THE HOCATT™ WORK?

The HOCATT™ delivers a combination of modalities perfectly sequenced to give a gentle, but incredibly powerful session that boosts energy, and detoxifies the body down to cellular level. The main modality is Transdermal Ozone, which is generated from pure Oxygen. You can think of Ozone as a Super-Oxygen!

1. Washington, DC: Environmental Working Group (EWG); 2005 July 14; 77p. (Online). Available: <http://www.ewg.org/reports/bodyburden2/> (2005 July 27)

HOW DOES HOCATT™ DETOX YOUR BODY?

The HOCATT™ is 7x more effective at detoxifying the body and chelating (binding) heavy metals than conventional saunas! While relaxing in the HOCATT™, the ozonated steam covers your skin, flooding your body with Super-Oxygen products! These binds to toxins and heavy metals, making it easier for your body to excrete them, and because the HOCATT™ is also a steam sauna chamber, you get to sweat the toxins out too!

Not only does the HOCATT™ detox your body, it also stimulates the immune system and promotes healing. It improves blood and lymph circulation, and enhances all organ functions – including the production of hormones and enzymes. The HOCATT™ also reduces stress and anxiety, which is very important for immune health.

HOCATT™ MODALITIES:

- **Transdermal Ozone**
- **CO₂ / Carbonic Acid**
- **Whole Body Hyperthermia (WBH)**
 - Far Infrared
 - Steam Sauna
- **High-Intensity PEMF (Pulsed Electro-Magnetic Fields)**
- **Frequency Specific Microcurrents**
- **Exercise with Oxygen Breathing**
- **Essential Oil Infusions**
- **Photon Light & Colors**
- **Ultrasonic Cavitation**

Each session is just 30 minutes long, which is another great thing about the HOCATT™ – it allows you to do everything you need to do to achieve optimal wellness and vitality, or to reach a peak state of performance, and it delivers this to you ALL AT THE SAME TIME, for just 30 minutes out of your day!

The HOCATT™ has tremendous VALUE: Not only do you receive so many modalities in one session, but because of the way these modalities support and potentiate one another – you get twice the results!

There is nothing else on the market that can do what the HOCATT™ does – and REMEMBER! You don't have to be sick to benefit: whether you're ill, an athlete looking to boost performance, or just a healthy person concerned with prevention or looking to get even healthier and detox your system, the HOCATT™ will benefit you.



This device has been evaluated and awarded CE Certification. It has not been evaluated or approved by the FDA or NDF, and we do not claim its intended use to cure any disease or medical condition.

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What makes it BETTER than the rest?

THE HOCATT™ WAS DEVELOPED FOR A SINGLE PURPOSE – STRATEGIC WELLNESS AND VITALITY. HOCATT™ takes the holistic approach, using a **combination** of powerful, natural modalities, perfectly sequenced to boost energy, enhance circulation, strengthen the immune system and detoxify the body down to cellular level.

EXPERIENCE THE POWER OF 10

The HOCATT™ is not just one modality - there is A LOT going on in this bad boy!

HOCATT™ Modalities:

- Transdermal Ozone
- CO₂ / Carbonic Acid
- Whole Body Hyperthermia (WBH)
 - Far Infrared
 - Steam Sauna
- High-Intensity PEMF (Pulsed Electro-Magnetic Fields)
- Frequency Specific Microcurrents
- Exercise with Oxygen Breathing
- Essential Oil Infusions
- Photon Light & Colors
- Ultrasonic Cavitation

Other technologies, such as cryotherapy, hyperbaric chambers, autohemotherapy, etc. deliver great benefits. However, they can only deliver ONE single modality. Even if you were to use several of these technologies, you have to use them one at a time.

With just 30 minutes inside the HOCATT™ you get 10 modalities simultaneously! So it's actually quite unfair to compare other technologies to the powerhouse **combination** that the HOCATT™ has to offer! Any one individual device won't provide the **collective** responses that the HOCATT™ can give you.

