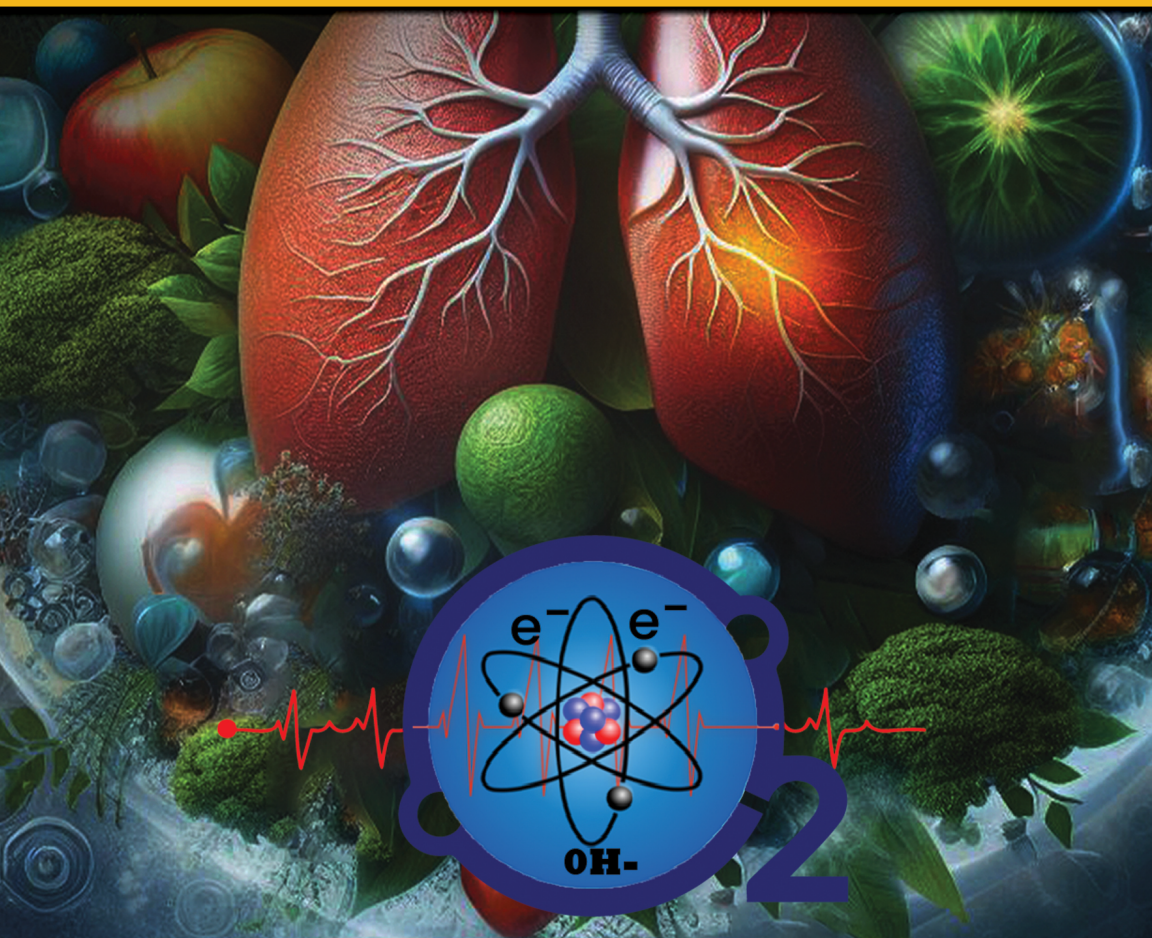


OXYGEN FOR LIFE

KEYS TO HEALTH



OH-

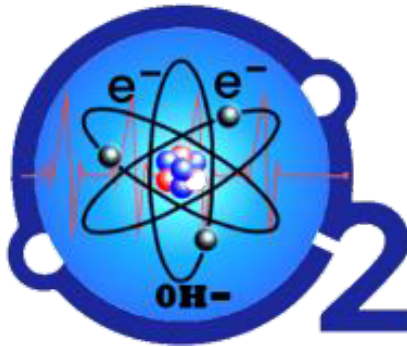
JAN LINDHARDT

e-

Health²USA 
Promoting a Greater Quality of Life!

