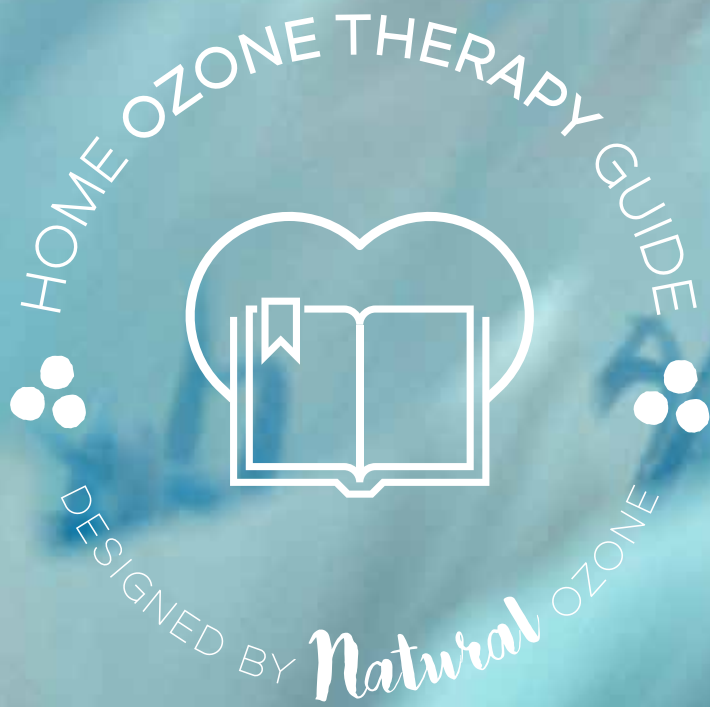


The buyer's guide

HOW TO SAFELY BECOME
A HOME OZONE THERAPY USER





Ozone therapy

“ The most effective broad spectrum tool **DR ROBERT ROWEN**

One of the first questions people ask when they first hear about ozone therapy is, understandably, “what conditions can it be helpful for?”.

I find this question difficult to answer because when I list the full range of ailments that have been proven through rigorous studies¹ to be helped by this discipline, I am often subjected to a disbelieving

stare. “How could it possibly work for so many different health issues?” Tends to be the next question.

METABOLIC MAGIC

This scepticism is the result of the reductive nature of modern medicine, ie; find a problem and introduce a therapy or drug to target that particular malady rather than seeing the human as a whole.

This is one of the reasons that many of us feel let down by the modern medical system.

But not all medicine works this way. For example, if I told you that a good diet can improve your health and wellbeing in myriad ways, even cure a host of different diseases, you would not be so surprised. This is the best way to view ozone therapy – as sustenance for your metabolic functions.

Ozone therapy effectively allows uptake of this

active oxygen into your body’s tissues and cells, “generating the ozone messengers H₂O² and 4-Hydroxynonenal (HNE), necessary to elicit the bio chemical reactions leading to therapeutic effects”. What this means is that ozone therapy enhances the natural self-regulation systems of the body such as immune response and metabolism, supporting the prevention of disease and fighting the causes, helping the body to rebalance and perform at its optimum.

1. A M Elvis et al “Ozone Therapy a Clinical Review”, (2011)

2. Bocci et al, “Mechanisms of Action and Chemical-Biological Interactions Between Ozone and Body Compartments: a Critical Appraisal of the Different Administration Routes “, (2009)

OXYGEN IS THE KEY

A major health-transforming effect is that ozone therapy causes an increase in the red blood cell glycolysis rate, which means we convert sugar to energy more efficiently. This leads to an increase in

the amount of oxygen released to our tissues. Even when our blood oxygen levels are normal, many people still have a problem when it comes to the oxygen being absorbed where it is needed.

NO STRESS!

It is well proven that oxidative stress causes aging, inflammation, and disease. Surprisingly, ozone which is itself an oxidant is an important tool in the battle against this scourge.

By creating mild oxidative stress, ozone therapy triggers the release of natural protective anti-oxidants and activates the NRF2 pathway (similar to fasting and exercise)³⁴⁵⁶.