COLLECTIVE RESPONSE – BETTER RESULTS

HOCATT™ is the only device that simultaneously works on ALL major systems in the body. The HOCATT™ gives the body more energy that it can use right off the bat. This is not only vital for healing and recovery, but also for maintaining optimal wellness and vitality.

The **combined modalities** used in the HOCATT™ have been carefully chosen through extensive scientific consideration. They have been chosen not only because they are powerful individually, but because of how **exceedingly powerful** they become when they work together in the HOCATT™. This is why the HOCATT™ has such tremendous VALUE: in addition to receiving these 10 modalities in one session, because of the way they support and potentiate one another – you get even better results!

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THE "SHOT-GUN" EFFECT

Always bear in mind that everyone is different. People can respond differently to different therapies, so a therapy that works for one person might not work for someone else. When a person doesn't respond to a therapy, they have to try something else and see if that works – this can be a long and expensive process. Unfortunately, most people spend a lot of time and money on the things that DON'T work before they find something that DOES work for them.

The HOCATT™ has the advantage of a "shot-gun" effect. While most people can soak up ALL the benefits of HOCATT™ therapy, there might be one or two therapies that a certain person normally won't respond to as an individual therapy. What if you know that you won't respond to one of the individual therapies? Not a problem! With its "shot-gun" effect, there will still be numerous rewards to reap. You can be sure that **something** in the HOCATT™ will work, and through its use the HOCATT™ can even help people start responding to those therapies that were not working for them initially!

The HOCATT™ gives you the opportunity to have an **affordable, yet extremely effective treatment**. Why spend more money on several separate devices or therapies, when you can get MORE benefits and a MORE powerful, collective response from the HOCATT™?

HOCATT™ GIVES YOU MORE TIME

This is one of the many great things about the HOCATT™. It allows you to do everything you need to do to overcome a disease or challenge, or to reach a peak state of performance, and it delivers this to you all at the same time, for just 30 minutes out of your day! So in this way, the HOCATT™ gives you MORE TIME. And not just in terms of health and longevity, but literally more time in your day.

If you had to try and do all of these therapies individually, not only would you miss out on the collective benefits, but it would take hours to get through them all! Hours of precious time that some people don't have to waste. Hours that you could be spending living life to the fullest.

HOCATT™ GIVES YOU AN EDGE

HOCATT™ puts you ahead of the game, whether it be in business, physical or mental performance, health and vitality, or quality of life. The HOCATT™ system gives you that edge. It literally puts your body in a heightened state, which allows your body to function beyond the limitations of today's world.

For the sick person, this means that HOCATT™ gives you an extreme boost in energy that your body can use to help your own immune system to heal you from whatever condition you are fighting. In other words, your body can use this energy to heal, but without the strain of having to try and make more energy on its own. In other words... the HOCATT™ gives you energy and wellness before your body has even started healing! Then on top of that, it helps you to heal faster too!

And for those without health issues, the HOCATT™ is the most powerful life enhancer and youth-protector that you will ever find!

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FEEL **GREAT**, LOOK
GREAT, BE **GREAT**,
INSIDE AND OUT!



TRANSDERMAL OZONE

The use of ozone in the HOCATT provides the many benefits iterated in Prof. Mawsouf's papers and works in concert with the other modalities to facilitate the best all the modalities have to offer for health and vitality. Ozone can be both topical and systemic and its uptake is enhanced by the action of the Carbonic Acid and Hyperthermia Therapy. Experts say the HOCATT's combination provides the greatest, fastest and easiest form of detoxification available!

Ozone:

- Inactivates Viruses, Bacteria, Yeast, Fungi, Parasites and Protozoa
- Stimulates Immune System, Speeds Healing
- Cleans Arteries and Veins, Improving Circulation
- Oxidizes Toxins, Facilitating their Excretion
- Normalizes hormone and Enzyme Production
- Reduces Inflammation
- Reduces Pain, Calm nerves
- Improves Brain function and Memory
- Scavenges Free Radicals
- Dissolution of Malignant Tumors
- Activation of Immune System