Presents:

Oxygen for Life



Illustrated version of
Keys to Health

By
Jan Lindhardt



If you or a loved one have health challenges – this book is for you.

This book is for you if you serve or have family members who are veterans.

Full disclosure: As the owner of Health Squared USA, I have four objectives.

1. **Shed light on the 1931 Nobel Prize in Medicine awarded to Otto Warburg, who discovered that most diseases, including cancer, cannot thrive in an alkaline environment. Increased cellular oxygen is the key to improved health.**
2. **Having been blessed with excellent health and the knowledge to maintain it, I desire to pay forward what worked for us and would likely work for you.**
3. **If your quality of life improves by what you learned from this book and the accompanying course on our 16-screen digital theater www.health2usa.com/course, we hope you will support our not-for-profit, www.oxygenforlife.org**
4. **I desire to share with you the impact on your health by replicating essential earth PEMF frequencies to increase capillary response by 25% to 30% and increase stem cell creation for growth and repair.**

Learn more at www.centropix.us/oxygen.

I have enjoyed small clustered free radical scavenging water with 10,000 times more oxygen for over 20 years and health-improving PEMF frequencies for nearly a decade.

Aside from food poisoning in 1978, I have enjoyed incredible health.

You will learn how high pH water saved my life.

I have been at death's door three times in my life.

In 1956, I was three months old, half my birthweight with funeral preparations in progress, having never dirtied a diaper. Learn more about that event.

In 2021, I inadvertently opened up a backdoor to COVID-19. It ravaged my lung capacity to 17% with blood oxygen below 80, and the hospital administrator had given up on me.

2023 The final example of standing at death's door is labeled a widow maker heart attack brought on by poor lifestyle choices, primarily years before 1992.

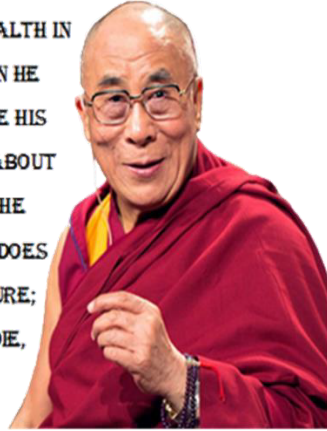
I use myself as an example in the hope that this book will create a desire in you to improve your quality of life through an alkaline lifestyle.

I want this to be the most important document you will ever read!

I will start this section with one of my favorite quotes from the Dalai Lama:

OXYGEN FOR LIFE

SOMEONE ASKED THE DALAI LAMA "WHAT DO YOU FIND MOST SURPRISING ABOUT HUMANITY?" HERE IS HIS PROFOUND ANSWER: "MAN. BECAUSE HE SACRIFICES HIS HEALTH IN ORDER IN ORDER TO MAKE MONEY. THEN HE SACRIFICES HIS MONEY TO RECUPERATE HIS HEALTH. AND THEN HE IS SO ANXIOUS ABOUT THE FUTURE THAT HE DOESN'T ENJOY THE PRESENT; THE RESULT BEING THAT HE DOES NOT LIVE ON THE PRESENT OR THE FUTURE; HE LIVES AS IF HE IS NEVER GOING TO DIE, AND THEN HE DIES HAVING NEVER REALLY LIVED."



Mission statement: At Health Squared USA, our mission is to provide natural solutions to significant health issues to empower people to improve their overall quality of life.

