

A decorative graphic on the right side of the page consists of several overlapping circles in various shades of blue. Thin blue lines connect the points where the circles overlap, creating a network-like structure. The circles vary in size and opacity, with some being solid and others semi-transparent.

Your Ozone Guide

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Colleen



Our bodies are composed of four-fifths water of which eight-ninths is oxygen.

Oxygen is the most abundant and essential element; of all the elements the body needs; only oxygen is in such constant demand that its absence brings death in minutes.

To become a growth medium for parasites, viruses, fungal infections and other anaerobic protozoa, one has to have allowed the oxygen saturation of the body's fluids to drop well below the optimum level for healthy cell growth and function.

The simplest substances available for restoring one's oxygen balance to a healthy range are ozone (O_3), and *hydrogen peroxide* (H_2O_2), which is much easier to obtain and use. These are both highly toxic when concentrated, but when diluted to therapeutic levels they are not only non-toxic but uniquely beneficial.

The simplest and most enjoyable ozone therapy is an **ozone sauna**. This involves sitting and relaxing in a steam cabinet [just surrounding your body & limbs - not your head], while ozone is pumped into the unit at the correct therapeutic amount.

As you relax, all your body, [except your neck and head] will be bathed in an ozone oxygen steam mixture. The steam moistens

and warms your skin, opening your pores and allowing the ozone to gently penetrate and oxygenate your tissues.

The ozone oxygen steam mixture will also act as an anti-bacterial, anti-yeast and anti-viral agent on your skin surface.

As well as the benefits of the ozone, this method is advantageous in that raising the body temperature slightly is beneficial in terms of stimulating the immune system and helping the body detoxify.

Also one extra benefit may also be that you lose a little weight because during a 25-30 minute session in the cabinet, your body will use up approximately 500 calories.

It is noted that all individuals using ozone therapy should also ensure adequate amounts of Vitamins B (complex), C, E, A, (& Beta Carotene), Zinc, Selenium, and some have recommended N-acetyl-Cysteine, and Copper.

Ozone Sauna

The benefits of a steam sauna on the immune system and disease processes have been well documented. In addition to being relaxing and soothing, a sauna and the accompanying induced hyperthermia on the body, mimics the beneficial effects of a fever, without the discomfort. At 40 degrees C., for example, the growth rate of the polio virus is reduced up to 250 times; at 41.6C degrees pneumococcus, a bacterium responsible for pneumonia dies.

Although the effects of this artificial method of increasing the body temperature are not as comprehensive as a natural fever, there are definite system wide effects. There is evidence that artificial fever works as an immune system stimulant by increasing the number of white blood cells in the body. In a 1959-review of studies on the effects of heat treatments, Mayo Clinic researcher Dr. Wakim and colleagues cite findings indicating that the number of white blood cells in the blood increased by an average of 58% during artificially induced fever. Researchers also have found increases in the activity of the white blood cells during induced fever.

Apart from the immune system-stimulating effects of sweat therapy, many thought it as one of the most effective and painless detoxifying treatments available. Sweat contains almost the same elements as urine, and for this reason, the skin is sometimes called the third kidney. It is estimated that as much as 30% of bodily wastes are eliminated by way of perspiration, and during a steam sauna, the body perspires profusely.

By adding ozone into this environment, the ozone is easily absorbed into the skin and lymphatic system because of the open pores. This provides an excellent detoxifying effect and it is also reported that the effects are once again not limited to detoxification, but may induce the desirable system wide effects that is desired in the medical use of ozone: oxygenation of all the tissues, organs, and cells of the body, boosting the immune system,

stimulation of the release of anti-cancer substances from the white blood cells of the immune system, enhancement of blood and oxygen delivery throughout the body.

It is very important to point out that the sauna used for this treatment is of the type where the individual's head protrudes from the top of the sauna, and the individual is therefore not breathing the ozone / steam mixture. Concentrations used for this type of treatment are usually approximately 40ug/ml, and the ozone is introduced into the sauna at a rate of 1/4LPM.

Using the steam sauna is one of the most popular methods of taking advantage of this therapy. The steam sauna ozone system for applying ozone has many advantages:

It is a relaxing and non-invasive approach to ozone therapy

It cleanses the skin, pores, and lymphatic system

The user will take advantage of 2 therapies at the same time: sweat therapy and ozone therapy (both individually with their own health benefits)

You feel clean, refreshed, and rejuvenated.

