

Ozone Therapy

Ozone is a therapy that delivers oxygen at the cellular level aiding your body to be more powerful and to function better under stress.

“Ozone therapy has been utilized and heavily studied for more than a century. Its effects are proven, consistent, safe and with minimal and preventable side effects. Medical ozone is used to disinfect and treat disease. Mechanism of actions is by inactivation of bacteria, viruses, fungi, yeast, and protozoa, stimulation of oxygen metabolism, activation of the immune system.”

Elvis, A.M. Ozone Therapy: A Clinical Review. *Journal of Natural Science, Biology, and Medicine*. 2011 Jan-Jun; 2(1):66-70.

What is OZONE (O₃)?

Ozone is a naturally occurring gas that has very useful medical applications. Ozone can also be produced from medical grade oxygen and use of an ozone generator. Ozone in small concentrations is safe and effective in preventing and treating a host of different illnesses and diseases.

The oxygen that we breathe and circulate in our bodies contain two oxygen atoms (O₂). Ozone is made up of three oxygen atoms (O₃). You may be wondering *how does ozone change into oxygen?* An ozone molecule is eager to give away one of its oxygen atoms. When two of the "freed up" oxygen atoms connect and bond together a new oxygen molecules is created; $O + O \Rightarrow O_2$ (oxygen!). This process is called oxidation.



If Ozone is so Beneficial why don't I know more about it?

Ozone is not a "drug" that can be patented by drug companies & BIG PHARMA. It's a natural substance that can also be produced inexpensively. No drug company will invest millions doing expensive studies to prove its effectiveness because there is no possibility of making back that investment. That's why ozone is not FDA approved in this country. Yet, it is used extensively around the world. You may be surprised to know that there are over 40,000 practitioners that use ozone therapies world-wide to treat over 100 different medical conditions.

You can read more about this here:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3298518/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312702/>

Like anything in the body, all substances that are integral and basic to our physiology, including water and salt, still have safe and unsafe levels. Ozone is no different. Ozone has been shown to be one of the safest medical procedures that can be offered to a patient.

Reference: McCabe E. Flood Your Body with Oxygen. Miami Shores, Florida: Energy Publications: 2003.

Why is Ozone so special in the body?

Ozone is a unique, natural, and charged form of oxygen that has powerful and wide ranging effects in the body. It helps to break down ozone's actions into **direct** and **indirect** modes of action. Applied directly, (to a wound or to sites of pain and inflammation) ozone can donate one of its three molecules of oxygen (oxidation reaction). In this direct mode of action ozone can immediately destroy and inactivate many different pathogens and repress mediators of pain and inflammation.

Ozone also acts indirectly in ways that have dramatic and much longer lasting effects on many cells involved with the immune response. This indirect mode of action explains how ozone is effective for so many diverse conditions ranging from autoimmune conditions to cancer to heart disease.

Another advantage is that ozone is **selective**. It is harmful to bacteria and viruses that lack the ability to handle high amounts of oxygen but safe for human cells that thrive in high oxygen environments.

Receiving Ozone Therapies

It is preferable to receive your ozone therapy in a medical clinic, under the guidance of healthcare providers experienced in administration of medical ozone. There are many different types of ozone therapies that can be offered. **Below are two examples of some of the therapies we offer.**

1. Ozone can be administered directly into sites of pain and inflammation through Prolozone injections.

Prolozone provides both ozone and a series of nutrients. In chronic pain situations, pain often develops in areas of reduced blood flow. Cells in these areas are compromised and do not produce energy from oxygen normally. Ozone injection has an immediate effect on the chemical mediators that cause pain, and the additional nutrients provide what the ailing cells need to produce energy more efficiently.

2. Ozonated IV Saline Infusion Therapy:

A small iv catheter is placed in your vein. An infusion of 0.9 Normal Saline IV will be administered. In a separate ozone safe reservoir, a prescribed amount of ozone will be dissolved in the reservoir containing sterile IV saline solution. Then this ozonated saline will be administered to you through the IV tubing and into your vein. The process takes ~45 min.

