

## MEDICAL OZONE OXYGEN THERAPY IS A NATURAL ALTERNATIVE

Medical ozone therapy is a natural alternative used to detoxify, kill infectious disease causing bacteria, mycoplasmas and virus organisms. Oxygen therapies have many therapeutic uses with effective and beneficial effects on every part of the body.

**Ozone** (also known as activated oxygen, o3, or ozein) is recognized by most as the most powerful and versatile therapy known in alternative health because it plays a vital role in maintaining the well-being of the body.

**Oxygen** (o2), along with foods is the primary nutrient that cells use to generate energy for all its functions. This energy is produced through oxidation of the unhealthy cells.

The oxygen therapy or oxidative therapies and their therapeutic uses included here are autohemotherapy, auricular insufflation, colonics, Intra-muscular, Intra-arterial, ozonated olive oil, ozonated steam, ozonated water, rectal insufflation and hydrogen peroxide.

## THE THERAPEUTIC USES OF OXYGEN

When using medical ozone, it is extremely important that you receive all the positive effects and not become dissatisfied from its use. It will work for you, if you apply it properly. The success of this depends on retaining the mixture of gas and allowing it to absorb through the colon. If the large intestine needs cleaning, you will be unable to retain the gas and have to release it after a short period of time. As treatments progress you should be able to retain it for longer periods.

When o3 is introduced into the rectal cavity it is called rectal insufflation. It is important to receive all the optimum benefits that it can deliver. If the large intestine is lined with debris it will not absorb. The gas has to absorb through the intestinal walls during rectal insufflation for it to absorb into the bloodstream; therefore, the o3 is then carried through the circulatory system when the large intestine is clean.

## THE RECTAL INSUFFLATION

We are using this therapy in the rectum (rectal insufflation) or vagina for 30 seconds to 15 minutes, one to three times per day for the first week. Some will increase the rectum time up to 60 seconds to 20 minutes, three times per day. It is best to do this immediately following an enema, a colonic treatment, or soon after a bowel movement.

A tiny tube is introduced a little way into the desired cavity. The machine is activated, which introduces up to half a liter of pure o3 in a humidified gas form. The gas then enters the bloodstream through the intestinal walls.

When you increase your detox, you also need to increase your vitamin-mineral (especially electrolytes) supplements and vitamin E. Eating fresh vegetables (uncooked) and drinking lots of water will help flush out the waste from the intestines at a faster rate, which introduces up to half a liter of pure o3 in a humidified gas form. The gas then enters the bloodstream through the intestinal walls. This process is painless and generally creates a sense of increased vitality and well being because the blood is being **oxygenated** and nourished.

With the generator turned on and the gas flowing, a catheter is inserted anywhere from 2 to 3 inches. Apply vitamin E or K-Y Jelly to the catheter for lubrication when needed. The flow rate is set at 1/2 liter/minute, or 5 cc/min. Some prefer to reduce the flow rate to 1/32 liter/minute. This allows for higher concentration levels and longer exposure times.

## THE RECTAL & VAGINAL INSUFFLATION

One can usually do a rectal insufflation for 30 minutes and a vaginal for 60 minutes at these low flow rates. The low flow method allows for a higher contact time, which increases the absorption of it throughout. It also saves on o2 and helps prevent cramping.

In cases of high infection or Candida, most start treatments with daily uses of 2 to 3 times for 30 days. Start with a 60 second approach, if you cannot hold it in, try the 30 seconds and work up to 60 seconds.

After 30 days most will revert to one a day if the large intestine is clean. For most, the fastest and most efficient way to loosen the encrusted debris is by irrigating the **colon** first.

The methods used for cleaning are called colonics, enemas, or high colonic irrigation. Colonics will help loosen the debris in the **colon** faster if **ozone** and hydrogen peroxide is used in the irrigation water.

As the **activated oxygen** is oxidizing the bad bacteria, Candida, yeast and so forth in the large intestine, excessive gases may form. Try not to pass the gas soon after because it is usually the gas that is leaving. In cases where you cannot retain the gas, make sure you are near or on the throne.

When there is a heating sensation, the **activated oxygen** is oxidizing the germs in the area of use. Heat may be more

noticeable in the vaginal area and the ears. The heating sensation is only temporary.

Some may experience a minor rash or itch on the skin as the system is dumping out the toxins and going through the cleansing effect. Some will increase with their oxidative therapies for faster elimination of the accumulated debris.

## THE INSUFFLATION FOR SPECIFIC AREA

The method for absorbing it through the skin is by injecting it into a suit with only the head, hands and feet exposed. A small bag can be used for a specific area (like the arm, leg or foot) and sealing it off tight with the tube inside.

Most will stay inside the suit for 30 minutes. After this, they shut off the machine and stay inside the suit for an additional 30 minutes. Total time is one hour. Before getting in the bag or suit, it is best to take a warm shower and remain damp. This will open the pores and allow the gas to absorb at a much faster rate.

## THE AURICULAR INSUFFLATION

Some people use it in the ears for one minute each, three times a day, or three minutes in each ear, alternating every minute. This method is called auricular insufflation. When the ear is dirty, you may notice a heating sensation for a second or two during the oxidation of debris. If you have a hole in the eardrum, this will cause extreme pain. Discontinue auricular insufflation if this occurs.

