



KAQUN  
WATER AND **MORE**

THE  
SOURCE  
OF OXYGEN



BY DR. ROBERT LYONS

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## Chapter 1 - Introduction by Aniko Brown

I am Aniko Brown, daughter of Dr. Robert Lyons. I'm here at Kaqun and love what I do because something happened to me ten years ago.

I was diagnosed with stage four pancreatic cancer when I was 19, and they gave me five to six months to live. And I had no other options at the time. So I went to [Hungary](#) and did the Kaqun baths for six months.

My tumor was at ten centimeters and then shrank down to 2.5. And I went to UCLA afterward and did a second surgery, and they were able to remove the tumor.

And, so, I promised myself that if I got through this, I would help others, tell them about the water and what it could do for them. And that's what I am doing here in this [Kaqun Wellness Center](#) in Las Vegas.

So, I know exactly how they feel. And I take them through this process step by step. Some days will be really hard, but then things will get easier day by day.

And I love to see the changes in my clients. When they come here, they're unsure of what to do and are confused. And then, a week later, they're like, "Oh my gosh, I feel great. I haven't felt this good in years. Thank you so much."

And I'm like, I didn't do anything. It was the Kaqun water that did that for you. And you did this yourself because you put in the time into this.

So, this book is about how it all started, why it is so important, and how it can help everyone, whether or not inflicted by any disease, as it can also help enhance your performance. This book also includes stories of some clients who came to the Center.

I am sure you will find this book informative and inspiring!

A handwritten signature in black ink that reads "Aniko Brown". The script is fluid and cursive, with the first letters of "Aniko" and "Brown" being capitalized and prominent.

## Chapter 2 - Oxygen – The Most Critical Element

Oxygen is the most critical element because you have no chance to live without it.

If you are holding your breath or not breathing for just two minutes, it will have serious consequences. First of all, you will pass out. Then, if you are trained, you can keep it a little bit longer. But after five minutes, you'll definitely pass out. And for most of us, there will be no chance of surviving after four minutes.

People have been practicing Yoga and Tai Chi for thousands of years in different regions. They practice different breathing exercises. So that kind of oxygen intake is going to make you think clearer and get you more energized. Still, unfortunately, your tissue is never going to get higher oxygen partial pressure.

Even if the oxygen level in the blood is high, between 95% and 100%, there are other tissues that are not getting oxygen, especially if a chronic disease has already set in. Hypoxia can hold you back; you begin getting tired or yawn in the afternoon and want to go to sleep. But, if you sleep in the afternoon, it's hard to sleep at night. There's also night-time hypoxia.

You can get into trouble if you don't have the right amount of oxygen in the cell.

To get more oxygen to different parts of the body, there are ozone therapies, breathing exercises, hydrogen peroxide therapies, and hyperbaric chamber therapies. But when you bring oxygen to water, it's a very good solution to re-oxygenate the cells.



Oxygen water has been used for all ages, from the young to the old; athletes, actors, stars, kings, everybody uses it.

That's because this water is really special. There are no side effects, and very easy to digest because it's water.

There are different devices to measure hypoxia levels. We have a pulse oximeter that shows blood saturation - how much your blood is saturated with oxygen. And after that, from the lung, you pick up the oxygen and try to get the oxygen to the cells. But unfortunately, not every cell wants it. Unenergized cells will not ask for oxygen. So the oxygen by-passes them. The long-term effect of this is catastrophic because if you don't get the proper amount of oxygen to the cells, after 48 hours, it could even turn cancerous.

If you have enough oxygen in your lung, you will most likely get the right amount of oxygen to the cells unless the cell doesn't want it. That's why you need the partial pressure difference because everybody thinks oxygen is gas form, but no, everybody should know it's in a liquid form in your cells too.



In the intra-fluid, it carries many things but mostly oxygen. And that oxygen can penetrate through, by pressure, the [mitochondria](#) and into the cell.

If you're already very healthy, this will keep you healthy and even get healthier gradually. For example, if you're cleaning yourself, you detoxify yourself, you will get better and better.

## The Connection Between Oxygen Levels and Vitamin C

One human trial showed that we have an increase in antioxidant growth in the cells. 72% of the people in the study started to elevate their antioxidants level because humans can't. It looks like right now when you have 14 days of drinking this liquid and taking baths in this liquid one, two, or three times a day, you have an elevation of vitamin C.

You can call it an antioxidant. In the study, we called it antioxidant. So we know what that antioxidant is. There are plans to have a human trial study on this, but we must first establish it on animal trials. The science is on our side already because the studies on drosophilas show exactly the pattern of how humans can produce vitamin C. We don't know it yet completely. We don't understand it completely, but the measurement shows it's truly happening. So we just have to find out how it happens.

