



## Rectal insufflation

With ozone

**Rectal Insufflation**In the words of  
**Renate Viebahn (a German physician  
and authority ozone therapy) "Rectal  
Insufflation is 95-96% as effective as  
Major Autohemotherapy".**

Jeffery Taylor BSc

## Resources: Articles

### Rectal Ozone Insufflation

by Jeffrey Taylor BSc, copyright protected Jeffrey Taylor BSc and Oxygen HealingTherapies.com Inc. [http://www.gracermedicalgroup.com/resources/page\\_11.php](http://www.gracermedicalgroup.com/resources/page_11.php)

**Warning: The information given below should not be considered as medical advice or instructions. The article below is intended to simply inform the reader of existing information as allowed by the freedom of information act. Always consult a trained physician before performing any act that may affect your health.**

#### Rectal Insufflation

In the words of Renate Viebahn (a German physician and authority 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 by the body.

Dr. Michael Carpendale performed the study which gives us the main guidelines for performing a rectal insufflation. He showed that absorption of the ozone gas through the wall of the intestine increases for 6 minutes following the initial input of the gas. The absorption rate then plateaus for 20 minutes, and then begins decreasing for 20-30 minutes. **This means that in order to receive the full benefit of a rectal insufflation, the gas should be held for at least 30-40 minutes.**

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.

Many may find it difficult to hold a large amount of gas rectally for 30 minutes. This is logical since this is a very unnatural thing to do. The problem is easily solved: don't use a large amount of gas. Although the amount of gas used for rectal insufflation can reach 500ml, the home or clinic patient performing this procedure for the first time should start with a lower amount of gas, and when you become more comfortable using this protocol, gradually increase the amount of gas you take in until the desired amount is reached (but never over 500ml per treatment). Please also follow the German guidelines on recommended dosages and concentrations regarding the treatment protocol you would like to perform.

(Please note: When speaking of volumes of gas, the term "ml" or "Milliliters" is the same as "cc" or "cubic centimeters".)

A good starting point for most first time users is **125ml** (assuming the concentration is between 15 - 35ug/ml). This can be achieved by setting the regulator on 1/8LPM (liter per minute) for 1 minute (assuming the design of your ozone generator allows you do to this). If 125ml can not be held for 30 minutes, then try a lower amount. Once you get accustomed to the volume you are using, you may then gradually increase the volume until the desired level is reached. If you can not hold the gas for at least 30 minutes you are not obtaining the full benefit of your treatment. It is better to take a smaller volume of gas that you can hold for 30 minutes, than to take a large amount of gas that you can only hold for 5 or 10.

Most individuals find that after the first 3 minutes, they no longer feel that they are "holding" anything in. The gas tends to work it's way through the colon and "spread out" so discomfort is minimized or disappears. Most users also report that at the end of 30 minutes, they had nothing to pass. It is assumed that the gas had been completely absorbed into their system.

### **Volume and Concentration**

It is essential that the home user be familiar with these two terms in order to perform this therapy correctly. Fully understanding the procedure and one's ozone generator is essential.

**Concentration** - While it is true that each ozone generator produces ozone, the gas coming from the generator is a mixture of oxygen and

ozone. The amount of ozone in this mixture is called the "concentration" and the units used to denote this concentration are ug/ml or **Micrograms per milliliter**.

Do you know the concentration your ozone generator is producing? It is essential that you know the concentration of gas you are using. This can not be emphasized enough. Too little you will see no effect, too much and you may suppress your immune system, and cause irritation, swelling, or intestinal spasms.

The concentration usually chosen for therapeutic effect from rectal insufflation is between 27 - 35ug/ml. This concentration may be higher for treating colitis, bacterial, or parasitic infections, but for the average home user hoping to obtain the "general" benefits of using ozone, the literature notes 27ug/ml - 35ug/ml as ideal.

A General Rule of Thumb: The more chronic the condition, the lower the dose and lower the frequency; the more acute the case, the higher the dose and the higher the frequency. For example: a) Bleeding or acute colitis 80ug/ml b) systemic stimulation of immune system 30ug/ml.

Volume - The volume of gas used is extremely important as well. Performing rectal insufflation is somewhat like blowing up a balloon. Too much gas could cause damage to the intestinal tract. Furthermore, increasing, or decreasing the volume of gas used will change the overall dose of ozone you receive. (Like taking 1 tablet of vitamin C or 10 tablets will change the dose of vitamin C you receive).

