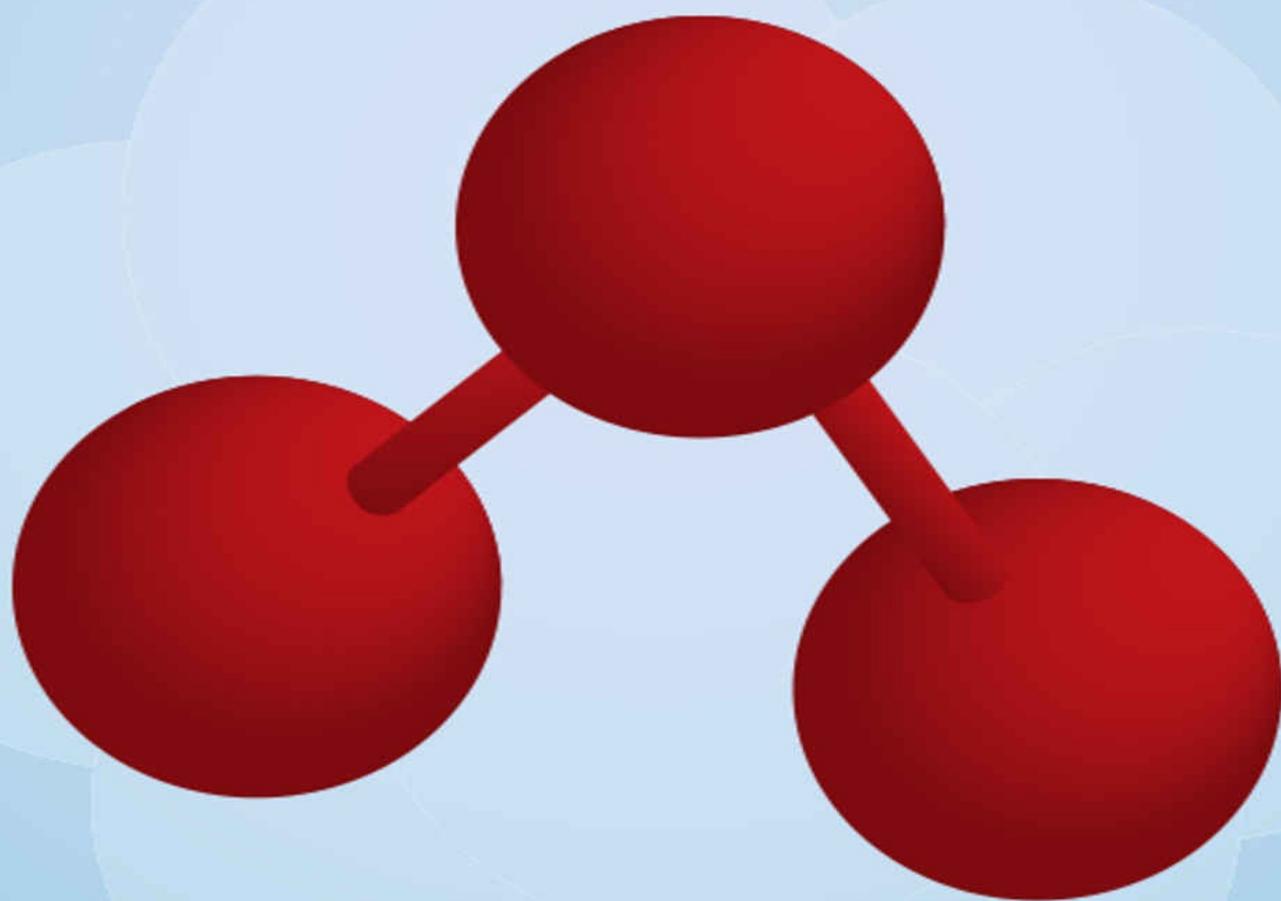


THE OZONE MIRACLE

HOW YOU CAN HARNESS
THE POWER OF OXYGEN
TO KEEP YOU AND
YOUR FAMILY HEALTHY



— By Frank Shallenberger, MD, HMD —

America's leading pioneer and clinical
researcher in medical ozone therapy

The Ozone Miracle

**HOW YOU CAN HARNESS THE POWER OF
OXYGEN TO KEEP YOU AND YOUR FAMILY
HEALTHY**

Frank Shallenberger, MD

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Disclaimer: No portion of this book is meant to take the place of proper medical treatment. If you are sick with any condition, please do not think that you can safely treat your condition by reading this book without the help of a licensed medical practitioner.

D e d i c a t i o n

This book is dedicated to my teacher, Renate Viebahn, and all of the early pioneers of ozone therapy whose shoulders I am proud to stand on. Without the marvelous work of these men and women we would all still be in the dark about the many miracles of ozone therapy.

T h a n k Y o u

A special thank you goes out to Chantal Foguth for proof reading. I didn't know I could make so many mistakes!

Chapter One

No Disease – Ever! Unlocking The Power of Oxygen

I trust that the unassuming title of this chapter caught your eye. No Disease, Ever! What the heck is that supposed to mean? Has he got some kind of special supplement that I don't know about? Or is he just shooting off his mouth. Sorry, but to borrow a line from one of our senators, you'll have to read the book in order to find out. But here's something you already know. There are tens of thousands of people every year who live out long lives, never get a chronic disease, and are on no medicines. So how do they do that? I think I know. And I'm going to tell you how you can be one of them. But first, let me digress to another important topic - money.

Do you have any idea how much money it costs people to be sick? I hadn't a clue until a remarkable report came out in the Boston Globe titled, "Retired couples may need \$240,000 for health care." It was written by Mark Jewell and published by The Associated Press, May 9, 2012. The author used data compiled by Fidelity Investments that determined what the average out-of-pocket costs for medical expenses would be for a couple who were both 65 years old if they lived to their life expectancy. For men that is 82 years old, and for women 85. That number came out to be a whopping \$240,000! That includes the cost of Medicare premiums for our couple which amounts to about \$93,000. The net difference when you subtract out the cost of premiums comes to \$147,000! That's \$147,000 extra money in that couple's pocket as a little reward for not getting sick. But that's not all.

\$240,000 is just the average number. Fifty percent of those people will be

paying more than that. Some will be paying twice that. And it can get even worse. These costs don't include dental expenses or long term care which could easily add up to thousands more.

The way I figure it is if I can only stay healthy until I'm 82 it will be like someone writing a check out to me for \$74,000 or more. Now, that's something this man can relate to – feeling and functioning at a high level, being medication free, and being \$74,000+ richer. So with that in mind I guess I shouldn't complain too much about paying for that gym membership and everything else I do to keep myself healthy that insurance doesn't cover. But can it really be done? Is this realistic? The answer is yes!

Right now there are an estimated 80,000 people in the United States who are more than 100 years old. Virtually all of these people have been completely free of disease all their lives. I have quite few patients in their mid to late 80's who are free of disease, fully functional, and on no medications. It reminds me of something Redd Fox once said, "Imagine all those health nuts lying in hospitals dying of nothing." Obviously the healthier you live your life the less your chances of getting a disease. But is there a central foundation to this story? Is there a process that goes on in the body that is at the very core of what makes us more or less healthy and invulnerable to disease? The answer is, there is. So I'm going to ask you discover it for yourself right now. Simply hold your breath for the next 60 seconds, and then read on.

What happened? Did you feel good? Did you become weak, dizzy, anxious? Did your heart pound? Did you feel like you might be dying? Did your blood pressure go up? Clearly there is absolutely nothing as critical to our health as oxygen metabolism. And yet as critical as it is virtually every doctor you will see in these United States will never once test it in his or her patients. Why? Because we were taught in school that as long as you were breathing, had normal lungs, and had a normal oxygen blood level your oxygen metabolism must be optimal. But here's the thing. That is just not correct.

There is much more to any nutrient including oxygen than simply how much you take in. The other aspect is how efficiently you use the nutrient. You can take in vitamin B6 all day long, but if you can't efficiently use it you are wasting it, and the net effect is the same as being deficient in it. This is also true of oxygen. You can be breathing good air and have normal levels of oxygen in your blood but that in no way means you are using it efficiently.

Oxygen utilization is the term I coined to refer to how efficiently your body uses the oxygen that you take in. And now we are getting down to business. Because your oxygen utilization is the single most important predictor of your risk for degenerative disease and premature aging. It's not how much

oxygen you take in that determines your health - it's how efficiently you use the oxygen. How do I know? Because for the past fifteen years I have been measuring the oxygen utilization in each and every one of my patients whether they are sick or well. And after looking at literally thousands of patients I noticed an absolutely stunning statistic.

Every single patient who had cancer or any other chronic disease had a very significant decrease in their oxygen utilization. 100% of them! That goes for an otherwise "healthy" woman with a cancerous breast lump. It also goes for the "healthy" man on meds for hypertension. Combine that observation with this one. Over the same 15 years I have never once seen anyone with healthy oxygen utilization come down with cancer, a heart attack, an auto-immune disease, or any other chronic disease. Not one. As long as their oxygen utilization was in the pink, these people appeared to be completely invulnerable to illness. What would be the reasons for these incredible observations? I can think of two.

The first is free radical production. Free radicals are molecules that the body makes from oxygen. Free radicals are powerful molecules that our cells need to stay healthy. However, they are so reactive that they need to be tightly controlled with what is called antioxidant enzyme systems. If they are not tightly regulated they will destroy cells and/or DNA and can be very dangerous. Virtually all doctors and scientists agree that uncontrolled free radical activity is what ultimately damages the body causing it to age, break down, and become sick over time. So what determines how efficiently your antioxidant control systems are working? You guessed it – it's the efficiency of your oxygen metabolism. The more efficient your oxygen utilization, the better these systems work, the less free radical damage you will have, the healthier you will be, and the longer you will live. The worse your oxygen utilization, the more free radical damage you will have along with all the nasty effects that follow. It's that simple. But there's another reason why people with optimal oxygen utilization live longer and don't get sick.

Oxygen utilization is the most global and sensitive marker for health that there is. That's because as important as it is, the process is very vulnerable. Almost anything will disrupt it. I'm talking about inadequate nutrition, toxicity, drugs, hormone deficiencies, stress, poor sleep, injuries, infections, decreased fitness, and impaired circulation. Literally, everything that everyone already agrees forms the basis for disease will depress oxygen utilization. So when someone's oxygen utilization is optimal it means that virtually everything in that person's lifestyle and environment is matching up perfectly with their genetics. No wonder they don't get sick. But is there any other evidence that decreased oxygen utilization is really the root of disease? Yes, lots of it.

Oxygen works its wonders in little bubbles in each cell called mitochondria. Remarkably, in a truly healthy person mitochondria make up almost 50% of the entire mass of a cell. That's how important they are. Roughly 10% of your entire body weight is mitochondria. And here's the important part. Your oxygen utilization is a direct indicator of how well your mitochondria are functioning.

If you search the United States National Library of Medicine web site, PubMed, for "mitochondria and aging" you will find 6,297 papers linking aging to decreased mitochondrial function. If you search for "mitochondria and disease" you will find 16,318 citations. And if you search for mitochondrial function and any particular degenerative disease you can think of you will find hundreds of references for each disease. All of these papers directly tie oxygen utilization to both aging and disease.

Today we are still led to believe that as long as we feel good and our physical examination and routine blood tests are normal than we are healthy. But this is just not true. There are many people out there who meet all these criteria and yet have very poor oxygen utilization. In fact, we know that long before people actually get sick they have been on the road to disease for years. This road is called decreased oxygen utilization.

So, how can oxygen utilization be measured? Here's how I do it. I measure what is known as VO₂ testing. I use an FDA approved pulmonary gas analyzer to do it. This equipment is able to measure how much oxygen disappears into your body. In other words, how much oxygen you are using. I make that measurement while you are resting quietly in a recliner. Then I put you on a bicycle and I measure how much oxygen you are using during various levels of exertion. But at the same time that the analyzer is measuring how much oxygen you are using, it is also measuring how much carbon dioxide you are making. Why is that?

It's because as your body uses oxygen it generates carbon dioxide as a byproduct. Don't tell Al Gore, but every time he breathes he is contributing to the carbon dioxide in our atmosphere. But here's the thing. When you are using oxygen efficiently you generate less carbon dioxide. And when your use of oxygen is inefficient you make more carbon dioxide. So the efficiency at which a person uses oxygen is dependent on their ratio of oxygen consumed to carbon dioxide produced at specific levels of exertion.

When I determine how efficiently my patient is using oxygen I compare it to what would be typical for a person who is healthy and young. I call the result their Energy Quotient or EQ. If their EQ is 100% or greater, that means that they are using oxygen as efficiently as a healthy young person. That's the goal. The

higher your EQ is the less likely you are ever going to get a disease. As I mentioned above, I have never seen anyone with an EQ over 100% come down with any disease, period. Having a high EQ is the secret to No Disease Ever. If you want to learn what your EQ is, and you should want to, you can do that with a test called Bio-Energy Testing®. You can find a doctor who offers Bio-Energy Testing at www.bioenergytesting.com . But this book is about ozone therapy. So what in the world does ozone have to do with having a high EQ? It's because ozone therapy improves oxygen utilization.

Chapter Two

All About Ozone

Oxygen as a single atom is deficient in electrons. This makes the atom very unstable, and as a result single oxygen atoms cannot exist in nature all by themselves – at least not for more than nanoseconds. However, two oxygen atoms can join together to share electrons. And this combination forms a very stable molecule referred to as O₂. This is the form of oxygen that is found in the atmosphere, and it is the form of oxygen that we breathe.

