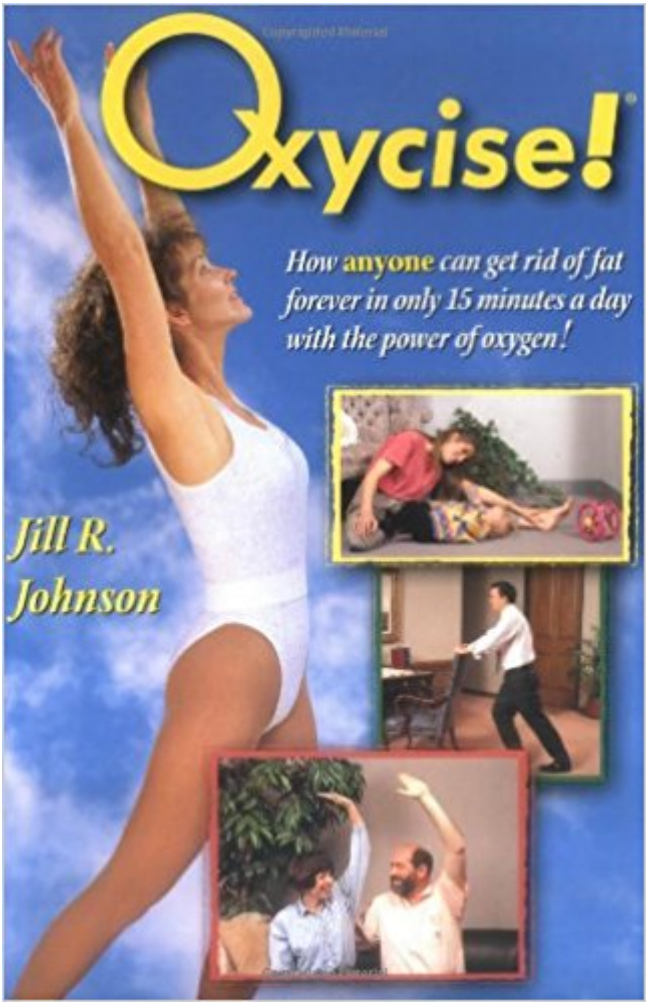
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Oxycise!



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Synopsis

OXYCISE! BOOK How anyone can get rid of fat forever in only 15-minutes a day with the power of oxygen! You get the step-by-step 15-minute Oxycise! workout. Fully illustrated, you learn the easily avoided mistakes that have promoted obesity and health problems among millions and what to do to make oxygen work for you right now. (144 pages)

Book Information

Paperback: 144 pages

Publisher: Oxycise! International; UNABRIDGED VERSION edition (June 1, 1997)

Language: English

ISBN-10: 1890320013

ISBN-13: 978-1890320010

Product Dimensions: 8.1 x 5.3 x 0.4 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 3.8 out of 5 stars 28 customer reviews

Best Sellers Rank: #529,339 in Books (See Top 100 in Books) #72 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #3240 inÃ Â Books > Health, Fitness & Dieting > Nutrition #127330 inÃ Â Books > Textbooks

Customer Reviews

I have written this book to help those who are sick and tired of struggling with their body shape and health, and who are angry at all the money and time they have wasted on pills, powdered drinks, and gadgets. Our society is absolutely obsessed with fat. Americans spend over $35 billion each year on weight loss schemes and products. Yet obesity remains one of the greatest health problems in our country. I know first-hand the emotional pain of being fat and the physical pain of having a body that isn't healthy. Even more important, I know the wonderful freedom of having an attractive and healthy body. For over 12 years I have worked hard to research, document, and teach this amazing, yet simple method that has become the basis for the Oxycise! System. It is now my mission, my crusade, to reach as many people as possible with these truths.

