



Article Side

Solutions for Oxygen Deficiency by [Benthmeny](#)

Article published on June 5th 2012 | [Supplements](#)

We have all learnt from our first biology lesson that oxygen is essential for the survival of all living beings on earth. The absence of oxygen is the reason that life cannot exist on any other planet in our solar system. In our body, it is our respiratory system and circulatory that is responsible for the delivery of oxygen in our body. The lungs deliver oxygen to the blood and the heart pumps blood carrying oxygen to every part of the body. Any obstruction in this process hinders our survival. You can consider such a problem as disabling agent in our daily lives.

You cannot rush to the hospital or call an ambulance every time when you face a severe difficulty in breathing. Neither it is desirable to refrain from activities that create such problems. So, the most common and practical solution for a more comfortable life is to use oxygen concentrators. As the name suggests, these are devices that eliminates the deficiency of oxygen in our body. These are suitable for use at home, or in offices too. These are as safe as and more convenient than oxygen cylinders. Oxygen concentrators are fool proof; hence, there is no danger of leakage of oxygen (inflammable gas). Also, you can buy oxygen cylinders as a backup source of oxygen in the event of a power cut.

To be able to venture out despite the COPD condition, one can use portable oxygen machines instead. Modern versions of these machines make it easier for patients to travel without any hassles. They can be powered by battery packs, 12v DC or even mains supply. These compact devices that are as big as binocular cases or messenger bags can produce 1 to 6 lt of oxygen per minute. There are also various types available in the market, like on-demand and continuous flow portable oxygen machines.

Severe difficulty in breathing can stem from cardio obstructive pulmonary disease like asthma, bronchitis, or from increasing age, or, as observed in recent times, from habits like smoking. The heart or lungs, which play the most important part in delivering oxygen in our body, weaken under such conditions. This affects our normal lives as it prevents us from participating in physically engaging activities like sports (more oxygen required), and we also have to be careful about getting too stressed (heart pumps blood faster, but there is inadequate oxygen). In the absence of treatment, these can be detrimental to our lives. You must use devices to keep healthy and fit for a normal life.

They come in a variety of brands and price range. Search for the right one as per your requirement and be careful in using it. Learn how to use and maintain it. Keep yourself healthy.

This content has been taken from

<http://www.ideamarketers.com/?articleid=3293341&CFID=186226356&CFTOKEN=34522465>

Article Source:

<http://www.articleside.com/supplements-articles/solutions-for-oxygen-deficiency.htm> - [Article Side](#)

[Benthmeny](#) - About Author:

Nowadays it is absolutely must to select the best a [Portable Oxygen Concentrators](#) equipment for those who are in need of portable liquid oxygen. Clean air has been and always will be a necessity for everyone. We sell a [Oxygen Concentrators](#) as well as home oxygen concentrators. please visit our website.

Article Keywords:

Portable Oxygen,Portable Oxygen Concentrators,Oxygen Machines,Portable Oxygen Machines,Oxygen Concentrators

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!