MORE ENERGY

Adenosine triphosphate (ATP) is the energy source of the body, the main fuel for your cells and bodily function. Ozone therapy promotes the natural production of this vital chemical, boosting your power and energy⁷. That is why many elite athletes use ozone therapy to boost their performance.

DEADLY TO VIRUSES, MOULD AND BACTERIA

Ozone atoms are unstable, meaning that the extra oxygen atom reacts easily with other substances. For example, it oxidises the protective lipid layer around viruses, then goes on to cripple their RNA. Likewise, bacteria and mould are neutralised by the oxidative effect of ozone. Meanwhile, your own cells are benefitting from the increase in ATP and active oxygen. Win win!



Want to
find out more?

Delve in deeper into ozone therapy
at our relevant and up to date
Ozone therapy resources area.

3. Kuroda et al. "Use of ozonated water as a new therapeutic approach to solve current concerns around antitumor treatment", (2018)
4. Galie et al "The role of Nrf2 in the antioxidant cellular response to medical ozone exposure" (2019)
5. Bocci et al "Nrf2 Activation as target to implement therapeutic treatments" (2015)
6. Re et al "Is ozone pre-conditioning effect linked to Nrf2/EpRE activation pathway in vivo? A preliminary result" (2014)
7. Borelli et al "Basic Biological and therapeutic effects of ozone in human medicine" (2011)

WHAT IS OZONE? WHERE DOES IT COME FROM?

Ozone is a form of oxygen in which the atoms are clustered into molecules of three atoms (O^3) instead of the usual two (O^2). It is a bluish gas which occurs naturally whenever a high voltage passes through oxygen, for example during a lightning strike. With the help of modern technology, we can recreate the lightning strike in a crystal tube filled with pure oxygen. A good quality medical ozone generator produces pure, contaminant-free ozone and dispenses it in precise density and flow rates.



WHO CAN BENEFIT FROM OZONE THERAPY?

Any person or animal which has blood in their veins can benefit from ozone therapy. Some people choose ozone therapy because it is supportive of their journey with chronic disease. Others, such as bio-hackers in peak physical health use regular ozone therapy sessions to take advantage of the increase

in ATP, which is said to boost brain power, lead to less sickness and give more strength and energy. By increasing antioxidant levels and mediating oxidative stress, they gain more energy and actively fight the process of ageing.

WHAT CONDITIONS OR DISEASES IS OZONE THERAPY USED FOR?

Back to my favourite question! To answer this, I would like to quote the highly regarded study “Ozone Therapy, An Overview of Pharmacodynamics, Current Research, and Clinical Utility”⁸ which was published in the Journal of Medical Gasses.

“ O^3 therapy can alter the natural history of several disease and disorders, with potentially many more yet untested. A plethora of laboratory studies have provided evidence of O^3 's antioxidant capabilities,

as well as vascular, haematological, and immune system modulations. This evidence has been further substantiated in clinical trials with O^3 therapy being useful in the cardiovascular, subcutaneous tissue, peripheral vascular disease, neurological, head and neck, orthopaedic, gastrointestinal, and genitourinary pathologies. O^3 therapy has proven especially beneficial in the diabetic foot, ischemic wounds, and peripheral vascular disease, areas in which O^3 use is most prevalent.”

8. Smith et al “Ozone therapy an overview of pharmacodynamics, current research, and clinical utility” 2017

HOW CAN WE ACCESS OZONE THERAPY?

