

# HEALTHY HEALING

## Integrative Practitioners

### About Ozone Therapy

Ozone (O<sub>3</sub>) 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, Lyme disease, 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.

#### **Killing Pathogens in the Body with Ozone**

Pathogens thrive in the body when there is a shortage of oxygen present, which is why older people tend to fall prey to chronic conditions. This is because as we age our oxygen intake can become depleted, especially among those who do not regularly exercise. Nobel Prize winner, Dr. Otto Warburg stated that “a lack of oxygen at cellular level” is the primary pre-condition for the development of cancer.

One way to prevent pathogens from disrupting cell function, or to help to kill them before they can do more damage, is by administering ozone therapy.

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 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, **Do the Patient No Harm'**, while offering a safe, simple 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.

## 100 Known benefits of ozone therapy

1. Improved circulation
2. Cell energizer
3. Vitality booster
4. Immune enhancer
5. Skin purifier
6. Oxygenates hemoglobin
7. Neutralizes acid
8. Liver cleanser
9. Kills parasites
10. Combats chronic fatigue syndrome
11. Corrects dizziness
12. Blood purifier
13. Relieves muscle aches
14. Builds muscle
15. Combats depression
16. Neutralizes stomach acid
17. Overcomes weakness
18. Corrects memory loss
19. Enhances immune system
20. Fights bronchial problems
21. Prevents tumors
22. Decomposes plaque
23. Increases cellular vitality
24. Boosts energy
25. Fights flu
26. Releases tension
27. Burns fat
28. Protects against stroke
51. Improves mental quickness
52. Strengthens immune system
53. Improves vitamin uptake
54. Kills Candida
55. Improves mineral absorption
56. Destroys harmful microorganisms
57. Oxidizes morbidic material
58. Balances acid/alkaline
59. Decreases stress
60. Improves amino acid utilization
61. Improves brain function
62. Oxygenates pancreas
63. Kills bad colon bacteria
64. Ignites carbohydrates
65. Help supplements to work better
66. Burns off excess sugar
67. Enhances mood
68. Purifies liver
69. Oxygenates spleen
70. Improves mental stability
71. Speeds up faulty metabolism
72. Clears out dirty fluids
73. Detoxifies the lymph system
74. Prevents degenerate diseases
75. Prevents premature aging
76. Prevents irregular heartbeat
77. Prevents gangrene
78. Prevents peripheral vascular disease

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|-----------------------------------|--|
| 29. Kills virus                   | 79. Fights herpes                        |
| 30. Blood booster                 | 80. Kills worms                          |
| 31. Speeds healing                | 81. Fights emphysema                     |
| 32. Improves digestion            | 82. Prevents angina pain                 |
| 33. Clears out brain fog          | 83. Prevents shingles                    |
| 34. Cleans mucus                  | 84. Prevents fever blister               |
| 35. Improves skin elasticity      | 85. Prevents asthma                      |
| 36. Improves heart function       | 86. Treats Lyme disease                  |
| 37. Fights infection              | 87. Fights parasitic infection           |
| 38. Prevents sudden heart attack  | 88. Treats fibromyalgia                  |
| 39. Kills bacteria                | 89. Prevents Epstein barr                |
| 40. Relieves angina               | 90. Prevents cluster headaches           |
| 41. Heightens alertness           | 91. Prevents cardiac arrhythmias         |
| 42. Prevents colds                | 92. Disburses heavy metal toxicity       |
| 43. Stops cancer cells            | 93. Prevents allergies                   |
| 44. Neutralizes chronic hostility | 94. Neutralizes environmental toxicity   |
| 45. Calms nerves                  | 95. Prevents Alzheimer's                 |
| 46. Speeds recovery               | 96. Prevents constipation                |
| 47. Oxidizes poisons              | 97. Prevents nerve related diseases      |
| 48. Breaks up cholesterol         | 98. Prevents gastro intestinal disorders |
| 49. Eliminates lactic acid        | 99. Relieves many symptoms of MS         |
| 50. Speeds athletic recovery      | 100. Detoxifies every cell in the body   |

## **Mechanism of ozone in Lyme and tic borne disease.**

Ozone therapy plays an important role in the treatment of Lyme disease.

1) Ozone therapy introduces foreign Lyme antigens from the blood into foreign sites such as the muscle and the fat, activating different immune sites. The immune stimulation is aided by inflammation from the blood now outside of the blood vessel, fats in the blood, and of course by the ozone.

Further, ozone is a potent oxidizing agent that changes the structure of the Lyme antigens by adding an oxygen molecule to them. This modifies the foreign Lyme antigen again, allowing for a slightly different, possibly more effective immune system response.

2) Ozone therapy improves symptoms of chronic Lyme disease and circulation

The brain fog, fatigue, and joint pain of chronic Lyme disease patients often have a rapid response to ozone therapy. Lyme infections typically increase inflammation in the blood, increasing the thickness and viscosity of the blood. Furthermore, Lyme can form biofilm which makes circulation even worse. Ozone therapy creates peroxides, that when reinfused intravenously helps to break down biofilm. The mild stress on red blood cells helps them to increase their glutathione, and helps them to unload oxygen to the tissues.