## The different kinds of oxygen therapy

- Ozone therapy is very famous; coming from Germany, been used for 50 years with great success, especially with pathogens, namely bacteria, viruses, and proto-fungal infections. Some of the ulcers or even wounds could be healed much faster. But it has a downside if you do it too frequently. You can damage the tissue. And if you breathe it in, you could die from it. So it has to be very carefully administered.
- Hyperbaric chambers are one of the closest to this water because they also work on pressure. So in such a hyperbaric chamber, you're going into a tube with 2.5 bars or even five bars of pressure, and you are breathing in oxygen, medically clean oxygen, through your nose.

And this way, they force the hemoglobin to pick up the oxygen and force it into the tissue. But this is a very invasive way to bring oxygen to the tissue. It quickly elevates the oxygen partial pressure in the blood and tissue, but as soon as you step out of the tank, it immediately drops down.

- Bringing liquid oxygen at the right pressure also elevates the oxygen partial pressure in the tissue. But it takes two hours for the pressure to drop. However, after two hours, you just need to take a cup of water again. It's as simple as that. So, if you do this five times a day, not only does this cleanse your system, but it also brings oxygen for two hours - 15 to 25% of elevation of oxygen partial pressure. That means all day long, you are in good condition. So, it's gentle and continuous.

However, you can combine the Hyperbaric chamber and the Kaqun water. Go into the chamber with, let's say, 1.3 bars, finish the one-hour treatment, and start drinking Kaqun water immediately. That'll maintain the partial pressure at about 80% high for another 45 minutes. You're supporting that. So it's like a doubling effect.

### Video: Importance Of Oxygen In Your Body



I wanted to know if we can produce more capacity to hold vitamin C

## Chapter 3 - Oxygen into Water

You may imagine that to be just bubbly water that sparkles and makes you burp.

If you put high-pressure oxygen into a bottle and close it down very quickly, the oxygen will not come out. But as soon as you open it, you will have this hissing sound, and you don't have any more oxygen in the water, or at least in 20 minutes, it's completely empty.

So that's not a very efficient way to bring oxygen to



The different methods of getting oxygen to the cells are pressure, magnetic field, virtualization process, or pump on high pressure. You can put oxygen into the water; it depends on how quickly you close the bottle to store the oxygen in the liquid.

Kangen or alkaline water mainly works on pH Y; some oxygen saturation is higher than normal water. But we need to get something much higher than that to motivate our cells to accept this oxygen. So it would be best if you had pressure.

### What do people say about getting oxygen into water

First, they don't believe it. The first test was the fish test. Because if the fish are happy in the water, you have a good chance of not hurting anybody. So the first time Dr. Lyons took the water to the official place, they used the fish tank.

They filled it up with this water and dropped the fish. And then, a couple of days later, he was called to the experiment site. It was daytime, and he noticed a black tar paper on the fish tank. Dr. Lyons thought the experiment was a failure and the fish must have died.

But surprisingly, it was just the opposite. When the tar paper was taken off, he saw the fish just standing still in the water like they were sleeping. But soon as the lights hit them, they started to go, slowly at first, and then they started to go very fast.

The officials said that they had never seen fish behave like this before. They were so happy and so powerful. They ate twice as much food as usual because they had more energy. And if you don't put the black tar on them, they will go all day long.

So the mitochondria were functioning, bringing energy to the cell to revive.

[Dennis Yu](#), the CEO, and co-founder of Blitzmetrics, remembers the first time he drank Kaqun water. He was late for his flight. The flight was in 30 minutes. So when he got dropped off, he ran to the furthest gate and made it. And he'd never run that far in the last ten years.

Usually, he's out of breath after running for 10 seconds. But he was not out of breath even after running to the furthest gate for two minutes. Finally, he realized it was because of the water with the oxygen.



## Kaqun Technology

In the case of Kaqun water, oxygen is not coming from an external source. [Changing the oxygen-hydrogen](#) relationship with each other results in 8-10 times higher oxygen partial pressure. This water has much less hydrogen than oxygen. Part of the hydrogen is taken out in such a way that it is still water.

It's mineralizing the oxygen molecules from  $O_2$  to  $O_4$ ,  $O_8$ , and down to  $O_{128}$ .

And it stays stable even if you heat it or freeze it. Every time you heat it, the oxygen goes out of it. Not entirely, but some percentage comes out of it, but as soon as you freeze it and melt it again, it returns to the same state.

If you don't open the Kaqun bottle, it stays for 12 months; if you open it, you have three days.

The oxygen stays the same even when argon gas is put in it for nine minutes. However, if you do the same with regular water, it immediately takes the oxygen out.

This water has no chemicals, coloring, metals, or anything else; it's pure. It has lots of oxygen bound in a different way than normal.

If you think about it, the oxygen is higher because of less hydrogen. But, on the other hand, your cells are full of hydrogen, and when you drink the water, it's like borrowing hydrogen back. The hydrogen immediately turns back into normal  $O_2$ . So, the body can absolutely use it.

