

The page features three decorative blue circles of varying sizes, each composed of concentric circles in different shades of blue. These circles are positioned in the upper right and lower right areas. Two thin blue lines intersect at the top left, forming a large 'V' shape that frames the circles.

Ozone Steam Sauna Cabinet - protocol

protocol

The client sits in a warm steam sauna cabinet....

Colleen
[Pick the date]

Ozone Steam Sauna Cabinet - protocol

Transdermal Ozone, also known as hyperthermic ozone and transcutaneous ozone therapy. Transdermal ozone is a method in which ozone is introduced into the body via the skin while sitting in a hot steam cabinet. As the pores of the skin open as a result of being surrounded by the warm steam, ozone enters the body transdermally (i.e. via the skin). The ozone then penetrates the blood, lymph and fat. By allowing ozone in and toxins out via the sweating process that is induced, transdermal ozone therapy is one of the most powerful methods of detoxifying and oxygenating the body in existence. This method is not new: Dr. Kellogg first used ozone in steam saunas at his naturopathic clinic in Battle Creek, Michigan as far back as 1881. The German army used transdermal ozone, without the use of steam baths, for wound healing on the battlefields of World War I.

As an aside steam cabinets, steam rooms and saunas do have valuable detoxifying effects on their own. During a fever, the functioning of the immune system is stimulated, while the growth of bacteria and virus is forced to slow down. 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. The generation of antibodies speeds up, as does the production of interferon, an anti viral protein that also has powerful cancer-fighting properties. However with the addition of ozone the effects are vastly more powerful.

Transdermal ozone also has a very relaxing effect. This is partly because heat has a naturally relaxing effect and partly because ozone oxidizes (i.e. breaks down) excess adrenaline in the body, producing overall calm.

Transdermal ozone is also useful for skin complaints and improving the tone of the skin generally. Eczema and psoriasis sufferers benefit enormously from this therapy. This is backed up by extensive research summarized in these books, "The Use of Ozone in Medicine" 3rd English Edition and "Oxygen Healing Therapies".

Transdermal ozone therapy has been suggested as a good method of treating the lymph system. For both genders, putting the ozone tubing output under the armpits is a good way to reach lymph system while in the ozone sauna. For men, putting the tube output under the perineal area is also a good way to get to both lymph and the prostate. Women have the advantage of using vaginal insufflation to reach the lymph system.

The patient sits in an ozone-resistant steam cabinet, with the head out, and the body is surrounded by warm steam. Before getting into the sauna, wrap a longer towel around your neck to seal, as good as possible, the open area around your neck. As well, assure you have a tall fan to blow away the steam that will exit the sauna. The steam causes the pores to open fully and the ozone, introduced into the cabinet by silicon tubing from the generator output, can penetrate fully into all the tissue - the blood, the lymph and the fat. Since the majority of toxins are held in the lymph and the fat, this treatment is the most

effective way to eliminate them from the body. Since the skin is the largest organ of elimination, the majority of the toxins are sweated out, sparing the liver and kidneys extra work.

Hyperthermia itself is a very effective technique, many thousands of years old. It results in a "false fever" reaction, which simulates the body's own defense mechanism. With the addition of ozone, the treatment becomes doubly powerful. As the toxins are oxidized, and eliminated from the body, the fat containing them is no longer needed, and also leaves. This is backed up by the consistent accounts of weight loss associated with ozone steam sauna therapy. As well, the tendency is for the skin to become smooth, soft and free of blemishes. Symptoms of a whole host of diseases disappear as the toxins leave the system.

Employing ozone in a steam sauna after consistent treatments will likely induce, in various degrees, the "healing crisis", which can feel like having the flu temporarily. This should be seen as a sign of beneficial healing. Skin rashes are not uncommon as the toxins are pushed out through the skin rapidly. Sometimes the rash is very itchy, and this can most likely be alleviated by using colloidal silver water and taking protease enzymes in large amounts.

The more frequent the treatments, the more rapid the healing, and the more severe the healing reactions will be. I did three [liver cleanses](#) within one year and take protease and have found the healing reaction to be totally manageable. The healing reactions can also be controlled by less frequent treatments for less time, e.g., three times per week for 20-25 minutes a session. The last protocol is more for a patient interested in a maintenance regime versus the more intense treatments of between 4-5 times per week. Although the maintenance regime is not recommended for very sick patients, it is an excellent protocol for those who prefer a slower and longer healing process without the intense healing reactions. As well, after the healing reactions have subsided there is most commonly an overall feeling of optimum health.

Typical treatments are between 20-30 minutes in duration. People with heart conditions or stroke should limit the duration to between 5-15 minutes for the first few sessions, increasing to 10, 15, 20, 25 and then 30 minutes, as the body adjusts to the thermal stress.

Generally, people can take up to 100-105 degrees F for 20 - 30 minutes. However, some people can only take 95 degrees or so for 15-20 minutes. Personally, I sweat like a pig in any temperature about 94 degrees F. Over time, tolerance will increase, and both time and temperature can be increased. Always drink water after a sauna. Preferably ozonated, and preferably with added minerals/elements.

Always shower with cool water immediately after an ozone sauna treatment to aid in closing the pores which helps prevent toxins from re-entering your skin. Clean off with a wash cloth or scratchy sponge first then use soap if you so wish.

If you have the option, doing saunas after exercise/work outs is preferable in order to

oxidize the lactic acid built up in the muscles. As well, in order to preserve tattoos, it is recommended to cover them with a piece of clear plastic, taped along the edges with adhesive tape.

Flow rate of ozone into the cabinet is at 1/2 or 3/4 l/m in order to fill the large volume and overcome the loss of ozone to heat. Necessary ozone concentrations range from between 35 - 45 ug/ml. A series of treatments usually consists of 10-20 applications. If necessary (especially in cancer), a second or third, etc., series of treatments should be undertaken.

The effect of the ozone on any particular organ can be intensified by cupping with a funnel while in the ozone steam cabinet. This is especially effective with hepatitis, diverticulitis, pancreatitis and cancer. It also involves the person in actively taking responsibility for initiating the healing process. The flow rate for funnelling in the sauna can be up to 1/8 lpm. Any higher may threaten the viability of your machine with excessive pressure from back flow.

In regards to cleaning, when all body parts are covered with at least one layer of towel then the need to spray the sauna with 3% H₂O₂ tends to be reduced. Click [here](#) to get to a page that answers the question about how to clean the ozone sauna.

Transdermal application of ozone combined with hyperthermia in the steam cabinet is the treatment of choice for most cancers (except brain cancer, which can be treated with ozone insufflation in the ear at 1/32 l/m). Cancer cells are tightly packed as they try to force their way in between other cells, and they are thus less able to shed heat. This accounts for effect that heat stress has in killing cancer. Both heat stress and ozone kill cancer, so this treatment offers the best opportunity to eliminate cells which are fermenting sugar anaerobically, halt metastasis and restore healthy aerobic function. Because of its negative charge, and the positive charge of cancer cells (due to the lack an enzyme coating) ozone is able to seek out and destroy all the cancer cells with more certainty than the surgeon's crude scalpel. In addition, ozone will oxidize the toxins which caused the original problem, and thus prevent recurrence of the problem. This is in contrast to chemotherapy which is massively immune-suppressive, and radiation which itself causes cancer.

In combination with a comprehensive diet plan, parasite, liver and colon cleanses, and suitable exercise, this program offers the best chance for the patient to recover to optimum health.

Click [here](#) to get full ozone sauna operating instructions.