



The Power of Ozone Therapy



Innovative Health
— and Longevity —

Edited from Frank Shallenberger, MD

Medical Ozone:

A Powerful and Safe therapy for Natural Healing.

The body has the potential to renew and regenerate itself. When it becomes sick it is because this potential has been blocked. Ozone therapy uses medical grade ozone, a reactive form of pure oxygen, to trigger a healing response in the body. The reactive properties of ozone stimulate the body to remove many of the impediments to healing.

Ozone therapy has been used in European clinics and hospitals for more than fifty years. It was used in the United States in a limited capacity in the early 20th century. Ten countries have professional medical ozone therapy societies.

Ozone therapy was introduced into the United States in the early 1980s, and has been increasingly used in recent decades. It is useful in various conditions: infections including MRSA, Shingles and Lyme, autoimmune conditions, allergic conditions, fibromyalgia, chronic fatigue, arthritis, and pain from neuropathy-herniated discs, and others.

Benefits of Medical Ozone therapy:

1. Kills bacteria, viruses, fungal organisms.
2. Supports the immune system, helping the body fight infection and improve autoimmune conditions.
3. Improves antioxidant systems of the body
4. Improves detoxification.
5. Relieves pain and inflammation.
6. Improves circulation and oxygen utilization.
7. Stimulates the immune system promoting Anti-cancer effects.
8. Provides Anti-aging effects.

All About Ozone

Oxygen, as a single atom, is unstable and cannot exist in nature by itself. However, two oxygen atoms can join together to form O₂ which is stable. This is the form of oxygen that is found in the atmosphere and the form we breathe.

When energy, such as electricity comes into contact with that O₂, it briefly separates into single oxygen atoms. A small percentage of free oxygen molecules will briefly form O₃, the combination of three oxygen molecules. O₃ is also very unstable. When introduced into the body, O₃ stimulates the mitochondria in your cells ten times better than regular oxygen (O₂).

How Medical Ozone Works

Ozone can safely be applied to every part of the human body except the lungs. The lungs, because they deal directly with oxygen every second of the day, are intolerant to ozone. Ozone in every other part of the body is safe. This is identical to how the body uses water. It is critical to our survival when properly consumed via normal eating, and toxic if introduced into the lungs. When put into the human body, ozone instantaneously interacts with tissues and forms peroxides. It is these various peroxides, not ozone itself, which exert all of the beneficial effects of ozone therapy. These peroxides can continue to exert their effects long after the treatment session ends.

The History of Medical Ozone Therapy

Ozone therapy is not new. The medical use of ozone has a long history in medicine.

- 1873, 70 years before antibiotics, German Doctors discover ozone kills bacteria, viruses, and fungi.
- 1881, ozone is used as a disinfectant.
- 1885, Florida Medical Association published the first textbook on medical applications of ozone.
- 1895, Dr. Kellogg described using ozone as an anti-infection medication.
- 1896, German Doctors create Institute of Oxygen-Ozone Therapy.
- 1911, in the U.S., Dr. Noble Eberhart, from Loyola University in Chicago established the first University program teaching use of ozone therapy for treatment of TB, whooping cough, asthma, bronchitis, hay fever, pneumonia, diabetes, gout and syphilis.
- 1913, first medical association of ozone therapy was formed in Germany.
- 1915, Dr. Wolfe of the German Army used ozone therapy to treat infected wounds, frostbite, gangrene and decubitus ulcers.
- 1932, Swiss dentist, Dr. Fisch, published a paper describing how ozone can be used to treat dental carries.
- 1961, German doctors developed systemic ozone administration techniques.
- 1980, Viebahn-Hansler wrote the textbook, *Medical Use of Ozone*, which described the many ways that ozone can be used for treatment.

- 2010, International Scientific Committee on Ozone was formed and “The Madrid Declaration” was compiled as the first standard for ozone therapy.
- 2010, American Academy of Ozonotherapy was created to standardize and promote the medical practice of ozone in the U.S.
- 2015, “The Madrid Declaration” was revised and contains references and instructions for every kind of ozone application currently used in the international medical community.

In the past 30 years, more than 2,500 papers on the medical use of ozone have been published in peer reviewed medical and scientific journals. You can access these articles from the AAO web site: www.aaot.us.

How Medical Ozone Therapy is Administered:

1. Autohemotherapy: Blood is drawn and mixed with ozone and then returned to the patient in a sterile closed system.
2. Rectal Insufflation: Ozone gas is Self-administered like an enema.
3. Nasal or sinus treatment.
4. Ozonated oils: These can be applied topically, ingested, or used as a suppository.
5. Prolozone therapy: Ozone is injected into body tissues following injection of numbing medications (soft tissue, joints, etc).

Prolozone: *Become Pain Free!*

Prolozone is a liquid mixture containing a topical anesthetic, Glucose, B Vitamins and ozone. It improves circulation, reduces inflammation and swelling, supplies energy and improves glucose utilization. This stimulates the body's regenerative potential.