Q; What types of diseases can be treated with ozone and hydrogen peroxide?

Bio-oxidative therapies offer a tremendous range of medical applications. According to the International Bio-Oxidative Medical Foundation (IBOMF), an Oklahoma-based organization devoted to research and education about these therapies, the following conditions or diseases have been treated with ozone and hydrogen peroxide with varying degrees

of success:

Heart and Blood Vessel Diseases

Peripheral vascular disease (poor circulation)
Cerebral vascular disease (stroke and memory loss)
Cardiovascular disease (heart disease)
Coronary spasm (angina)
Cardioconversion (heart stopped)
Cardiac arrhythmias (irregular heartbeat)
Gangrene (of fingers and toes)
Raynaud's disease ("white finger")
Temporal arteritis (inflammation of the temporal artery)
Vascular and cluster headaches

Pulmonary Diseases

Chronic obstructive pulmonary disease
Emphysema
Asthma
Bronchiectasis (dilatation of bronchus or bronchi)
Pneumocystis carinii (PCP or AIDS-related pneumonia)
Chronic bronchitis
Infectious Diseases
Influenza
Herpes zoster (shingles)
Herpes simplex (fever blister)
Systemic chronic candidiasis (candida)
Epstein-Barr virus (Chronic Fatigue Syndrome)
HIV-related infections
Acute and chronic viral infections
Chronic unresponsive bacterial infections
Parasitic infections

Immune Disorders
Multiple sclerosis
Rheumatoid arthritis
Diabetes mellitus Type II
Hypersensitive reactions (environmental and universal reactors)

Other Diseases

Parkinson's Disease
Alzheimer's Disease
Migraine headaches
Chronic pain syndromes (due to multiple causes)
Pain of metastatic carcinoma
Cancers of the blood and lymph nodes 4

Q: Is it true that ozone cures AIDS?

A: There is growing evidence that ozone (as well as hydrogen peroxide, since ozone becomes transformed into hydrogen peroxide in the body) can destroy lipid-enveloped viruses both outside and within the body, including those related to hepatitis, Epstein -Barr, cancer, herpes, cytomegalovirus and HIV. The results of a study coordinated by the Canadian Armed Forces and published in the Canadian Medical Association Journal showed that ozone kills HIV, the hepatitis and herpes viruses, and other harmful agents in the blood used for transfusion. The author of the article added, "The systemic

use of ozone in the treatment of AIDS could not only reduce the virus load, but also possibly revitalize the immune system. Although a related study on AIDS patients proved inconclusive, Cmdr. Michael Shannon, MD, one of the coordinators of the study, wrote that "Of interest, however, the three patients (out of ten volunteers) who responded to minor autohemotherapy in the first trial, are still alive after four years post treatment, with CD4 counts in excess of two hundred. These patients should have theoretically succumbed to AIDS within a year post-treatment." In several clinics in Germany, AIDS patients are being treated successfully with different types of ozone therapies, including rectal insufflation, ozone bagging, and autohemotherapy.

Bio-oxidative therapies can be an important part of holistic treatment for HIV-related problems, including lower T-cell counts, opportunistic infections, and AIDS-related diarrhoea. Dan's was one such case. He was diagnosed HIV-positive and his T-cell count had dropped below 600. After only one month of ozone therapy as part of a protocol including vitamin supplements, anti-viral compounds and intestinal cleansing, his T-cell count rose to 900 and his swollen lymph nodes shrank for the first time in years.

Although there have been other cases of improvement of AIDS patients after regular ozone treatments (and several documented cases of people who were HIV+ reverting to HIV-status) ozone and hydrogen peroxide should not be considered as a "magic bullet" against HIV and AIDS. According to Frank Shallenberger, M.D. "Ozone therapy works in AIDS by acting as an immune system modulator. In this capacity, it is very effective, safe, inexpensive and readily available. Proper therapy for AIDS will be directed at early intervention (i.e. CD4 count > 300), ozone plus other synergistic immune-augmented therapy, intestinal cleansing is paramount due to the immuno-suppressive aspect of parasites.

Dr. Silvia Menendez, the co-founder of Cuba's Department of Ozone Department (part of the prestigious National Center for Scientific Research in Havana), suggested that ozone works best when administered as soon as possible after HIV infection, before the virus has penetrated the lymphatic system and bone marrow. The personal, economic and social ramifications of this possibility cannot be underestimated.