

# 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 exercise with pure oxygen breathing 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 field) Therapy can be used throughout the session. It uses magnetic fields to significantly reduce pain and boost energy, which accelerates healing and regeneration. Special Electrotherapy programs may also be selected to stimulate the muscles, nervous system and cells through foot electrode pads and/or hand held electrodes. Electrotherapy works with frequency specific micro-currents that 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 calorie burning during your session.

**For the first 3-8 minutes of the session,** CO<sub>2</sub> 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 H<sub>2</sub>O (steam) to form sterilizing H<sub>2</sub>O<sub>2</sub> on the surface of the skin. The H<sub>2</sub>O<sub>2</sub> is partially 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 H<sub>2</sub>O<sub>2</sub> 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.