

The Story of Ozone

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Chiroprathy

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Chiroprathy is a form of healing that aids a person to discover that:

- wellness is dependent on the unification of body, mind and spirit;
- each person is responsible for achieving and maintaining his own optimal wellness;
- such wellness is dependent on following natural means and therapies; and
- preventing disease is well within the ability of each person.

Chiroprathy points the way toward total wellness by offering sound advice and educational opportunities so that each person can make intelligent, informed decisions about the various factors influencing his total wellness. This state of wellness is a natural state of being, regardless of the age of the person.

KNOW YOUR RIGHTS

Canada and the United States are signatories to the World Health Organization's Declaration of Helsinki, which states:

"In the treatment of the sick person, the physician must be free to use a new diagnostic or therapeutic measure, if in his or her judgment it offers hope of saving life, re-establishing health or alleviating suffering."

Any college or board of physicians or equivalent medical licensing board that investigates or harasses a physician for using ozone therapy is in violation of the Helsinki Declaration.

Table of Contents

| | |
|---|------|
| The History of Medical Ozone | p. 2 |
| Types of Ozone Generators | p. 6 |
| Cold Plasma Ozone Generation | p. 7 |
| The FutureTectoday Glass Tube | p. 8 |

| | |
|---|-------|
| Ozone Concentration | p. 9 |
| Ozone and Magnets; Ozone for Prevention | p. 10 |
| Ozone Therapy Protocols | p. 11 |
| The Importance of CT Value (chart) | p. 12 |
| CT Value : Concentration x Time; Ozonated Water | p. 13 |
| Ozonating the Lymph; Breathing Ozone | p. 14 |
| Nature's Gift | p. 15 |
| Dosage and Frequency | p. 16 |
| Methods of Application | p. 17 |
| Hyperthermia | p. 23 |
| The Healing Crisis | p. 25 |
| Collateral Therapies | p. 26 |
| Superoxygenation for Health | p. 27 |
| Confirmation of Dr. Warburg's Work | p. 28 |
| Prevention of Cancer | p. 29 |
| What Does Ozone Do? | p. 30 |
| How Does Ozone Work? | p. 31 |
| Vaccination or Ozone | p. 32 |
| The Cause of Disease | p. 34 |
| Infection Theories Contrasted | p. 35 |
| Flax Oil and Oxygen Therapies | p. 36 |
| Ozone Benefits for Athletes | p. 37 |
| Free Radicals | p. 38 |
| Ozone Has Been Used to Treat | p. 39 |
| Using Ozone in the Home | p. 41 |
| Bibliography | p. 42 |

THE HISTORY OF MEDICAL [OZONE](#)

Ozone was first discovered and named by German scientist C.F. Schonbein in 1840.

The first [ozone generators](#) were developed by Werner von Siemens in Germany in 1857.

The first report of ozone being used to purify blood in test tubes was by the German Dr. C. Lender in 1870.

The first American [therapeutic use of ozone](#) was by Dr. John H. Kellogg in [ozone steam saunas](#) at his Battle Creek, Michigan sanitarium from 1880, as he wrote in his book, "Diphtheria: Its Nature, Causes, Prevention and Treatment". We have revived this powerful therapy 100 years later with our company, FutureTechtoday Intl.

In October 1893, the world's first water treatment plant using ozone was installed in

Ousbaden, Holland, and today there are over 3000 municipalities around the world that use ozone to clean their water and sewage, including all the great cities.

In 1885, the Florida Medical Association published "Ozone" by Dr. Charles J. Kenworthy, MD, detailing the use of ozone for therapeutic purposes.

In September 1896, the electrical genius Nikola Tesla patented his first [ozone generator](#), and in 1900 he formed the Tesla Ozone Co. Tesla sold [ozone machines](#) and ozonated olive oil to doctors for medical use. (100 years later we are doing the same things with our company, FutureTechtoday Intl, with the adaptation and perfection of another unpatented electrostatic Tesla design built up until the 1920s. We have seen several of these 80 year old generators and they still work perfectly. With this in mind, we offer the world's only Lifetime Warranty on an [ozone generator](#)).