When an energetic force, such as electricity or ultra-violet light, is imposed upon a molecule of O₂, the two oxygen atoms are temporarily split apart into single oxygen atoms. But because single oxygen atoms are so unstable in a matter of nanoseconds they will pair up again and reform back into O₂ molecules. But a small percentage of them will unite in a ménage-a-trois known as ozone. Thus, ozone, referred to as O₃, is a molecule which consists of three oxygen atoms sharing the same amount of electrons that makes two oxygen atoms stable. This means that because of its extra oxygen atom, ozone is a relatively unstable molecule. This instability is exactly why it is so powerful in the human body. Much more powerful than O₂. And that's why when ozone is introduced into the body a remarkable thing happens. It stimulates the mitochondria in your cells ten times better than O₂ can to use the oxygen they get more efficiently.

But hold on for a second! Ozone is an environmental pollutant. It's a poison. How can it possibly be an effective medical treatment? It's a good question because unfortunately about the only time most people have ever heard the word ozone it has been in the context of pollution. So how in the world can something that everyone thinks of as a pollutant be good for us? It has to do with

the stratosphere.

Until pollution arrived atmospheric ozone was limited to a layer hundreds of miles above the earth in the upper stratosphere where it is formed as the ultraviolet rays of the sun hit the oxygen that surrounds our planet. But then pollution came along. When combustion engines and factories began to release hydrocarbons into the atmosphere these molecules began interacting with the oxygen and nitrogen and water vapor in the air to yield a mixture of hydrocarbon, nitrates, peroxides, sulphur oxides, and ozone. This mixture is what we call smog. The important thing to remember here is that the negative health consequences of smog have to do entirely with the hydrocarbon, nitrate, peroxides, and sulphur oxides in it, not the ozone.

Since ozone is formed along with the hydrocarbon, nitrogen, and sulphur oxides in smog, environmental scientists use the ozone level as an indicator that the hydrocarbon, nitrogen, and sulphur oxides are becoming excessively high. So when they announce that the ozone levels in the air are high the warnings are not being issued because the ozone content in the smog is what is creating respiratory problems for people with lung conditions. The warnings are being issued to warn patients about the presence of hydrocarbon, nitrates, peroxides, and sulfur oxides. An elevated ozone level indicates that these toxic molecules are also high and can cause substantial respiratory injury. The fact is that the actual ozone levels even in severe smog conditions are well below the toxicity level. Nevertheless, because ozone monitoring has been used for the past thirty years to determine the level of pollution it has been mistakenly assumed to be the irritating factor in pollution.

It is true that ozone can be a very potent respiratory toxin in high enough levels. But here is the big difference between the ozone that doctors use and pollution. Medical grade ozone is made from pure oxygen using a special generator designed specifically for medical use. It does not contain hydrocarbons, nitrates, peroxides, sulphur oxides or any other potentially toxic material. Medical grade ozone is pure oxygen, nothing else. And as you shall see, as long as it is used according to the guidelines discussed in this book, it is the single safest therapy in the history of medicine.

Generating Medical Ozone

Medical ozone is made by passing pure oxygen (O₂) through a special generator designed for that purpose. An ozone generator basically consists of a tube through which oxygen flows. As the O₂ flows through the tube (called an electrode) an electrical current is directed across the tube. This current breaks up

the O₂ molecules into separate single oxygen atoms. But as I explained, these single oxygen atoms cannot exist in nature and so immediately they combine back into O₂ molecules. But a portion of them, roughly 2-3%, combine into a triplet of three oxygen atoms. This new molecule, O₃, is ozone.

Here are two very important things to remember about ozone. One is that because it is so unstable it will very quickly convert back into O₂. So when doctors use ozone therapy we have to make up the ozone right before we use it. If we wait too long the ozone will be gone and all we will have is O₂. And that will do nothing.

The other important concept is that with the exception of ozone generators that are strictly used for air or water purification, in no case should ozone destined to be used for medical applications ever be made from room air! The reason is that room air contains 80% nitrogen, and when nitrogen passes through the ozone electrode it is converted to nitrous oxide which is highly toxic. This is why it is imperative that only high quality pure oxygen be used to generate the ozone used for medical purposes.

There is another word of caution about generating medical grade ozone that you need to know about. Unfortunately, either through ignorance or by design there are many companies around the world selling “medical” ozone generators that are not fit for human use. They are not safe for medical use for two reasons.

First, remember that ozone is a highly reactive molecule. It will react with almost any material that it comes into contact with. This includes metals, plastics, ceramics, glues, etc. And when it reacts with these materials toxic by-products are produced. Unfortunately, at the date I am writing this book most of the ozone generators being sold in the United States are made of non-ozone resistant materials that can produce potentially toxic substances. To date, there is no certifying agency in the United States that can certify that a particular ozone generator is safe. And the last thing I want my readers to do is be injecting toxic substances into their bodies from poor quality ozone generators.

Second, in order for you to have all of the benefits of ozone that I am going to be discussing the ozone that you are using must be in the proper concentration. Too high a concentration can cause negative effects. Too low a concentration will not work. And the problem is that many of the generators out there do not accurately produce the concentrations that the manufacturers say they are producing. So for these two reasons when you buy an ozone generator make sure you get a good one. I will be giving you more information about how to do that later on.

How Does Ozone Work?

Ozone can safely be applied to every part of the human body except the lungs. The lungs, because they deal directly with oxygen every second of the day are intolerant to ozone. But ozone in every other part of the body is safe. When put into the human body ozone instantaneously interacts with the tissues to form peroxides. Except in a few isolated cases it is these various peroxides, not ozone itself, which exert all of the healthy effects that we see with ozone therapy. Collectively, doctors refer to these peroxides as ozonides. Many of these ozonides are relatively stable molecules and can last in the body from days to weeks. Thus, through these peroxides an ozone treatment can continue to exert its effects long after the treatment session.

An important concept to remember regarding the formation of ozonides is that ozone, like water, is a magnetic dipolar molecule. This means that it has a north and south end just like a magnet. This is important because a common misconception regarding ozone therapy is that in addition to producing ozonides, it also induces free radicals. This is not true. Ozone never produces free radicals in the human body. As a dipolar molecule, the magnetic potential of ozone prevents free radical formation in the body.

The History of Medical Ozone Therapy

Ozone therapy is not an alternative medicine new guy on the block. In fact, one of the most attractive aspects regarding the medical use of ozone is its remarkably long history in the world of medicine. Some of the brightest minds in the medical and scientific community have been involved in the medical use of ozone.

Ozone was first discovered in 1785 by the Dutch physicist Martinus Van Marum. Van Marum was working with electrostatic machines when he noticed a peculiar odor that was being generated by the equipment. Obviously, what was happening is that the electrical charges he was working with were reacting with the room air to produce ozone. Years later in 1840, the German chemist Christian Friedrich Schönbein synthesized ozone in his laboratory and was able to describe exactly what it was in his paper, "The production of ozone by chemical means". Liebig, a collaborator of Schönbein, suggested the term "ozonized oxygen" because in Greek "ozein" means "smelling gas". These scientists immediately recognized that they had found something very unique and powerful.

So in 1857 none other than Werner von Siemens built the first ozone generating electrode. Siemens is one of the brightest pioneers in electrical

science. He developed the pointer telegraph, built the world's first electric elevator, and produced the tubes with which Wilhelm Conrad Röntgen first created x-rays. He is known as the founding father of electrical engineering in Germany.

It didn't take long for doctors and medical scientists to realize that ozone had many medical applications. In 1870, the German doctor Lender made the first publication describing how effective ozone is for water sterilization. Then in 1873, 70 years before antibiotics were developed German doctors discovered that ozone was a potent anti-microbial agent. And in 1881 ozone began to be used as a disinfectant. Even today, almost all of the world's water systems use ozone to purify the water. This discovery of the antimicrobial properties of ozone revolutionized medicine and public health at that time.

It was also around this time that the medical properties of ozone crossed the ocean to North America. And in 1885, the Florida Medical Association published the first textbook on medical applications of ozone written by Dr. Kenworth. Another famous American was Dr. John Harvey Kellogg. Many know about Kellogg as the developer of Kellogg's corn flakes. But what you may not know about Dr. Kellogg is that he was way ahead of his time. He was the first American doctor who started a clinic focusing on nutrition, detoxification, electromagnetic medicine, and exercise to help his patients heal. It was Dr. Kellogg who in 1895 led in the establishment of the American Medical Missionary College. That college operated until 1910 when it merged with Illinois State University. Dr. Kellogg described using ozone as an anti-infectious medication in his book on diphtheria.

Then Nikola Tesla, a genius that Life Magazine named as one of the 100 most famous people of the last 1000 years, got into the action. Tesla is the man who invented the form of electricity known as alternating current (AC) that is now in every household in the world. When Tesla learned about the medical uses of ozone he immediately recognized its importance. And in 1896 he patented his first ozone generator. Four years later he founded the Tesla Ozone Company, the world's first manufacturer of ozone generators for medical use. Incidentally, as you will learn later, one of the major ways that ozone can be used medically is with ozonated olive oil. Nikola Tesla was the first to develop ozonated olive oil.

Shortly after Tesla started producing medical grade ozone generators two German doctors, Drs. Thauerkauf and Luth, created the Institute of Oxygen-Ozone Therapy. And through this institute they began to conduct and publish the first animal studies on the medical use of ozone. Ten years later in 1911, here in the United States, Dr. Noble Eberhart, head of the Department of Physiology of Loyola Chicago University, published the "Manual of High Frequency

Operation.” In that manual he discusses using ozone to treat tuberculosis, anemia, tinnitus, whooping cough, asthma, bronchitis, hay fever, insomnia, pneumonia, diabetes, gout and syphilis. He also created the first university program teaching ozone therapy.

In 1913 the first medical association of ozone therapy was formed in Germany by Dr. Eugene Blass. Two years later Dr. Wolf, chief surgeon of the medical services of the German army, started using ozone therapy to treat infected wounds, frost bite, gangrene, and decubitus ulcers. Dr. Wolf later published one of the very first books about the medical use of ozone therapy entitled *Medical Ozone*.

Ozone therapy also has a rich history in dentistry. In 1932 a Swiss dentist, Dr. Fish, published a paper describing how ozone can be used to treat dental caries. He also patented the first device specifically for this application, the Cytozon. Today, I would not see a dentist who was not trained in the use of ozone for anything other than routine cleaning and examinations.

Then in 1957 a remarkable thing happened. The emergence of plastics resistant to ozone led the German physician Dr. Hänsler to manufacture the first modern ozone generator. This is the basic generator that modern day medical generators base themselves on. Four years later a colleague of Dr. Hänsler's, Dr. Hans Wolff developed the major and minor autohemotherapy techniques which even today are the standards for modern ozone therapy for physicians around the world.

In the 1980's Renate Viebahn-Hänsler, Dr. Hänsler's daughter, wrote the classic text, "The Medical Use of Ozone" in which she describes the many local and systemic applications of ozone therapy that had been developed in Germany over the previous century. A few years later I received my training in the medical use of ozone from Dr. Viebahn, and I have been using it ever since.

In 2010 the International Scientific Committee on Ozone (ISCO3) was formed from some of the most influential scientists and practitioners of ozone in the world. I was fortunate to be selected for the ISCO3. In that same year the ISCO3 compiled "The Madrid Declaration" which serves as the very first standard for ozone therapy. Once this standard was established, and at the urgings of my colleagues, I formed The American Academy of Ozonotherapy (AAO) in order to standardize and promote the medical practice of ozone in the United States. The AAO is one of the fastest growing medical academies in the United States and now has over 250 members. The Madrid Declaration was revised in 2015 and contains references and instructions for every kind of ozone application currently used in the international medical community.

In the past 30 years more than 2,500 papers on the medical use of ozone

have been published in peer reviewed medical and scientific journals. You can access these articles by going to the AAO web site: www.aaot.us .

So you can see that just because the medical use of ozone is relatively unknown here in the United States, it is not because there isn't a rich history for its use. Some of the brightest medical and scientific minds of all time have highlighted this amazing therapy. I am happy to say that the efforts of the AAO have not been in vain. Now more than ever there is an ever increasing interest in all of the various specialties in medicine in America to learn how to maximize their results with ozone therapy. Soon, it will be common place in this country once again just as it once was, and still is all over the world.

Chapter Three

Why We Need Ozone Now More Than Ever

Dear readers, I have seen it all. When I started in medicine way back in 1973 things were very, very different:

1. Costs used to be reasonable. Doctors determined what patients needed, not insurance companies, lobbyists, and the federal government. Now the insurance industry working together with Big Pharma and Big Government have driven costs so high that you would have to be either crazy or broke not to pay the exorbitant insurance premiums they want. And as a result, what medical treatments your doctor can give you are now determined by these folks rather than by your doctor.
2. Doctors used to be able to spend time with patients . And that is so important because being a good doctor is like being a good detective. It takes time to sort through all the clues. Now insurance and government regulators routinely tell doctors they can only spend a certain amount of time with their patients even if more time is needed. So what can a doctor do if he can't spend enough time to really get to the bottom of what's ailing you? Simple, he can give you a drug for the symptoms. It doesn't take long for that. And then as often happens he can give you another drug for the side effects from the first one, and on, and on, and on. Did you know that according to the Journal of the American Medical Association properly prescribed drugs are now the third leading cause of death in the country? When you look at how our system has deteriorated you don't have to be a genius to figure out why.

