



OZONE THERAPY

A new lease on life . . .



OZONE THERAPY

Ozone (O₃) is simply a high powered form of Oxygen comprised of three atoms instead of two.

Ozone Therapy is a form of complementary medicine which is probably one of the most miraculous healing therapies available on our planet at this time.

Ozone Therapies are safe and effective treatment protocols for many conditions and diseases, including obesity, cuts and scrapes, diabetes, heart disease, psoriasis, candida, common cold, viruses, bacterial infections, cancer, HIV, AIDS, and almost any other condition.

Ozone can prevent or reverse disease by helping the body to better transport and metabolize oxygen; ozone can also deter infectious disease by neutralizing invading bacterial enzymes that are responsible for viral infection and replication in white blood cells.

While this therapy may sound like a by-product of a growing trend toward a holistic approach to healing, it's actually been practiced since the mid-19th century.

Through its oxygenating power, ozone can successfully treat a wide range of serious degenerative conditions including cancer, diabetes, arthritis and liver disease.

This therapy has the potential to do more good for mankind and address more medical conditions at a lower cost than any other form of treatment available to date.

Importantly, ozone treatment adheres perfectly to the edicts laid out by the father of modern day medicine, Hippocrates, with his first law of medicine: -'**Do the Patient No Harm**', while offering a safe, simple, inexpensive and highly effective treatment.

Ozone treatment is highly popular in Germany. In 1959, an ozone machine called Ozonosan was patented by Dr. Joachim Hansler which formed the basis of the expansion in German ozone therapy. Since then more than 10,000 medical doctors there have been using it and Dr. Hansler's daughter continues to run the company manufacturing the generators.

The rate of success in Germany has been measured at 90% with the lowest side effects of any medical treatment. One doctor cited only 3 out of 10,000 cases ever having any kind of allergic reaction, which quickly disappeared when adjusting the dosage.

Many people travel from North America to Germany and pay \$3000 for 6 treatments because it is difficult for them to find a practitioner in the US.

Healthy Healing is one of only three practices offering Ozone Therapy in Cyprus.



Why you have not heard about ozone's many benefits

A curious and conscientious person quite naturally asks, "If ozone has so many health benefits, why doesn't my doctor know about it?" and then continues to wonder "why doesn't everyone know about it?"

These are reasonable questions that must be addressed.

Most people assume that information is free. They also assume if a modality is beneficial, the medical establishment will back it.

Both assumptions are incorrect.

The truth is that the medical profession is controlled by higher powers known as the International Drug Trust. They define what the acceptable practice of medicine is.

The driving force behind this system is not what works or what is beneficial to people, but raw economics. The system revolves around gaining Government patents on a new drug or medical device. Once this patent is secured a 17-year monopoly is granted.

No one can compete, regardless of the price of the product.

In 1764 James Lind proved that vitamin C cured and prevented scurvy.

In 1954 Dr. Linus Pauling won the Nobel Prize for Chemistry. He proved that large quantities of vitamin C could prevent and cure cancer.

Why is it that all physicians do not recommend vitamin C in large doses to every patient?

The reason is that drug companies are unable to patent vitamin C. Its price must be determined by the free market place, not the dictates of a Government monopoly.

Ozone, like herbs, vitamins, and natural medicines cannot be patented.

Information is not free as many people think, that is why the public is flooded with information on drugs and is totally unaware of the health benefits achieved with ozone therapy.

If some big pharmaceutical company could figure out some way to patent ozone, it would be hailed by the establishment press as the miracle treatment of our era. The Government and orthodox medicine would claim the greatest medical break-through of all time.

Unfortunately that will never happen, so ozone therapy along with all other drugless approaches to healing, prevention and wellness will continue to be ignored and suppressed by the establishment.



By Robert H. Sorge N.D Ph.D

Research shows Ozone-Oxygen therapy is one of the most powerful and versatile therapies known today. The action of ozone has beneficial effects on every part of the body.

Some of the effects are bacterial, fungal and viral inactivation, circulatory enhancement, disruption of malignant tumour metabolism, and stimulation of oxygen metabolism

Ozone therapy is an incredible rejuvenator, normaliser, detoxifier, regenerator, immune enhancer and physical and mental energizer.