In 1898, the Institute for Oxygen Therapy Healing was started in Berlin by Thauerkauf and Luth. They experimented with injecting ozone. Ozone was bonded to magnesium in a catalytic process to produce Homozon by Dr. Eugene Blass in 1898. Beginning in 1898, Dr. Benedict Lust, a German doctor practicing in New York, established the practice of Naturopathy, based on [ozone therapy](#).

Also in 1898, homeopathic Dr. S.R. Beckwith, of New York, published his booklet describing the use of his invention, the [Thermo-Ozone Generator](#), in the treatment of a wide variety of diseases.

In 1902, J.H. Clarke's "A Dictionary of Practical Materia Medica", London, describes the successful use of ozonated water ("Oxygenium") in treating anemia, cancer, diabetes, influenza, morphine poisoning, canker sores, strychnine poisoning and whooping cough.

In 1902, Dr. Charles Linder, MD, of Spokane, Washington was written up in an article in a local paper that stated that he injected ozone as part of his standard medical practice.

In 1904, "The Medical Uses of Hydrozone (ozonated water) and Glycozone (ozonated olive oil)" by Charles Marchand, a New York chemist appeared in its 19th edition. The book is in the Library of Congress with the US Surgeon General's stamp of approval on it.

This active use of [therapeutic ozone](#) predates the establishment of the FDA in 1906 and therefore qualifies [ozone therapy](#) to be grandfathered into acceptance.

In 1911, "A Working Manual of High Frequency Currents" was published by Dr. Noble Eberhart, MD, the head of the Dept. of Physiologic Therapeutics at Loyola University, Chicago. In Chapter 9, he details the use of [ozone](#) to treat tuberculosis, anemia, chlorosis, tinnitus, whooping cough, asthma, bronchitis, hay fever, insomnia, pneumonia, diabetes, gout and syphilis.

In 1912, Dr. H.C. Bennett published "Electro-Therapeutic Guide". He described the use of Ozol, [ozone](#) breathed after running through eucalyptus, pine or thyme oils.

In 1913, the Eastern Association for Oxygen Therapy was formed by Dr. Eugene Blass and some German associates.

During World War I, (1914-1918) [ozone](#) was used to treat wounds, trench foot, gangrene

and the effects of poison gas.

Dr. Albert Wolff of Berlin also used [ozone](#) for colon cancer, cervical cancer and decubitus ulcers in 1915.

In 1920, Dr. Charles Neiswanger, MD, President of the Chicago Hospital College of Medicine published "Electro Therapeutical Practice". Chapter 32 was entitled "[Ozone](#) as a Therapeutic Agent".

In the 1920s, Nikola Tesla allowed licensed production of an ozone air purifier in Canada, based on his cold plasma design.

In 1926, Dr. Otto Warburg of the Kaiser Institute in Berlin announced that he had found that the cause of cancer is a lack of oxygen at the cellular level. For his discovery, he was awarded the Nobel Prize for Medicine in 1931 and again in 1944, the only person ever to receive two Nobel Prizes for medicine. He was also nominated for a third.

In 1929, a book called "[Ozone](#) and Its Therapeutic Action" was published in the US listing 114 diseases and how to treat them with [ozone](#). Its 40 authors were the heads of all the leading American hospitals.

In 1930, the Swiss dentist Dr. E. A. Fisch was using ozone in dentistry, and wrote many papers on it. He also introduced it to the Austrian surgeon Dr. Erwin Payr in 1932.

[In 1933, the American Medical Association, headed up by Morris Fishbein, set out to eliminate all medical treatments that were competitive to drug therapy. The suppression of [ozone](#) therapy in the US began then, and continues to this day, except in ten US states, where doctors are protected by state laws. At the behest of the AMA, the FDA began seizing generators in the 1940s.]

In 1935, M. Sourdeau published a paper on "[Ozone](#) in Therapy" in France.

Dr. Aubourg and Dr. Lacoste were French physicians using [ozone](#) insufflation 1934-1938. Aubourg wrote "Medical Ozone: Production, Dosage and Methods of Clinical Application" in 1938. He gave [ozone](#) rectally, vaginally, injected into wounds and by breathing. In 8000 applications, there were no harmful side effects.

