What is Ozone Therapy?
Ozone therapy is a unique integrative medical treatment that is both healing and detoxifying at the same time. The use of ozone to treat various medical conditions dates back to the early 1950’s in Germany.

Today ozone therapy is common throughout Europe and has gained recognition in the United States. In fact, it has been shown to be a very useful part of a treatment plan for a variety of diseases, including chronic fatigue syndrome, Lyme disease, fibromyalgia, cardiovascular disease, diabetes, chronic hepatitis, herpes, chemical sensitivities, macular degeneration, chronic bladder conditions, colitis, and Crohn’s disease.

What is Ozone?
The form of oxygen most people are familiar with is the kind in the air we breathe. It exists as a pair of oxygen atoms, the most stable form of oxygen, and is colorless. Ozone, on the other hand, is a form of oxygen that is composed of three oxygen atoms. It’s the addition of the third oxygen atom that gives ozone its remarkable medical properties by making it a “supercharged” oxygen atom.

What many people don’t know is that ozone is found naturally in the body. In fact, the white blood cells make ozone as part of their immune response when you don’t feel well. By using ozone therapy you are essentially boosting your natural immune system as well as supporting your system in several other ways. Ozone therapy works very well for many chronic conditions associated with immune dysfunction, infections, or inflammation.

How Does Ozone Therapy Work?
There are many reasons why ozone is such an effective way to treat many issues. Here are five reasons why ozone treatment can be very powerful and healing:

- **Ozone directly kills viruses, bacteria, and yeast, especially useful for those hard-to-treat resistant pathogens such as Lyme disease.**
- **Ozone improves your circulation by enhancing the flow of your blood.**
- **Ozone is an immune modulator, meaning that it helps to keep the immune system in top working order.**
- **Oxygen is toxic to many pathologic bacteria, which are called anaerobic bacteria. Thus, tissues with low blood flow and oxygen levels, such as connective tissue, heal poorly, and can serve as a reservoir for hard-to-treat anaerobic bacteria, such as Lyme. Because ozone is about 15 times more soluble than oxygen, ozone is able to flood these tissues with oxygen, killing the previously treatment resistant anaerobic infection and provides the cells in the area with the extra oxygen needed to heal. Ozone also stimulates and further increases the uptake of oxygen by stimulating the enzyme DPG (diphosphoglycerate), which helps the cells get all the oxygen they need to function properly.**
- **Ozone stimulates your mitochondria, the powerhouse of your cells, increasing the cells’ energy so that your body stays healthy.**
- **Ozone enhances your body’s ability to increase its antioxidant capabilities and protection.**

How Does Ozone Treatment Help the Body?
One of the fundamental underlying causes of all degenerative diseases, from diabetes to heart disease to cancer, is decreased mitochondria cellular energy production. Ozone has been found to correct this issue. When you are given ozone it stimulates the uptake of oxygen by stimulating the DPG enzyme. The DPG enzyme supports the release of oxygen from the hemoglobin molecule so that it can be used by the cell.

With the absence of the right amount of DPG enzymes, your cells can also become starved for oxygen. This is part of what happens when people are diabetic. And hence why, when people with various conditions make ozone part of their treatment plan, their cells get the optimal amount of oxygen and work properly, preventing or inhibiting disease.

Ozone is an Immune System Modulator
When we are well, our immune system is in balance. However, when someone has an autoimmune disorder it essentially means that the immune system is working overtime to try to help the body fight off infection, bacteria, or virus. Ozone supercharges the part of the immune system that often becomes dysfunctional and suppressed by chronic infections but calms down the part of the immunity that causes autoimmune disease.

On the other hand, when the immune system is underactive, say in the case of situations like cancer, AIDS, and chronic infections, ozone can stimulate the immune system to support the body in its healing process.

The reason ozone can modulate the immune system so well – either calm it down or stimulate it – is because of its unique action on the membranes of the white blood cells. Ozone stimulates the white blood cells to produce immune related messenger molecules called cytokines.
Ozone Helps Your Blood Flow Better
Enhanced circulation is key to good health. Ozone improves circulation by enhancing the ability of the blood to flow. It does this by enabling more of the oxygen carrying hemoglobin to reach your capillaries where the cells can receive more oxygen. What the medical research has found is that many chronic inflammatory conditions coincide with impaired blood and oxygen circulation. And this is in part why ozone therapy can be so powerful.

Ozone Increases Your Antioxidant Quotient
Many people with chronic diseases have a deficiency in antioxidant defense capabilities. A common antioxidant most people know is vitamin C. However, ozone increases antioxidant protection and capabilities far more than most all other ways. So, if you are accustomed to taking vitamin C, ozone can be even better than that.

Detoxification
Ozone cleanses the body by oxidizing (neutralizing) toxins and facilitating the detoxification processes in the liver and kidneys. This is the same mechanism that ozone machines are used in hotel rooms to neutralize odors such as cigarette smoke (although breathing ozone is significantly irritating to the lungs so ozone cannot be inhaled). Ozone can be very beneficial for liver support and help normalize abnormal liver function tests.

What Can I Expect in an Ozone Therapy Session?
Autohemotherapy is one of the most common and effective ways ozone therapy is conducted. A patient sits in a chair while 6-12 ounces of blood is removed from their body via a sterilized system and contained in a sterilized container. Once the blood is collected, ozone is injected into the container, the container and the blood are mixed together gently, allowing the red and white blood cells to take up the ozone. The ozonated blood is then returned to the body via the sterilized delivery system. The entire process takes often less than 1 hour.

Should I Try Ozone Therapy as Part of My Treatment Plan?
This is a decision that must be made between you and your well-trained doctor. Research has shown that some conditions simply will not clear up unless something like ozone therapy is used. Because ozone has so many therapeutic properties and capabilities, it can be used as part of a treatment plan for almost all diseases.

Ozone is a very valuable treatment for chronic infections, such as Lyme disease, hepatitis and HIV, as well as heart disease, circulatory disorders, chronic fatigue syndrome, fibromyalgia, and autoimmune diseases. While it is very effective, it should not be thought of as a magic bullet.

Ozone can be an indispensable addition to a treatment protocol that can make the difference between success and failure, however it is most effective when it is used as part of an overall treatment plan, which includes testing, nutrition, hormone optimization and detoxification, and other therapeutic modalities.

Testimonials: See What Our Patients are Saying
“...I was diagnosed with Lyme Disease. I found that integrating ozone therapy, along with my other treatments that included nutrition and other things, I immediately felt better. And the best part is, the more I do the ozone treatments, the more energy I have, the better I feel. And my Lyme marker test results have all lowered. It seems to be a key factor in not only getting rid of Lyme, but also in having a sense of well-being and knowledge that I am helping my immune system help itself. It doesn’t get better than that.”

****GREAT****

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