**OZONE THERAPY**

**Understanding Ozone Therapy**

**Overview**  
Ozone therapy, is known by many different names, including O3 therapy. Ozone therapy has been used around the globe since the mid 1800s, but today is known as a naturopathic form of medical treatment. Health care practitioners in Australia, Europe, and the United States have utilized ozone therapy as a germicide and antibacterial, and dozens of medical journals have published articles relating the effective benefits of this therapy.  
  
Ozone therapy has not been scientifically tested, but is believed to help provide holistic benefits when offered in monitored and precise therapeutic doses. Also known as oxygen healing, O3 therapy is a type of naturopathic alternative medicine that believes that oxygen therapy is a powerful antifungal, antibacterial and antiviral substance that may help the body detoxify as well as cleanse the lymph system.  
  
**Ozone Therapy Treatments**  
Ozone contains three oxygen molecules, while the oxygen commonly breathed contains two. Ozone therefore, is considered a highly energized type of oxygen. Designed to improve both circulation and the body's ability to process and use oxygen in tissues and organs, it is believed to increase artery wall dilation and relaxation, reducing effect of clogged or blocked arteries. It is also believed to help stabilize the immune system, especially for people suffering from autoimmune or allergic conditions.  
  
Ozone therapy treatments are considered a type of complementary or alternative medical therapy, practiced quite widely throughout Europe and Russia as a detoxifying mechanism. Areas in South America, Mexico and South East Asia and in the United States also offer ozone therapy, though it is **not covered by most health insurance plans.**  
 **Common ozone therapies include:**

* Intravenous
* Intramuscular
* Transdermal
* Rectal (following an enema) and vaginal insufflations
* Topical – usually ozonated oils
* Oral

Ozone therapy can be given in injectable infusions, as a lotion, or as insufflation in order to restore correct balances of oxygen in the body. Because the body needs oxygen for energy, free flow of oxygen, blood in nutrients requires that blood vessels remain.

**How does Ozone Therapy Work?**

Ozone therapy is used to help heal a wide variety of diseases and conditions because it directly affects the biochemistry of the body. Here are a few examples of what Ozone therapy can do:

***Ozone increases oxygen delivery to soft tissues and cells.***

Without oxygen, our cells can’t make energy, and without energy, our cells will die. Ozone increases the amount of oxygen delivered by the red blood cells. It also makes red blood cells move more freely through blood vessels.

***Ozone kills bacteria and viruses on contact.***

By killing bacteria and viruses, Ozone can prevent them from causing disease. Ozone also inhibits a virus’ ability to attach to cells; if a virus can’t attach to your cells, it can’t multiply.

***Ozone increases cellular energy production.***

Oxygen creates energy in your cells, but often this process isn’t as efficient as it should be. Ozone helps to increase the amount of energy you make from the oxygen you breathe.

***Ozone decreases the level of oxidation in your body.***

While oxidation is a normal biological process, your oxidation levels can get too high. When disease enters the body, oxidation increases beyond the normal limits. Ozone intensifies the levels while increasing the activity of antioxidant enzymes in your body, to buffer oxidation. This process aids in the body’s ability to heal.

***Ozone can modulate the immune system to make it function better.***

When the immune system is overactive (as in autoimmune disease), Ozone can calm it down. When the immune system is underactive as in cancer, AIDS, and chronic infections, ozone will stimulate it.

**Treating Pain and Chronic Pain**

Prolozone therapy is an option for painful areas or joints.  For this, we utilize a mixture of compounds along with ozone which can be injected into joints and areas of pain with great results.  And even pure ozone alone can be injected subcutaneously for painful areas to offer pain relief.

**Are you a candidate for Ozone Therapy?**

To determine if Ozone Therapy is right for you, speak to a trained professional who can get a full picture of your overall health. Ozone Therapy is not a “cure-all.” It should be utilized as one element of a comprehensive health and wellness program.

Because Ozone Therapy supports and improves all of the underlying biochemical processes essential to human life, it can be helpful as a part of a therapeutic plan for any disease or condition.

**Benefits of Ozone Treatment**

\*  Detoxifies the liver

\*  Decreases uric acid in the body

\*  Purifies the blood & lymphatic system

\*  Reduces fat (cholesterol and triglycerides)

\*  Kills viruses, bacteria, and fungus

\*  Improves white blood cell activity

\*  Improves cellular metabolism

\*  Slows down the aging process

\*  Improves circulation and oxygen supply

**Prolozone®:**

Prolozone® is a homeopathic/oxygen injection technique developed and pioneered by Dr. Shallenberger (from The Nevada Center of Alternative & Antiaging Medicine).  It is excellent for all forms of musculo-skeletal and joint pain including chronic neck and back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs, and shoulder and elbow pain. The good thing about Prolozone is that because it actually corrects the pathology of the disorder, there is a 75% chance for the chronic pain sufferer to becoming permanently pain free.

Low levels of oxygen cause an accumulation of lactic acid, which is what causes pain. Prolozone works in three ways. First, homeopathic anti-inflammatory medications are injected into the injured area to reduce inflammation and swelling. This leads to increased circulation.  The response to treatment varies from person to person, but most people only need from 3-5 treatments.  Because Prolozone treatments also result in cartilage regeneration, the technique is also remarkably effective even for severe cases of osteo arthritis of the hip or knee. The good thing about Prolozone is that it is not just a treatment for pain. The results actually represent a permanent fix.