Dr. Hans Wolff wrote the book "Medical [Ozone](#)" in the 1940s.

In 1942, "Gordon Detoxification and Hydro Surgery: Theory and Practice" was published covering the medical uses of [ozone](#) as colon cleanser.

During World War II, Dr. Robert Mayer learned of [ozone](#) therapy from German prisoners of war at Ellis Island, and used [ozone](#) in his practice for the next 45 years.

In 1944, Dr. Otto Warburg earned his second Nobel Prize in Medicine for his discovery of the basic cause of cancer in damaged cell respiration.

In 1948, Dr. William Turska of Oregon began using an [ozone machine](#) of his own design (Aethozone). In 1951, Dr. Turska wrote the article "Oxidation", still appropriate today.

In 1952, the National Cancer Institute verified Dr. Otto Warburg's findings regarding lack of oxygen being the cause of cancer.

From 1953, German Dr. Hans Wolff began training many doctors in [ozone](#) therapy.

In 1954, Frank Totney published "Oxygen : Master of Cancer".

In 1956, Dr. Otto Warburg published "On the Origin of Cancer Cells" in Science, 24 February 1956, Vol. 123, Num. 3191.

In 1957, Dr. J. Hansler patented an [ozone generator](#) which has formed the basis of the expansion in German [ozone](#) therapy over the last 40 years. Today, over 8000 German doctors use [ozone](#) therapy daily.

In 1961, the Encyclopedia of Chemical Technology stated: "During the 80 year history of the large scale usage of [ozone](#), there has never been a human death attributed to it".

In 1961, Dr. Hans Wolff introduced the techniques of major and minor autohemotherapy.

In 1966, Dr. Otto Warburg, now director of the Max Planck Institute for Cell Physiology, delivered a lecture on "The Prime Cause and Prevention of Cancer" to a meeting of Nobel laureates at Lake Constance, Germany.

In 1971, Dr. Hans Wolff and Prof. Dr. Siegfried Rilling founded The German Medical Society for [Ozone](#) Therapy.

In 1972, The International Association for Oxygen Therapy was founded by Dr. George Freibott as the successor to the Eastern Association for Oxygen Therapy of 1913.

In 1977, Dr. Renate Viebahn provided an overview of [ozone](#)'s biological action.

In 1979, Dr. George Freibott successfully treated a Haitian AIDS patient suffering Kaposi's sarcoma with [ozone](#).

In 1980, Dr. Horst Kief also reported success with [ozone](#) therapy for AIDS patients.

In 1980, F. Sweet, et al, publish "[Ozone](#) Selectively Inhibits Human Cancer Cell Growth" in the peer-reviewed journal, Science, Vol. 209.

In 1982, the German medical textbook "Medical [Ozone](#)" is published by Dr. E. Fischer Medical Publications in Heidelberg.

In 1983, the first International [Ozone](#) Association medical [ozone](#) conference was held, in Washington, D.C., USA. The abstracts were published in the book "Medical Applications of [Ozone](#)", compiled and edited by Julius Laraus.

In 1985, Dr. Renate Viebahn published "The Biochemical Process Underlying [Ozone](#) Therapy". Dr. Siegfried Rilling published "Basic Clinical Applications of [Ozone](#) Therapy".

In 1987, Dr. Siegfried Rilling and Dr. Renate Viebahn collaborated on the publication of "The Use of [Ozone](#) in Medicine", now the standard medical text on [ozone](#) application.

In 1990, the Cubans reported success in treating glaucoma, conjunctivitis and retinitis pigmentosa with [ozone](#).

In 1992, the Russians reported the successful use of [ozone](#) in a brine bath to treat burns.

In June 1994, Plasmafire Intl sponsored an [ozone](#) symposium in Vancouver, with 160 attendees, and as a direct result, [ozone](#) therapy is recognized as an accepted modality by the Naturopathic Association of BC, with over 40 naturopaths treating patients with [ozone](#) therapy currently.

