

Learn more about ozone therapy, and when it might be the right solution for you.



What is Ozone Therapy?

To treat disease, physicians seem to have always gravitated toward “heroic” therapies that are more aggressive, such as killing microbes or physically removing the source of illness. In the middle ages, it was leeches and mercury.

Today, it is toxic chemotherapy agents, radiation, invasive surgery, and plenitudes of toxic drugs. It should not be a surprise that **some physicians are advocating ozone therapy, which involves increasing levels of oxygen in the body**, through the use of intravenous or rectal ozone therapy.

There is a place for many heroic therapies, **but I have concerns about ozone therapy.** I think there are better and less toxic ways to overcome chronic illness like chronic Lyme disease and to restore normal bowel function.

Ozone is a molecule composed of three oxygen atoms fused together. It is an extremely reactive free radical. **There is no doubt that ozone kills microbes, but it also destroys any living tissue.** Breathing ozone is very toxic to lung tissues. IV ozone destroys blood vessels. Rectal ozone destroys the lining of the colon.

There are no studies showing benefit for use of ozone as therapy for Lyme disease or bowel disease.

When should I use ozone therapy?

The best use of ozone is for killing black mold in a building, but not while you are present! For this purpose, there is nothing better.

If you have a mold sensitivity and live or work in a building contaminated by mold, **ozone may be your best option for temporarily reducing mold spores**, though it will not eradicate mold in walls.

Mold treatment with ozone requires an ozone generator. The ozone generator is placed inside the building, and the windows and doors are shut tight for hours or days, depending on the level of mold present. No one should enter the building during the treatment period. **Any living or organic material should be removed during treatment.** For example, a leather couch would be destroyed by ozone.

If you have any question as to whether you can do it properly, **hire a professional.**

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