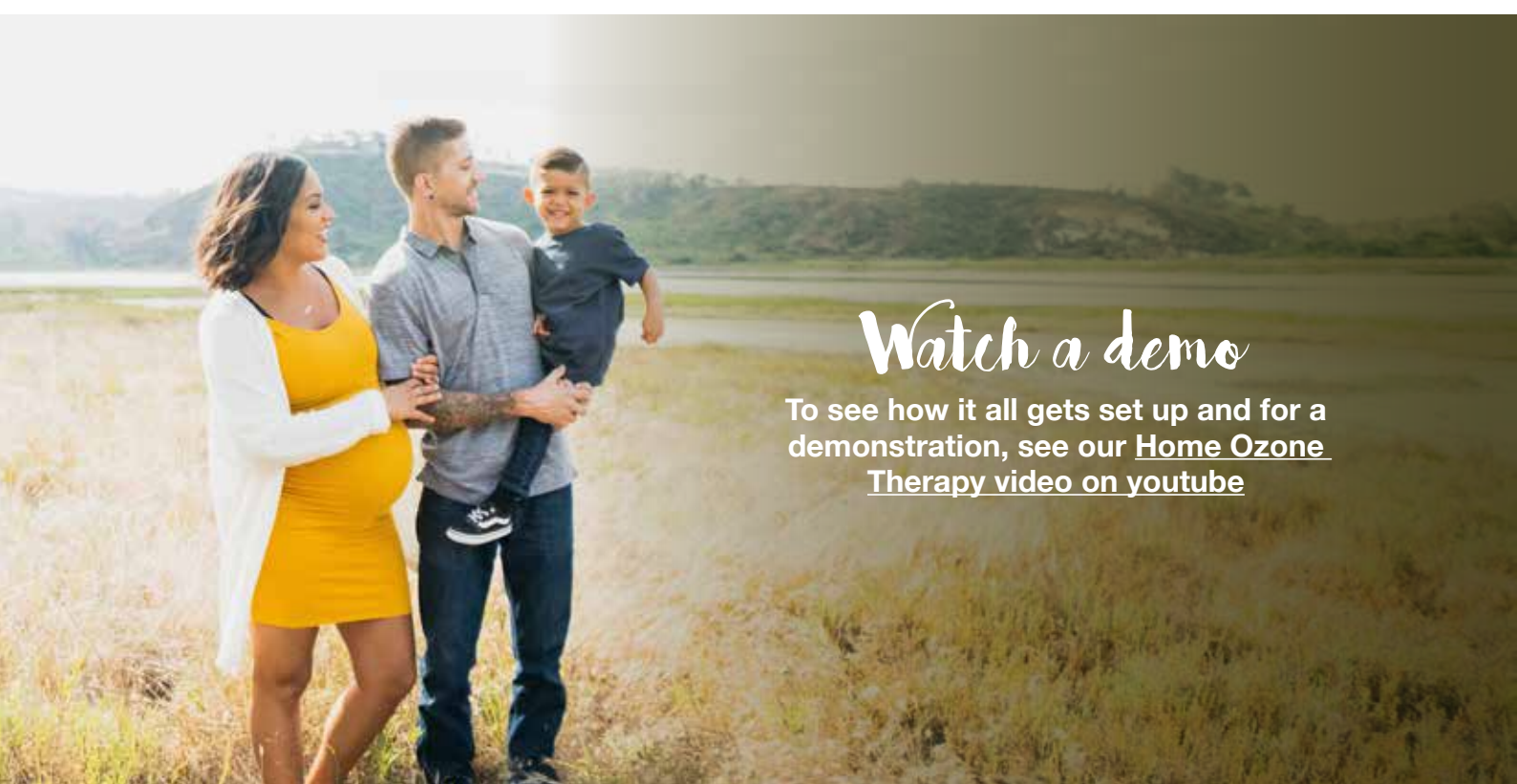
There are reputable clinics around the world offering ozone therapy treatment, but still many people do not have access. In addition, not everybody can afford the ongoing cost of regular sessions at the clinic. This

guide is an introduction to home ozone therapy, which has proven to be a convenient, safe, and economical approach, with benefits which support recovery and rejuvenation.

WHERE TO START WITH HOME OZONE THERAPY?

The hub of every ozone therapy suite is the medical ozone generator. When setting up for home ozone therapy, it is critical to ensure that this equipment comes from a reputable supplier and has a crystal glass corona discharge tube with titanium electrode. There are many different types of ozone generators on the market but only very few are suitable for ozone therapy, because of the need for pure, contaminant free ozone. Only the crystal glass corona discharge type is capable of this quality. In addition, the unit

should be able to dispense ozone in low flow rates with a wide variation of concentrations. Most of the common protocols begin with low doses and work gradually towards higher levels as we progress with the treatment. This is why it is best to start off with a unit which is capable of handling a wide range of tasks. We often hear from disappointed people who buy their ozone generator only to realise later that they cannot perform all the protocols they wish to due to lack of controls.