3. Doctors used to refer to specialists. But they only did that when it was needed. That way, your family doctor, the one who knew all about you, could manage your case. Now, instead of patients having one doctor who knew every aspect of their medical story, patients are routinely farmed out to innumerable specialists. And none of these specialist has more than a vague idea of what the other one is doing or prescribing. This leads to missed diagnoses, over medication, and increased expense.
4. Doctors used to give patients medications if needed. But they focused on using as few medications as possible. My professor of medicine used to tell us that if our patients were taking more than three medicines we were not good doctors. These days patients are routinely being prescribed in excess of ten medications. I had one come in yesterday who was on 18 different drugs! Anyway you look at it this is bad medicine.
5. Antibiotics used to be effective. Now, due to antibiotic overuse the germs are becoming resistant, and our antibiotics no longer work. So what's the answer? We get newer and newer generations of antibiotics. And why is that not a good thing? It's because these new drugs are increasingly more toxic and expensive. One of the most wonderful things about ozone therapy is that it can dramatically help this problem. Because when antibiotics are used in combination with ozone therapy they are much more effective and the chance of resistance falls close to zero!
6. It used to be relatively rare for doctors to see Parkinson's disease, diabetes, Alzheimer's, auto-immune diseases, autism, anxiety and depressive disorders, GERD, cancers in children, and colitis. Now doctors see these diseases all day long. Why? Could it be that it's because in the last sixty years we have seen an overwhelming amount of pollution in our water, food, and air? Since World War II, more than 80,000 new chemicals have been invented and new ones are being released into the environment every year. According to www.worldometers.info approximately 10 million tons (over 21 billion pounds) of toxic chemicals are released into our environment each year. Of these, over 2 million tons (over 4.5 billion pounds) per year are recognized carcinogens. Our environment is getting more and more contaminated by chemicals and heavy metals and our medical system doesn't even recognize or care about the dangers.
7. But as bad as all this sounds, that's not all. You know all those strange infectious diseases that you used to have to go to other countries to get?

Now you don't have to go there to get them. They are now coming to you. The incidence of disease is escalating dramatically and our system has no answer but to wait and see. Instead of having a system that prevents disease, we have a system that says just wait until you get your disease and then we'll treat it.

8. And let's not forget about aging. If you have symptoms and ailments and are unfortunate enough to be over 55 the odds are pretty good that the system is just going to write that off to, "What do you expect at your age?"

Dear readers, are you depressed yet. I hope not. Because there are very good solutions to all these problems. But here's what it's going to take. You are going to have to take matters into your own hands. If you are waiting for the government or the medical industry to solve these problems you might as well dream on. You are going to have to learn to work together with your doctor. He or she is no longer able to do the job without your help. It's not their fault. It's the system they work in. And that system is only going to get worse, not better. But here's the good news. You have the power and the ability to solve these problems. And unleashing the power of ozone is a big part of the answer. How to do that is what this book is all about.

But before I go into all the ways that ozone can help you and your family get healthy and stay healthy I have to read your mind. Yes, I can read your mind. How? It's because I have heard what you're thinking a thousand times before. "How can ozone possibly do everything you say it can do?" The short answer is because it is oxygen. And as we have seen oxygen is at the very center of every aspect of health. And remember that ozone is not your usual form of oxygen. It is supercharged oxygen. And that means it can do things in the human body that regular oxygen can never do. So hang on. Here's the list of what scientific and medical research has taught us about ozone therapy:

1. Ozone therapy increases the delivery of oxygen to the cells. As we get older due to decreased circulation and other factors our cells get less oxygen. Sorry, that's just a fact of life. But ozone therapy can offset that by delivering more of the good stuff to your cells.
2. Ozone therapy increases oxygen utilization. Not getting enough oxygen to the cells is bad enough. But the other thing that happens to us as we get older is exactly what I talked about in [Chapter 1](#) . Our cells become less able to efficiently use the oxygen they get. In other words much of the oxygen get's wasted. In some people it's as much as 50%! Ozone therapy has been known for years to improve the ability of the cells to use the oxygen they get. And thus, ozone therapy treats the single most

important cause of all disease - the inability to adequately extract energy from the oxygen we breathe.

3. Ozone therapy stimulates cytokine function. Cytokines are the magic molecules that our immune systems use to control and eliminate infections and cancers. This is why ozone therapy is so effective for all of the so-called incurable infections including herpes, hepatitis B and C, all flu viruses, and all other viruses. It is also why when it is used in conjunction with antibiotics ozone therapy prevents one of the major problems we have in medicine today - antibiotic resistance.
4. Ozone therapy increases nitric oxide production . It would take an entire book for me to describe the importance of nitric oxide in the human body. It is critical for heart and circulatory health, blood pressure, immune function, and sexual function. Nitric oxide levels decrease under many conditions not the least of which is the process of aging itself. Ozone therapy can change all that.
5. Ozone therapy increases hemoxygenase-1 (HO -1) . HO-1 is what the body uses to protect us from the number one killer of men and women in America - heart attacks and strokes. HO-1 is also anti-inflammatory.
6. Ozone therapy stimulates detoxification. Detoxification refers to all of those processes that go on in the cells, the liver, and the kidneys that remove toxic substances like the waste products that our own bodies produce, medications, heavy metals, and all the environmental chemicals I mentioned above. But here's the problem. As we get older we start to lose the ability to effectively detoxify. The result is that the toxins build up and we start turning into our own little toxic waste dumps. Ozone therapy improves our ability to detoxify.
7. Ozone therapy stimulates antioxidant enzymes. All medical scientists agree that the cause of every chronic degenerative disease from cancer to heart disease and even the aging process itself is the damage caused by an excess of dangerous molecules called free radicals. But not to worry. Our cells were designed with antioxidant enzyme systems to protect us from free radical damage. However, as we get older these enzymes become reduced. The result is that we become more susceptible to disease and we age faster. Once again I have some really good news for you. Research has shown that ozone therapy increases antioxidant enzymes as much as 300%. There is no other therapy known to mankind that can do that!
8. Ozone is directly toxic to all microbes. This includes bacteria, fungi, and viruses. A microbe has never been found that is resistant to ozone. In

this day and age of super bugs and super infections ozone therapy can be the difference between life and death.

Dear readers, it is hard to imagine a more useful medical therapy than ozone therapy. Because of all its physiological and biochemical effects I find that I use ozone therapy in virtually every medical case I treat. But you don't have to be a doctor to benefit from the power of ozone. As you read through the pages of this book you will be amazed at all of the ways you can take advantage of the miracle of ozone right in your own home. And you can do it safely and without the need for a doctor or a nurse.

Is ozone therapy a complete substitute for your doctor? Not even a chance. As fantastic as ozone therapy is, there may still be times you need a medication or a surgery. But I can promise you that it will save you and your family many trips to the doctor's office. And even when you need medical attention it can spell the difference between a good outcome and a bad one.

And best of all, by using ozone therapy in a method called pre-conditioning in most cases you can prevent ever needing a doctor in the first place. Pre-conditioning does that by removing the factors that cause disease, slowing down the aging process, and improving all of the systems that keep your body healthy. For several decades I have been teaching my patients that the best treatment for any disease no matter what it is, is not to get it in the first place. And that is just what pre-conditioning with ozone therapy can do. So hang on. In the following pages I am going to give you a paint-by-numbers recipe for all the ways that you can use ozone therapy for yourselves and your families.

Chapter Four

U s i n g O z o n e

So, let's briefly review what I have covered so far. First, the basic reason people get weak and frail as they age is the same reason that people develop diseases. It's because of an inability to adequately extract energy from oxygen. As that happens our cells become deprived of the energy they need and just like the Eveready bunny they start to slow down and lose function. And that spells D-I-S-E-A-S-E. Second, I discussed how ozone therapy along with a healthy lifestyle corrects that problem and gives us the chance to live out our lives full of health and vitality. But that's not all.

I also detailed what medical grade ozone is and how it is made. Then I gave you a very brief history of ozone therapy where you learned that ozone therapy is not some new kid on the medical block. It has truly stood the test of time, extending back almost 150 years. And the pioneers of ozone therapy were not just a few isolated rogue practitioners making a bunch of unsubstantiated claims. The history of ozone therapy includes medical school professors and some of the greatest scientific minds the world has ever known. I know of no other medical therapy that has such a rich history.

Then I discussed how medicine is changing even as I write this book. The days of counting on our medical system to keep us and our families healthy are rapidly disappearing. In fact, the medical system is part of the problem. Remember, it is the third leading cause of death in America. Those of us who want to stay well and functional right up until the time we die are going to have to take matters into our own hands. And home ozone therapy is one of the most effective ways I know to accomplish that, not to mention all of the many ways it can save you money and trips to the doctor.

And finally, we looked at the many incredible biochemical and physiological effects of ozone therapy. And these effects are not just some pipedreams that a Madison avenue marketing firm came up with as we often see with so many medications and supplements. These are real, proven principles that are documented in over 2,500 scientific and medical publications. So by now you know more than most doctors about ozone therapy. But there are still a few points that need some explaining like for example what you need to get going in the world of home ozone therapy.

Ozone Generators

Of course, the first thing you are going to need is an ozone generator. But as I have mentioned before this can be problematic. Some people think that all you have to do is to go on the internet and buy the cheapest ozone generator you can find. Wrong! Please be very careful when it comes to buying an ozone generator. Here's why.

At the time of this writing, outside of Europe, there is no regulating body in the world certifying ozone generators for medical use. Specifically, although the FDA regulates medical equipment to make sure it is up to standards, they do not regulate ozone generators for medical use. They only regulate ozone generators for non-medical uses. And just because a generator is suitable for non-medical uses does not mean it is safe for the applications mentioned in this book. This is a big problem. Because how can you possibly know whether the generator you are buying is fit for medical use?

To offset the problem and to protect the public, the AAO (American Academy of Ozonotherapy) has made the following recommendations to all persons, lay or professional, looking to purchase an ozone generator for medical use. The Academy encourages all people buying an ozone generator to insure in writing from the manufacturer that either the generator bears a European CE2B certification indicating that it has been approved for medical use, or that it meets the following guidelines:

- a. The generator is certified by an independent testing body for Electrical, Quality, Fire Safety and Proof of Professional Manufacturing and Quality by having one of these certifications: ETL, CSA, UL, QAI, or TUV.
- b. The generator electrode must be constructed from either quartz glass, Hastelloy C, or 316 stainless steel. No other materials have been proven to be safe for medical other than these.
- c. Any and all internal and external parts that come into contact with ozone

including electrodes, tubes, and connectors must be made of quartz glass, Hastelloy C, 316 stainless steel, Kynar, Halar, Teflon, polyether ether ketone (PEEK), fluorosilicone, fluoroelastomer FPM (VITON), fluoroelastomer FKM, perfluoroelastomer KPFE (KALREZ), or polychlorotrifluoroethylene PCTFE (Kel-F). No other materials should be used. Silicone may be used externally only.

- d. The generator must be constructed to be used with pure oxygen as the input gas. Generators that are designed to be used with room air cannot be safely used with pure oxygen.
- e. The generator must come with a calibration chart indicating what the concentration of the ozone is at various settings. The manufacturer must guarantee that the final concentration is within 10% \pm of what is indicated on the calibration chart.
- f. The generator must come with a destructor unit that prevents any ozone from escaping into the room air. Destructor units convert ozone back to O₂.
- g. The generator should come with a syringe port because there will be some applications that require the ability to fill a syringe with ozone.
- h. The generator must come with a regulator that it has been calibrated to. I'll discuss the reason behind this requirement below.

My recommendation to you my dear reader is that before you buy an ozone generator make sure that the manufacturer verifies in writing that the generator you are buying meets each of these criteria. If you are buying a used generator that is more than a year old, the person selling it should have it re-calibrated by the manufacturer before you buy it. Here are the international references that refer to these safety matters:

1. Guidelines and Recommendations for Medical Professionals Planning to Acquire a Medical Ozone Generator, approved on July 11, 2014 by International Scientific Community of Ozone Therapy ISCO3.
2. Madrid Declaration on Ozone Therapy, ISCO3, 2nd ed., 2015, pg 11.
3. J.A. Roth and Sullivan D.E., Ind. Eng. Chem. Fundam. 1981, 20, 137-140. Installation and method for laboratory ozone experiments at low dose: International Ozone Association Guideline: 50010 A Date: 04/22/2012 Rev: 1
4. Materials and ozone compatibility guidelines: International Ozone Association Guideline. 30010A Date: 04/22/2013
5. Sleeper and Henry, "Durability Test Results of Construction and Process Materials Exposed to Liquid and Gas Phase Ozone", *Ozone: Science & Engineering*, 24:249-260 (2002).

Oxygen Regulator

An oxygen regulator is a valve that fits on the top of an oxygen tank. It determines how fast the oxygen is going to come out of the tank. This is determined in liters per minute or LPM. A liter is equal to 1000 cc (cubic centimeters) or 1000 ml (milliliters). I'm sorry for the duplicity here but you have to know this or it might get confusing for you. A cc and an ml are just different ways of saying the same thing. LPM indicates how many liters of oxygen will be coming out of the tank every minute.

Regulators can have one of two ways to indicate LPM. They can be marked in fractions, such as 1/2 LPM. In that case, 1/2 LPM would indicate that the oxygen is coming out at the rate of 1/2 of a liter every minute or 500 cc or 500 ml every minute. Pay attention to this because it will become important for some applications. Regulators can also be marked in decimals such as .5 LPM. In that case, .5 LPM would indicate that the oxygen is coming out at the rate of .5 of a liter every minute or 500 cc or 500 ml every minute. For my mathematically challenged friends I offer the following conversion chart:

- 1 LPM = 1.0 LPM
- 3/4 LPM = .75 LPM
- 1/2 LPM = .5 LPM
- 1/4 LPM = .25 LPM
- 1/8 LPM = .125 LPM
- 1/16 LPM = .06 LPM
- 1/32 LPM = .03 LPM

Here is the main thing that you need to know about regulators. They must be matched to the ozone generator. This is because different regulators can result in different ozone concentrations. So when you buy a generator it must come with the regulator that it was calibrated with. Do not buy a generator if it does not come this way. If for some reason the regulator gets lost or breaks and you have to buy a new one, send the generator back to the factory with the new regulator to be calibrated again. This way you will always be sure that your generator is putting out the concentration that it is supposed to be putting out.