Conditions that Respond to Prolozone:

- **Anything associated with pain:** chronic neck and back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs, plantar fasciitis, carpal tunnel syndrome, TMJ, sciatica, heel spurs, neuromas, tennis elbow, sciatica, sinus infections, pelvic disorders, dental infections, post orthopedic surgery pain, non-union fractures, scars, any sports injury, and pelvic floor syndrome.
- **The value of Prolozone is that it actually results in a correction of the pathology of the disorder.**

What You Can Expect with Prolozone:

- Immediate decrease in pain.
- Soft and hard tissue regeneration.
- The response to treatment varies from person to person, but most people only need from 3-5 treatments.
- **Pain resolution with Zero side effects.**

Uses Of Ozone Therapy

Aging

As we age cells generally receive less oxygen and are less able to use the oxygen they receive. This results in decreased cellular energy, stamina, muscle and bone mass and organ function. There is also increased weight gain and susceptibility to disease. All of these problems are treatable with ozone therapy.

Auto-Immune Disease

Auto-immune diseases are a category of diseases in which the immune system is malfunctioning, creating systemic inflammation, and damaging tissues and organs. Ozone therapy can decrease that inflammation, and reduce the symptoms. Ozone therapy can be used to treat Hashimoto's thyroiditis, multiple sclerosis, lupus, scleroderma, and rheumatoid arthritis, among others. Ozone therapy also enhances conventional therapies enabling your doctor to reduce or even eliminate some of your prescribed medications.

Cancer

While Ozone therapy cannot replace cancer therapies, it is a critical part of optimal cancer treatment. It increases the effectiveness of chemotherapy and can decrease side effects of those treatments.

Cardiovascular Disease and Strokes

Ozone therapy is useful for:

1. Increasing oxygen delivery to cardiac and brain cells
2. Improving circulation
3. Eliminating infected vulnerable plaque
4. Increasing oxygen utilization in cardiac and brain cells

Fungal Infections of the Skin, Fingernails, or Toenails

Even those difficult infections under the finger and toenails will eventually succumb to nightly applications of ozonated olive oil. Ozonated olive oils are also effective for treatment of other cutaneous infections.

Hepatitis

Ozone therapy works well for all acute and chronic forms of hepatitis. It can also be used in conjunction with conventional therapies.

Herpes I and II

Chronic herpes infections can be extremely disturbing. Patients with frequent recurrences are constantly searching for effective therapies. Although antiviral medications can be effective, they must be continued indefinitely, and can be toxic to healthy cells. Ozone therapy is very effective in controlling chronic herpes infections.

As with all viral infections, there is no treatment that can remove the virus from the body. The body can only control how viruses reproduce. Therefore, antiviral therapies should focus on controlling viral reproduction. Ozone therapy is effective at decreasing viral reproduction and reducing symptoms.

Immune System Stimulation

Is your immune system compromised? Do you get frequent colds or flu? Or maybe you are battling cancer and need all of the immune stimulation you can get. One way to stimulate the immune system right away is with ozone treatment.

Chronic or Resistant Infections

“Chronic infections occur when the body’s immune system loses the ability to defend itself against certain germs and viruses. These can include Hepatitis B and C, Epstein-Barr virus, Cytomegalic virus, HIV, mycoplasma, tuberculosis, coxsackie virus, yeast, and Borrelia (Lyme disease). These infections often respond to ozone therapy. Ozone therapy stimulates the immune system by as much as 400%.

What about MRSA and other antibiotic resistant infections? Studies have shown that all infections, whether acute or chronic, respond much better to antibiotic therapy when combined with ozone therapy. That’s why it is such a good idea to use ozone therapy to combat an infection even when taking an antibiotic.

Intestinal Conditions Including Ulcerative Colitis and Crohn’s Disease

Ozone therapy can be used very successfully for even the worst colitis cases as well as causes of diarrhea, irritable bowel, food poisoning, and intestinal flu. It works with your body to naturally restore the healthy bacterial balance of the digestive system.

Lung Conditions

Ozone therapy can be used for conditions involving the lungs including COPD, bronchitis, pneumonia, flu, cancer, and colds.

Macular Degeneration

Macular degeneration is a disease particularly suited for ozone therapy. Many patients will see improvement in their vision within three months. Many of these patients will experience halting of the progression of their disease. Therefore, for best results, it is critical that the therapy be started as soon as the diagnosis is made.

Neurological Disorders

Whether you have Alzheimer's, Parkinson's, or any other neurological disease, ozone therapy enhances the results of conventional treatment designed to enhance memory, attention and cognition.

Periodontal Disease

Ozone therapy also helps resolve dental infections.

Shingles, acute

Shingles infections will normally resolve within 2 weeks. However, the pain from shingles can be intense and about 10-15% of the time the patient will be left with permanent and often debilitating lingering pain. Applying an ozone treatment as soon as shingles symptoms develop can help to decrease pain, decrease the duration of the symptoms and decrease the chance of lingering pain.



When Medicines Have Failed?

Medical Ozone

Non-Drug, Inexpensive, Proven Therapy

with no side effects

- Pain & Inflammation
- Arthritis & Joint Degeneration
- Auto-Immune Disease
- Cancer
- Bladder Conditions
- Cardiovascular Disease
- Stroke
- Fungal Infections of the Skin
- Hepatitis
- Herpes I & II
- Chronic or Resistant Infections
- Ulcerative Colitis or Crohn's Disease
- Lung Conditions
- Macular Degeneration
- Neurological Disorders
- Osteomyelitis & MRSA
- Shingles

Innovative Health and Longevity
3838 Massillon Road
Uniontown, Ohio 44685
Ph: 330-899-0050
www.innovativehealthohio.com