Watch a demo

To see how it all gets set up and for a demonstration, see our [Home Ozone Therapy video on youtube](#)

WHERE DO I GET OXYGEN FROM?

Your medical ozone generator requires a source of pure oxygen. For this, you have three choices each of which you need to ensure you use the right low flow device to fit.

MEDICAL OXYGEN

This is the most expensive option and requires a prescription from a GP. You can procure directly at your local gas supplier. You will need a [CGA870 Medical Low Flow Oxygen Regulator](#) to use with this oxygen tank.



AUSTRALIAN/NEW ZEALAND INDUSTRIAL OXYGEN

Throughout Australia and NZ, industrial oxygen is the same purity as medical oxygen, they just have different fittings. Oxygen bottles can be rented and refilled at your local gas supplier and also Bunnings Warehouse. This will fit with the [Bullnose Low Flow Regulator](#). Nth American industrial oxygen cylinders have different fittings so need to ensure you have the correct low flow regulator to fit as per country standard.



NORTH AMERICAN INDUSTRIAL OXYGEN

North American industrial oxygen cylinders have different fittings from Australia & New Zealand so need to ensure you have the correct low flow regulator to fit as per country standard. You need to connect to a [CGA 540 Low Flow Regulator](#).



OXYGEN CONCENTRATOR

With a high purity oxygen concentrator, you can harvest your own oxygen from the atmosphere, and not have to deal with heavy gas bottles (some even find it difficult to screw the valve off properly and end up losing all the oxygen with a slow leak) which require regular refilling so ongoing costs and hassle. Because of its convenience, portability and ease of use, a high purity oxygen concentrator such as the [QXY-96](#) is the most popular option. Beware! Most oxygen concentrators do not supply oxygen of sufficient grade! Make sure that the oxygen concentrator can supply at least 92% purity which is considered satisfactory for at home ozone therapy protocols. You will need a [Low Flow Meter](#) to take the high flow from the oxygen concentrator to the low flows necessary as per ozone therapy protocols.



HOW IS OZONE THERAPY ADMINISTERED?

With your source of oxygen connected, you will switch on your medical ozone generator. Ideally, the machine should provide you with a wide variation of concentration output and flow rates (see our protocol guide for more information). The machine will

have an outlet nozzle which connects onto protocol accessories such as reusable ozone bags, a water bubbler and other accessories used to administer different protocols. There are numerous ways to direct ozone to where it is needed most in the body.

WHAT ARE THE MOST COMMON OZONE THERAPY PROTOCOLS?



Injection: Auto hemotherapy, IV; or direct injection into a vein or joint.



Ingestion: Ozonated water, ozonated olive oil in capsule form.



Insufflation: In the ear; vaginal; rectal.



Transdermal: Cupping with a funnel. Bagging of a limb. Sauna.



Inhalation: Breathing ozonoids given off from ozonated oil.

All of these therapies with the exception of injection (where it is required to be administered by a qualified practitioner) are safe and relatively simple to perform at home. Although these procedures are relatively simple to perform, our 13 years' experience in the industry has taught us that most customers have a few questions before they begin their home treatment,

and some need considerable guidance. Most of them like to give us a call to make sure that they have everything shipshape before commencing. Make sure if you decide to buy a home ozone therapy set up, that the supplier is an ozone therapy expert who is available to call in a convenient time zone if you have any questions.

WARNING!

Ozone is a lung irritant, so you must ensure that all of your ozone equipment comes from a reputable supplier and has an ozone destruct so you don't accidentally breathe in any excess gas. Ozone gas is highly corrosive to many materials, so it is of utmost importance to ensure that the internal parts

of your medical ozone generator and accessories are ozone resistant. Many inferior ozone generators are built using the wrong materials which leads to reliability issues and also run the risk of introducing contaminants into the ozone which you are putting into your body.