Ozone Therapy and Cardiovascular Disease Physicians in Germany, Cuba and Russia have used ozone therapy to treat heart disease, related circulatory problems, strokes, high blood pressure, cardiac insufficiency, high cholesterol, angina, atherosclerosis and a wide variety of other problems relating to poor circulation.

In Cuba, ozone therapy is routine treatment for heart disease; angioplasty and by-pass surgery is minimized. Ozone is super oxygen, which enhances energy, improves blood circulation and improves oxygen delivery at cell level.

Ozone therapy can do what no drug on the planet can do. It can reactivate and regenerate cells that have been previously unable to efficiently metabolize oxygen. Ozone therapy improves the flexibility and elasticity of the blood vessels, thereby increasing blood supply and life giving oxygen to the heart and vital tissue.

Ozone oxidizes fatty substances like plaque that adheres to arterial walls and helps normalize cholesterol and triglycerides.

Ozone activates important enzymes such as glutathione peroxidase, catalase and superoxide dismutase that are involved in free radical scavenging. Free radicals in excess can contribute to heart disease and circulatory disorders as well as cancer.

Ozone clearly challenges the primacy of orthodox drug medicine. Why should generation after generation continue to consume large quantities of pharmaceuticals with their so-called side effects that are in reality poisoning effects?

Ozone has no harmful side effects, while pharmaceutical medicine even practiced correctly, kills over 300,000 men, women, and children every year, according to the New England Journal of Medicine. Most people in America and Europe are not only mineral deficient, they are oxygen deficient. The quality of life at the cellular level is dependent on oxygen.

There are many natural healing treatments and modalities available to us. Once one has compared all the options and alternatives, Ozone Therapy arises head and shoulders above all the rest, as the most compelling.

Ozone's effectiveness against our modern day killer diseases, resistant viruses, harmful bacteria, and latent microorganisms has been well documented and scientifically established. Ozone neutralizes virtually all organic and many inorganic toxic wastes that compromise the immune system.

Ozone is so powerful that it literally converts raw sewage into drinking water in many cities of the world. Just imagine the benefit to a toxic body.

It is a fact that there have been more scientific papers written on the positive effects of ozone therapy over the last 100 years than any other medical treatment. No medical substance, device or subject has been more thoroughly documented in scientific journals than ozone.



Ozone Therapy for Prevention

While ozone is a powerful therapeutic tool for curing disease, ozone is equally important for the **PREVENTION** of disease.

Hundreds of different diseases named by allopathy are but symptoms of one underlying cause. That cause, as proven by two-time Nobel Prize-winner Dr. Otto Warburg, is hypoxia, or oxygen starvation at the cellular level.

Cellular starvation is the cause of most degenerative disease including cancer, arthritis, atherosclerosis, multiple sclerosis, rheumatism and Parkinson's.

Ozone both treats and prevents most communicable disease including mumps, measles, influenza, cholera, tropical fevers, etc.

WHY OZONE THERAPY WORKS

The human body is 2/3 water. Of that, 90% is lymph and 10% is blood.

The cells function by burning sugar in oxygen to provide energy. The waste products are carbon dioxide and water.

If there is insufficient oxygen at the cellular level, the cell will function anaerobically and the waste products will be carbon monoxide and lactic acid.

The body cannot easily rid itself of carbon monoxide and lactic acid, it prevents haemoglobin from picking up fresh oxygen, and the body temperature is lowered.

The lactic acid will build up in this system, clogging nerve signal pathways, eventually solidifying and causing degeneration and destroying the governor for cell production.

This process leads to multitudes of immature cells known as cancer cells.

More oxygen is required to come in and oxidize these toxins, but if it is not available they build up. The blood will then carry a heavy load of sludge and toxins will be deposited in the fat and the lymph.

The water that composes the body gets dirtier and dirtier. Free radicals proliferate as toxins interfere with the normal neutralizing enzyme mechanisms for cleaning them up.

Disease is the result.