Oxygen Tank With Medical Grade Oxygen

The oxygen that goes into an ozone generator must be pure. Otherwise contaminated oxidized molecules may be formed that could be harmful to you. There are two forms of oxygen that you can buy. One is called welding or industrial grade. The other is medical grade. In the United States both forms of oxygen are the same quality.

Medical grade oxygen can only be purchased under the prescription of a doctor. Unfortunately, many if not most doctors will refuse to provide an oxygen prescription when there is no direct need for oxygen such as lung or heart disease. So, for most of you the only way you are going to be able to get oxygen is to get industrial grade oxygen. Just tell the industrial oxygen company that you need the oxygen for ozone water purification and you should not have any problem. I encourage my patients to purchase medical grade oxygen and to have their doctors write them a prescription for it. There are two ways you can do this. One is to purchase your own oxygen cylinder and have it filled under a doctor's prescription. The other is to rent a tank of oxygen from an oxygen supply company under a doctor's prescription.

Note that oxygen concentrators are not acceptable for the production of ozone for any use except for saunas. The oxygen for the applications in this book other than saunas must be pure oxygen in tanks, not from an oxygen concentrator.

Ozonated Water System

Ozonated water is made when ozone is diffused through a diffusion filter into distilled water. There are special systems that you can buy for this use from different ozone manufacturers. Make sure you get a system capable of making at least 6 ounces of ozonated water.

Intestinal Insufflation Bags

Ozone can be insufflated (pumped) into the large bowel for a very effective systemic therapy. To do this you will need a special insufflation bag for this purpose. Syringes can also be used although the bags are easier to work with as a rule. They can be purchased from different ozone manufacturers. They should be capable of accurately delivering 50 cc, 100 cc, 150 cc, 200 cc, and 250 cc of ozone in measured amounts.

Ozone Inhalation System

You should always avoid directly inhaling ozone. It is toxic to the respiratory tract. If you ever make this mistake you will not do it again! That's because you will be coughing like crazy for several hours before things get better and you recover. However, an effective and safe form of therapy is to bubble ozone through olive oil and then inhale the vapors. In order to do this you have to have a specialized system of bubblers which can be purchased from different ozone

manufacturers.

Ear Insufflation System

Ozone can be insufflated into the ears for various reasons. One effective way to do this is to use a specialized system designed for this purpose. They can be purchased from different ozone manufacturers. The system should be designed such that little or no noise from the generator is heard during the treatment. This is simply because noise can damage your hearing. The system should also provide that the ozone bubbles through water before it goes to your ears. This humidifies the ozone so that it is more effectively absorbed. The general rule of thumb is that dry ozone on dry skin or membranes does not work very well.

Suppliers

At the time of this writing I know of only one company that sells reliable generators and all the peripherals I just mentioned in North America. That is Longevity Resources. They are located in Canada. You can reach them at www.ozonegenerator.com or by calling toll free 1-877-543-3398 within Canada and USA or 001-250-654-0092 for international callers.

Ozone Dosing

In the 1500's a very famous physician and scientist, Paracelsus, first pointed out that the most important thing about any medical therapy is the dose. Too low a dose will not work, and too high a dose can be harmful. This is true of every single substance in the universe. As an example, if you are treating a headache it's pretty clear that 1/10th of an aspirin will not do any good. And similarly taking 100 aspirins will be toxic. Ozone therapy is no different. The dose is critical. That is one reason why having a high quality generator and using pure grade oxygen is so important. An unreliable generator will not be able to deliver the right dose.

In order to understand dosing in ozone therapy you need to know what a gamma is. Ozone therapy dosing is determined in two ways: the volume or amount of the gas that is used and the gamma the gas is at. The volume is easy to understand. It just refers to the total amount of gas being used. Gamma refers to how much ozone is in the gas. Remember that when the gas comes out of the generator it is not pure ozone. It is a combination of oxygen and ozone. So the higher the gamma the more ozone is in the gas. Both the volume and the gamma will determine the correct dose. When you get the generator the instructions will

tell you how to properly set the machine and/or the regulator for the recommended gamma setting. I will be discussing dose for each and every application. And one last thing about gamma.

Although gamma has been a term that has been used for medical ozone applications for over 50 years, the international medical community is advocating discontinuing its use. So in the future and when you read any recent scientific literature on ozone you might not see the use of this term. The new term is mcgm/ml which means micrograms per milliliter. This is often expressed as $\mu\text{g/ml}$. Here's how it works. One gamma equals 1 mcgm/ml or 1 $\mu\text{g/ml}$. Both of the terms mean that there is 1 microgram (1000th of a gram) of ozone in every milliliter of gas.

Be Careful

As I have explained earlier the reason ozone works so well is because it is so much more reactive than oxygen. But because it is so highly reactive it can cause irritation. This is especially true for lung tissue. Ozone in a high enough concentration is irritating to the lungs. So be careful. If you accidentally take a whiff of some ozone at a concentration over 2-5 gamma you are likely to immediately feel a tightness in your chest and start coughing. Normally this is not a big problem because all you need to do is to relax, take a 1000 mg of vitamin C, and the feeling will go away in 10-20 minutes. And no matter how much you inhale it will not damage your lungs. But if you have a history of asthma or any chronic lung disease (COPD) the irritation could be enough to trigger a breathing attack. So anyone with either of these two ailments needs to be especially careful to avoid breathing anything but the lowest concentrations. To help avoid inhaling too much ozone the generator that you buy should have a "destructor" unit that will prevent any significant amounts of ozone getting in the air you breathe.

Ozone can also irritate other tissues although it takes much higher doses than it does to irritate the lungs. That's why you should be sure to follow the directions and only use the doses that I recommend for you. If you just do that you will never have a significant problem with ozone. So now that you have the basic information here are the major ways that you can use ozone to stay healthy and treat disease.

Chapter Five

Indications and Conditions

In this chapter I am going to describe how to use ozone therapy in various conditions and disorders. [Chapter 6](#) describes how to use the various applications referred to.

Aging

Several things are going to happen to you as you get older. First of all your circulation is going to become compromised. And because of that your cells are going to be getting less oxygen. Second, your cells are going to be less able to use the oxygen that they get. This all adds up to decreased cellular energy and everything that goes along with that including: decreased stamina, decreased muscle and bone mass, weight gain, and decreased organ function. And if that's not enough you will also become more susceptible to disease. But don't get too depressed yet. Help is on the way. All of these conditions are treatable with ozone therapy. Follow the instructions for pre-conditioning to slow down the aging process and improve the quality of your life in your later years.

Auto- Immune Disease

Auto-immune diseases are a category of diseases in which the immune system is malfunctioning, creating systemic inflammation, and often damaging tissues and organs. Since ozone therapy is able to optimize and rebalance the immune system by its actions on cytokines, and can also decrease inflammation it is a natural choice for any auto-immune disease. The most common auto-immune diseases you will hear about are multiple sclerosis, lupus, scleroderma, and

rheumatoid arthritis. Ozone therapy can be very helpful in these conditions and in all of the other auto-immune diseases as well. Be sure to continue with the treatments your doctors are currently prescribing and at the same time follow the instructions for pre-conditioning. Ozone therapy enhances the results of all of the conventional therapies, and you will likely find that your doctor will be able to reduce or even eliminate some of the medications you are on.

Bladder Conditions

Bladder infections are usually best treated with antibiotics. If they are resistant the bladder insufflation technique can be used in addition. But the most incredible use of the ozone bladder insufflation technique is for a very severe bladder disorder known as interstitial cystitis (IC). In 2015 I presented a study to the Cuban Ozone Therapy Society of 18 patients with severe and long standing IC that had not responded to any form of therapy. Of this very difficult group 55% were completely cured and 30% were substantially improved after only three weeks of ozone therapy. However, because it is such a difficult and painful problem, patients with IC should only treat themselves while under the supervision of a practitioner trained in treating this disorder. You can find doctors trained in ozone therapy at www.aaot.us .

Bladder Self Catheterization

In cases of patients who regularly self-catheterize, I recommend that every 2-3 days they inject ozone into the bladder using the bladder insufflation technique before removing the catheter. This will decrease the very common risk of infections from self-catheterization.

Cancer

Ozone therapy by itself is not an effective therapy for cancer. It must always be combined with conventional cancer therapies. But that said, ozone therapy is a critical part of optimal cancer treatment. Ozone therapy will not only cause surgery, chemotherapy, and radiation to be much more effective. It will also decrease the side effects of these treatments. For best results use an intestinal insufflation twice a day for three weeks before surgery, chemotherapy, or radiation. Then continue it three times a week during and after treatment for the rest of your life. Remember that the main cause of death from cancer happens when the cancer returns. So even if the doctors tell you that your cancer is gone, don't believe it. This is often a case of "famous last words". Continue to treat

yourself as a precaution.

Cardiovascular Disease and Strokes

Continue with the treatments your doctors are currently prescribing and in addition follow the instructions for pre-conditioning. No matter what your cardiovascular situation is ozone therapy will improve the results by:

1. Increasing oxygen delivery to cardiac and brain cells.
2. Improving circulation.
3. Eliminating infected vulnerable plaque.
4. Increasing oxygen utilization in cardiac and brain cells.

Colds and Flu's

Use ear insufflation along with the inhalation technique up to 3-4 times a day as needed. It is best to combine this with two intestinal insufflations a day.

Decontaminating and Preserving Foods

The food supply these days is often contaminated by infectious bacteria, mycotoxins, and chemicals. This includes meats, fruits, and vegetables. Furthermore, foods often turn rancid or become subject to fungal growth after a few days. To decontaminate foods from infections and chemicals and to preserve them twice as long place them in a bowl with tap water. Then infuse ozone into the bottom of the bowl through special bubbling tubing that you can buy from www.ozonegenerator.com . Infuse the ozone at a concentration of 40-50 gamma and a rate of 1/32 LPM for 10 minutes. Do this in a well ventilated area to avoid inhaling any ozone as it comes off the water. Also, check the www.theozonemiracle.com web site for more information on an ozone decontamination device that I am working on to make this process much easier.

Decubitus, Varicose, and Diabetic Ulcers

These ulcers are notoriously hard to heal without ozone therapy. You will need to buy a special glass cupping applicator designed for this purpose from www.ozonegenerator.com . The applicator has two ports. One is for the introduction of ozone directly from the generator. The other port is so the gas can escape through a destructor. Place the applicator over the ulcer and apply the ozone gas for 20 minutes twice a day. If the ulcer is on the foot, the bagging technique can be used. The proper dosing here is important.

If the ulcer is infected, an initial ozone concentration of 70-80 gamma is used. This is because high concentrations are needed to eliminate the infection. Once the ulcer is no longer infected the concentration is decreased to 30-35 gamma because this concentration is optimal for tissue regeneration. After the application of the ozone always apply some ozonated olive oil. And between treatments apply some raw honey. Raw honey has enzymes that are remarkably effective for healing ulcers. Be patient. It might take 2-3 months for some ulcers to heal. Additionally, use an intestinal insufflation once a day. After the wound has healed continue with an intestinal insufflation twice a week to prevent a recurrence.

Diabetes

Continue doing the treatments your doctors are currently prescribing and start intestinal insufflation treatments once a day for three weeks. Then decrease to three times per week. Ozone therapy enhances the results of all diabetic therapies as well as helps to prevent the complications of diabetes.

Ear Infections (both inner and outer)

Use ear insufflation 2-3 times a day. It is a good idea to follow this up by instilling a drop of ozonated olive oil. Infections are usually cleared in 1-2 days.

Eye Infections (pink eye) or Dry Eyes

Make a normal saline solution as described in [Chapter 6](#) . Put this into a water purification setup and bubble ozone through the saline at a setting of 45-50 gamma for five minutes. This water can either be used as drops or in an eye cup 2-4 times a day as needed. Note that the saline will lose most of its ozone after 30 minutes. So, you will need to re-ozonate it every time you use it.

Fungal Infections of the Skin, Fingernails, or Toenails

Fungal infections almost always occur on the hands or feet so the bagging technique is the easiest way to treat them. For other areas the cupping method may be used. Always dampen the area to be treated with some water before treating. Treatments can be 1-3x/day for 20-30 minutes each time. Use an ozone concentration of 35-40 gamma. In between treatments apply ozonated olive oil. Even those difficult infections under the finger and toenails will eventually succumb to nightly applications of ozonated olive oil. Apply the ozonated olive

oil to the entire nail area, and then cover with a finger cot or other suitable non-porous bandage. It may take several months, but I have only seen this therapy fail a few times. Ozonated oils can also be applied to other cutaneous infections with great success.

Hepatitis

Ozone therapy works unbelievably well for all acute and chronic forms of hepatitis. It can also be used in conjunction with conventional therapies. Use the intestinal insufflation technique 1-2 times a day. In addition take my Advanced Liver Formula (www.advancedbionutritionals.com) 1 tablet 2 times a day. This is a very special combination of herbs and nutrients that protect and heal the liver.

Herpes I and II

Chronic herpes infections can be extremely disturbing. Patients with frequent recurrences are constantly searching for effective therapies. Although antiviral medications can be effective, they must be continued indefinitely, and can be toxic to cells. Ozone therapy is very successful in controlling chronic herpes infections.

As with all viral infections, there is no cure in the sense that the virus is no longer present in the body. Once a virus has encoded itself on your DNA, it is not possible to eliminate it. This is true both of antiviral drugs and ozone therapy. That's why when you stop the drugs the virus comes back. The way the body deals with viruses is not by eliminating them but by controlling how they reproduce themselves. Therefore antiviral therapies should not be solely directed at killing virus, but should also focus on controlling viral replication. Therefore, I have to emphasize that ozone therapy (or any other anti-viral therapy for that matter) does not cure herpes infections or any other viral infection in the sense that the virus is completely eradicated. However, it is excellent at inducing the cytokines that are very effective at decreasing viral replication. By following the following protocol Herpes outbreaks can be drastically reduced in every case.