CO₂ / CARBONIC ACID

- Increases blood flow throughout the entire body
- Enhances oxygen delivery at cellular level Flushes the skin temporarily to a healthy pink color
- Stimulates warmth receptors in the skin, inhibits cold receptors
- Reconstructs functionally closed capillaries
- Decreases blood pressure
- Naturally sedates and calms the central nervous system
- Reduces stress, relaxes the muscles and the mind
- A natural anti-inflammatory compound
- A fat dissolving compound

EXERCISE WITH OXYGEN BREATHING

- Enables the body to work at peak performance while building endurance and speed.
- Increased oxygen is the key to reducing the stress your body is under.
- An increase in oxygen slows the aging process.
- Building an oxygen rich environment wards off illness and disease.
- Enables people who have not been able to exercise at their desired performance to do so.
- Reduces pain
- Increased strength and Increase in energy levels
- Burn up to 30% more calories
- Restores lung function and O₂ absorption
- Improves focus and ocular issues
- Reduces Edema in capillary cells
- Improves circulation disorders, especially in the lower extremities
- Reduces Hypertension

FAR INFRARED

- Increases blood circulation and oxygen supply to damaged tissues
- Carpal Tunnel Syndrome (CTS)
- Neutralizes blood toxicity and the walls of arteries, capillaries and veins smoothed.
- Hypertension, osteoporosis, headaches and digestive issues are all improved.
- Seven times more effective at detoxifying heavy metals, and even environmental toxins, as opposed to conventional heat or steam saunas.
- Improved symptoms for fibrocystic breast disease, attention deficit hyperactivity disorder, fibromyalgia, chronic fatigue syndrome, and much more.

WHOLE BODY HYPERTHERMIA

- Inhibits tumor growth.
- Increases the oxygen, nutrient, hormone and enzyme supply to the affected areas
- White blood cells increase in volume and activity, increasing the body's immune efficiency
- Everything in the body works faster when the body has a high body temperature, including producing more hormones and enzymes
- Elevated Mitochondrial Function
- Decreases muscular contracture and relieves tension and pain.
- Hyperthermia increases metabolism
- Hyperthermia speeds the disposal of lactic acid and facilitates faster recovery after exercise
- Improves mental clarity

ESSENTIAL OIL INFUSIONS

- Improve the quality of life
- Help eliminate toxins
- Reduce stress, anxiety levels
- Increase quality of sleep
- Improve blood pressure
- Reduce pain
- Enhancement of energy
- Improve short-term memory
- Prevent hair loss
- Reduce eczema-induced itching

LED LIGHT & COLORS

- Violet calms fears and anxiety; helps relieve insomnia; it has a sedation effect on the nervous system.
- Indigo has positive effects for the eyes, ears, nose Blue fights infection and inflammation. It is good for cuts and burns. It also benefits the throat.
- Green is for the relief of headaches, ulcers, colds and flu and heart ailments.
- Yellow enhances mental concentration. It aids in the relief of indigestion, heartburn, and constipation. It affects the liver and intestines.
- Orange is for asthma and bronchitis—the entire respiratory system.
- Red stimulates circulation of blood and flow of adrenaline. It increases energy. The blood and reproductive system react to red.

FREQUENCY SPECIFIC MICROCURRENTS

- Analgesia
 - Anti-inflammatory Influence on blood flow and lymph transport
 - Edema reduction
 - Acceleration of regeneration
 - Activation of Metabolism through temporary cAMP formation
-

ATHLETIC PERFORMANCE BENEFITS

- Enhances performance qualitative and quantitative
- Prolongs a career thru prevention and preservation
- Produces higher endurance and stamina
- Reduces physical and emotional stress
- Reduces muscle spasms and pain
- Strengthens and rebuilds musculoskeletal system
- Higher energy production
- Breaks down lactic acid in muscles, excess adrenaline in the muscles
- Protects the skin against the sun's impact and prevents skin cancer
- Enhances great skin tone and helps prevent stretch marks
- Prevents varicose veins in athletes
- Reduces swelling and inflammation in injuries
- Strengthen joints and muscles

ANTI-AGING / DETOX / WELLNESS

- Improves chronic digestive issues
- Improves impaired liver function
- Improves chronic headaches
- Improves ongoing skin conditions
- Improves stiff, aching joints and muscles
- Improves respiratory difficulties
- Improves allergies
- Improves low energy and fatigue

HOCATT™ FAQ

QUESTIONS

ANSWERS

1

What is ozone?

