**Ozone Therapy**

Ozone therapy refers to the use of ozone or O3 in limited dozes to help heal various medical conditions. Because of its powerful oxidizing abilities, ozone therapy has been found to be very effective in treating many diseases and the results have been well documented. Ozone can be introduced into the body in many ways including injection, bagging, insufflation and transdermal application.

**The following is a brief look at these various methods of application**

**Ozone Therapy Bagging:**A bag is placed around the affected area to isolate it and the area is moistened and exposed to ozone. This method is effective in treating diabetic foot ulcers, gangrene, burns and bedsores as well. The treatment generally lasts 10 to 30 minutes depending on the severity of the wound and is done daily.

**Ozone Therapy Insufflations:**Insufflation is a method where ozone gas is slowly leaked into various parts of the body depending on the treatment required.

In **auricular insufflations**, ozone gas is introduced into the ear canal using silicone tubes which are positioned at the entrance of the ear. The ear canal cannot be sealed, as the ozone must be allowed to flow in and out. This method is used in the treatment of allergies, mastoiditis, colds, sinusitis, tinnitus, sore throats, swollen glands, brain tumours, glaucoma, Macular degeneration, Retinitis Pigmentosa, Alzheimer’s, memory problems, hearing problems caused by candida. Each ear is treated for 5 -10 minutes at a frequency of 2-3 times per week, however serious cases may require daily treatments over a period of several months.  Ozone steam sauna & ozonated colonics can greatly facilitate and speed results when combined with this application.

Women can opt for ozone therapy **vaginal insufflations** to treat any vaginal, uterine, ovarian or lower abdominal problem, including pelvic inflammatory diseases, fibroids, yeast infections, infertility, SDT’s etc.. The client inserts a cannula and performs a vaginal flush with ozonated water. Thereafter a tube is connected to the cannula to introduce the ozone gas. The ozone will enter the lymph system as well as the blood stream.  Treatment generally takes about 5 - 15 minutes per session and can be combined with Ozone Sauna. It is advisable not to opt for ozone therapy close to the onset of the menstrual cycle since ozone therapy increases the blood flow.

In the words of Renate Viebahn (a German physician and authority on ozone therapy) "**Rectal Insufflation** is 95-96% as effective as Major Autohemotherapy". Rectal Insufflation is a method of ozone therapy second only to "blood methods" of using ozone. This is due to the fact that, unlike Vaginal insufflation, auricular use of ozone, drinking ozonated water, and the many other methods of using ozone, the amount of ozone used is known precisely, and the ozone in this case is held within the body ensuring maximum absorption.

The infusion of gas into one's rectum is not as strange a procedure as one might think. The colon is known to many surgeons as "the third lung". Around the world it is an accepted procedure during lung transplants and other surgeries, to infuse 100% oxygen into the colon. This oxygen is readily absorbed by the blood vessels surrounding the colon, and helps to ensure the patient maintains an adequate oxygen supply during these procedures.

Rectal insufflation is most effective when the colon is "clean" and an enema is recommended however the procedure may be performed shortly after a good bowel movement. The client is draped for privacy and inserts a lubricated catheter. Thereafter the therapist introduces ozone slowly using a syringe to ensure maximum absorption. Treatments take approximately 30 minutes and are done 2-3 times weekly. Some conditions may require treatment over several months.

Problems such as prostatitis, hepatitis and other liver conditions, colitis, bleeding and bacterial, fungal and viral infections can be resolved using this form of ozone therapy. Rectal insufflation is also indicated for auto-immune problems, chronic fatigue and colon cancer.

**Ozonated Olive Oil:**This is an extremely popular form of Ozone therapy and has been known to be very effective for curing acne, skin lesions, burns, fungal infections, herpes, eczema, leg sores, bed sores, gingivitis, cold sores, STD's and haemorrhoids as well. The ozone is bubbled at very high concentrations until it begins to solidify. The solid form of olive oil forms a Vaseline like substance and keeps for many months. In the refrigerator it maintains its efficacy indefinitely.

**Ozone Steam Sauna Cabinets:**The benefits of a regular steam sauna are well documented and simulate the immune boosting effects of an artificially induced fever. As the body temperature increases, many virus and bacteria find it difficult to survive. The number of white blood cells also increases by almost 58% in an artificially induced fever.

Adding ozone to a steam sauna is a great way to induce desirable reactions throughout the body. The pores of the skin are open during the sauna and the ozone is easily absorbed into the skin and lymphatic system. It is important to remember that in an ozone steam sauna cabinet the individual's head protrudes from the top of the cabinet so that he or she does not breathe in any ozone.

Benefits of an ozone steam sauna include relaxation, detoxification, cleansing of the skin, pores and lymphatic system, oxygenation of all tissues and organs, boost to the immune system, stimulation of the release of anti-cancerous substances and enhancement of blood and oxygen delivery throughout the body.