

Ozone Therapy

What does ozone therapy do?

- 1) **Increases oxygenation** of our cells
- 2) **Modulates our immune system** (strengthens the immune system if it's weakened, and calms down the immune system if it is overactive, such as in cases of autoimmune conditions)
- 3) **Increases cellular energy production**, thus improves cellular function and prevents aging decline
- 4) **Increases the activity of "antioxidant enzyme systems,"** thus reduces oxidative damages in our body
- 5) **Kills bacteria, viruses,** and virtually all other disease-causing organisms on contact
- 6) **Kills cancer cells** on contact

What is Ozone?

Ozone is an alternate version of oxygen. Oxygen in the air has two oxygen atoms (O₂), whereas ozone is an "activated" form of oxygen, containing three oxygen atoms, forming "O₃."

Ozone is far more energetic and oxidative than oxygen, making it highly valuable in many applications, including air purification, water purification, food preservation and medical ozone therapy applications.

Where Does Ozone Come From?

Ozone is created in nature and can also be created by machines called ozone generators.

Natural Ozone

In nature, Ozone is created when ultraviolet radiation (UV) from the sun makes contact with oxygen in the atmosphere. The energy from the UV is imparted to the oxygen and turns some of the oxygen (O₂) into ozone (O₃). The layer of ozone that is created is referred to as "the ozone layer," which protects the Earth from excessive UV rays. Without the ozone layer, life as we know it today would not have existed on planet Earth.

Ozone is also created at ground level. For example, ozone is created when UV light interacts with water sprays and foam in waves, as well as in water falls. Have you

noticed that air smells very fresh at seaside or by a waterfall? The ozone in the air helps cleanse and purify the air.

Ozone is also created by thunderstorms. When lightning bolt contacts the air, some of the oxygen (O₂) in the air is turned into ozone (O₃). That fresh clean smell after a thunderstorm is actually the smell of cleansed air by ozone.

Interesting, all antibodies in our bodies are capable of producing ozone, which could be one of the main mechanisms through which they kill off microbes.

Isn't ozone "smog"? So isn't ozone toxic?

The smog we talk about is actually a complex and ever-changing mixture of toxic gasses and particles. When smog levels are high, it is accompanied by a high level of ozone in the air. When smog levels are low, there is a low level of ozone in the air. Ozone is actually there to help destroy (oxidize) the toxic chemicals in smog and return air to a breathable state. But since ozone is so easy to measure, scientists started to use ozone levels to indicate how much smog is in the air. Because of such practice, the word "ozone" became synonymous with "smog," thus the misconception that ozone is somehow toxic.

Ozone Made by Machines

In late 1800's, it was found that ozone could be made artificially by exposing air to energy. The more energy air is exposed to, the more ozone one can create. The machine used to create the ozone was referred to as an "ozone generator."

Ozone generators typically use two types of technologies to generate the ozone: UV light, or an electrical discharge method commonly referred to as Corona Discharge. Higher concentrations of ozone are available from the Corona Discharge method.

What Does Ozone Do? Where can it be used?

Ozone is an oxidizer. It destroys bacteria, viruses, parasites, amoeba, mold, fungi, and breaks down harmful chemicals and impurities. It is 35 times more powerful than chlorine, yet leaves no harmful residues behind. If used properly and in proper amounts, it is completely non-toxic.

Ozone can be used successfully for:

1. Water Purification
2. Air Purification
3. Food Preservation
4. Agriculture (farms and greenhouses)
5. Aquaculture (fish farms and seafood farms)
6. Medical Ozone Therapy Treatments

What is Medical Ozone Therapy?

Medical ozone therapy utilizes ozone in a wide array of medical applications. It can be used on external surfaces (skin or mucus membrane) and inside the body (referred to as "systemic" ozone treatments). Ozone is used openly in medicine around the world, mainly in Europe, Asia, and South America. It is also gaining a foothold in North America. Ozone has been used in a wide array of conditions, from disinfecting and healing external wounds, burns, and rashes, boosting of the immune system, to the successful treatment or control of internal systemic diseases of all kinds, from the common cold and flu to chronic degenerative diseases.

What Does Ozone Do When Used for Medical Ozone Therapy?

The reason ozone works in so many medical conditions is that it affects the biochemistry of the body a multitude of ways:

1. Ozone modulates the immune system

A weakened immune system makes a person vulnerable to illnesses. Ozone has the ability to 'wake up' the immune system to make it function better. It also produces metabolites called "ozonides" which has profound immune-modulating effects, calming down the immune system when it is over-activated (often to the point of self-attack, such as in autoimmune conditions).

2. Ozone increases oxygen delivery to the tissues and cells.

Without oxygen our cells cannot make energy, and without energy cells will die. Ozone increases the amount of oxygen delivered to the cells by the RBC's (Red Blood Cells), and also makes the RBCs more pliable so they can travel down blood vessels more easily to reach their destinations.

3. Ozone kills bacteria and viruses on contact, and inhibits the ability of viruses to attach to cells.

4. Ozone increases cellular energy production, making energy production more efficient.

Our ability to utilize the oxygen we breathe in starts to decline as we age, and the decline has already started by the age of 30. Ozone helps to "revitalize" this process so that one can allow more oxygen to be utilized to drive our body's daily function, as well as repair and regeneration.

5. Ozone decreases the level of oxidation in the body.

Oxidation is a normal biological process essential to life. Without oxidation one would die. However, oxidation sometimes gets out of control in the body, leading to excessively high levels of oxidation. Research has shown that all diseases are accompanied by an increase in oxidation in the body beyond normal limits. Thus if one could lower the oxidation levels of your body back down to normal, it would help the body recover from illness.

One can try to accomplish this by taking antioxidants, such as Vitamin C and E, etc. However, research has shown that taking “antioxidants” does NOT actually lower the oxidation levels of the body. The reason that such approach does not work is because the lowering of oxidation is handled by “antioxidant enzyme systems” in the body, not the antioxidants themselves. The body’s antioxidant enzyme systems must be sufficiently activated in order for the lowering of the overall oxidation levels to occur. Ozone does just that. Ozone increases the levels of antioxidant enzyme systems in our body, as well as their activity, helping the body to reduce and rebalance the oxidation levels, so that the body can be brought back to a state of health.

When Would I use Ozone Therapy?

Ozone positively affects many of the processes essential for life. And these are the processes that are compromised in diseases. If one can support these essential processes, it would greatly help a person in preventing diseases and recovering from ill health.

It is for this reason that ozone therapy is utilized for everything from colds and flu's, to chronic degenerative diseases.

Will Ozone work for me? Will ozone work for diabetes, arthritis, lupus, Lyme disease, fibromyalgia, chronic fatigue, and thousands of other diseases?

All practitioners who use ozone are very careful to note that ozone is not a silver bullet. It does not cure everything. However it has a fantastic combination of properties and effects that can correct and improve the basic systems that support health and life itself: oxygenation, oxidation, energy production, modulation of the immune system, activation of the antioxidant enzyme system, antibacterial, antiviral, antifungal etc. It kills almost all pathogenic organisms and cancer cells and yet is supportive and healthy to all human systems. Because it supports and improves all of the basic biochemical processes essential to human life, it is thought of as being a great agent to use for all diseases, including aging.