

Ozone Usage Guidelines

Note: These guidelines are for educational and information purposes only. They are not intended to prescribe in any way, shape or form. If you have a medical concern regarding this information, contact a licensed physician for treatment.

It is noted in research that all individuals using ozone therapy should also ensure adequate amounts of Vitamins B (complex), C, E, A (and Beta Carotene), Zinc and Selenium. Some have also recommended N-acetyl-Cysteine and Copper. Consult your Licensed Holistic Physician for nutritional advice.

Ozone Saunas

The benefits of a steam sauna on the immune system and disease processes have been well documented. In addition to being relaxing and soothing, a sauna and the accompanying induced hyperthermia on the body mimics the beneficial effects of a fever, without the discomfort. At 104 degrees F., for example, the growth rate of the polio virus is reduced up to 250 times; at 106 degrees pneumococcus, a bacterium responsible for pneumonia, dies.

Although the effects of this artificial method of increasing the body temperature are not as comprehensive as a natural fever, there are definite system-wide effects. There is evidence that artificial fever works as an immune system stimulant by increasing the number of white blood cells in the body. In a 1959 review of studies on the effects of heat treatments, Mayo Clinic researcher Dr. Wakim and colleagues cited findings indicating that the number of white blood cells in the blood increased by an average of 58% during artificially induced fever. Researchers also have found increases in the activity of the white blood count.

Apart from the immune system-stimulating effects of sweat therapy, it is thought by many to be one of the most effective and painless detoxifying treatments available. Sweat contains almost the same elements as urine, and for this reason, the skin is sometimes called the third kidney. It is estimated that as much as 30% of bodily wastes are eliminated by way of perspiration, and during a steam sauna, the body perspires profusely.

By adding ozone into this environment, the ozone is easily absorbed into the skin and lymphatic system because of the open pores. This provides an excellent detoxifying effect. It is also reported that the effects are not limited to detoxification, but may induce the desirable system wide-effects that are desired in the medical use of ozone:

oxygenation of all the tissues, organs, and cells of the body; boosting the immune system; stimulation of the release of anti-cancer substances from the white blood cells of the immune system; enhancement of blood; and oxygen delivery throughout the body.

It is very important to point out that the sauna used for this treatment is the type where the individual's head protrudes from the top of the sauna, and the individual is therefore not breathing the ozone/steam mixture.

Concentrations used for this type of treatment usually range anywhere from 40 ug/ml to 70 ug/ml at a flow rate of 1/4 or 1/8 Liters per minute. The typical time one can spend in a sauna is 15 to 40 minutes. If at any point the user feels excessively hot or dizzy they should stop the sauna.

Using the steam sauna is one of the most popular methods of taking advantage of this therapy. The steam sauna ozone system for applying ozone has many advantages:

- It is a relaxing and non-invasive approach to ozone therapy
- It cleanses the skin, pores, and lymphatic system
- The user will take advantage of three therapies at the same time: sweat therapy, hyperthermia and ozone therapy
- You feel clean, refreshed, and rejuvenated

Ear Insufflations

Many individuals have found it beneficial to irrigate the ear canal with the ozone/oxygen mixture from a medical ozone generator. As with every use of ozone for medical purposes the individual must ensure the purity of the oxygen supply, and that all parts of the ozone generator in contact with the gas stream are ozone resistant (kynar, Teflon, glass, or silicone).

The patient may first apply a small amount of water to the ear canal to assist in the absorption of the ozone. The ozone should be humidified by bubbling the gas through water. **The usual concentration used for this protocol is 15ug/ml - 40ug/ml. The flow rate used is usually 1/8 Liters per minute or perhaps 1/16 Liters per minute.**

The output tube of the ozone generator or the ear application device (earscope) is held up to the entrance of the ear. At no time should the tube come into proximity with the eyes, nose, or mouth. Doing so may cause discomfort. At no time should the output

tube be placed inside the ear, or sealed into the entrance way of the ear. The ozone should be allowed to flow into the ear and out of the ear. Each ear is usually treated for 1-10 minutes per treatment.

Vaginal Insufflations

The user must use their own sense as to the amount of time and number of applications to perform.

Many women have reported relief from yeast infections and various sexually transmitted diseases, including herpes. Many women also use this method as an alternative to rectal insufflation as it is theorized that the ozone not only affects the pelvic region, but also enters general circulation, causing a body-wide effect. Women have an anatomical advantage in that vaginal insufflation requires no preparation and can be administered for very long periods of time. The gas will usually find its way into the uterus, out the fallopian tubes, and then into the abdominal cavity. Liver problems and pelvic inflammatory disease (PID) can be addressed in this way. This is also a good way of getting ozone into the lymph system.

Women must not use this method close to, or during the time of menstruation as ozone at these concentrations increases blood flow. You will want to humidify the ozone by bubbling it through water with an ozone humidifier.

A vaginal cannula (ozone catheter) is used to introduce the ozone gas to the patient. Unlike Rectal Insufflation, there is no danger of pressure buildup. **The ozone concentration used is usually 20-35ug/ml, and the flow rate is usually ¼ Litres per minute or 1/8 Liters per minute. Treatment time is usually 1-10 minutes.**

The patient may lower or increase the ozone concentration, and the duration of the treatment. If any discomfort occurs it is recommended to lower the ozone strength and the duration. It is highly recommended to begin with shorter, weaker sessions to help acclimate yourself to ozone. Then you can increase the strength and time of your session to your own comfort. Follow the recommendations of your doctor. If you are self-treating we advise caution.