Table of Contents

INTRODUCTION	1
Part 1: The Motivation	8
Part 1:1) Disclaimer and warning of side effects	8
Part 1:2) What to expect in the following pages	8
Part 1:3) Discovering your personal QOL (Quality of Life) Score!	9
Part 1:4) My introduction	13
Part 1:5) What makes me qualified to teach the veterans?	33
Part 1:6) Beware of the Trickster (Your Emelia Bedelia Mind)	35
Part 1:7) The Learning Continued	37
Part 1:8) The tools I use for my family also may have saved my dentist's life!	41
Part 2:21) Going to the Dentist	42
Part 1:9) You are never too old to change your lifestyle	45
Part 1:10) The beginning of Health Squared USA and Oxygen for Life 501(c) 3	46
Part 1:11) Overview of the Cellular Oxygen-Producing Tools	48
Part 1:12) My Why – Your Benefit	53
Part 1:13) An Emigrant's View of American Involvement in WWII	55
April 9th, 1940 – May 5th, 1945: Danish Underground Movement	57
Part 1:14) God's Protection	64
Part 1:15) Why Do Many Veterans Give Up?	66
Part 1:16) Where Do We Stand as a Nation?	76
VA's total spending per enrollee is \$12,658 /year = 4X times the industrial average.	77
Part 1:17) Why Oxygen?	83

OXYGEN FOR LIFE

All damage and healing occur at the cellular level.	96
Your body has about 35-37 trillion cells; however, it also hosts over 100 trillion microbial cells, which are more microbial than humans.	96
Beware of Zombie-Cells	98
Part 1:18) Aging is a Rotten Condition	103
Part 1:19) Dr. Otto Warburg and the Ignored Nobel Prize	108
Part 1:20) Understanding the pH	113
Part 2: The Keys to Health: Alkaline Water	132
Part2:1) Why should you drink water?	132
Part2:2) The Search for Life-giving Water	138
Part2:3) Benefit of Filtered Water	144
Part2:4) Size Matters when it Comes to Water	157
Part2:5) Shape Matters when it comes to Complete Hydration	160
Part2:6) choose how much oxygen you want	161
Part2:7) High pH to Neutralize Our Acidic Lifestyle	162
Part2:8) Getting the Right Body-building Minerals	166
Part2:9) Ye Are the Salt of the Earth –The Truth about Salt	170
Part2:10) Being Negative Will Eliminate the Free-radicals	179
Part 2:11) Oxygen Does Not Cause Things to Rust, Free-Radicals Do.	185
Part 2:12) Cholesterol (LDL) is Not the Enemy	194
Part 2:13) Kill Bacteria in Your Meat by Washing it in Low pH Water.	197
Part 2:14) Why I Consider \$194,306/oz. of Silver a Bargain	199
Part 2:15) Emulsify Oil to Wash Away Herbicides and Pesticides	202
Part 2:16) Hot Alkaline Water	204
Part 2:17) Summary of Uses of a Water Electrolysis Machine	205
Part 2:18) Brief History of Water Electrolysis Equipment	206

OXYGEN FOR LIFE

Part 2:19) Medical Journals Testify of the Benefits of Drinking Alkaline Water	207
Part 2:20) Technical Specifications of Our Water Electrolysis Unit	211
Part 3: The Keys to Health: Electroceuticals	214
Part 3:1) Electroceuticals	214
Part 3:2) Resonant Frequency	215
Part 3:3) PEMF	217
Part 3:4) Following the River of Life, the Best PEMF Device	225
Part 3:5) PEMF for Veterans	239
Part 3:6) The Two Wise Men, with the Ability to Visualize the Big Picture	241
Part 3:7) The Signal	242
RESPIRATORYVIRUS	246
Out of place edit and expand microbe and three reasons	254
How can a CORONAVIRUS be a malnutrition death? Let's put it into a size perspective	255
Part 4: The Implementation	273
Part 4:1) Oxygen for Life – The Way We Help the Veterans	273
Part 4:2) The Way We Help Churches	282
Part 4:3) The Way We Help the Individuals	284
Part 4:4) List of Masters and Mentors Who Directly or Indirectly Contributed	289
Part 4:5) References	294

INTRODUCTION



Thank you for requesting this illustrated Book; if you read and follow our fundamental principles and guidelines, you will unlock a way to a higher quality of life.