Today, after 125 years of usage, [ozone](#) therapy is recognized in Germany, Italy, France, Russia, Romania, Poland, Czech Republic, Hungary, Yugoslavia, Bulgaria, Israel, Japan, Singapore, Brazil, Cuba, Mexico, 4 Canadian provinces and 14 US states (Alaska, Washington, California, Colorado, Nevada, New Mexico, Texas, Oklahoma, Georgia, New York, North Carolina, Ohio, Minnesota).

TYPES OF [OZONE](#) GENERATORS

Nikola Tesla stated that oxygen is the only gas that will pick up and carry electrical energy. In doing so, it becomes tremendously active and seeks to combine with all other substances. The list of substances that are inert to [ozone](#) is very short, and includes glass, Teflon, Kynar, Viton, Lexan, and silicone. Therefore any [ozone generator](#) and auxiliary equipment must be composed of these substances only. There are several different techniques used to produce medical grade [ozone](#), where freedom from contamination is critical.

One type of generator uses an ultraviolet lamp as its source. It produces a very small amount of ozone with a narrow frequency bandwidth of ultraviolet light. This method is suited to air purification, because in that bandwidth, UV only reacts with oxygen, but it is too weak for medical purposes. Also, the UV lamp degrades over time and eventually burns out.

The second method of ozone production is corona discharge, where a tube with a hot or cold cathode is surrounded by a metal anode. Sometimes it is called cold corona or silent discharge. The best ones are called dual dielectric, because they have a layer of glass separating each component from the gas stream. This prevents contamination of the ozone, but due to the current draw to the metal, they are prone to electrical arcing and burnout. This produces generators that have short lives. If any water enters the tube, it immediately burns out.

In addition, corona discharge generators make a lot of heat and must have large cooling fans to prevent them from overheating. You can always tell a corona discharge generator by the large cooling fan.

Lack of durability has always beset corona discharge ozone generators, and was a major reason for doctors mostly abandoning ozone therapy in the US during the Forties, in the face of increasing pressure from the FDA and the AMA. The manufacturers of these generators show that they know of their limitations by offering only three-year warranties.

Fortunately, there is a third method of producing clean, medical grade [ozone](#). That method

is called cold plasma. It uses glass rods filled with noble gases, excited by high voltage. The voltage jumps between the rods, forming an electrostatic plasma field which turns the oxygen into [ozone](#). Since there is no appreciable current, there is no arcing or burnout. Thus the generator will last a very long time, limited only by the quality of the transformer. The original cold plasma generators were invented by Nikola Tesla in the 1920s and they still work 80 years later.

Many companies claim to have cold plasma generators, but examination always shows they use a metal anode, which makes them corona discharge, dependent on current, and prone to failure.

COLD PLASMA OZONE GENERATION

Nikola Tesla was the greatest inventor the world has ever seen. His fertile brain produced the original designs for all of the electrical apparatus now used to transmit AC power, for motors, generators, lighting, radio, radar, etc. The information about Tesla's genius has finally been spreading in the last two decades, after decades of suppression. Less well known is Tesla's involvement with [ozone](#).

In 1896, Tesla was issued a patent for a corona discharge ozone generator using charged metal plates to act on ambient air. He formed the Tesla Ozone Co. in 1900 and went into production of these units. His customers were naturopaths and allopaths who welcomed this powerful therapy into their practices. Breathing of ozone bubbled through olive oil and other oils was widely practiced at this time, and the Sears catalog of 1904 offered a unit for this purpose using eucalyptus, pine and spearmint oils. Tesla produced a gel made by bubbling ozone through olive oil until it solidified, and sold it to doctors. One hundred years later, we are doing the same thing, with Nature's Gift ozonated olive oil.

After a while, Tesla began to get complaints from some doctors that his ozone generators were burnt out. Tesla was upset by this, so he put on his thinking cap to invent a method of generating [ozone](#) that would be immune to failure. He realized that it was current flow to a hot spot on the metal anode that caused the short and the subsequent burnout, and reasoned that the way to achieve long life was to eliminate the current by eliminating the metal. That left him with an electrostatic approach, which he was fully conversant with, featuring high voltage jumping a gap, with almost no current draw.