## Video: Breathing Isn't The Only Way To Get Oxygen To The Body



-I just drink a litter less than two minutes  
-That's a lot

## Chapter 4 - Hypoxia

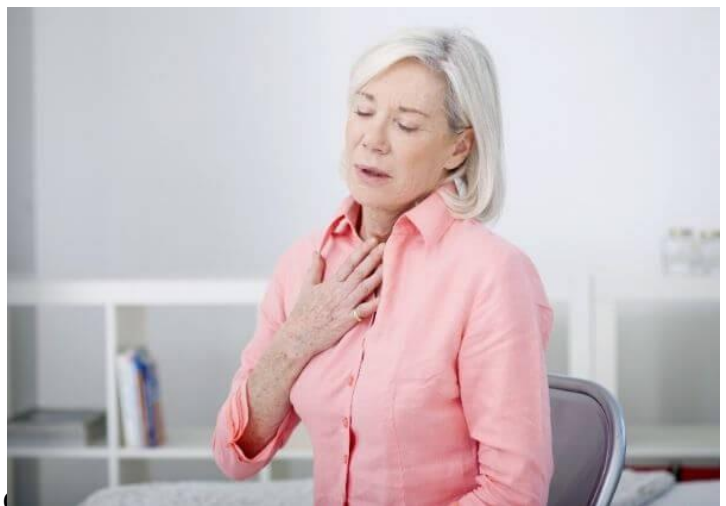
When people think about hypoxia, they think of mountain climbers at high altitudes. But how is hypoxia relevant in everything we do?

If you don't have the energy for your cells, mitochondria are not working right; you have a dysfunctional mitochondrion. So that's dysfunctional or powerless cells.

So more powerless one's cell is, the harder it is for the cell to eliminate toxins or restart new life. And that's a major problem.

And the other problem is we don't experience or feel it immediately as we do when we hold our breath.

But your cells will not tell you that they need oxygen; they're just starving.



### In what situations is hypoxia involved

You may be yawning, but don't know why you feel tired. Your elbow, knees, hips, back, and neck start to hurt, and you think that's because of some nerve issue. But that's all because of inflammation, which is driven by hypoxia. So again, if you have a digestive problem and always feel bloated, that always leads to inflammation. And anything that drives inflammation is hypoxic. You can put some cream on it. You can take some medication for it, but the hypoxia will not disappear. As soon as you stop the medication, the pain and redness return.

Almost everyone in the age group of 40-45 years has some hypoxic issues. Till 30 or 32, they are generally okay. But after that, hypoxia starts to kick in if you are not active and not watching your body, especially the mouth and the teeth, which control the digestive system.

The second part is tissue hypoxia. It's very common to see a lack of energy. You have difficulty even lifting your arm; instead of jumping up and turning a switch off, you try to kick it off. That could be because of chronic inflammation, which could cause pain. Finally, there could be cellular hypoxia.

When the oxygen does not get to the cell, there is little sign until the trouble begins. And also, there's mitochondria dysfunction. If your mitochondria are not exchanging CO<sub>2</sub> with O<sub>2</sub>, the energies are much more depleted, and then changes called epigenetic changes happen.


It changes your genes and hence your activities—nothing happens in your body without your genes. So to have one health change, you need to have three or four genes opening and closing, whether good or bad.

And when you start to drink this liquid, 300 to 600 genes change immediately.

When oxygen arrives and goes through the seven layers of the cell, there's mitochondria producing CO<sub>2</sub>. They hit each other thereby producing energy. So that's what this water does. It can change [hypoxia to normoxia](#).

### Hypoxia and aging

Science shows us that if a baby is measured through the skin and the [oxygen partial pressure is 96 or 97 mercury millimeters high](#), the baby's skin is beautiful, flexible, and full of life. But when you see a hundred-year-old man, who has much less oxygen to the cells, you



of energy. So the oxygen partial pressure drops to 60 mercury millimeters for older people.

When you're born, everything is perfect. Every cell wants to perform. So, every cell needs energy for that, needs lots of oxygen.

So the only difference between a newborn baby and an elderly person is the mercury millimeter reading. So if somehow we can raise it from 60 to 70 or 72 mercury millimeters or even 80 mercury millimeters, there's your antiaging solution.

Your skin, indeed, shows your age. So by measuring the skin, it's possible to tell one's age. So if this measurement can be pushed back somehow, then you will see in 14 days you get really ten years or even 15 years younger.

The old-time Chinese people had these special herbs. They soaked in these after they went to war and were bruised. So they stayed there, and the blood circulated to bring more oxygen. And that's the way they recovered much faster than the others.