As soon you begin to notice the tingling/stinging sensation that precedes an outbreak use intestinal insufflation and apply ozonated olive oil twice a day until the lesions are completely gone. In most cases this means 5-7 days. This treatment schedule is repeated with every outbreak. In between outbreaks use intestinal insufflation twice a week. You will find that after each treatment cycle it will take much longer before you have another outbreak. It may take 3-5

treatment cycles until the outbreaks are either completely eradicated or are reduced to an acceptable rate of recurrence (1-2 times a year).

Immune System Stimulation

Is your immune system compromised? Do you get frequent colds or flu? Or is your immune system compromised from a disease or simply from aging? Or maybe you are battling cancer and need all of the immune stimulation you can get. One way to stimulate the immune system right away is with intestinal insufflation three times a week.

Impetigo, Abscess, or any Skin Infection

First, moisten the skin with some water. Apply ozone gas at 35-40 gamma directly 3x/day for 5 minutes using the cupping technique or for 20 minutes using the bagging technique. Also apply ozonated olive oil between treatments. This may be used very effectively in combination with antibiotics if they have been prescribed.

Chronic or Resistant Infections

Much attention is being focused these days on what is being referred to as “chronic infections”. The term is being used to describe the inability of someone’s immune system to defend itself against certain germs and viruses. These include Hepatitis B and C, Epstein-Barr virus, Cytomegalic virus, HIV, mycoplasma, tuberculosis, coxsackie virus, yeast, and Borrelia (Lyme disease). These infections often respond to ozone therapy. That’s because ozone stimulates the immune system by as much as 400% to produce the cytokine molecules that it uses to fight infections. Ozone therapy can often spell the difference between living with a chronic infection and getting rid of it.

And what about those infections such as MRSA and other infections that have become resistant to antibiotics? Good news there. Studies have shown that all infections whether acute or chronic respond much better to antibiotic therapy when combined with ozone therapy. And that is true even when the germs have become resistant to the antibiotic. That’s why it is such a good idea to use ozone any time there is an infection no matter what the infection is and no matter whether or not you are taking an antibiotic. The treatment protocol for any infection is intestinal insufflation twice a day until the infection resolves and then three times a week for an additional 6 weeks to prevent a recurrence.

Intestinal Conditions including Ulcerative Colitis and Crohn's Disease

Ozone therapy can be used very successfully for even the worst colitis cases as well as cases of diarrhea, irritable bowel, food poisoning, and intestinal flu. Use intestinal insufflation twice a day. Once the condition is stable, the treatments can be reduced to 2-3 times per week, and then tapered down as the condition resolves. In addition, drink 6 ounces of ozonated water 4x/day on an empty stomach. Best times are when you first get up in the morning, right before lunch, right before supper, and at bedtime. Also, take 1-2 ozone olive oil capsules with meals, 3x/day.

Lung Conditions

Ozone therapy can be used for any condition involving the lungs including COPD, bronchitis, pneumonia, flu, cancer, and colds. Use the inhalation technique up to 3-4 times a day as needed. It is best to combine this with two intestinal insufflations a day.

Macular Degeneration

Macular degeneration is a disease particularly suited for ozone therapy. This includes both wet and dry cases. Many patients will see an improvement in their vision within three months. But even when an improvement doesn't happen, virtually 100% of the time the disease will stop progressing. Therefore, for best results it is critical that the therapy be started as soon as the diagnosis is made. Use intestinal insufflation once a day. Check your visual acuity once a week. You can get computer apps for this over the internet. Once the visual acuity has started to improve the treatments can be reduced to 2-3 times per week. You should continue the treatments for the rest of your life to prevent a return of the problem. In addition, you should also take a nutritional supplement for vision. I recommend Advanced Vision Formula from www.advancedbionutritionals.com

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Memory Disorders

Use ear insufflation and intestinal insufflation 1-2 times per day. You can lower the dose once your memory improves. That might take a few months.

Neurological disorders

Continue doing the treatments your doctors are currently prescribing and follow

the instructions for pre-conditioning. Whether you have Alzheimer's, Parkinson's, or any other neurological disease ozone therapy enhances the results.

Osteomyelitis and MRSA (multi- resistant staph aureus)

I have never treated a case of osteomyelitis or MRSA that has not responded to a combination of ozone therapy and antibiotic therapy. This is in spite of the fact that all the cases I have treated had become resistant to antibiotics. Ozone therapy always makes antibiotics more effective. The treatment is intestinal insufflation twice a day. If the infected area is a limb use limb bagging. If not, use the cupping technique. Open wounds should also be treated with the application of ozonated olive oil twice a day.

Periodontal Disease

Ozone therapy is a slam dunk for periodontal disease and infections. Use a 20 cc syringe for this purpose. Any syringe will do. You can buy them online. I prefer glass syringes but plastic is fine. Fill the syringe with ozone at 80 gamma. Take a few deep breaths and then hold your breath. Inject the ozone into your mouth and let it sit there in contact with your gums while you swish it around. When you start to run out of air and need to breathe make sure to blow out all of the remaining ozone in your mouth by exhaling out your mouth.

Remember that if you inhale ozone it will irritate your lungs. If you do the procedure correctly this will not happen. But just in case, patients with asthma or chronic lung disease should do this very carefully or under the supervision of a trained practitioner. Do this 2-3 times per day and after each time apply some ozonated olive oil to the gums. It tastes pretty bad, but this protocol will cure your condition no matter how bad in only a few weeks. In addition, you can get ozonated oil toothpaste from Perfect Vitamin Products at www.perfectvitaminproducts.com or by calling 800-876-2555.

Proctitis

Proctitis is an uncommon infection of the rectum. Treating proctitis simply involves injecting ozone into the rectum using an 18 inch, 12-14 gauge male urethral catheter. You can get these online. Use an initial dose of 60 cc of a 75-80 gamma concentration. Do this once a day for three days. If this is well tolerated increase the applications to 2-3 times a day as needed. An ozonated olive oil suppository should be instilled at bedtime.

Prostate Conditions

Apply one ozonated olive oil suppository every night before bed.

Rectal Conditions

This includes hemorrhoids, fissures, and rectal infections such as proctitis. Intestinal insufflation 1-2x/day. Additionally, apply one ozonated olive oil suppository 1-2 times per day.

Scalp Conditions Such as Rashes, Dandruff, or Lice

Moisten the scalp first with some water use a plastic shower cap and infuse ozone gas at 40 gamma under the cap for five minutes. Treatments can be from every other day to 1-3x/day. Note that some ozone will escape into the air using this technique. So, to prevent any inhalation place a fan in front of the face directed at the face and do the procedure either outside or in a very well ventilated space.

Sinus Infections (both acute and chronic)

In a syringe, draw up 20 cc of ozone at 7-12 gamma. Take 3 deep breaths and then hold a large breath. Insert the tip of the syringe into the nostril. Compress both nostrils with fingers so as to prevent any of the ozone leaking out of the nasal cavity. Inject the ozone over 10 seconds. Continue to hold the breath for 30 seconds and then release the pressure on the nostrils and exhale through the nostrils. Remember that if you inhale ozone it will irritate your lungs. If you do the procedure correctly this will not happen. But just in case, patients with asthma or chronic lung disease should do this very carefully or under the supervision of a trained practitioner. Repeat the procedure in the other nostril. Then go back to first nostril and repeat. You can do this 1-3 times in each nostril as needed. You can repeat this every week for chronic problems, or daily for acute infections. For many infections it is best to combine this with daily nasal saline rinses, ozone inhalation therapy, and two intestinal insufflations a day.

Shingles, acute

Shingles will normally resolve all by itself within 2 weeks. However, the pain from shingles can be intense. And about 10-15% of the time the patient will be left with permanent and often debilitating lingering pain called post herpetic neuralgia. Applying an ozone treatment as soon as shingles happens will

decrease the pain, decrease the length of the disease, and decrease the chance of post herpetic neuralgia. Use intestinal insufflation twice a day until the lesions are completely gone. In addition, if possible apply the gas directly to the outbreak using the cupping technique. Also, apply ozonated olive oil to the outbreak. These therapies can be used along with conventional therapies.

Sore Throats and Swollen Tonsils

Gargle with ozonated saline every 15 minutes as needed.

Stomach Conditions

This includes heartburn, chronic nausea, belching, gastritis, ulcers, and helicobacter (H-Pylori) infections. Drink 6 ounces of ozonated water 4x/day on an empty stomach. Best times are when you first get up in the morning, right before lunch, right before supper, and at bedtime. Take 2-4 ozonated olive oil capsules with meals, 3x/day. You can get these from Perfect Vitamin Products at www.perfectvitaminproducts.com or by calling 800-876-2555. It normally takes about 6 weeks to clear up these conditions. In addition, for the first two weeks of treatment also take an over the counter anti-acid pill such as Zantac or Tagamet. Take a probiotic capsule every night before bed. Also, stop the use of alcohol, coffee, carbonated beverages, sweets and junk food, and NSAIDS medications such as Advil and Aleve.

Vaginal Conditions

This is effective for any infection including HPV, yeast (candidiasis), and bacterial vaginitis. It can be used along with other therapies. It can also be used for abnormal pap tests. Vaginal insufflation 1-3x/day for five minutes. And apply one ozonated olive oil suppository at bedtime.

Wounds

This works for any open wound or ulcer. Moisten the skin first with some water. Apply ozone gas at 35-40 gamma directly 3x/day for 10 minutes using either the cupping or the bagging technique. If the wound is infected apply the ozone gas at 75-80 gamma until the infection is gone, and then switch to 35-40 gamma for healing. Always apply ozonated olive oil between treatments.

Chapter Six

Procedures

www.theozonemiracle.com

The following procedures for the various applications mentioned above are described in detail in this chapter. Just follow the instructions and you can't go wrong. And for videos of each procedure, please go to www.theozonemiracle.com.

Ear Insufflation

For this process, you need an ear insufflator. You can buy one at www.longevityresources.com. First, irrigate the ear with several drops of distilled water before the treatment. Then, using the ear insufflators, run in ozone at a gamma setting of 30-35 gamma for 3-5 minutes. You can do this twice a day. Note that you will need to reduce the treatments if you start to get discharge from the ear. It is a good idea to follow this up by instilling a few drops of ozonated olive oil.

Bladder Insufflation

Insert a sterile urethral catheter into the bladder and drain out any residual urine. Then slowly inject 10-20 cc of ozone at 35-40 gamma. There may be some discomfort initially. If the discomfort is excessive use less gas and/or a lower gamma concentration. The gas should remain in the bladder for a minute, after which it can be released. This may be done up to four times a day as needed.

Inhalation Therapy

This is good for any lung disorders or for acute upper respiratory infection such as sinus infections, bronchitis, flu, colds, and viral pneumonias. It can be used by both asthmatics and patients with chronic lung disease. The dose is the same for adults and children. You can purchase the equipment you need from Longevity Resources (www.ozonegenerator.com or 877-543-3398). When set up properly, as the ozone comes out of the generator it will flow into a glass trap first and will then flow into a glass bubbler. Fill the bubbler 2/3's full with olive oil. Connect the output to a nasal cannula and put the cannula beneath your nose. Run ozone at 7-12 gamma through the olive oil and inhale the vapors as they come out of the bubbler. Note, this is not ozone. You should never inhale ozone gas directly. It is too irritating to the lungs. The gas coming off of the olive oil does not contain ozone. It contains ozonides and molecules called terpenes and is completely safe to inhale. Inhale the vapors for 10 minutes up to 4 times a day as needed.

Intestinal Insufflation

This can be used for any condition, pre-conditioning or chronic or acute disease. I'm talking about fatigue, cognitive disorders, aches and pains, cancer, autoimmune diseases, neurological diseases, and the frailty and weakness associated with aging. In my clinic I use it all the time with virtually every patient. Treatments can be performed up to 2 times a day, 7 days per week.

- Fill the syringe or bag with ozone (see below).
- Insert a 12-14 gauge male urethral catheter at least 4 inches into the rectum. 2 inches for a child.
- Attach the syringe or bag to the catheter and inject the ozone over about 10-30 seconds.
- Retain the gas for at least one minute.
- It is best, although not completely necessary, to do this after a bowel movement.
- Start with a lower volume and work up to a final treatment of 200 cc volume at 40 gamma. This allows your intestines to get used to the ozonides. Start off with 100 cc volume @ 20-25 gamma the very first time. The second time increase the gamma to 30-35 gamma. The third time increase the gamma to 35-40 gamma. Then keeping the gamma at 35-40 increase the volume to 150 cc. And finally increase the volume to 200 cc. Remain at this dose.
- For a child decrease the volumes as follows: the correct volume equals

the child's weight in pounds multiplied by 1.2.

- If at any time, you experience pain or burning or rectal irritation from the procedure, back off on the gamma. If there is abdominal discomfort, decrease the volume.

Bagging

This is good for any condition involving an arm or leg such as a non-healing wound, an infection, trauma, or a rash. I recommend that you use a specialized plastic bag for this purpose that can be purchased from one of the ozone manufacturers. In a pinch you can also use a typical plastic trash bag. Dampen the arm or leg lightly with some water and then place the arm or leg into the bag. Wrap the bag with an ace wrap to expel all of the air and seal the top with the ace wrap. Take a silicone tube that delivers ozone directly from the generator and insert this into the bag and begin to fill the bag with ozone. Use 35-40 gamma for healing and 75-80 gamma for infections. Attach an ozone destructor unit (this can be purchased from Longevity Resources at www.ozonegenerator.com or 877-543-3398) to a silicone tube and after the ozone has infused into the bag for five minutes insert the tube into the bag. This will allow the ozone gas to safely exit the bag through a destructor. The treatment is over in 30 minutes. When the treatment is finished, expel any residual ozone gas through the destructor tube before removing the bag.