Are you sick of struggling with your body weight and shape? Are you angry at all the time and money you've wasted on worthless pills, food supplements and exercise gadgets? Then this innovative program is just for you. The Oxycise! System provides a step by step program teaching you to literally transform you body from the inside out, in just 15 minutes a day! You will learn how to

rid yourself of excess fat without leaving your home or office, depriving yourself of food or pounding your body. Your results will be measurable, immediate and life-changing. * Save time! * Save money! * Burn calories faster! * Lose pounds and inches! * Boost your metabolism! * Improve your energy! * Get rid of cellulite! * Lower your set point weight! * Improve your circulation! * Lower your resting heart rate! * Increase your strength and endurance! What people are saying about The Oxycise! System: "In three short months I lost 40 pounds and 6 inches off my waist and have maintained that for a year. I am happier with my body than ever before." Erin Gadd, college student "In the first two weeks I lost 3 inches off my waist. My back is stronger and for the first time in years, I can touch my toes. Thank you!" Jerilee Hutchins, mother of two

I just want to say that I really enjoy this book. It does make sense: Oxygene burns fat and it’s so simple to do! I’ve tried a similar method wich is good, but Oxycise is even better and more convenient. The book is simple, clear, you have picture of Jill (the author) doing the positions. And it works! I did it for 3 days and I already feel the difference, I feel lighter, I have more energy. I can’t wait to mesure again!If I give 4 stars and not 5 stars to the book is that it’s always better to call or e-mail an Oxycise instructor to make sure you get the technique.The book itself is excellent. But to get your support on the [website] is a must. If you do both, you’ll be delighted!

This is a long-winded and out-dated pamphlet that was turned into a book. I give it three stars because the explanation of the Oxycise breath, which comes after many, many, many, MANY needless ramblings, is much clearer and much more easily followed than her video explanation

I had this book alreday. Reading it has changed my life! I practise these breathing exercises many times a day - also during my daily, fast pace walk for 20-25 minutes.The Oxycise-books I ordered from you I will pass on as presents.Highly recommend this book.Eva C.

Since someone wrote a review that stated NOT to buy a used copy, I wanted to be sure and do just that.My used copy arrived MUCH sooner than I expected, and in such perfect condition, I thought they actually sent me a new one.I read the whole thing in just a short while, as the book is primarily to give you the basic information behind Oxycise, including the technique; some testimonials; some exercises, and of course, the understanding of why it works.It’s easy, quick, very positive and motivating.I learn best when I can actually "see and do" so I will be ordering one of the fundamental DVDs also and can’t wait to get started.Recently, while conversing in an review/comment section,

another person had mentioned how much the Oxycise program was a miracle and lifesaver for her.That reminded me of someone I worked with back in the ’90’s who lost weight so quickly and when I asked her how, she said, "Oxycise".I’m excited about what I will learn about with Oxycise and glad to get the book first before beginning.Go ahead, get the book - whether you order new or used. I know that Oxygen makes the difference. I have been preaching the benefits of my "special" drinking water because of how it oxygenates at the cellular level so I know this will work, too.

I like the book! Ms. Johnson gives her opinion on the diet industry and how it takes money from people who are desperate to achieve thinness, without really caring about their clients health. Oxygen is free and you don’t have to pay for gym memberships or crazy equipment. She also illustrates her Oxycise workout techniques with pictures as well. Read it then give it a try.

This program is amazing! It REALLY works, and gives you SO MUCH energy as well. You WILL shrink after the first one, and each time you use this... I need to start using this again, I don’t know why I ever stopped..!

good but I made my own routine up

I used Oxycise this past May to help me recover from pneumonia. It was the best thing that I could have done! I regained my strength and oxygen levels quickly and my pneumonia was gone in a few days. I highly recommend Oxycise. It’s the best kept secret that won’t be too much longer. I Oxycise 6-7 days a week just to get healthy oxygen into my lungs! Only 15 mins a day..and you can even do it while driving! I’m an ex smoker..I quit over 20 years ago but I owe my lungs my gratitude and by Oxycise, I can say "thank you" for healing and taking good care of me! Any weight loss that comes is icing on the cake. People are asking me if I’m losing weight! My body is toning up and I’m only on Level 1. There are 3 more advanced levels..!You will notice, more energy, more focus and a happier attitude. I think Oxycise is better for depression than any pills.

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Oxycise!

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