RELAX, IT'S NOT GOING TO HURT!

By far the most effective at home ozone therapy protocol is known to be rectal insufflation (RI) as it directly absorbs the medical ozone into the blood system via the small capillary network in the colon giving rapid total systemic benefits. First you fill a small amount of ozone into an ozone resistant bag then attach a very thin tube called a catheter. This is

inserted into the rectum and the ozone gently eased inside. After 30 seconds, the treatment is done! I was reluctant to try this when I first heard about it, but actually it is quite comfortable and much easier to perform than I expected. It only takes a few minutes, well worth it for the scale of benefit that you receive.

TURNING WATER INTO MEDICINE

If you watched our video "Home Ozone Therapy," you will have seen how to make your own ozonated water with a medical ozone bubbler. You can feel the energy boost straight after drinking ozonated water as your blood is flooded with extra oxygen, which is more available to your cells than normal. What you don't feel straight away but is none the less beneficial is the detoxifying effect that ozonated water has on your digestive system. Drinking ozonated water regularly on an empty stomach has been shown to remove toxins leaving no harmful residue.



Ozonated water

Watch our video [Home Ozone Therapy](#), on how to make your own ozonated water with a medical ozone bubbler.

FOR THE LADIES

Vaginal Insufflation (VI) also has some systemic benefits targeting the lymph system and the localised benefits of reaching the female reproductive organs. The other protocols such as ear insufflation, limb

bagging and ozone sauna are more localised meaning they target the areas where the protocol is administered. For a full list of therapies you can perform at home, please see our protocol guide.

AN EXAMPLE OF HOME OZONE THERAPY

Here is an everyday example of how ozone therapy might fit into your life, even if you have a busy schedule.

Imagine you wake up with a foggy head, can't quite think straight. You make your cuppa, grab your phone and turn on your medical ozone generator. I have mine next to the spare bed. You connect your ear insufflation stethoscope to the outlet and put the silicon ends in your ears. Before you have finished scrolling through the latest news, your timer rings and the ozone therapy session is over. That's how easy it is to reap the benefits of home ozone therapy.



IS OZONE THERAPY SAFE?

In 1980, the University of Giessen conducted a survey of ozone therapy practitioners to which they received 1044 replies covering 384 775 patients and 5 579 238 treatments called "Adverse Effects and Typical Complications In Ozone Therapy". Marie Theresa

Jacobs and Prof. Dr. Dr. Herget Began found that ozone therapy is among the least harmful therapies known, with a side effect rate of 0.000005 per treatment. Most of those were due to errors.

PROCEED WITH CAUTION!

That said, when conducting home ozone therapy, it is extremely important to have a reliable supplier who provides the best quality equipment, and is available on the phone to chat if you have any queries. The

relationship with your ozone therapy supplier is one of the most important factors when it comes to home ozone therapy success.

HOME OZONE THERAPY BUYER'S CHECKLIST

Here is a quick summary to help you choose a suitable ozone therapy kit to suit your needs:

Does it come from a reputable supplier who specialise in ozone therapy?

Does the supplier provide all the necessary accessories which will connect easily with your unit?

Does the supplier provide timely customer support in your own language and time zone?

Is the ozone generator made to the highest standards with crystal glass corona discharge tube, titanium electrode and all ozone resistant parts?

Does the ozone generator provide a wide range of controls to ensure that you can deliver the ozone at various flow rates and concentration? (It is not enough to rely simply on the flow rate from the oxygen source)

Does the ozone generator have an ozone destruct?

GOT MORE QUESTIONS?

Just give us a call. Talk to a person not a robot! Or listen to my [recent podcast by Lisa Tamati](#) – NZs leading health podcast where I talk through it all.

GOOD LUCK!

Natural Ozone are the leading supplier of home ozone therapy equipment in New Zealand and Australia. Over the past 13 years, we have helped countless customers on their journey to better health. Feel free

to give us a call if you have any questions, we are only too happy to help out. For more information and prices, please visit the ozone therapy page on our website.