To carry the electrostatic charge, he used inert gases in glass rods. This produced a cold plasma field which energized oxygen into [ozone](#), and resulted in a generator that proved impervious to burnout. The unit used ambient air, and produced a small amount of ozone as it was waved over a recumbent patient, who breathed it in. Tesla farmed out production of these generators to a Canadian company. There are still some of these units from the 1920s which have been kept in use and are still working as air purifiers today, 80 years later.

Tesla felt that this invention was of such importance to human health that he did not patent it; instead he donated it freely to all of mankind. Unfortunately, this meant that eventually the idea was lost, because there was no recorded patent to look up.

THE PLAMAFIRE GLASS TUBE

In 1993, my partner and I were shown a Tesla ozone generator from the 1920s, which operated on air. With that basic idea as a guide, we were able to perfect Tesla's design

using pure oxygen as the source, producing the highest quality medical [ozone](#) generator available. Since then, over 3000 of these all-glass Plasmafire tubes have been sold, and none has ever failed. The advantage of this system is its inherent longevity and the absolute purity of the O₂/O₃ output stream. There are no metallics of any kind, therefore there is no possibility of contamination, or of the tubes shorting out. The tubes can run continuously without fan cooling, even when run 24 hours per day, which we do as we make ozonated olive oil gel (Nature's Gift). Many competitors claim to have all glass generators, but we are the only manufacturer of medical ozone generators with true cold plasma tubes. This technology tolerates an accidental entry of water into the tube without burning out. If this happens, simply run oxygen through the tube until it dries out.

The cold plasma technique has its own idiosyncrasies, one of which is its maximum concentration (about 70 ug/cc). It is interesting to note that the strongest response by the immune system (the production of interleukin-2 and gamma interferon) occurs with ozone concentrations of 30 - 55 ug/cc (The Use of Ozone in Medicine - Rilling and Viebahn, 1987). Tesla's instinct about cold plasma being the best method of [ozone](#) production for medical use has now been verified in modern times.

Another cold plasma trait is its slower buildup time and its sensitivity to flow rate. We take advantage of this sensitivity by using a precision click-stop regulator, which allows the home user to set a flow rate of 1/32 liters per minute (1/32 l/m) to attain the highest (safe) concentration. This is perfectly adapted to insufflation. Upon insertion and engaging the generator, a low concentration is being produced. As time passes, the concentration slowly increases, allowing the body to adjust and absorb the maximum amount of ozone. Within three minutes, the plasma field is fully established, with the generator producing at its maximum concentration, and the body is able to absorb the ozone at the rate it is entering. With this technique, people are doing rectal insufflations that last 15 - 20 minutes and vaginal insufflation for 15 - 45 minutes. In the ear, 5 - 15 minutes is sufficient.

Reliability and cleanliness have always been problems for ozone generator manufacturers. It is easy and cheap to make an ozone generator; however, building a generator that produces clean ozone and lasts a lifetime is not easy, and not cheap. We believe that with our products we have achieved this goal. We therefore confidently offer a Lifetime Warranty on our unique [FutureTectoday electrostatic cold plasma ozone generators](#).

OZONE CONCENTRATION

Medical ozone is produced in varying concentrations. The quantity of ozone in comparison with the quantity of oxygen in the gas stream is called per cent concentration. It is measured in micrograms (ug) of ozone per milliliter (ml or cc) of the mixture. A liter of oxygen weighs 1.4 grams. Therefore :

$$0.5 \% \times 1.4 \text{ gm/l} = 7 \text{ ug/ml}$$

$$1.0 \% \times 1.4 \text{ gm/l} = 14 \text{ ug/ml}$$

$$1.5 \% \times 1.4 \text{ gm/l} = 21 \text{ ug/ml}$$

$$2.0 \% \times 1.4 \text{ gm/l} = 28 \text{ ug/ml}$$

$$2.5 \% \times 1.4 \text{ gm/l} = 35 \text{ ug/ml}$$

$$3.0 \% \times 1.4 \text{ gm/l} = 42 \text{ ug/ml}$$

$$3.5 \% \times 1.4 \text{ gm/l} = 49 \text{ ug/ml}$$

$$4.0 \% \times 1.4 \text{ gm/l} = 56 \text{ ug/ml}$$

4.5 % X 1.4 gm/l = 63 ug/ml

5.0 % X 1.4 gm/l = 70 ug/ml

5 % or 70 ug/ml is considered to be the upper limit of concentration for internal use of medical ozone.