3) Ozone causes inactivation of bacteria, viruses, fungi, yeast and protozoa. It achieves this action by disrupting the integrity of the bacterial cell envelope through oxidation of the phospholipids and lipoproteins. In fungi, O<sub>3</sub> inhibits cell growth at certain stages. With viruses, the O<sub>3</sub> damages the viral capsid and upsets the reproductive cycle by disrupting

the virus-to-cell contact with peroxidation. The weak enzyme coatings on cells which make them vulnerable to invasion by viruses make them susceptible to oxidation and elimination from the body, which then replaces them with healthy cells.

**4) Ozone therapy** speeds up the ability of the immune system to catch up, improves symptoms and circulation, and protects the liver. The creation of peroxides from ozone therapy, on reinfusion intravenously, delivers a mild stress to the liver. The mild biochemical stress stimulates the liver to increase its glutathione, the main antioxidant it uses for detoxification.

**5) Stimulation of oxygen metabolism:** Ozone therapy causes an increase in the red blood cell glycolysis rate. This leads to the stimulation of 2,3-diphosphoglycerate which leads to an increase in the amount of oxygen released to the tissues. Ozone activates the Krebs cycle by enhancing oxidative carboxylation of pyruvate, stimulating production of ATP. It also causes a significant reduction in NADH and helps to oxidize cytochrome C. There is a stimulation of production of enzymes which act as free radical scavengers and cell-wall protectors: glutathione peroxidase, catalase and superoxide dismutase. Production of prostacyline, a vasodilator, is also induced by O<sub>3</sub>

## Ozone Saunas

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 an FIR sauna with ozone 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/FIR sauna is the easiest and most pleasant way to accomplish this.

The combined action of deep 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 FIR heat and ozone is a natural, effective way to promote a refreshing sense of well-being.

### Benefits include:

Relaxation and loosening of muscles by reducing the buildup 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 oxidized. 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 oxidizes these toxins expelling them from the body. The body now has no reason for keeping the fat which disappears on the toxins release. Please see our FIR website page for further information.

## **Ozone 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 hemoglobin from picking up fresh oxygen, and the body temperature is lowered. 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.**

**By Dr Robert 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 tumor metabolism, and stimulation of oxygen metabolism

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

Ozone Therapy and Cardiovascular Disease Physicians in Germany, Cuba and Russia have used ozone 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 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 or device or subject has been more thoroughly documented in scientific journals than ozone.

## **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 does my doctor not 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 Biology. 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.


## QUOTES FROM THE EXPERTS


 "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 also oxidizes fatty substances like plaque that adheres to arterial walls and helps normalize cholesterol and triglycerides. Ozone, when correctly administered, has no side effects". Robert H. Sorge N.D Ph.D


 "...When the body has ample oxygen, it produces enough energy to optimize metabolism and eliminate accumulated toxic wastes in the tissues. Natural immunity is achieved when the immune system is not burdened with heavy "toxic build-up". Detoxification occurs when oxygen is introduced into the system". Dr. Norman McVea.

 "...Insufficient oxygen means insufficient biological energy that can result in anything from mild fatigue to life threatening disease. The link between insufficient oxygen and disease has now been firmly established. The more oxygen we have in our system, the more energy we produce." Dr. W. Spencer Way: Journal of the American Association of Physicians


 "...The large majority of those infectious microbes that cause us so much illness and pain are ANAEROBIC...a big word that means they live and proliferate best in environments where there is LITTLE OR NO OXYGEN". Dr. Ed McCabe, "Oxygen Therapies: A New Way of Approaching Disease"


 "The true cause of allergy is lowered oxidation process within the body, causing the affected individual to be sensitive to foreign substances entering the body. Only when the oxidation mechanism is restored to its original highest state of efficiency can the sensitivity be eliminated." Dr. Wendell Hendricks of Hendricks Research


 "...Lack of oxygen clearly plays a major role in causing cells to become cancerous." Dr. Harry Goldblatt: Journal of Experimental Medicine


 "...Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic (i.e. oxygen deficient) cell respiration." Dr. Otto Warburg: Nobel Prize for Cancer Research



 "...In all serious disease states we find a concomitant low oxygen state. Low oxygen in the body tissues is a sure indicator for disease. Hypoxia, or lack of oxygen in the tissues, is the fundamental cause for all degenerative disease." Dr. Stephen Levine - Molecular Biologist, "Oxygen Deficiency: A Concomitant to all Degenerative Illnesses" Foundation

 "All chronic pain, suffering, and diseases are caused by a lack of oxygen at the cell level." Dr. Arthur C. Guyton, M.D., author "The Textbook on Medical Physiology."

 "Simply put, disease is due to a deficiency in the oxidization process of the body, leading to an accumulation of the toxins. These toxins would ordinarily be burned in normal metabolic functioning." Dr. Albert Wahl

 "A lack of oxygen (hypoxia) is the prime cause of 1.5 million heart attacks each year." Dr. Richard Lippman, renowned researcher:

## **OZONE-OXYGEN TREATMENTS AVAILABLE WITH HEALTHY HEALING**

**Russian method Ozone IV**

**MAH IV Ozone**

**Oxygen IV**

**Ozone/FIR Saunas**

**Ozone Limb Bagging**

**Anal- Vaginal insufflations**

**Ear insufflations**

**Ozonated oils**

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