A 103 old man with severe hypoxia - a lot of wrinkles, dry skin, very low oxygen partial pressure of 50 mercury millimeters - usually doesn't get enough oxygen to the cell.

On the other hand, a baby is different because it is young, very flexible, has smooth skin, and has 97% oxygen saturation there. And there is a 96 mercury millimeter, high oxygen partial pressure.

So, when oxygen declines, you can feel it; your energy loss and cognitive functions slow down. You cannot get everything done on time when they want it. It affects reproductive organs and tissue repair; you don't heal quickly. The immune system is affected. You have inflammation, attacked by bacteria, viruses, fungi, etc. If you have the right amount of oxygen and tissue, this cannot happen. And the chronic disease is hypoxia.

Dr. Robert Lyons discovered this as a physiologist 18 years ago. He went to China to learn Kung Fu. He learned that Kung Fu is just one part. One hand is healing, and the other is hurting. So naturally, when you are young, you are more interested in the hurting side of Kung Fu.

But then, if your master is good, he will tell you that martial art is not just fighting. It's a way of life. He had learned from the original source in the Shaolin Temple, and they showed him the healing part of Kung Fu.

And that's when he started getting into Chinese medicine, which has five elements, and one of the elements is water.

He learned Chinese medicine for eight years and was a Chinese medicine doctor for a long time. So he had a chance to work with some of the best ones. He then got his Ph.D. on the hypoxia issue and became a scientist.

And now he's doing presentations all around the world. He also became a board-certified natural medicine doctor.

### Hypoxia research and some of the advances

In August 2017, two Belgium professors came out with a very interesting 36-page study published in the prestigious medical journal, Nature.

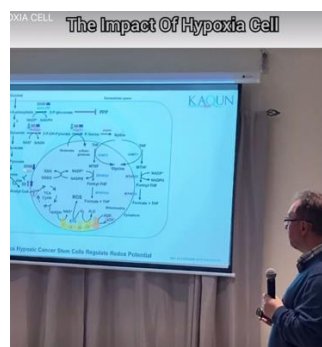
Three thousand tumor cells were taken out of a patient, and they measured them with two probes to determine how much hypoxia was in them. They found two things; every type of tumor, no matter what, started with hypoxia.

And because of that, the patient didn't have a strong enough cellular immune system.

So that's why it's vital to see the hypoxia level, which can be measured. It's called *HIF 1 alpha or hypoxia dose factors*. And we measure the cellular immune system.

That's what we see. When you see the mitochondria and the cellular immune system functioning, that person will live a long, healthy life. If not, either one of them or both, usually both, then trouble begins.

### VIDEO: The Impact of hypoxia cell



## Chapter 5 - Partial Pressure of Oxygen - A Measure of Youth and Longevity

Dr. Lyons is 67 years old but has a partial pressure of oxygen of 82 mercury millimeters. That is usually the measurement of healthy people in the age group of 40 - 45 years old!

By night-time, the measure drops. But he always rejuvenates himself by drinking Kaqun water, breaking down the blood viscosity so that the blood flows much easier. It's very good for your heart muscle.



When you are young and your oxygen partial pressure in your liver tissue, for example, is 60 mercury millimeters high, you need to have something higher than that to bring oxygen there. So that's why you cannot breathe and do exercise and bring extra oxygen to your liver.

It would be best if you had a partial pressure differential. Suppose you don't have that it's a problem. Let's say there's a patient with a long-term disease who is hypoxic. Nothing will happen if he breathes or even puts on an oxygen mask. That organ is still going to be hypoxic. So we need to bring oxygen to the specific cells.

Dr. Lyons has found a way to do that: to store oxygen in the water. Then, if you drink or soak inside of it, you can elevate your oxygen partial pressure.

It's exciting because people suffer from viral infections and have low oxygen, especially nowadays. So, when they drink the water, the pulse oximeter, which is at a low of around 82%, goes up to 92, 95, and 96. And, of course, it goes down again. So then you have to drink the water again.

### Effect of a low partial oxygen pressure

As you get older, the partial oxygen pressure will lower. And as it gets lower and lower, diseases can settle in - chronic diseases, inflammation, and more pain factor. So, if you can bring back your oxygen partial pressure from 60 to just 70 or 72, that's very good. You went back on your life cycle by 12 years. So that means your organ's working better. You sleep better and digest better. Everything is heading towards Apoptosis, in balance.

There is a direct correlation between having a higher partial pressure and your cells being able to heal, your immune system being stronger, and your energy level being higher.

When your mitochondria are functioning, it's producing energy the right way. This energy could be used for many things, not just healing, but better running, reading, understanding, and so on.

But, the mitochondria can produce energy the wrong way too. If you don't have enough oxygen, it will try to get it from another source, such as sugar. And the energy from fermented sugar is not the same. It would be the equivalence of two ATP instead of 36 ATP. So this is a huge difference.

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