Rectal Insufflations

Rectal Insufflation is "95% as effective as Major Autohemotherapy" (Renate Viebahn). This method is used by many physicians in their clinics and by those at home as well.

The ozone gas (**usually at a concentration between 20ug/ml - 40ug/ml, and at flow**

rates of 1/8 to 1/16 Liters per minute) is infused rectally using a urethral catheter. The procedure is usually performed following a bowel movement or a colonic treatment in order to ensure the colon is relatively free of fecal matter. The ozone enters the lower intestine, is held for at least 30 minutes, and over this period it is absorbed into the system.

This type of treatment is performed initially at low concentrations and gradually raised as treatments continue for such problems as colitis, bacterial infections, or bleeding. The treatment is performed using the above guidelines (lower in concentration) if the desired effects are the immune modulation and other "system-wide" effects typically desired of Ozone Therapy. It is highly recommended to begin with shorter, weaker sessions to help acclimate yourself to ozone. Then you can increase the strength and time of your sessions to match your own comfort level.

Infusing gas rectally is much like blowing up a balloon. For safety and comfort reasons the physician and patient must always ensure that only the desired volume of ozone gas is infused. A typical starting point for many users is 125cc of gas (which can be obtained if the flow rate is 1/8 liters per minute as above, and the treatment is performed for one minute). The ozone gas is infused through the catheter which is inserted into the rectum approximately four to six inches. Using the example above, the flow is then stopped within one minute, the catheter withdrawn, and the patient then holds this gas for a period of at least 30 minutes.

Why 30 minutes? Dr. Michael Carpendale has shown us through studies that the ozone gas is absorbed over a period of 30-40 minutes as it is held in the body. If the ozone escapes before that time, the full benefit of the treatment has not been obtained. The gas is slowly absorbed into the body, and the "system-wide" effects of ozone therapy are obtained. Most users have mentioned that little or no discomfort is caused by this method, and most find they have no gas to release at the end of the 30 minute period. It is highly recommended to humidify the ozone using an ozone humidifier.

More on Rectal insufflations: Another type of rectal insufflation that some consider is the double catheter method or the "Mr. Oxygen Method." This method uses two catheters inserted into a clean colon, one high in the colon, the other at a shorter distance. Ozone continually goes into the long one and soaks into the miles of blood vessels around the colon, and any excess oxygen vents out of the short one, for up to an hour. Ozone is very drying and people considering this method should use a humidifier.

Ozonated Olive Oil

Ozonated Olive Oil is used around the world for a variety of uses: acne, skin lesions,

burns, fungal infections, herpes, eczema, leg sores, bed sores, gingivitis, hemorrhoids, STDs, cold sores and many others.

This appears to be the only way to stabilize ozone without adding artificial stabilizers, chemicals or preservatives. Ozone is bubbled at very high concentrations under a controlled environment for days until it slowly begins to solidify. This solid form of olive oil forms a Vaseline or salve-like substance and will keep for many months on the shelf. If kept refrigerated, it maintains its full effectiveness almost indefinitely.

Some individuals even choose to ingest ozonated olive oil in order to obtain some of the system-wide effects of using ozone medically.

Ozonated Drinking Water

When making ozonated water the user should **set the ozone output at the highest strength**. Place water in a beaker and hook up your ozone output tube to the diffuser. **Put the oxygen setting at a low level where you see the water circulating. This is usually 1/8 or 1/4 liters per minute**. Refrigerated distilled water is recommended because it will ozonate faster. Typically 1000ml of water will fully ozonate within 20 to 30 minutes. Once cold water is fully ozonated the ozone can last up to 12 hours if refrigerated. (Note: the level of ozone in the water will slowly start to diminish over time. It is recommended to consume as soon as possible.)

Ozone Air Purification

Continual low levels of ozone sterilize and rejuvenate the air. O₃ breathed in *very low* ambient concentrations (please seek guidance) slowly cleans the lungs and therefore the blood over time.

Breathing Ozone through Oil

Widely used to help support lung and sinus issues. When bubbling ozone in oil (olive is commonly used), ozone is converted to peroxides, turpines and ozonides, making it safe to breathe. Oxygen flow can vary depending on the individual's oxygen needs. **Some recommend 1/16 Liters per minute and others recommend 1 liter per minute or higher. Set the ozone output between 30 and 60 gamma and breathe for up to 15 minutes**. If this is too intense lower the gamma strength. Raise the strength as needed.

Additional Information

You need plenty of water and antioxidant support while doing any of the above. Make sure antioxidants are taken at least three to four hours after ozone therapy. Many people often combine two or more of the above methods. Any one of the high-dosage home methods can be better than another if you can safely do it longer at a stronger gamma, and more often. The trick is to always balance ozone dose loading versus the detoxification process that occurs as ozone moves out the garbage. Keep it mild and gentle, slow and steady, and do not waver.

The German Medical Society has published that 384,775 patients were treated with ozone with a minimum of 5,579,238 applications and the side effect rate observed was only .000005 per application! The report also stated, "The majority of adverse effects were caused by ignorance about ozone therapy (operator error)." The University of Innsbruck's Forensic Institute published Dr. Zacob's dissertation quoting this in The Empirical Medical Acts of Germany.

Please only work with competently trained healthcare professionals who are real ozone specialists skilled in oxidative modalities.

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