





Signature health

HOCATT INTRODUCTION TO ATHLETES AND COACHES

Newsletter For Personal Trainers And Sports Coaches

Personal Trainers And Sports Coaches - Find out now how you can take your professionalism and client care onto the next level and greatly increase you income.
As a leading professional in your field, you already know that clients look to you to guide them to achieve enhanced levels of fitness and physical and mental wellbeing. In a profession where excellence and dedication are the minimum expected standards for trainers and coaches; how can you set yourself apart from your competitors and really move to the next level? There is a great system available today that will enable you to achieve this goal, but first, an overview of the challenges and how you can beat them and deliver exceptional client performance.
Exercise is both aerobic and anaerobic activities in which fatigue occurs by consuming much of the available ATP and forming lactic acid in muscles. ATP (Adenosine-5'-Triphosphate) is a multifunctional nucleoside triphosphate used in cells as a coenzyme. ATP transports chemical energy within cells for metabolism. The effects of lactic acid are well studied and well known with debilitating effects such as fatigue, soreness, muscle stiffness and long recovery periods before any further intensive exercise can be commenced. This has traditionally meant that medium to intensive levels of exercise have had to be interrupted by extensive rest periods whilst lactic acid and its effects slowly dissipate.
So, what can be done to ensure that your clients cab train harder and recover quicker?

Here's a revolutionary system that will now enable you to take your professionalism and client care onto the next level - Introducing the HOCATT™ System for Coaches and Trainers.
The HOCATT™ System for Coaches and Trainers is a "Hyperthermic Ozone and Carbonic Acid Transdermal Therapy" - hence HOCATT™. There are three main proven therapies that the amazing HOCATT™ System for Coaches and Trainers will deliver for your clients. The accompanying leaflet will explain these in greater detail so that you can find out just how effective this system is, what it does, and importantly; what it will do for you and your clients. Here's just a few of the many proven benefits that your clients could soon be enjoying:
HOCATT™ System for Coaches and Trainers.....
* Increases tissue oxygenation.
* Increases production of ATP resulting in more energy and faster recovery.
* Delays the onset of anaerobic fermentation of sugar in the cell reducing lactic acid build-up.

* Oxidizes lactic acid, helping prevent sore muscles.
* Reduces swelling, bruising and pain from injuries and speed healing.
* Prevents and treat colds and flu and enhances immunity.
* Eliminates need for antibiotics, protecting intestinal flora.
* Increases hormone production to optimum levels, eliminating need for artificial steroids.

Please Note: Your clients will enjoy all of the amazing benefits and improvements that Ozone Therapy will deliver and you'll be working safe in the knowledge that the system is legal, ethical and not subject to any bans or prohibitions by sporting authorities or governing bodies.

This all sounds fine, but where's the evidence?
A perfectly reasonable question to ask, so here's something to really consider and visualise just what this system could do for you and your clients.

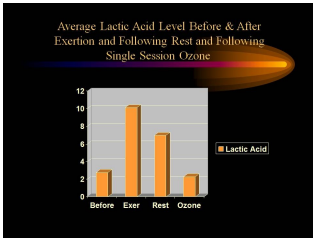
Professor Nabil Mawsouf, Vice President of the International Scientific Committee for Ozone therapy is probably the one Ozone Scientist who has done the most extensive work with Ozone CO2 Hyperthermic Chambers in the world. He is also a Professor at the Department of Anaesthetics, ICU and Pain Management at the National Cancer Institute at Cairo University, Egypt. He was instrumental in establishing the first government approved Ozone Hospital in Oman and a key challenge that he had to meet was to identify the best Ozone Hyperthermic system available for this world leading facility. As a world renowned speaker at conferences across the globe, he had a detailed knowledge of what systems were available and how they performed. After extensive tests and trials, the Signature Health system was chosen as it represented the state of the art in Ozone Hyperthermic systems. After using the Signature Health Ozone Hyperthermic System, he agreed to be the Scientific Consultant to Signature Health and following further development, the HOCATT™ System was born.

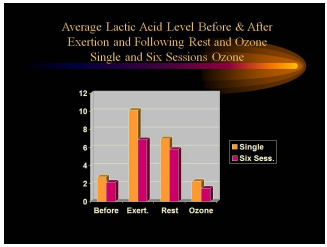
Here is something else to consider carefully.....

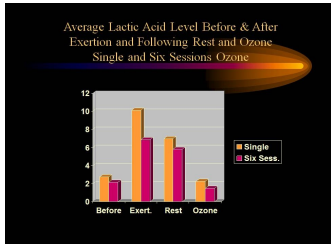
Clinical test results for the effects of ozone benefits for athletes.
The study was carried out using two groups of athletes aged 20-21 in their final year at The Faculty of Physical Education at Helwan University.

Stage One.
Lactic Acid measurements were taken following 10 minutes of exercise using an ergometric cycle used at 60 cycles per minute until the pulse rate reached the theoretical “maximum oxygen utilisation rate” of 160/min, following 20 minutes of rest.
The second day saw the same regime repeated but this time the athletes were exposed to the Ozone Steam Bath (using the Ionozone Bath Cabinet).
Stage Two.
This consisted of the same elements of Stage One but in this instance the measurements for the study group were repeated following six sessions of Ozone Steam Bath during a two month period.
The groups were also measured during rhythmic gymnastics performances and the evaluation was carried out by three professors from the university. Evaluations were carried out twice for both groups, at the start of the programme and then after two months.
The results showed the tremendous improvements for the group using Ozone Therapy when compared to the "control" group that merely rested and recovered without Ozone Therapy assistance.

Results of tests also showed:
* Physical fitness increased 11.55% in group I and 53.7% in group II.
* Reduced glutathione increased 19.91% in group I and 32.81% in group II.
* Oxidized glutathione increased 13.1% in group I and 23.8% in group II.
Note:
Glutathione, or GSH, is an antioxidant found in every cell in the body. It is widely known for controlling free radicals. The majority of glutathione in the body is present in its reduced form because this is the only way it can perform its critical role.
Oxidized glutathione (GSSG) is composed of two identical molecules joined by a thiol bridge. The oxidized form of glutathione results from the oxidation of the reduced form of glutathione (GSH) by intracellular peroxides. As such, GSH is a highly effective peroxide scavenger.







Okay, this is interesting, but how will this help ME directly?
The world of coaching and training is both rewarding and highly competitive, with athletes and private clients having an unlimited choice of whom they work with (and whom they spend money with). As many coaches and trainers have similar qualifications and similar experience, it becomes difficult for athletes and clients to really chose one to work with that can really deliver something over and above a standard regime. And this is where the HOCATT™ System for Coaches and Trainers enables you to stand above all of your competitors, delivering a range of proven therapies that your clients would usually only have access to at Medical Facilities or top level Health Spas.
Here are just a few of the many advantages that acquiring and using the HOCATT™ System for Coaches and Trainers will do for you, and all of these benefits go straight onto your bottom line!
* A profitable range of new "revenue streams" achieved by fully utilising the system and its wide range of therapies. These can be delivered to both new and existing clients.
* Deliver more training to existing clients as the system enables reduced recovery periods and therefore, more training and conditioning to be undertaken by your clients.
* Set yourself apart and above your competitors; the HOCATT™ System for Coaches and Trainers will raise your profile within your industry, enabling you to reach more clients, offer more to them, and to charge "top dollar" fees for therapies that just aren't available elsewhere.

So, there we are - an opportunity to take your professionalism and client care onto the next level, deliver exceptional client care AND greatly increase your income.
To find out more (Do this!!!!!!)