The hundreds of different diseases named by the allopathic establishment (whether viral, bacterial, Protozoal, fungal, communicable, autoimmune or degenerative) are but symptoms of one underlying cause.

That cause is hypoxia, or oxygen starvation at the cellular level, leading to internal toxicity.

Ozone is a powerful therapeutic tool because it deals with this cause through both oxygenation and oxidation.

Ozone taken on a regular basis will over time safely clean all the fluid of the body. It will also furnish an oxygen-rich environment for all the cells in the body, providing high levels of immunity from most of our common diseases.

A fully oxygenated body is a healthy body.

Only ozone's unique properties can fully re-oxygenate a body that is sick through cellular dehydration.



BLOOD CELLS

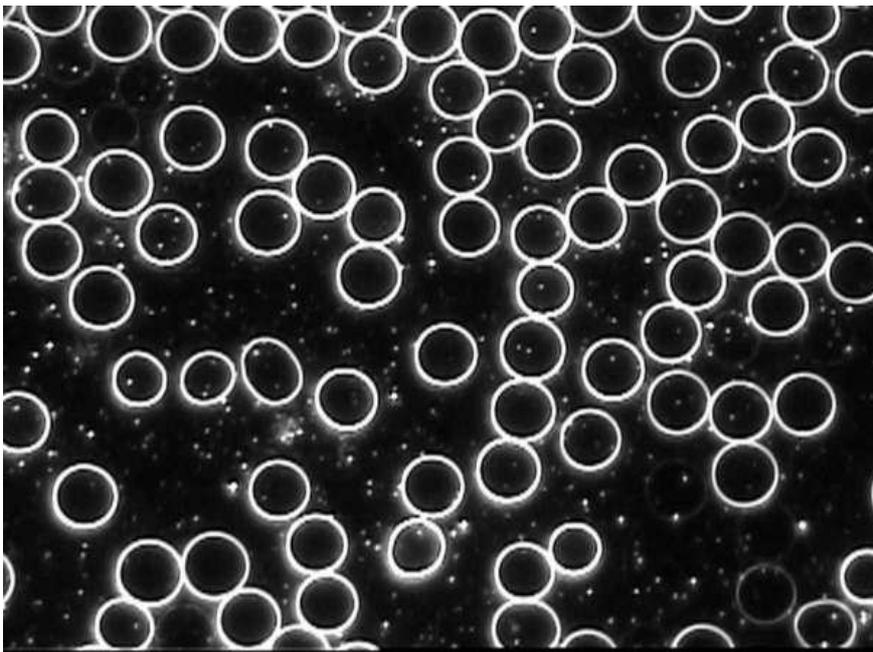
Ozone is an excellent blood cleaner and oxygenator.

These photographs show typical blood patterns prior to and following ozone treatment.

Your good health is dependent upon healthy blood. If you have clean well oxygenated blood this will be reflected in your overall well-being.



Parasitized unhealthy blood cells in dirty plasma, before ozone treatment.



Well oxygenated clean blood cells and clean plasma following ozone treatment.

Photographs taken at Healthy Healing. 2011



The Sixth World Ozone Conference was held in Washington D.C

Conference participants ran the full gamut of topics from cancer to herpes to rheumatoid arthritis, written by the world's recognized specialists in their fields. These papers concluded that:

- 1.** Ozone removes unwanted bacteria and viruses from the blood, the same way it does with water.
- 2.** Ozone is highly effective in peripheral vascular disease.
- 3.** Ozone is effective in cardiovascular and cerebrovascular disease, arteriosclerosis and hypercholesterolemia, and promptly restores circulation, relieves angina pain and improves brain function.
- 4.** With ozone, cancerous tumours, lymphomas and leukemia may be eliminated without the use of surgery, radiation or chemotherapy.
- 5.** Ozone is highly effective for all forms of rheumatoid and arthritis collagen diseases.
- 6.** Ozone is very effective for allergies of all types.
- 7.** Ozone improves multiple sclerosis, parkinson's disease, senility and other neurological diseases.
- 8.** External use of ozone is very effective in treating burns, acne, leg ulcers, open cuts and wounds, eczema, fungus and other skin disorders.
- 9.** Rectal insufflation with ozone is effective for proctitis, colitis, prostatitis and fissure;
- 10.** Vaginal insufflation is effective for candidiasis and other yeast infections, trichomoniasis and other forms of vaginitis; bladder insufflation is effective for cystitis and bladder fistulas, as well as cancer.
- 11.** Herpes, hepatitis, mononucleosis, and cirrhosis of the liver have been successfully treated with ozone.
- 12.** The application of ozone is painless, has no adverse side effects and is extremely cost-effective for both therapists and patients.
- 13.** The oxidative power of ozone has proven to be effective in destroying lipid enveloped viruses such as Epstein-Barr, herpes, cytomegalovirus and viruses that cause hepatitis.



Steam and Ozone Sauna's

The use of a sauna is an important part of any detoxification program. The sauna increases the eliminative, detoxifying and cleansing capacity of the skin by stimulation of the sweat glands and also promotes healthy skin tone and texture due to increased blood circulation. Using the steam sauna with ozone allows the steam to surround the body and ozone to be introduced through the skin. Humid heat opens the pores, which allows the ozone through the skin to the bloodstream, where it can travel to the fat and lymph tissue.

To stay healthy or regain your health, it is very important to cleanse the lymph tissue of toxins. The ozone/steam sauna is the easiest and most pleasant way to accomplish this.

The combined action of moist heat and ozone cleans the lymphatic system, which carries 90% of the body's fluids. Ozone brings oxygen to the tissues for enhanced health and vitality. The combination of steam and ozone is a natural, effective way to promote a refreshing sense of well-being.

The ozone sauna therapy offered by Healthy Healing is the same therapy used by footballers, film stars and the elite for vibrant healthy skin, substantial energy boosting and rapid pain relief.



Benefits include:

Relaxation and loosening of muscles by reducing the build up of lactic acid and increasing muscle flexibility.

Oxidizes toxins so they can be eliminated through the skin, lungs, kidneys and colon.

Boosts blood circulation, helping injured muscles to repair quicker.

Eliminates bacterial and viral infections of all kinds.

Speeds up the metabolic processes of the inner organs and endocrine glands resulting in a loss of 200-450 calories in a 20 minute session.

Provides rapid relief from joint pain.

Enhances cellular rehydration & tissue renewal.

Ozone saunas break down petrochemicals. These chemicals have the potential to place a great burden on the immune system. They also worsen and even cause allergies and are detrimental to your long-term health

Promotes fast and permanent loss of weight & cellulite.

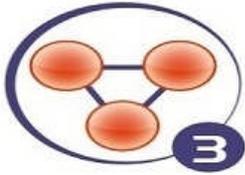
Every single toxin that has not been expelled from the body is surrounded by a fat globule. This is done to prevent the toxin poisoning the whole system.

Most of these toxins are deposited in soft tissue and are unable to leave unless oxidised.

These fat globules are what we call cellulite.

It is impossible to rid the body of cellulite unless the toxin is removed first. The ozone sauna easily oxidises these toxins expelling them from the body. The body now has no reason for keeping the fat which disappears on the toxins release.

Ozone is a very powerful therapeutic tool because it deals with the underlying cause through both oxygenation and oxidation. Ozone will, over time, safely clean all the fluid of the body and furnish an oxygen rich environment for all the cells in the body, providing high levels of immunity from most of our common diseases.



A FEW OF OUR MANY SUCCESSES.

Graham age 72 - suffering with a 5.8cm abdominal aorta aneurysm, drank ozonated water for 8 months and had a monthly ozone sauna after an initial course of 6 treatments.

Graham had the therapies as they made him feel well and stronger than he had in a long time, not because he or we thought the therapy would benefit his aneurysm.

On his return to the UK for his yearly examination in relation to his aneurysm, he was informed that his aneurysm had shrunk to 3.2cm. This is unheard of in conventional medicine. Grahams doctors insisted on several scans to ensure there was not a mistake.

