

## **babyassface**

March 04, 2009

### **Liquid Oxygen- drink it up.**

I remember reading somewhere, that if we could infuse our blood with more oxygen, we'd cure most medical conditions.

Thankfully, walking around breathing like an obscene phone caller, isn't your only option for getting more oxygen.

Remember that oxygen bar that opened in Toronto years back?



*Everyone looks like they're in the intensive care unit, so it's hard to tell if they're enjoying it.*

Well, the founders of the O<sub>2</sub> Spa Bar have found a way to deliver more oxygen to you, in the comfort of your own home. No need to worry that you'll blow your house to smithereens, when you turn on the stove, because their latest creation takes the form of liquid oxygen.



Simply place 10 drops of Liquid Oxygen into an 8 oz glass of water and chug.

Here are some things Liquid Oxygen supposedly helps with: stress (just like breathing deeply is calming), migraines, hangovers, insomnia, jet lag, fatigue, colds, weight loss and younger looking skin.

Fortunately, I was on my way to a party, when I received the Liquid Oxygen. Seeing as I'm usually in pajamas by 7PM, I thought it'd be a good opportunity to see if it really does energize.

Thirty minutes after taking the drops, I felt much more awake. Even though I was drinking wine, which usually makes me feel like I've just downed a bottle of NyQuil, I was wide awake and even able to form complete sentences and follow conversations.

Unfortunately, the next morning, I had an opportunity to try it as a hangover helper. (Did you just hear the Hamburger Helper's giggle in your head, when I said "hangover helper"? Thank God, I thought I was crazy.)

When hung-over, I usually take Advil or all day long, my head throbs like a woofer at a German disco.

I decided to forgo the Advil for the Liquid Oxygen. I have to say I definitely felt better, not 100%, but a lot better than I thought I would.

So that's my experience with these drops. Could the benefits have been imagined? Since I just heard the Hamburger Helper's giggle in my head, yes, I suppose so. But if you're stressed out, exhausted or jet-lagged, these drops might be worth a try.

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This is crazy cool. I wanna try.

Posted by: [Heather B.](#) | [March 04, 2009 at 09:50 AM](#)



This is nonsensical. Oxygen enters your bloodstream through your lungs, not your digestive system.

Any benefits this may have will be from the minerals it contains and you can buy those on their own (and no doubt cheaper than this stuff).

Posted by: [Sarah](#) | [March 04, 2009 at 05:07 PM](#)



Hey Sarah, Check out the Scientific FAQ from their website [http://www.o2spabar.com/liquid\\_oxygen\\_scientific\\_facts.php](http://www.o2spabar.com/liquid_oxygen_scientific_facts.php) They seem to have some scientific evidence that oxygen can be acquired by the blood through both the lungs and blood plasma and when it's taken orally it gets into the blood. I'm no scientist, so I don't know if this is BS or not. But if you get a chance to take a look at it (you sound more science savvy than me) , let me know what you think.

Thanks!

jenny

Posted by: [jenny](#) | [March 04, 2009 at 05:28 PM](#)



The amount of oxygen that can be taken up by your digestive system is absolutely miniscule compared to just, you know, taking a breath.

If you read it closely their "evidence" is a whole lot of unrelated waffle designed to obfuscate the fact that their product is pretty much useless. Also, they don't produce any citations to peer-reviewed papers in respected science journals.

Another thing you'll often see with these kind of products is that they'll link to perfectly good research that doesn't actually apply to their product.

For example, vitamin c kills HIV in a test tube, therefore taking vitamin c orally will cure you of HIV. One may be legitimate science, but it doesn't make the other true.

Posted by: [Sarah](#) | [March 05, 2009 at 11:43 PM](#)



I still wanna try this liquid oxygen, since there has been a case study about these before it was released. As with your experience. It'll be better if I'll take it in the morning.