Vaginal Insufflation

This is best done while lying down prone (face down). Insert a 12-14 gauge male urethral catheter fully into the vagina. Attach it to the ozone generator. Set the generator for 30-35 gamma. Infuse for five minutes. This can be done 1-2 times per day.

Cupping

This technique refers to placing a plastic or glass cup over the area being treated. The cup needs to have an inlet for ozone to run through and an outlet from which it will escape into a destructor. You can buy these in various sizes at Longevity Resources (www.ozonegenerator.com or 877-543-3398). The concentration for infections is 75-80 gamma and for wound healing is 35-40 gamma. Typical times are from 5-15 minutes, 2-3 times per day.

Ozonated Olive Oil: Topical, Capsules, and Suppositories.

Ozonated olive oil is a remarkable substance. It can be used topically on just about anything irritating the skin from an infection to a rash to an insect bite. Apply it as often as you need to. It is also great for cosmetic applications. It can reduce inflammation, pigment spots on the skin, and even fine wrinkles. For cosmetic applications use it as a night cream.

Additionally, the oil can be frozen into suppositories and applied rectally or vaginally.

You can also take ozonated olive oil by mouth. You can buy ozonated oil capsules at www.approvedozoneproducts.com . Start off by taking 2 capsules three times a day with food. And as your system gets used to it you can increase the dose to 5-6 capsules. They are great for any kind of stomach or intestinal condition including yeast, helicobacter, SIBO, diarrhea, nausea, and intestinal gas and bloating. They can also be used as part of an intestinal insufflation program for systemic conditions.

Do not try making therapeutic strength ozonated olive oil! It is way too complicated to make the good stuff. Instead buy it from a manufacturer. I get the oil that I use at the clinic at www.approvedozoneproducts.com . A good quality ozonated olive oil will have the consistency and look of petroleum jelly at a standard room temperature of 72 degrees Fahrenheit. When kept in a cool environment it will be good for years.

Ozone Water

This is made by bubbling ozone into distilled water through a diffuser. The ozone should be at 80-90 gamma. And the time should be 20 minutes. Once the water has been ozonated it will immediately begin to lose its ozone content. So, it is important to use it right away. If stored in the refrigerator it will last about 24 hours. If frozen, it can last indefinitely.

Ozonated Saline

To make saline, add 2 and 1/4 level teaspoons of pure salt (no sea salt for example) to one liter of distilled water. Then bubble ozone into this water through a diffuser. The ozone should be at 75-80 gamma. And the time should be 20 minutes.

Chapter Seven

Pre-conditioning - The Best Treatment For Any Disease Is Not To Get It!

Pre-conditioning refers to treating with ozone therapy in a preventive fashion, while you are still healthy, before anything goes wrong. It is also used to prepare the body for surgery, chemotherapy, or radiation. Until the experiments came along that I am now going to tell you about, ozone therapy was virtually always used to treat people who were already sick. Nobody had thought to use it to treat people who are healthy so that they would stay that way. But when you hear what pre-conditioning with ozone therapy can do you will understand why this protocol is so important for every one of us.

In one experiment researchers divided a group of rats up into two groups. One group was pre-conditioned with ozone therapy. They were given intestinal insufflations of ozone three times a week for three weeks. Then the researchers gave all of them an intestinal reperfusion injury. This is an injury in which the blood supply to the intestines is disrupted long enough to cause damage. The results were statistically conclusive - the animals that were pre-conditioned showed significantly less damage across the board. Unlike the untreated animals, none of them died. And they all recovered much faster than the animals that were not pre-conditioned. But this is only one of many experiments showing the unbelievable protection conferred by pre-conditioning with ozone.

Other studies have shown the exact same effect on both liver and kidney reperfusion injuries. In fact in one study, the researchers surgically removed 70% of the livers of a group of rats some of which had been pre-conditioned

with ozone. They found that the pre-conditioned animals fared better across the board and regenerated their livers faster and more completely. They put it this way, “These results suggest that pre-conditioning with ozone therapy has a stimulatory effect on liver cell regeneration that may make it valuable as a hepatoprotective [protective for the liver] modality.”

And it goes on and on. Other studies have looked at the incredible life saving ability of ozone pre-conditioning in infections. Some of the infections the researchers gave the animals resulted in what is known as endotoxic shock and were 100% lethal. However, when the animals were pre-conditioned with ozone, none of them died. The implications of these studies are huge. For one, endotoxic shock carries an 80% death rate in even the best of hospitals. And secondly, infections even when they don't involve endotoxic shock are rapidly becoming a big concern because so many infections are becoming immune to our antibiotics. How many people die every year from infections despite the best medical care? And how many of them would still be alive if they had been pre-conditioned with ozone? The animal studies suggest that anywhere from 78-98% would be saved. And what about antibiotics?

One study looked at the effect of pre-conditioning on a group of animals before they were given a fatal infection. Some of the animals were treated with nothing. They all died. Another group of animals were treated with antibiotics. They had a 68% death rate. The animals that were pre-conditioned with ozone did much better. Their death rate went all the way down to 33%. But the animals that were pre-conditioned with ozone and were also treated with antibiotics did the best. Almost all of them, 98%, survived. And this is a phenomenon that I have witnessed many times.

Patients will come in to see me with various infections that do not respond to antibiotics and when they are also treated with ozone the antibiotics suddenly work much better. The reason is that antibiotics are one dimensional. They just kill germs. But ozone works differently. It activates the immune system, prevents the free radical damage that happens with acute infections, and at the same time helps the body detoxify from the toxins that infections release. So the combination of ozone therapy plus antibiotics is a real one-two punch for infections. One day this protocol will be common place in every hospital in the world.

Pre-conditioning with ozone is a great way to protect yourself from ever being stuck in a situation where you have an infection that won't respond to an antibiotic. It is also a great way to avoid all of the environmental toxins that we are constantly being exposed to. As I mentioned before, the amount of toxins being deposited into the environment is climbing so high that we really don't

have any good idea of how bad the situation is. Anything that can protect our livers from these toxins is something worth knowing about. And here's the good news. Studies show that pre-conditioning with ozone can do just that. In one experiment for example the researchers pre-conditioned a group of rats using intestinal insufflation with ozone. The other group did not get the ozone pre-conditioning. Then they gave both groups the deadly poison carbon tetrachloride. Carbon tetrachloride is one of the most potent liver poisons known. It is the standard that scientists use to discover what medications or herbs can best protect the liver from toxins. So, what happened?

After the researchers gave the animals the carbon tetrachloride they measured the level of glycogen depletion in their livers, lactic acid production, lipid peroxidation, uric acid levels, and superoxide dismutase activity. All of these measurements are affected by carbon tetrachloride induced liver damage. According to the researchers, "All these deleterious effects induced by carbon tetrachloride were prevented by ozone pretreatment." Dear readers, that is astounding! But as bad as having a damaged liver or kidney, chemical toxicity, or dying from a lethal infection is, none of these are all that statistically likely. The number one risk for all of us is atherosclerosis and coronary heart disease. So how does ozone pre-conditioning fare with cardiovascular disease?

In one experiment the researchers took two groups of rats. One group was pre-conditioned with ozone for three weeks. The other group had no pre-conditioning. After the three weeks both groups were exposed to a cardiac reperfusion injury. This is where the heart is deprived of oxygen to the point of almost dying and then oxygen is restored. It is the kind of thing that happens to people who have heart attacks. The results show what pre-conditioning with ozone therapy can do.

Compared to the no treatment group the ozone animals had significantly reduced levels of creatine kinase. Anybody who has had a heart attack will recognize what creatine kinase is. It is a blood test that measures the amount of damage to the heart. Then they looked at other measurements of heart damage such as oxidative stress, lactic acid accumulation, elevated MPO (myeloperoxidase) activity, myocardial adenine nucleotides, and microscopic examination of the heart tissue. In every single case the animals that were pre-conditioned with ozone had significantly less heart damage. The researchers put it this way, "Ozone therapy can afford significant cardio-protection against biochemical and histological changes associated with a reperfusion injury." The results show that if you are preconditioned with ozone therapy before you have a heart attack you will not only have much less damage from it but will be much less likely to die, and will recover much faster. But don't go away yet. Here's

another experiment.

Researchers recently conducted a remarkable experiment on a group of New Zealand white rabbits. New Zealand white rabbits are the most commonly used animals to research heart disease because they are so susceptible to developing atherosclerosis. Some of the rabbits were pre-conditioned with ozone and the rest were not. Then the researchers infused something called lipofundin 20% into the veins of these rabbits. Lipofundin 20% is a cocktail of various fats which typically cause atherosclerosis, cholesterol deposits, and hardening of the arteries. At the end of the experiment, as predicted, all of the rabbits who did not get the ozone had significant atherosclerosis, cholesterol deposits, and thickened, hard arteries. How did the ozone group do? Amazingly, their arteries were completely untouched!

So is there any doubt that pre-conditioning with ozone can make your body more resilient to virtually anything that might happen to you? After reviewing all of these studies I have to conclude that to wait until something bad happens to use ozone therapy is not the best way to use it. Remember my dictum, “The best treatment for any disease is not to get it.” The concept of pre-conditioning dramatically expands the way that ozone therapy can be used. And, by the way, puts it right in your very own hands.

My opinion is that all of us over the age of fifty should be pre-conditioning with ozone every week. I’m not suggesting this as a substitute for exercise and healthy living, but as additional insurance. So that no matter what may happen to us or our families we will be ready. This is especially true for those who already have a disease, and for those who are at a greater risk for developing a particular disease. Why should we wait to see if one of the many diseases associated with getting older is in our future? Why not start preconditioning ourselves right now? I just started last year and I plan on doing it right up until the time my Lord calls me home. He gave me this body. I might as well do everything I can to take as good a care of it as possible.

Chapter Eight

O z o n e S a u n a - O z o n e o n S t e r o i d s

Like I just said, heart disease is by far the number one killer. Twenty-five percent of all deaths in the United States are from heart disease. So if I told you that there was a proven way to significantly decrease your chance of dying from heart disease, would you be interested? How about if I told you that what you had to do was easy, relieved stress, was relaxing, made you sleep better, increased your aerobic fitness, burned excess fat and cellulite, and just generally made you feel great? And finally, what if this treatment not only decreased your chances of dying from heart disease but also your chances of dying from everything else by as much as 70%? A brand new study just came out that shows the way you can do this. And the best part is you and your whole family can do it at home.

The researchers looked at 2,315 men between the ages of 42 to 60 years who regularly used saunas. They followed these men for an average time of 20 years. What they were looking at is the effect of regularly using a sauna on dying. I think you will agree with me that the results are stunning.

During the follow up time 190 of the men died from sudden cardiac death, 281 died from coronary heart disease, 407 died from strokes, and 929 died from other causes. Then they looked at how often the men took a sauna and compared that to their chances of dying. They divided the men into three groups: those that used a sauna once a week, those who used one 2-3 times a week, and those who used one 4-7 times a week.

For sudden cardiac death: 10.1% of the one timers died, 7.8% of the 2-3 timers died, and 5% of the 4-7 timers died. For coronary artery disease 14.9% of the once a weekers died, 11.5% of the 2-3 timers died, and 8.5% of the 4-7

timers died. And the trend continued when it came to strokes: 22.3% of the one timers died, 16.4% of the 2-3 timers passed on, and 12% of the 4-7 timers died. The same thing happened with death from all causes: 49% of the once a weekers died, 37.8% of the 2-3 timers died, and 30.8% of the 4-7 timers.

It's pretty clear from these numbers that regularly taking a sauna, especially if you do it 4 times a week will extend your life. The researchers even looked at the length of time in the sauna that was effective. And it wasn't that long. Only 20 minutes was enough to have all of these great benefits. In their words, "Increased frequency of sauna bathing is associated with a reduced risk of sudden cardiac death, death from coronary artery disease, death from strokes, and death from all-cause mortality." But don't go away yet. Because there is much more to this hot story. We are only just getting warm.

What about people who already have heart disease? Can taking a sauna help them? The answer is a resounding yes.

The single biggest problem patients with heart disease have is getting enough oxygen to the heart cells. So researchers looked at the effects of saunas on a group of healthy, young men 18-20 years old. They found that taking a sauna once a week for five months increased the level of oxygen in their tissues by decreasing the way hemoglobin binds up the oxygen in the venous blood. They also found that taking a sauna increased the antioxidant enzyme function in the young men. And the remarkable thing is that these were healthy young men. Imagine what the results would be in older men with a degree of heart disease. But wait. You don't have to imagine. It was reported just 2 years ago.

To do the study the authors looked at 24 men who had total blockage of one or more of their coronary arteries. They measured the severity of their blockage using state of the art thallium-201 myocardial perfusion scintigraphy with adenosine. This is the test cardiologists often use to determine how bad the coronary circulation is. Then they took 16 of the men and had them take a 20 minute sauna every day for only three weeks. Once again, the results they saw in these men in even this short of a period of time were remarkable.

When they repeated the perfusion scans after the three weeks the overall score (summed up stress score) was almost cut in half! It went from 16 to 9. The same thing happened with the summed difference score. It decreased from 7 to 3. What happened to the men not getting the sauna? Their scores did not change. But it gets even better. The sauna men had a very significant 18% improvement on their treadmill times. And the ability of their arteries to dilate and improve blood flow (flow-mediated dilation of the brachial artery) increased an incredible 43%. That means that the sauna use increased their nitric oxide levels. Dear readers this is nothing shy of amazing. And what about heart failure?