Dr. Greenberg, formerly of the Kief Clinic, has shown, in vitro, that at concentrations of 90 ug/ml there was crimping of red blood cells which was definitely harmful. Experiments by F. Sweet et al, have shown inhibition of growth in healthy cells at concentrations above 70 ug/ml. If we stay below that level, we will have no problems. Generators that produce higher concentrations can be dangerous for home use. Interestingly, cold plasma generators have a built in limitation of about 70 ug/ml, which is within the safe range. We are proud of the fact that no one has ever been harmed using our generators.

Medical ozone therapy has been found to be an extremely safe modality, free from the dangerous side effects associated with drugs. In a 1980 study done by the German Medical Society for Ozone Therapy, 644 therapists were polled regarding their 384,775 patients, with a total of 5,579,238 ozone treatments administered. There were only 40 cases of side effects noted out of this number, which represents the incredibly low rate of .000007 %, and only four fatalities. Ozone has thus proven to be the safest medical therapy ever devised.

Prof. B. Halliwell of the University of London has stated, after researching the topic, that there has never been a case cited in the medical literature of damage caused in vivo by the O1 oxygen radical.

OZONE AND MAGNETS

Doctors have reported that they can enhance ozone therapy by simultaneously using [magnet therapy](#). Permanent magnets can be used with the north pole facing towards the body, on the underside of a table, or the back of a sauna. Magnets cause a polarization of red blood cells, due to their iron content. The polarization causes them to repel one another and move apart, making them more flexible and improving oxygen uptake in the lungs. Ozone also causes red blood cells to unclump and become more flexible, so that they can bend and get through the finest capillaries, improving microcirculation, reversing and preventing many diseases. There is a synergistic effect between ozone and magnets; they work better together.

OZONE FOR PREVENTION

The cells of the human body 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 burn will be incomplete, and carbon monoxide and lactic acid will be formed. The body cannot easily rid itself of monoxide; it prevents the hemoglobin from picking up fresh oxygen at the lungs, and the body temperature is lowered. The lactic acid can build up in the system, clogging nerve signal pathways, eventually crystallizing and causing degeneration as the body's water gets dirtier.

What is needed is for more oxygen to come in and oxidize these toxins. If it is not available, they build up. The blood will carry a heavy load of sludge, and the lymph will become dirtier and dirtier. Eventually, toxins will be deposited in the fat and weight will increase. Free

radicals will proliferate as toxins interfere with the normal neutralizing enzyme mechanisms for cleaning them up. Disease will result.

Hundreds of different diseases named by allopathy are but symptoms of this condition - toxic buildup - for which the underlying cause is hypoxia, or oxygen starvation at the cellular level. This is the cause of degenerative disease.

This is where [ozone shines](#) - in eliminating toxins from the body. [Ozone](#) is such a powerful therapeutic tool because it deals with the underlying cause through oxidation and oxygenation. Ozone taken on a regular basis in the home will, over time, safely clean all the fluids and tissues of the body, and furnish an oxygen-rich environment for all the cells of the body, providing high levels of immunity from most common diseases, and without any requirement for vaccinations with their load of toxins.

