

9

7. The method of claim 6 wherein the oxidation-reduction process includes reduction at approximately 500° C. in a reducing gas for approximately 4 hours.

8. The method of claim 7 wherein the reducing gas is syngas.

9. The method of claim 5 wherein the oxidative gases are air and its mixtures with inert gases and steam.

10. The method of claim 9 wherein the oxidative gases are O₂ and its mixtures with inert gases and steam.

11. The method of claim 9 wherein the oxidative gas is 2%¹⁰ O₂ in N₂.

10

12. The method of claim 9 wherein the reductive gases are H₂, CO, and their mixtures with inert gases.

13. The method of claim 5 wherein at least two regeneration steps are carried out, each regeneration step carried out for 2 to 10 oxidation-reduction cycles.

14. The method of claim 13 wherein the “oxidation-reduction” regeneration process is carried out at a temperature between 100° C. and 900° C.

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