Recently doctors looked at 41 men and women with congestive heart failure with the average age of 68 years. Before starting the study they measured their performance on a 6 minute walking test to see how far they could go before having to stop. They also measured their BNP (brain natriuretic peptide) blood levels, their flow-mediated dilatation (as in the last study), and their ventricular ejection fraction. Now anybody who has been diagnosed with heart failure knows what BNP levels and ejection fractions are. But for those who don't let me briefly explain. BNP is a substance that increases when the heart is struggling. Healthy levels are below 200 pg/ml. The ejection fraction describes how effectively the heart is pumping blood. A healthy level is 65%. Once these measurements were taken the patients started taking a sauna 5x/week for 3 weeks. Here's what happened.

The walking test improved by 12%. Their BNP levels became closer to normal by decreasing 25%. Their flow-mediated dilatation improved an amazing 57%. And their injection fraction increased by 8%. In other words, in only three weeks, by doing something as simple, safe, and fun as taking a sauna, every single measurement of heart function improved. The authors said it this way, "In conclusion, repeated sauna therapy in patients with chronic heart failure improves exercise tolerance in association with improvement in endothelial function."

Ozone on Steroids?

You can see by these studies that just by doing something as simple as taking a nice relaxing sauna can have dramatic effects on your health. But what if you could modify your sauna to get even better results? And here's the really good news. You can now use a specialized, upgraded form of a sauna that increases the health advantages even more. I call it ozone on steroids.

Way back in 1999 the foremost medical ozone researcher in the world. Dr. Velio Bocci, published an article that looked at the effects of combining the benefits of a sauna with those of ozone. Here's what he did. He looked at 6 healthy men between the ages of 32-48. The men sat in a personal steam sauna cabinet for 20 minutes at very high temperatures between 114-122 degrees. A personal steam sauna cabinet is basically a box that you sit in with your head outside the top of the box. The cabinet is fitted with a steam generation unit that releases steam into the cabinet.

The first time the men used the steam sauna cabinet, Dr. Bocci flooded the cabinet with ozone along with the steam. Then after three months he repeated the experiment. Except the second time the cabinet was only flooded with oxygen,

no ozone. Before and after both experiments, he measured how much oxygen and carbon dioxide the men had in their blood and the levels of their TBARS. TBARS stand for thiobarbituric acid reactive substances. TBARS are formed as a byproduct of peroxides. So, by measuring TBARS you can get an idea of how many peroxides are in the blood. The higher the levels of TBARS in the blood the higher the levels of peroxides. Remember that because it going to be important when you see the results of the study. Here's what Dr. Bocci discovered.

The levels of oxygen in the blood increased both with the ozone sessions and with the oxygen only sessions. But the levels were higher when ozone was used. The reason for this is that ozone improves the body's ability to absorb and deliver oxygen. The carbon dioxide levels were reduced in both the oxygen only and the ozone/oxygen session. And the reduction was the same. This decrease in carbon dioxide combined with the increase in oxygen can only mean one thing. And that is that the body was utilizing oxygen for energy at a much more efficient rate. Remember that as we get older and as we get sicker the ability of the body to utilize oxygen decreases. What is happening here is that these super sauna treatments are reversing that.

The other thing that Dr. Bocci discovered was that the TBARS were markedly increased after the ozone sauna sessions but not after the oxygen only sessions. So, it is obvious that the ozone was responsible for this. And this is critical because as we have seen ozone works all of its miracles by generating increased levels of peroxides. And the fact that the TBARS were so high after the ozone sessions indicates that the sauna was having the same sort of powerful systemic peroxide effect that we see in the other systemic forms of ozone therapy that I listed for you in [chapter three](#) . Here's how the ozone sauna works.

A special cabinet made of non-toxic, steam and ozone resistant materials is used. The cabinet is designed so you can comfortably sit in it with your head outside of the sauna. This prevents you from inhaling any ozone. Remember that ozone is irritating to the respiratory tract. And inhaling ozone can cause coughing and shortness of breath in people with asthma or chronic lung disease.

The first thing to do is to start the heating element in the sauna. This will heat up water to a boiling point and will then start to release steam into the cabinet. After about 20-35 minutes or so, depending upon the temperature you have chosen, the sauna will reach the desired temperature and you can get in, have a seat, and relax.

The sauna is equipped with an oxygen concentrator or an oxygen tank and an ozone generator. The oxygen concentrator is a device that is able to extract the nitrogen out of room air and concentrate the oxygen so that the output of the

concentrator is greater than 95% pure oxygen. The oxygen is then run through an ozone generator and the resultant ozone is then introduced into the cabinet along with the steam. And this is important.

The ozone generator needs to be equipped with a timer. This is so that ozone is not introduced into the cabinet until you are comfortably sitting in it. In addition, as a safeguard to prevent any ozone and steam escaping out of the opening that your head goes through you will wrap a towel around your neck. Then, once you are comfortable and the towel is in place the timer will start the inflow of ozone. The ozone flow will run for about 15 minutes and can be set to automatically shut off about 5 minutes before your session is over. This is enough time to make sure that all of the residual ozone is gone from the cabinet. Here's what is happening while you are in the ozone sauna.

First, the steam is going to heat your body up. This opens or dilates all the blood vessels in your skin so that the ozone can be absorbed better. The heat also provides an aerobic effect similar to exercise causing your heart rate to go up. Don't worry. This is just as beneficial as it is when you are exercising. As the ozone interacts with your skin it will create peroxides. These peroxides will then be absorbed into your blood stream and as the Bocci experiment above proved these peroxides will travel through your entire body producing all of the wonderful systemic effects that I described in [Chapter 3](#) . But that's not all.

The heat from a steam sauna soothes your nerve endings and also warms and relaxes your muscles. It is a great way to find relief from various muscle and joint aches and pains including arthritis and fibromyalgia pains. And just like exercise a steam sauna causes the body to release endorphins and enkephalins. These are "feel good" molecules your body makes to reduce the impact of stress on the body. That's one of the reasons why after a sauna session people typically report feeling rejuvenated and relaxed.

And steam saunas, especially ozone saunas are great for the skin. Many rashes, fungal infections, and other irritations will clear up after a few sessions. And more importantly, the skin is loaded with dendritic cells. Dendritic cells are a critical component of the immune system response. And when they are exposed to the peroxides from an ozone sauna they are activated to increase their function by as much as 400%. I believe that ozone saunas are especially effective for immune system enhancement for this very reason. And that is why, even though in my clinic I can give my patients ozone therapy in many different ways, I almost always include ozone saunas as part of the overall treatment plan.

And ozone saunas are one of the best ways to detoxify your body. That's because they cause you to burn fat and to sweat. Many toxins, particularly hydrocarbons, are stored in fat cells. So as the heat from the sauna causes fat

cells to release the fat they contain, toxins are also released at the same time. And that's not all. Many of these toxins are selectively eliminated through the skin. It is common for my patients to report that they noticed toxic appearing material on the towel that they were sitting on during the sauna. These toxins came out through their skin during the ozone sauna session. That's why saunas in general have traditionally formed an integral part of the detoxification process in detoxification centers. And make no mistake about it. Unless you don't eat or breathe you are constantly becoming exposed to a seemingly endless barrage of environmental toxins from hydrocarbons, pesticides, herbicides, heavy metals, and who knows what else.

Ozone Steam Sauna Instructions

1. Adjust the seat in the sauna so that your head is completely above the head opening. Put at least 2 towels folded up on the seat. Let the front of the towels drape several inches over the front of the seat.
2. Before you get in the sauna preheat it up to temperature, and drink 12 ounces of water with a package of EmergenC Electrolyte powder. You can get this at most grocery stores and health stores.
3. Time: Start with a 20 minute sauna. You can increase the length of time as tolerated to 30 minutes. There is no advantage to going longer than 30 minutes.
4. Temperature: Start with 100 degrees. You can increase the temperature by five degrees each time you use the sauna as long as you can easily tolerate the heat for at least 20 minutes. With continuous use you will become more tolerant of higher temperatures.
5. Ozone: Start with a dial setting of 4 and a flow rate of oxygen at 1/8 LPM. The first time you use the sauna set the timer for five minutes. As your skin becomes used to the ozone you can increase the timer up to a maximum of 15 minutes. Note that ozone can irritate the skin and cause an uncomfortable rash. This can especially happen to people with sensitive skin and or skin that gets easily sunburned. If you have this kind of skin go especially slow when increasing your exposure to ozone until your skin become thoroughly accustomed to it. If you get an irritated rash, stop all ozone saunas until the rash completely clears up.
6. Once the sauna has reached the desired temperature fold a standard sized towel in thirds lengthwise and wrap it around your neck like you would a scarf. This is to seal the head opening to prevent both steam and ozone escaping though the head opening. For comfort's sake, you can direct a fan at your head during the sauna.
7. When you are finished, towel dry and dress. It is best not to bathe right

after the sauna for maximum effect.

I recommend that the very first time you use an ozone sauna you go easy. Follow the instructions and use low levels of both heat and ozone the first time. This is to guarantee that you don't detoxify too rapidly or push your body too hard. Then as you learn more about how your body is reacting to the treatment you can go longer and introduce larger amounts of ozone. People with sensitive skin or skin that gets easily sunburned should go particularly easy because ozone can irritate the skin and cause an uncomfortable rash. If you have this kind of skin go especially slow when increasing your exposure to ozone until your skin becomes thoroughly accustomed to it. If you get an irritated rash, stop all ozone saunas until the rash completely clears up.

Start at one ozone sauna per week. As your skin acclimates to it you can increase the treatments to 3x/week. You can use the sauna more often than that but use it without the ozone, just with the steam alone. I do not see any additional value in more than three ozone saunas per week. Remember that especially with ozone therapy, more is not necessarily better. I have a great many patients who have done so well in the clinic that they got their own ozone sauna. They use it regularly and report to me that they love it and have never felt better. But if I told you that this was everything that is happening in the wonderful world of saunas I would be misleading you. Because the whole ozone sauna process just became even more powerful.

The Triple Threat

Not long ago I was plagued with the nagging thought that as good as an ozone sauna was somehow we could make it even better. But how to do it? The sauna process already takes care of two of the most important aspects of keeping our bodies strong and healthy - circulation and oxygen utilization. So, what in the world could make it even better? And then it occurred to me. The heat of the sauna dilates all the blood vessels, stimulating circulation. And ozone then stimulates the release and metabolism of oxygen. How about actually increasing the delivery of oxygen while all this was going on? And so that's what we did.

Along with Roger Chown of Longevity Resources, I developed the first ozone sauna system that was able to dramatically increase the oxygen levels in the body. So not only would the cells be stimulated to generate more energy from the oxygen they received, they would also be getting more oxygen at the same time. Here's how we did it.

We use a special oxygen concentrator that has a 12 LPM output. Then we split the output so that some of it goes to the ozone generator to produce the

ozone for the sauna and the rest goes to a non-rebreathing delivery system. A non-rebreathing system provides close to 100% oxygen. Normal oxygen masks only provide 30-35% oxygen. So, while you are in the sauna not only are you getting the vasodilatation from the heat and the effects of the ozone being infused into the sauna, your cells are also being bathed in 100% oxygen. Why breathe pure oxygen while you are getting an ozone treatment? It's because it's a double treatment. The ozone stimulates your cells to use oxygen better, and the non-rebreather delivery system gets 5 times more oxygen to the cells. You get two treatments instead of one. The result is that the overall effect is greatly amplified. And that's not all the addition of the new system does.

One of the problems with ozone saunas in the past has been that no matter how well it is sealed inevitably some ozone leaks out of the cabinet. When that happens, you are going to be breathing ozone. And in some people even this small amount can be irritating to the lungs. The addition of the new pure oxygen mask makes sure that you are only breathing oxygen and not ozone. No other ozone sauna in the world has solved this problem.

If you want to have your own state of the art ozone sauna at home with this new non-rebreathing system all you have to do is to contact Longevity Resources at www.ozonegenerator.com or toll free at 877-543-3398 (Canada and United States) or +1-250-654-0092 (from outside Canada/USA). And if you already have one of their ozone saunas they have agreed to update your system with the new non-rebreather system for a minimal charge.

Chapter Nine

The Train of Life

In the past few pages I have shown you how to get healthy and stay healthy by harnessing the miracle of ozone, the ultimate and most powerful form of oxygen. But is that all you need to do to stay healthy? Is it as simple as that? I wish it were. But although ozone therapy is one of the most effective medical therapies there is, it does not work in a vacuum. Ozone doesn't heal and strengthen our bodies all by itself. It works by stimulating the different systems in the body that keep us healthy. And even though oxygen metabolism is the most critical function of these systems, they require more than just oxygen. Think of a train.

A train consists of an engine and a bunch of cars being pulled by the engine. All the cars are important for the purpose of the train. They all play their role. And if any of those cars were missing the train would not be nearly as effective. This is similar to the way the body works. The engine is oxygen metabolism. This is what drives the train and keeps us on time and at full speed. No engine and nothing else matters. A slow engine and everything slows down, deliveries are missed, and the whole point of the train is compromised. However, if the engine was the only car on the train there would be no point in having a train. All the cars are important. And so it is with the body. Even though the oxygen/energy system is the most critical part of the body, there are other systems that also must be attended to. So what are the other cars on this train? For a detailed explanation of all the cars on the train please take a look at my book, *Bursting With Energy* . You can get that on amazon.com . But here is the Reader's Digest version.

The first and most important car on the train other than the engine is the coal car. It's the one that supplies the fuel that the engine depends on. In the

human body it's the circulation. All of the oxygen that the cells get comes to them from the circulation. That's important enough. But it's only the beginning. In order for the engine to generate energy from oxygen it needs many other things. Here's the short list: glucose, fat, vitamins, minerals, hormones, and amino acids. And how do these things get to the engine? They get there through the circulation. To the degree that the circulation is compromised our engines will be deprived of what they need to process oxygen and all the ozone and oxygen in the world will not make a difference. But here's the problem.