German protocol states that a 6000ug dose of ozone is optimal to for immune modulation and to increase oxygen delivery to the tissues. If the concentration used then is 30ug/ml, our target volume of gas would be 200cc (or ml) of gas. This would give us the optimal dosage of ozone as noted below:

Volume of gas (ml) x Concentration of gas (ug/ml) = Total Ozone Dose

In our example above therefore:

$$200 \text{ ml} \times 30\text{ug/ml} = \mathbf{6000\text{ug Ozone}}$$

German protocol also states that Cancer patients should perhaps only receive 3000 ug of Ozone per treatment. Once again if we use the above calculation, this means that a cancer patient performing a rectal

insufflation should only take in approximately 100cc of gas per treatment.  
Eg.:

$$100\text{ml} \times 30\text{ug/ml} = \mathbf{3000\text{ug Ozone}}$$

The speed or rate at which the ozone comes out of an ozone generator will make a tremendous amount of difference to your experience if you are performing a rectal insufflation! Think about it! If you deliver 125cc of gas into your rectum over a period of 1 minute, many people find very little discomfort from this. If you deliver 250 cc of gas into your rectum in 1 minute, you will definitely feel the difference, may become very uncomfortable, and may find you are unable to hold onto the gas.

### **The Procedure:**

(These should not be used as instructions, information only. This procedure should be performed by a physician only!)

**Do I humidify the gas or not?:** Some physicians suggest you humidify the gas (bubble it through water while performing this procedure) some say it is not necessary. When in doubt, humidify the gas.

**Do I have to perform an enema?:** This procedure is most effective when the colon is "clean". It is therefore more effective after an enema or a bowel movement. If you find the enema takes too much time, then please ensure this procedure is followed shortly after a bowel movement.

1. Calculate the time you would like to perform the insufflation. The volume of gas you receive can be calculated using the following formula:

$$\text{regulator setting in cc/min} \times \text{time} = \text{Volume of gas delivered}$$

eg  $125\text{cc/min} \times 1 \text{ min} = 125 \text{ cc of gas}$

Therefore most "first timers" will perform a rectal for 1 minute.

2. The catheter used is a "urethral catheter", 14 gauge, approx. 14" long
3. Lubricate the first 4-6" of this catheter with olive oil.
4. Set up the ozone generator to produce 15-35ug/ml of ozone (or the concentration suggested by a physician), and the "flow rate" on the oxygen regulator should be at 1/8LPM (litres per min).
5. Lie on the floor or bed, on back or on side.

6. Do not yet connect the catheter to the ozone generator. Lubricate the rectum with olive oil, insert the catheter carefully, 4-6 inches into the rectum
7. Lie on the left side.
8. Using a stopwatch or watch, note the exact time this next step is completed: Attach the ozone output tube from the ozone generator to the catheter. Ensure this connection is airtight and does not leak.
9. Watch the time closely for this will give you your only indication as to how much volume you are using! If you are using a regulator setting of 1/8LPM for example, this means 1/8 of a liter, or 125 cc, of gas will be delivered to your rectum every minute. First time users should therefore stop after one minute, or upon feeling **any** discomfort!
10. When the time indicates you have received the desired amount of gas, slowly withdraw the catheter from the rectum. Hold the gas for at least 30 minutes before expelling. The procedure is complete.

### **Summary:**

Ozone concentrations must be chosen carefully. If the concentration you have used causes irritation or discomfort consider lowering the concentration used or discontinuing treatment until irritation subsides.

Being able to choose not only the concentration of gas you would like to use, but also the speed at which that ozone gas is delivered is essential. Many ozone generators are built to only produce 1 ozone concentration at a given oxygen regulator setting. This inevitably results in the therapeutic concentrations, for example 30ug/ml, only being available if the regulator is set to S liter per minute. That's 500cc of gas (or roughly S quart) each minute! This is only suitable if the user is using this set up for auricular (or "ear") treatments of ozone. The more effective rectal insufflation method is out of reach at this setting as this rate is very uncomfortable, and would result in having to be extremely careful with the timing of a rectal insufflation. Do the math: to obtain 125cc of gas rectally at this setting one would have to ensure that the insufflation is performed for only 15 seconds! Furthermore, the discomfort from having 125cc of gas delivered rectally in 15 seconds would often result in the user having to expel the gas shortly after receiving it, requiring them to try again.

Anyone using any form of ozone therapy must ensure they are taking antioxidants! The usual complement of supplements includes: beta

carotene, vitamin E, vitamin C, B complex vitamins, selenium, and vitamin A if desired (beta carotene is a form of "pre" vitamin A). This is not only to protect the patient, but also to ensure sufficient quantities of the correct enzymes are in place before Ozone begins to "push" certain biochemical reactions within the body.

It is suggested these antioxidants should be taken at least 6 hours prior to the treatment, or 1 hour after the treatment.

The information mentioned above is for interest only. All medical use of ozone should be performed by a qualified physician only. This information is provided for interest only. Do not use the information above as instructions.