Ozone is enhanced oxygen. It has an additional oxygen molecule — you can think of ozone as SuperOxygen!



ozone = O₃

2

Is it safe?

It is indeed safe! Ozone is an age-old natural healing modality and a well-researched therapy, with numerous studies published in medical journals worldwide, including esteemed journals such as PubMed. Ozone has outstanding safety records and astonishing efficacy in virtually all categories of disease due to its anti-oxidant stimulation and energy production capabilities. It has been deemed one of the safest treatments with the fewest side effects. The HOCATT™ is safety certified bearing the CE approval. All the modalities have been shown to be safe.

3

Who is a likely client for the HOCATT™?

EVERYONE! Those who: are well and want to maintain or improve performance; want to lose weight; want to improve appearance or slow the hands of time (anti-aging); have auto-immune disease; are suffering from parasite infestation; have acute and chronic pain and need relief; want to ensure faster post-operative recovery; have been told there is no other solution. The HOCATT™ is so versatile that almost everyone can benefit from the HOCATT™.

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**How long are sessions?
How many do I need?**

HOCATT™ sessions are usually 25-30 minutes. Most protocols recommend 2-3 sessions per week, but some cases do require daily sessions initially. A couple of sessions per month are recommended for even the healthiest clients looking to maintain and increase their vitality.

5

What if I get too hot?

If at any point during the session you get too hot, the temperature can be lowered, or the session can be stopped. All features of the HOCATT™ can be increased or decreased to suit your level of comfort.

6

Do I have to use all of the modalities?

You do not have to do all of the modalities if you do not wish to. You can select which modalities you want before the session starts, and during the session you may also ask for any of the modalities to be switched off or on.

7

Will HOCATT™ interfere with my current medication(s)?

In most cases the HOCATT™ is very complementary to conventional medications, often enhancing their efficacy. HOCATT™ also promotes the absorption and bio-availability of nutrients when taking vitamin/mineral supplements. We have even seen many cases where chemotherapy patients using the HOCATT™ not only experience reduced side effects, but also an enhanced efficacy of the chemo. Please consult your doctor about your concerns before starting HOCATT™ sessions.

8

What is cupping and Vaginal Insufflation?

Do I need to do it during my session?

The HOCATT™ has a second ozone generator dedicated to auxiliary attachments for OPTIONAL ozone **cupping** or **Vaginal Insufflation (VI)**, during or outside of a HOCATT™ session.

Using a glass funnel / set of breast cups focuses a high concentration of ozone over a specific problematic area.

VI is recommended for endometriosis, ovarian cysts, and vaginal infection (yeast / fungal, bacterial, viral). Often these infections decrease fertility, so ozone VI's are highly recommended for those who are looking to fall pregnant. To do the ozone VI, you insert a catheter about 5cm into the vagina.

9

Is HOCATT™ safe for pregnant and/or breastfeeding women?

HOCATT™, and especially the VI modality, is actually recommended for those who are planning or trying to fall pregnant, and it is safe for breastfeeding women. However, as with most anything, it is advised that you not use the HOCATT™ during the first 3 months of pregnancy, as it is during this time that the fetus is most vulnerable.

10

Can I use the HOCATT™ if I am menstruating?

HOCATT™ is contraindicated during menstruation, as it dilates arteries and may increase the blood flow (i.e. you might mess on your towel). If you choose to do HOCATT™ anyway, it is advised that you keep on your underwear and a sanitary pad/tampon. **DO NOT DO VAGINAL INSUFFLATIONS WHILE MENSTRUATING.**

11

What are the contraindications?