What happens to our circulations as we get older? Do our arteries and capillaries function better and better as we add more candles to the cake? Or do they start to get gunked up from atherosclerosis and inflammation? I think the answer is obvious. The longer we are on the planet, the more time our circulation has to get clogged up. It's a battle we all face. For some of us because of our genetics it's an especially important battle. But for every single one of us, maintaining a healthy circulation as we get older is an issue. So what can we do about that?

There is no two ways about it. Nothing, absolutely nothing - no supplement, no hormone, no special therapy of any kind will improve your circulation more than exercise properly done. I'm not talking about gardening, taking a walk, bowling, or golfing. I'm not talking about anything that most people including myself consider fun. When you are properly exercising, by definition you are pushing your body beyond its limit. That's the only way it is going to be forced to become more efficient. Think of it. If I want my biceps to get bigger and stronger I won't be able to make that happen unless I push them to the limit. Only then will they respond the way I want them to. Similarly, if I want to improve my circulation the only way my body is going to do that is if I create a situation in which it is forced to. And that means interval training.

Interval training means that you exercise so hard that you are out of breath for a an interval of time, and then you slow the pace way down for another interval of time so that you can recover from the strain. Then you just keep on repeating that cycle. About two years ago a study came out that showed the incredible effect of a very simple interval training program. This is the one I recommend. It goes like this.

Set an exercise machine to a resistance setting that is about midway or slightly above midway. During the exercise the resistance setting does not change. Only the speed changes. The exercise consists of 5, five-minute cycles. Each five-minute cycle is characterized as follows. The first 2 minutes is moderately fast – enough to get you slightly out of breath. The next 30 seconds is as fast as you can go. This should be a maximum effort. At the end of this 30

second period you should be quite out of breath and really glad I did not tell you to do it any longer than 30 seconds. Then, for the next 2½ minutes go as slow as you can. At the end of this “rest” period your breathing should be normal, and you should feel ready to do the cycle again. Repeat this five minute cycle a total of three to four times. The entire exercise takes 15-20 minutes. Do it three times a week. It’s not much fun, but it is extremely effective and takes only a little bit out of your day. Within 6 weeks your circulation will already be significantly better. And that’s not all.

To a large extent, circulation is controlled by a molecule called nitric oxide. Nitric oxide opens up the capillaries and provides more blood and oxygen to the cells. But as we get older, like everything else nitric oxide levels go down. One of the reasons that interval training works so well is that it stimulates nitric oxide production. And if you will remember from [Chapter 3](#) you will recall that ozone therapy also stimulates nitric oxide production. So, interval training and ozone therapy very definitely go hand in hand. And there is another proven way to increase your nitric oxide production that improves the effects of both ozone therapy and interval training. It’s something that I take every day. It’s a product called CircO2.

CircO2 is a patented combination of herbs and nutrients that has been shown to significantly raise nitric oxide levels. The dose is one lozenge, twice a day. On the days that you exercise take one of the lozenges about 30 minutes before exercise. You will see a big difference. Along with interval training and ozone therapy taking CircO2 can do a lot to insure that your circulation is efficient even as you get into your 70’s and 80’s and beyond. You can get CircO2 at www.advancedbionutritionals.com or by calling toll free 800-791-3395. They also sell test strips that you can use to determine your nitric oxide levels.

But what if you already have a circulatory problem? What if you have coronary artery disease or another form of atherosclerosis? There is something else you can do that will jump-start your circulation. It’s called disodium EDTA chelation therapy. This is not something you can do at home. You will need a doctor trained in the therapy. And you can find that doctor at www.acam.org. Disodium EDTA chelation therapy involves a series of intravenous infusions of an amino acid called disodium EDTA. And I definitely recommend it to anyone who has had any kind of cardiovascular problem from high blood pressure to heart disease. Along with ozone therapy, interval training, and CircO2 it can dramatically improve your circulation and greatly limit the chance of you ever having a heart attack or a stroke.

Another car on that train of health is detoxification. Humans can get toxic

in one of two ways. The most obvious is all of the environmental toxins in the air we breathe, the food we eat, and the water we drink. There just is no way to completely avoid that problem. The other form of toxicity is not as apparent. It's the toxins we make ourselves. Yes that's right. We make toxins every day in the course of everyday living. And when you combine these toxins with the ones we get exposed to it adds up to a lot. But fortunately our bodies have several systems that are charged with the job of eliminating toxins. And so one of the most important things we can do every day is to take measures to keep these systems up and running efficiently. Here's how to do that.

First, use ozone therapy. As I mentioned in [Chapter 3](#) , ozone therapy stimulates all of the detoxification systems. But that's not all you need to do. The detoxification systems need water. Water acts as a solvent in the body. When the body eliminates water in the urine, stool, and sweat, the water takes toxins out with it. So, up to a limit, the more water you drink, the more toxins your body can eliminate. But many people do not drink enough water and are chronically dehydrated. And here's the problem. Just because you are not thirsty does not mean that your body is well hydrated. You can't trust thirst to warn you. Dehydration decreases the ability of their bodies to eliminate toxins and the toxins just build up over time. So make sure you drink enough water. And do it whether or not you feel thirsty. I recommend at least two liters of water every day and more if the weather is hot or you are exercising for a long time.

In addition to making sure you get enough water, also make sure your diet contains plenty of fiber. The minimum fiber should be in the area of 20 grams per day. The best way to get this is from vegetables and fiber supplements. A great way to help is to take 1-2 scoops of my Super Immune QuickStart powder. It has five grams of fiber in each scoop. You can buy QuickStart and learn more about all of the other ways that it helps the body at www.advancedbionutritionals.com or by calling toll free 800-791-3395. And that brings up another car on the train. The nutrition car.

It's a known fact that the nutritional makeup of today's modern foods are nowhere near what they were even fifty years ago. To make matters worse, as we get older we often don't absorb the nutrients from our foods as efficiently as we did in our younger days. All this adds up to the likelihood that most of us are deficient in one or more vitamins or minerals. So it just makes good sense to do two things.

One, if you aren't already doing it, start eating only fresh, non-processed, highly nutritious foods. Avoid the fast foods and processed foods that they advertise on TV. Start off your day with a low carbohydrate large, high protein breakfast. And during the rest of the day stay away from sweets. Eating healthy

is not rocket science, but it is important. And it's just not realistic to expect your body to respond well to ozone therapy if you are feeding it a nutrient poor diet. Once again, my Super Immune QuickStart, since it is so filled with important vitamins, herbs, and anti-oxidants is an excellent way to go. But that's not all.

There are some very special fats that almost nobody gets enough of in their diet. These fats are absolutely essential for health and optimal oxygen metabolism. I'm talking about eicosapentanoic acid (EPA) and docosahexanoic acid (DHA).

EPA and DHA are found in fish and in meats, dairy, and eggs from grass fed animals. One reason why most people are deficient in these critical fats is that most of us don't eat enough of these foods. But diet isn't the only source of EPA and DHA. Your body can manufacture EPA and DHA from what are called parent oils.

Parent oils are found in vegetables, seeds, and grains. So perhaps the best way to make sure you have enough EPA and DHA is to eat plenty of these foods? It sounds good, but that is not necessarily how it works. Most of the parent oils we eat are either stored as fat or are burned for fuel. Very little goes to EPA and DHA production. Just how much goes the EPA and DHA way depends on genetics and other factors. The fact is that many people cannot effectively make EPA and DHA from the parent oils. So that's why I recommend to all my patients that they take an EPA/DHA supplement everyday along with QuickStart. It's a supplement that I designed myself, and I think it is the most unique and most powerful blend of essential fats and nutrients that you can buy today. It's called Complete Daily Oils. You can get it www.advancedbionutritionals.com or by calling toll free 800-791-3395. Take two capsules every day.

The last thing I want to touch on is stress. The mechanisms in the body that harness the power of oxygen and produce the energy that we need so badly are very susceptible to stress. Do not underestimate the negative impact of stress on your health. Here are some basic rules.

Number one, early to bed and early to rise. You can break the rules every now and then but for the most part get those lights out before 10 PM. And get going no later than 6 AM. Make sure that you are sleeping well. If you're not, do something about it. Talk to your doctor if necessary. But make sure that you have good sleep habits. It's very important.

And avoid overdoing it. Coffee, alcohol, eating, exercise, and working hard are all good things unless you are routinely overdoing them. Keep the coffee to less than two cups a day, and the alcohol to under two drinks a day. Eat only as much as you need. And don't make it a habit of having too many irons in

the fire. I don't need to talk too much about this because pretty much everybody knows what I mean. I just want to emphasize that keeping the stress down is important. And besides keeping the stress levels low, here is one more thing you can do to decrease the impact of stress on your body.

In the early 60's, the Russians were winning just about all of the international sporting competitions. Why? One reason was that they had perfected an adaptogen formula that allowed their athletes to train harder and recover faster. The same adaptogen formula has also been shown to be very effective at decreasing the effect of stress in general on the body. So, what's an adaptogen?

An adaptogen is an herb whose main biological activity is to help the body adapt to stress by normalizing the body's stress response. A well-known adaptogen is the herb ginseng. If stress is making your blood pressure too high, an adaptogen will lower it. On the other hand if the stress is making your blood pressure too low, the same adaptogen will increase it. Whatever the stress response is, taking an adaptogen will normalize it.

Not long ago I discovered that you can buy the same adaptogen formula that the Russians developed fifty years ago. It is a proprietary mixture of ten different herbs. The name of the product is Stress Manager. You can buy it by calling 775-671-3369 or at www.perfectvitaminproducts.com . Take 50 drops in water once a day. Try it out. I have been taking it for the past year, and I am convinced that I sleep better, exercise harder, and recover faster.

Dear readers, life is not all about being healthy. There are other things that are more important. But God gave us these bodies and I believe He expects us to take care of what He has given us to the best of our ability. And you don't have to be a genius to figure out that the healthier you are the better your life will be and the more helpful you will be to others. Ozone therapy is definitely an amazing way to help you achieve that health. My hope for you is that you will be touched by this book and that it will inspire you and teach you how to take better care of yourselves and your families.

A p p e n d i x

Ozone equipment

I recommend Longevity Resources for all your ozone needs from generators to saunas and every else in between. I have been working with them for more than 25 years and I can vouch for the quality of the equipment and for the outstanding service. All of their generators meet the guidelines discussed in [chapter four](#) . You can reach them at www.ozonegenerator.com or toll free at 877-543-3398.

I am busy contacting other North American ozone generator manufacturers in an effort to find out which ones meet the guidelines discussed in [chapter four](#) . For an updated list of manufacturers who state that they meet these standards please go to www.theozonemiracle.com .

Supplements that work well with ozone therapy

Super Immune QuickStart - I created Super Immune QuickStart over 25 years ago. It is an absolutely unique supplement powder that gives you a quick burst of vitamins, minerals, antioxidants, protein and immune support to start your day off right. It's like getting a multi-vitamin, protein powder, and greens drink — all rolled into one. You can get QuickStart at www.advancedbionutritionals.com or by calling toll free 800-791-3395.

Complete Daily Oils - Complete Daily Oils features a unique blend of both fish and plant-based oils that supplies EPA and DHA. Also includes CoQ10, mixed tocopherols, and alpha-lipoic acid. It is the perfect nutritional companion to QuickStart. You can get Complete Daily Oils at www.advancedbionutritionals.com or by calling toll free 800-791-3395.

CircO2 - Nitric oxide is vitally important to our health. It is critical to maintain healthy nitric oxide levels as we grow older. The main ingredient in CircO2 is a special blend of extracts from herbs and beets. Why beets? Because emerging research suggests that beets are one of the best natural ways to support healthy nitric oxide levels. CircO2 is a perfect companion to ozone therapy. You can get CircO2 at www.advancedbionutritionals.com or by calling toll free 800-791-3395.

Ozonated Olive Oil Capsules - You can get the best, high potency capsules at www.approvedozoneproducts.com .

OU Assist - A unique blend of nutrients specifically designed to enhance the effects of ozone therapy. You can get OU Assist at www.approvedozoneproducts.com .

Medical Support

American Academy of Ozonotherapy (AAO) - This book is designed to help you prevent and treat most common ailments all by yourself right in your home. But at the same time I do recognize that there may be times when you need the expertise of a medical practitioner trained in the use of ozone. You can find such a practitioner including veterinarians and dentists at the AAO web site: www.aaot.us .

American College for the Advancement of Medicine (ACAM) - this medical association trains doctors in EDTA chelation therapy. You can find a doctor trained in EDTA chelation therapy at their web site: www.acam.org .

Ozone Therapy Training Courses - Dr. Shallenberger has been training doctors and lay people in the use of ozone therapy for over 25 years. You can access the schedule of courses at: www.shallenbergerozonecourse.com

Bio-Energy Testing® - You can find practitioners offering Bio-Energy Testing® at www.bioenergytesting.com .

Second Opinion - Dr. Shallenberger edits one of the most popular alternative medical newsletters in the world. It's called Second Opinion. You can learn more about it and subscribe by going to: www.secondopinionnewsletter.com

Other Books by Dr. Shallenberger

Bursting With Energy - This is a well referenced step by step guide to healthy living now in its fifth printing.

The Type 2 Diabetes Breakthrough - Type 2 diabetes is 100% preventable no matter what your genetics are. This book points to how you can prevent type 2 diabetes as well as cure it if you already have it.

The Principles and Applications of Ozone Therapy - This is the book on ozone therapy that Dr. Shallenberger wrote for medical professionals. It covers the theory, biochemistry, physiology, and medical applications of ozone therapy

REFS:

[Chapter 1](#)

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