## INSUFFLATION WITH ARTHRITIS

Some people with arthritis problems will fill a large container with warm water, large enough for the foot or hand and let the **activated oxygen** bubble under the limb for about five minutes. The warm water opens the pores allowing it to penetrate. After the first or second application, itching may occur in the afflicted area. You should experience movement without stiffness or pain soon after with minor arthritis problems. Generators that produce lower concentrations (UV type) are more suitable for soaking and bathtub applications.

## OZONATED STEAM IN CABINETS

Using **ozonated** steam in cabinets is currently being used around the world for alternative health by aestheticians, chiropractors, massage therapists, and other practitioners because they recognize this as a natural way to detoxify and cleanse the body.

Ozonated steam stimulates circulation and increases the **oxygen** supply to every cell and organ in the body.

While the steam sauna relaxes and cleanses the body through profuse sweating, it also provides a mild hyperthermic effect, which raises the body temperature, activating the immune system as well as utilizing about 200-400 calories during a 20-30 minute session. As oxygen & ozone are introduced into the steam cabinet and combined with the water vapor droplets in the steam, the body absorbs the life giving oxygen it so badly needs while eliminating years of toxin build-up.

This total cleansing increases tissue oxygenation thus bringing about improvement in health and enhancing longevity. You will leave your sauna session with softer, cleaner skin, and a feeling of rejuvenation. The Steam System is a great way to combine the effects of steam sauna therapy and oxygen/ozone therapy in an extremely comfortable and relaxing experience.

## ANOTHER METHODS

**Ozonated** olive oil has many therapeutic uses and benefits. It's used as a topical application for dry skin and used as a beauty aid for wrinkles, and for treatment of sunburn. It can be inhaled directly when bubbled through the olive oil. Ozonated olive oil works when applied on your pets for cuts, bruises and other conditions.

Another method of inhalation of **activated oxygen** in low concentrations is through room air purifiers. This method is the simplest for absorbing it into the lungs and circulatory system. The room concentration levels will depend on your tolerance level.

Lemon, orange and aloe vera juice can be ozonated for drinking or applications to the skin. By ozonating two cups of fresh lemon juice for six hours (use a large container because of the bubbles) has been used on all skin conditions like skin cancer, dry skin, psoriasis and ulcers.

Other topical applications have been used on bruises, burns, fistulas, decubitis, gangrene, infections, muscle pains, osteomyelitis, radiation damage, and used to promote the healing of wounds.

Some physicians are injecting ozein directly into cancer tumors or into the muscle (Intra-muscular) for treating infections. Injecting it into the blood through the portal vein (Intra-arterial) may cause some adverse effects in some people. Another method, which purifies the blood of bacteria and infectious disease causing mycoplasmas, is called autohemotherapy. About 50 to 100 ml. is withdrawn and mixed with (950 to 2,000 ug) o<sub>3</sub>, and then reintroduced by intravenous drip back into the patient.

**Ozone** is a natural alternative to purify water. Bubbling the gas into a glass of water for four minutes will kill the bacteria, fungus, virus and algae. It will not remain in the water very long. The maximum concentration that is obtainable in water is approximately 24 ug O<sub>3</sub>. The average time it will last in water is about 25 minutes. High amounts of contaminates in the water will cause it to disintegrate at a faster rate. The life span or its disintegration time refers to its half-life. This value of time depends on the quality and temperature of the water. The addition of trace mineral drops in the water will increase the life span if refrigerated.

Some people will drink the water in the humidifier bottle and refill after each use. Be sure to use bottled, distilled, or unchlorinated water in the humidifier bottle. If chlorinated water is the only water available; then, stir the water vigorously for 30 seconds or let stand over night in an open container. This will let the chlorine evaporate out of the water. When high levels of organic material are present in the water, it will have a burned or oxidized taste after ozonation.

Research shows drinking ozonated water helps allergies, carcinoma, cold sores, candidiasis, headaches, gastritis, gum disease, mouth ulcers, thrush, ulcer's; increases circulation, reduces infections after dental work, helps remove free radicals, helps colds, flu and virus, cleans wounds and minor bruise's.

## HYDROGEN PEROXID H2O2

Drinking ozonated water also increases the **oxygen** level throughout and accelerates the healing process. Hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) is a natural by-product of most **ozone** oxidizing processes. Hydrogen peroxide is another great natural alternative for your health.

There are three methods used for administering hydrogen peroxide for detoxification; orally, intravenous and through colonics. These applications are called Oxidative Therapy. Diseases that have benefited from this oxidative therapy are heart and cardiovascular, pulmonary, infectious and immune diseases; in addition, Cancer, Parkinson's and Alzheimer's.

Some prefer a 25-day program of oral treatments using 35% food grade hydrogen peroxide for cleansing the body. They usually start with 3 drops mixed in an 8-oz. glass of unchlorinated pure water, juice or milk and taken 3 times a day. Dosage is increased by 1 drop per day as they work up to 25 drops 3 times a day. After this program, most people will continue on a daily or weekly program for maintenance, which may last for 1 to 6 months.

It is essential to provide your body with the necessary supplements during any **oxygen therapy**.

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Integrated medical courses  
Blending ancient  
Ayurvedic & modern sciences

*Dr. Eddys - Integrated Medical Clinic*  
227/124 Banwangtan,  
Mooban Wang Tan 5, Soi 3,  
T. Sanpakwan, A. Hang Dong,  
Chiang Mai 50230, Thailand  
Mobile. (66) 9-8505066  
Phone. (+66)-53-436284  
Fax. (+66)-53-436284  
Email: [info@dreddyclinic.com](mailto:info@dreddyclinic.com)  
Web Site: [www.dreddyclinic.com](http://www.dreddyclinic.com)