David age 34 – UK resident suffering long term fatigue which included impotence. David was a bricklayer and had been unable to work for 2.5 years due to his fatigue. David visited Healthy Healing while visiting his parents whom are residents in Cyprus and had been happy with therapy they had received from us.

On his first visit David was unable to lift his arms above shoulder level and had an energy level of 2 on a scale of 1 – 10.

By the end of 10 daily ozone therapies, David was walking 4 miles a day with his father. David stayed for a month and had daily ozone saunas, he is now back at work full time bricklaying, he is also expecting his first child.

Ann-Marie Cyprus resident had over the course of several years, spent thousands of pounds visiting clinics both here and abroad trying to cure a non healing leg ulcer. Ann-Marie had a total of 12 ozone saunas over the course of 4 weeks which along with daily use of ozonated olive oil cured the ulcer.

Carole age 62 Had suffered for many years with sinitus, a small change in diet along with 4 ozone therapies has to date left her free of sinitus. Carole, like many clients has regular monthly sauna therapy as she feels it keeps her in tip-top condition.

Kim age 52 - UK resident with depression, sleep problems and night muscle cramps, no longer takes Prozac and sleeps well following a dietary change and a course of ozone therapy taken while visiting relatives here in Cyprus.

Malcolm age 65 UK resident had painful creaky knees and found walking more than a few yards very uncomfortable. Just two ozone saunas allowed him to walk much further without any discomfort. Malcolm is returning to Cyprus to have further treatment.

Marie age 39 hurt her right shoulder lifting a heavy suitcase. She could not lift her arm above shoulder level unless she had painful cortisone injections. A course of ozone therapy has to date left her pain free with full movement.

3 out of 4 Females who had been trying to conceive for 3+ years fell pregnant following a course of vaginal ozone therapy

These are just a sample of the many successes achieved at Healthy Healing using ozone therapy.



Ozonated Water

It has been shown in scientific experiments that there is an inverse relationship between the amount of oxygen in the blood and the ability of cancer to spread. In other words, the more oxygen, the less your cancer is able to spread.

However, the oxygen we breathe, which is O₂, is not what the body needs to stop the spread of cancer. What is needed is oxygen singlets (i.e. O₁). The best way to get oxygen singlets into the blood is to get ozone (O₃) into the blood, which then breaks down into O₂ and O₁, the critical oxygen singlet.

One of the simplest and least expensive ways to get ozone (i.e. oxygen singlets) into the bloodstream is to ozonate ice cold purified or spring water. The colder the water is, the more ozone the water can hold and the longer it can hold it.



Here is a list on the major benefits of ozonated water:

- 1) It cleans the blood of many microbes.
- 2) It is a superb detoxification method.
- 3) It does kill some cancer cells (but it is probably not strong enough to be a treatment).
- 4) Removes anti-biotics and pesticides from meat, fish and vegetables
- 5) Over time It provides energy,
- 6) It can help the immune system by providing it with oxygen singlets.

There are several other things that are necessary to understand.

First, the container the purified or spring water is in, that the ozone will be bubbled into; **ABSOLUTELY MUST BE MADE OF GLASS**. Ozone will tear apart a plastic container or plastic tube and you will end up drinking plastic!!

You should bubble the ozonated water for 7 to 10 minutes before drinking. Drink immediately as the water only stays ozonated for around 15 minutes.

To determine how much ozonated water to drink per day, take your weight (in pounds) and then divide that number by two. That is the number of ounces of ozonated water you need to drink per day. For example, if you weigh 200 pounds, you need to drink **AT LEAST** 100 ounces of ozonated purified or spring water per day. If the person can take more than the minimum, that is even better.

Ozonated water should be taken about 1/2 hour before and after each meal.

Drinking ozonated water on a daily basis is not only for those who are sick; it is also a cheap and easy to use preventative measure for those who wish to remain healthy.

Research shows drinking "ozonated" water helps allergies, carcinoma, headaches, gastritis, gum disease, stomatitis, thrush, ulcer's; increases circulation, reduces infections after dental work, helps remove free radicals, helps colds and flu, cleans wounds and minor skin bruises. Drinking "ozonated" water also increases the oxygen level throughout the body and accelerates the healing process.

