

Ozone (O<sub>3</sub>) is three molecules of oxygen combined together. The goal of an ozone treatment is to force oxygen into the cells of the body. Ozone enters the mitochondria of the cells, repairing it (the energy production of the cell) and helps decrease fatigue and better utilize oxygen in the cells. This has been shown to treat a variety of chronic illnesses. It has been proven that cancer and disease grow very poorly in oxygenated tissue. Ozone triggers the white blood cells to start producing antibodies which will prevent the immune system from attacking healthy cells. Ozone helps to reduce oxidation of the cells promoting natural antioxidant properties and decreases the level of acidity in the body.

Ozone is not an approved therapy from the FDA. Ozone has been used in countries in Europe for 50-70 years and is an everyday practice to treat and prevent a large variety of illness. Ozone is naturally occurring and non-patentable medication. Unfortunately, big Pharma is not going to financially back studies on Ozone treatments as it is not a money maker for drug companies. Despite the lack of FDA approval, its use for many years in other countries and countless studies and clinical evidence show its healing properties.

### FREQUENCY OF TREATMENTS

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#### IV TREATMENTS

Frequency of treatments depends on the illness and the severity of symptoms. Ozone is a naturally occurring substance and helps the body repair in a natural manner. Ozone therapy is best described as a crawl and not a sprint. It is best to think of Ozone therapy as a process. Those who have seen the greatest benefit have needed several treatments. Getting on top of the symptoms is always the hardest part. Ozone therapy affects everybody differently and improvement is usually noted in the first 4 to 6 treatments. This being said, the more treatments you do in the beginning, the faster the symptoms will be controlled.

In the beginning, the treatments are best effective when received once a week until the symptoms are controlled for the entire week. After the symptoms are under control, the frequency of treatments reduce according to how your body responds. Once the symptoms are maintained for the entire week, we start to cut back on treatments from weekly to every other week to once a month with the eventual goal to be getting a treatment every 4 to 6 months for maintenance. Ozone is not a permanent cure or a miracle. It is a process. As our cells continually deteriorate with aging and time, you may notice the symptoms return. At this point, your body may require a boost.

For some this frequency of treatments may be not possible due to time or financial reasons. If so, we can proceed with a protocol that works for you. It may take more time to resolve the symptoms. However, even getting a treatment once a month is better than doing none.

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#### INSUFFLATIONS

Insufflations are best done at least weekly but treatments can be done 3-5 times a week for increased control of symptoms.

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## LIMB BAGGING/CUPPING

Depending on the severity of the wound, treatments are usually done 3 times per week to promote quick healing. The treatments can be done once a week, but more treatments promote increased healing time. This treatment is augmented by use of Ozone Oil topically to the wound.

## DESCRIPTION OF TREATMENTS

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### OZONATED SALINE 45-60 MINUTES

Ozonated saline is the most common of all the treatments we do in the office. First we utilize Normal Saline, which is the same fluid you have received if you have ever had any IV infusion in a hospital or any healthcare setting, and purge the IV bag of any extra air and oxygen. Next, we take the Normal Saline bag and fill it with ozone and infuse it intravenously. The Ozone is then absorbed into the red and white blood cells and circulated throughout the body to the rest of the cells. This treatment is commonly coupled with some form of IV nutrient therapy. Your practitioner will determine the additional therapy needed.

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### MAJOR AUTOHEMOTHERAPY 60-90 MINUTES

This procedure is similar to Ozonated Saline but instead of saline, we use your blood. It only requires one IV and uses about 300ml of blood (which is less than a person would typically give when donating blood). Once the 300 ml has moved from your body to the bag, Oxygen/Ozone is infused directly into the bag of blood. It is then infused back into your body. This procedure is approximately 30% more effective than the ozonated saline because of the initial interaction with the blood before it re-enters the body. With the Major Autohemotherapy, all the ozone is being absorbed into the red and white blood cells in the bag before it ever enters your bloodstream giving you the full effect and 100% of the ozone. This treatment is commonly coupled with some form of IV nutrient therapy. Your practitioner will determine the additional therapy needed.

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### SINUS INSUFFLATION 30 MINUTES

Ozone is filtered through a specialized oil and then inhaled through the nostrils through a nasal cannula. The Ozone helps the white blood cells to produce antibodies to address infections or allergies of the nasal passage ways. Sinus insufflation also helps to decrease inflammation and pressure in the sinus cavity that is a culprit with acute or chronic sinusitis, acute upper respiratory infections, asthma, bronchitis, etc.

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### EAR INSUFFLATION 30 MINUTES

During ear insufflation, ozone gas mix is slowly introduced into the ears via a modified stethoscope. The ear canal produces a waxy / oily substance which allows the lipophilic ozone to penetrate and saturate the outer and middle ear, as well as passive diffusion to brain circulation. Ear insufflations are used to help with brain fog, ear infections, tinnitus and vertigo.

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#### RECTAL INSUFFLATION 15 MINUTES

As the name suggests, Rectal Insufflation refers to introducing ozone into the body through the rectum. Oxygen (O<sub>2</sub>) has been infused rectally during surgery for years, due to the fact that oxygen is easily absorbed through the walls of the colon. The same is true for ozone. This method can be used for multiple disease processes from colon related conditions to chronic autoimmune conditions. Rectal Insufflation is useful in the colon as well as being absorbed into the bloodstream and is up to 90% as effective as Ozonated saline. This is an ideal method for the patient that has a needle aversion, to help augment the IV treatments and for those where IV is too costly. During rectal insufflations, a mix of ozone/oxygen is introduced through a catheter into the colon. It is an oxygen gas enema. The ozone helps remove inflammation and kills pathogens like bacteria, viruses, parasites and yeast. It can help restore healthy gut flora.

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#### LIMB BAGGING/ CUPPING 30 MINUTES

During ozone Limb Bagging, Funneling or Cupping, the ozone stream is focused onto a smaller area of the skin and allows for a concentrated ozone treatment of that area. Ozone helps trigger the white blood cells to produce antibodies to fight infection as well as decontaminate and disinfect the area directly. Limb-bagging introduces topical ozone gas directly to an affected area of the skin. A limb, such as an arm or leg, is covered with a plastic bag which is filled with ozone gas through a small opening in the bag. This application is helpful in the treatment of many types skin related conditions such as infections, burns, diabetic ulcers, onychomycosis (fungal nail infection), athlete's foot, etc. It is usually coupled with Ozonated Oil topically as well.

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#### BLADDER INSUFFLATION 60 MINUTES

In Bladder insufflation, a catheter is introduced into the bladder. It drains the bladder. A homeopathic anti-inflammatory solution is injected then the catheter is removed. After 20 minutes, the catheter is reinserted and ozone is injected. Bladder Insufflation can be used to treat Interstitial Cystitis, chronic bladder infections, chronic Prostatitis, post-surgical or post chemo bladder problems, chronic urethral infections, fungal (yeast) infections affecting the urethra and bladder.

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#### VAGINAL INSUFFLATION 15-30 MINUTES

We perform vaginal insufflations by infusing ozone gas into the vagina with the use of a catheter. The ozone gas will usually find its way into the uterus, out the fallopian tube, and into the abdominal cavity. This treatment is used for female related issues such as PMS, endometriosis, candida, fibroids, etc. It can also address issues such as abdominal concerns or chronic fatigue due to ozone's ability to diffuse into the abdomen and blood stream.