This book came about through necessity, passion, and desire. Raising a large family of eight children without health insurance made learning God-given natural solutions necessary to maintain good health and overcome the health challenges life brings us. The more I learned, the stronger my passion for the subject of natural healing became. With over 15,000 hours of nutritional and personal development study, I soon became the person friends and family came to for advice. With a strong desire to help my fellow humankind and the veterans specifically, I have given free seminars throughout Greater Kansas City for over 15 years.

As you read this, you may think I am for anti-conventional medicine. That would not be a true statement because had it not been for medical intervention as a baby and much later a severe COVID-19 event in early 2021, I would not be here today. I am, however, in strong favor of a paradigm shift where self-care becomes the primary way of maintaining health, and the medical establishment becomes the alternative solution. You would be hard-pressed to find more skilled resources in diagnosing health issues than medical doctors, but as they say, "If the doctor only has a pen, you get a prescription, and if his primary tool is a knife, you get an operation."

In my opinion, all healing originates from God by doing what we can to place the body in a healing state through proper nutrition. In contrast, the medical system provides doctors with 1% nutritional training and 99% pharmacological intervention.

Like most companies, we wanted to promote outstanding products and express our gratitude to a particular group of people: our veterans.

Ironically, I thought that with my nutrition knowledge, setting up the not-for-profit to help military veterans reach a higher quality of life should have been easy. Getting the IRS approval, while costly, was the easiest part. However, three years later, the time away from my primary business, which pays the household bills, brought me near bankruptcy. I took an evening job to afford the time to finish the preparations. I do not disclose this for any other reason than if you have a dream powered by passion. Go for it. It will be rewarding in the end.

Finally, my not-for-profit 501(c)3 was ready to serve the veterans, but CORONAVIRUS had just started, and I could not hold group meetings with the veterans.

I am currently reaching individuals through a free natural wellness course, www.health2usa.com/course. I am also learning about podcasts and webinars.

When it comes to our health, in my opinion, it is all about restoring free agency. You have given up your free agency if you place all your trust in only the medical system. Suppose you have multiple natural solutions to what ails you in addition to the medical system. In that case, you now have your free agency restored, and you can petition a higher power for guidance in making your choice.

I hope and desire to enlighten you in some critical areas of reaching optimal health and improving your quality of life to God's glory.

I beg your tolerance for my writing style and grammatical mistakes. English was my 5th language; I could not diagram a sentence if my life depended on it. When I first came to America in 1977, my wife's roommates, then fiancé, would fight over who got to correct my English papers as I wrote phonetically. I would hear them laugh as I wrote a sentence like, "It was nice to 'meat' you." At first, I was slightly offended by them getting entertained at my expense, but I quickly realized I could communicate in five languages while they barely mastered English. You will, therefore, quickly discover that my writing style is conversational and not that of a properly constructed manual worthy of the subject at hand. However, I have a wife and eight well-educated children (my wife homeschooled them), and they were willing to help make my book more readable. I rely on Grammarly to screen and capture most of my mistakes. Grammarly will tell me about dangling modifiers, participles, pronouns, and proper comma placement. I don't know what Grammarly was talking about; I turned my computer sideways and found nothing dangling, so I pushed "Correct."

I hope you will enjoy this book, and it will inspire you or someone you love to make lifestyle changes and improve your/their quality of life.

Sincerely, Jan Lindhardt, Ph.D. (Personal Health Director and pH advisor)

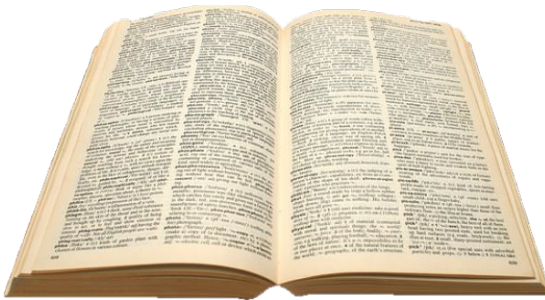
You can reach me by email: Jan@Health2USA.com For access to our FREE course, go to www.health2usa.com/course Or text me at 816-914-5161, and I will contact you to see how I can assist you.