Healthy Healing can supply you with a home ozone generator for only 135.00eu



Organic Ozonated Olive Oil

Ozonated Olive Oil is truly an amazing substance. At Healthy Healing we have often used it to heal wounds that were not clearing up using any other method. There are many stories of patients who, unable to heal wounds with mainstream antibiotics, completely healed once they discovered ozonated olive oil and used it topically. The reason being that ozonated olive oil not only kills bacteria, fungus, and other pathogens and therefore sterilizes the wound, it also does what no antibiotic in the world can do – it stimulates the healing process.



It was due to the success we had in using other people’s ozonated oil that we finally decided to produce our own. The olive oil is produced from our very own olive grove in Cyprus.

Our ozonated olive oil is made by continuously bubbling medical grade oxygen through the oil for several weeks, turning the olive oil into a gel similar to Vaseline. This gel, or salve, smells strongly of ozone because the oil is now saturated with it.

Ozone is an activated form of oxygen that is highly beneficial to the body. Olive oil’s molecular structure allows it to hold a higher concentration of ozone than other oils.

This salve has many therapeutic uses and is very suitable for people with sensitive skin.

Our oil is 100% organic and does not contain stabilisers or additives, despite this our oil will keep indefinitely when stored below 25°C.

Ozonated Olive Oil has been used very successfully for over 100 years by Homeopaths and Alternative Health Therapists. The oil holds a variety of health benefits but is most commonly used for conditions of the skin and external body, much as you would use a therapeutic salve or cream.

Used as a massage paste, the ozone acts as an antioxidant, allowing lactic acid and toxins to be released from the pores of the skin.

Uses for Ozone Oil Include

- Hemorrhoids – One of the best natural remedies
- Vaginal Thrush
- Fissures
- Nappy Rash
- Cradle Cap
- Dermatitis
- Skin Yeast
- Eczema
- Insect bites and stings
- Oxidation of lactic acid.
- Warts
- Fantastic fly repellent for both humans and animals
- Bedsores
- Cracks
- Open wounds
- Cuts
- Sores
- Mouth ulcers
- Non healing ulcers
- Fungal infection of foot & nail
- Crocodile skin
- Sunburn

Cleans and sterilizes the skin. Reduces swelling and inflammation. Acts as a free radical scavenger on harmful toxins. Aids in healing processes and reduces scarring. Reduces incidence of degenerative skin conditions. Clears infections of the sebaceous glands (sweat glands). Improves sore muscles (rub as a massage paste). Quickly remedies cracked dry shins.

This oil also makes a great facial moisturiser at a very reasonable price.



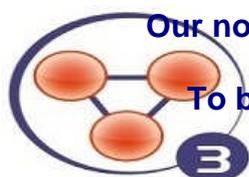
Ozone Therapies Available at Healthy Healing

Ozone and Steam Sauna	30 minutes	45.00 per session
Discount on six sessions		40.00 per session
Vaginal Insufflation	30 minutes	30.00 per session
Discount on ten sessions		25.00 per session
Anal Insufflation	30 minutes	35.00 per session
Discount on ten sessions		30.00 per session
Ear Insufflation	10-20 minutes	15.00 per session
Discount on five sessions		10.00 per session

Other Available Therapies

Live Blood Analysis		40.00
Video of session		5.00
Live Blood Retest		25.00
Full Mineral Analysis		80.00
Hair sample sent to lab in USA		
Approximately 2 weeks.		
Magnetic Pulse Pain Reduction Therapy		25.00 per session
Discount on ten sessions		20.00 per session
Oxygen & Steam Sauna	40 minutes	45.00 per session
Discount on five sessions		40.00 per session
Colon & liver and cleanse		140.00 per person
Colon, liver and 30 day kidney cleanse		180.00 per person
Kidney Cleanse		55.00 per person
Liver & GB Cleanse		55.00 per person

All therapies must be booked in advance.



Our normal opening hours are 9.30am – 5pm Monday to Friday

To book an appointment please call 26343512 – 97788931

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