Transdermal Ozone:

- Thyrotoxicosis
- G6PD deficiency
- Porphyria
- Vitiligo
- 1st trimester of pregnancy

CO₂ / Carbonic Acid:

- Hypotension

Heat / Sauna:

- Fever
- Menstruation
- Active bleeding
- Taking blood thinners
- Recent heart attack
- 1st trimester of pregnancy
- Hypotension (keep temp. < 38°C)
- Elevated blood alcohol/drug levels

HOCATT™

WHAT TO EXPECT

START OF A SESSION:

In the privacy of a changing room, you remove all articles of clothing and wrap yourself in a towel. You are then assisted into the HOCATT™ chamber where you sit back comfortably on the seat, which can be adjusted for your height. The chamber doors are then closed to cover your body, while your head remains outside of the chamber. You may then open up your towel.

A neck blanket or towel is placed around your neck to ensure that none of the steam escapes from the chamber onto your face. A nasal cannula (or special oxygen jet) will be placed around your neck to provide pure humidified oxygen for you to breathe in – this is to ensure enhanced oxygen saturation in the blood, and also provides a passive EWOT (exercise with oxygen) effect.

DURING A SESSION:

During the session, steam and far infrared rays (FIR) heat up the body with the intention of raising the core body temperature to rapidly induce an artificial fever. All bodily processes are enhanced at higher temperatures, including the production of hormones and enzymes. Keeping the body in a constant regenerative state helps the body to heal, and to stay healthy and energized. The heat also dilates the pores and enhances circulation, and this is further potentiated by the carbonic acid. The FIR rays penetrate deeply into the skin and subcutaneous tissue, relieving joint and muscle aches/pain and promoting the chelation of heavy metals from the body.

PEMF (pulsed electro-magnetic fields) can be used throughout the session. PEMFs use magnetic fields to significantly reduce pain and boost energy, which accelerates healing and regeneration. Special Frequency Specific Microcurrent (FSM) programs may also be selected to stimulate the muscles, nervous system and cells through foot electrode pads and/or hand held electrodes. FSMs focus on the specific health issue (e.g. Lyme Disease, Candida, etc) of the selected program. **[cont.]**

DURING A SESSION: (continued)

Full spectrum colored light rays also fill the chamber and are absorbed by the skin as they reflect from the steam and the ultra-reflective chamber walls. HOCATT™ uses all colors of the spectrum, from soothing and relaxing to balancing and energizing. You may ask for essential oils or leaves to be added to the steam jet. If you are physically able, you may also opt to do some seated exercises to increase weight loss during your session.

For the first 3-8 minutes of the session, CO₂ enters the chamber and is converted into **carbonic acid (CA)** as it reacts with the steam. The CA and steam irrigate the skin, and enter through the pores into the blood stream and lymph system. It also dilates the capillaries and the blood vessels, increasing blood circulation throughout the entire body by up to 25%. This also draws more blood to the surface of the skin, which enhances the effects of the transdermal ozone. The CA sedates the central nervous system and stimulates the parasympathetic nervous system, relieving tension and stress in the spine and muscles. CA is one of very few compounds that naturally, and without any side effects, increases the uptake and delivery of oxygen at cellular level.

After the CA cycle is finished, the ozone cycle starts, and continues for the rest of the session. The ozone reacts with the H₂O (steam) to form sterilizing H₂O₂ on the surface of the skin. The H₂O₂ is absorbed through the dilated pores and enters into the blood stream and lymph system. One of the main advantages of Ozone is that it stimulates the body's natural anti-oxidant system, and boosts energy down to cellular level. It also inactivates viruses, and eliminates bacterial and yeast/fungal infections. Because of the carbonic acid pre-cycle, the absorption of H₂O₂ is enhanced up to 2x as much compared to normal ozone saunas. During this stage you may also elect to use a catheter for vaginal insufflation, or funnels for cupping (e.g. breast cupping).

END OF A SESSION:

At the end of the session, the entire volume of the ozone and oxygen steam mixture is extracted into the external ozone destructor, in order to prevent it from releasing into the room when the doors open. You may then cover yourself with your towel once again. The nasal oxygen cannula and neck blanket / towel will be removed, and then the chamber doors will be opened. When you are ready to stand up, you will be assisted out of the chamber.