DISCLAIMER:

First, my unique disclaimer: The piano has 84 keys. Place the average five-year-old in front of the piano, and you will have noise. You see, it is the arrangement that makes the difference.



You can organize the 26 characters of the alphabet into over 170,000 words and arrange those words into gibberish, facts, fiction, or lyrics; it is all in the arrangements.



While I have over 15,000 hours of self-education in nutrition, nothing I say is original; only the arrangement is mine. If you want to know possible sources of my remarks, research the internet for verification. If you wish to implement any part of what I recommend, ask your physician, or even better, seek guidance from a higher power.



Here is a remarkable fact: the body can only express around 160 symptoms, representing about 26,000 possible diseases. Imagine with me an organ with two keyboards, each key representing one possible symptom.

If a patient comes in pressing the key representing a headache, the doctor will easily recognize it, prescribe a modern version of white willow bark, and say: take two Aspirins and call me in the morning.

If a patient comes in pressing the keys for a sore throat and white growth, the doctor will recognize it as Strep Throat and prescribe modern mold culture to activate the immune system. The patient will receive a 10-day prescription for penicillin.

However, if a patient comes in and presses ten different symptom keys, it becomes a challenge for the doctor. Even at that, the average doctor can identify a disease with over 80% accuracy. I find that amazing.

The main reason I will not and cannot diagnose is the accuracy of over 80%. I leave that in the hands of trained professionals.

I would look for the cause in their lifestyle and, if possible, a natural cure; the doctors, for the most part, prescribe pharmaceuticals to suppress the symptoms.

Let Me Share the Wording from My Online Introduction

I am Jan Lindhardt, President of Health Squared USA and our not-for-profit organization, Oxygen for Life. I sincerely

thank you for your interest in improving your quality of life and, perhaps, our deserving veterans.

Health Squared USA and Oxygen for Life are, first and foremost, educational organizations promoting a more wholesome lifestyle to improve health at a cellular level. We have also chosen to show our gratitude for the veterans' service and pay forward the blessings we enjoy. We donate a large part of our profits to our not-for-profit, www.oxygenforlife.org, to bless the veterans with education and make equipment to improve their quality of life available at a discount.

As you study this presentation, you will learn that the lack of cellular oxygen is at the root of most diseases and discomfort. The medical equipment we make available for our veterans to use prevents and reverses many of those conditions.

The medical establishment almost wholly ignores this life-giving equipment, as they cannot monetize the increased cellular oxygen that will occur by implementing the equipment and lifestyle changes.

I invite you to study this book and learn more about how we at Health Squared USA and Oxygen for Life would like to show you how you can benefit from improved cellular oxygen. Then, together, we can pay it forward to the veterans.

Gratitude: I wish to express my appreciation to those who have assisted in making this book available. First and foremost, my gratitude goes to God for inspiration and daily guidance. Next, my parents raised me with a curious, open mind, instilling a desire to learn. To my son and partner Lars, who are involved in this and other wellness ventures, Special gratitude to my wife, Judy, for her patience in putting up with me during my thousands of hours of study and for tolerating my absence from home as I freely shared what I had learned.

I am grateful for the Constitution's rights, making this country the best place. I thank all the patriots and veterans who

OXYGEN FOR LIFE

KEYS TO HEALTH

This book is for anyone with health challenges. By following the fundamental principles and guidelines, you can discover a path to a higher quality of life. All diseases originate at the cellular level, making cellular healing the cornerstone of effective disease management. The book covers three major areas: shifting the body into an alkaline condition, eliminating free-radical damage, and improving blood circulation. Learn



from the author's 10,000 hours of research into cellular health through alkaline living to improve your health, based on a 1931 Nobel Prize in Medicine. In his 1931 Nobel Prize acceptance speech, Dr. Warburg stated, "No disease, including cancer, can thrive in an alkaline environment." This essential key to the health of alkaline living can bring hope to millions. You only have one life; pain is inevitable, but suffering is optional.

JAN LINDHARDT