Ozone Therapy Protocols

There are twenty-four methods of administering ozone therapeutically:

In the home or clinic

1. in the ear
2. vaginal insufflation
3. rectal insufflation
4. drinking water
5. cupping with a funnel
6. external limb bagging
7. bladder insufflation
8. ozonated bath
9. breathing through olive oil
10. steam cabinet
11. ozonated olive oil massage
12. ozonated water enema

In the clinic

13. direct intravenous injection
14. autohemotherapy
15. intra-arterial injection
16. direct injection into a tumor
17. intracutaneous (blistering)
18. subcutaneous
19. intramuscular
20. intra-articular
21. uterine insufflation
22. subatmospheric bagging
23. hyperbaric ozone
24. dental use of ozonated water

In the accessories kit, we supply the equipment necessary to do the first nine therapies. We manufacture [quality steam saunas](#) for the tenth. We produce ozonated olive oil (Nature's Gift) for the eleventh. And we can supply ozone resistant kangaroo bags to enable the twelfth.

THE IMPORTANCE OF CT VALUE

THE MEASURE OF OXIDATIVE WORK DONE

| Flow Rate | Concentration | Time | Total Volume | Total Ozone | C x T Value |
|-----------|---------------|------|--------------|-------------|-------------|
| l/m | ug/ml | min | ml | ug | |
| 1/32 | 30 | 32 | 1000 | 30,000 | 960 |
| 1/16 | 30 | 16 | 1000 | 30,000 | 480 |
| 1/8 | 30 | 8 | 1000 | 30,000 | 240 |
| 1/4 | 30 | 4 | 1000 | 30,000 | 120 |
| 1/2 | 30 | 2 | 1000 | 30,000 | 60 |

CONCENTRATION X TIME = CT VALUE

Ozone has been used to clean water for the people in big cities for over 100 years. The water engineers have a value that they use to measure the effectiveness of ozone in cleaning water. This is the CT value. It is a product of concentration x time (C x T). This information has been overlooked by the medical fraternity. The time that ozone is in contact with human tissue is of great importance. Ozone therapy has only considered concentration and total volume of ozone, and has ignored the time factor.

When doing rectal insufflation, if the concentration is 45 ug/ml, and the length of time of exposure is 2 minutes, the CT value will be $45 \times 2 = 90$. If however, the exposure time is 16 minutes, the CT will be $45 \times 16 = 720$. A higher CT value is a more desirable figure, because more oxidation work can be done. In order to be able to lengthen the time of exposure, it is necessary to have a very low flow rate. The ozone industry has generally rated its equipment with a flow rate of 1/2 liter/minute. However, by using a regulator producing a flow rate of 1/32 liter/minute, it is possible to get exposure times of 30 minutes. Since ozone concentration in general is inversely proportional to flow rate, the lowest flow produces the highest concentration. For example, at 1/32 liter/minute, our Beta generator produces 50 ug/ml. Rectal insufflation for 30 minutes will produce a CT value of $50 \times 30 = 1500$. There is a clear advantage to low flow rate insufflation, and it also reduces the problem of cramping.

There is also the added benefit of very low oxygen usage. Remember that oxygen by itself does not produce the therapeutic effects of [ozone](#). The patient often needs to have a series of colonics before beginning insufflation, and an enema before each insufflation. The person taking rectal insufflation should also take quality acidophilus, or yogurt.

OZONATED WATER For prevention, a major benefit can be derived from regularly drinking ozonated water. Water is a fascinating substance, and we all take it for granted. Chemically it is considered to be one oxygen atom bound with two hydrogen atoms. The bond angle between the two hydrogen atoms is known to be variable, depending on the amount of energy in the molecule. Radionics research has shown that water whose bond angle is 101 degrees is 'dead' water, bereft of life-giving energy.

When water is distilled, the bond angle expands to 120 degrees upon evaporation, but collapses to 101 degrees upon condensation, and is therefore 'dead'. A bond angle of 103 degrees corresponds to average water. A bond angle of 106 degrees produces activated, energized water, and is attainable by placing a magnet, north pole inward, against the water container. The highest energy obtainable in liquid water is a bond angle of 109.5 degrees, and this is attainable only by ozonating water at 4 degrees C. Ozone will not stay in water for very long, even at 4 degrees, so it is best to freshly ozonate water and drink it

immediately on an empty stomach, rather than make a large amount and try to store it. It can be stored for longer times by freezing it in plastic containers.

OZONATING THE LYMPH Women have an anatomical advantage, in that vaginal insufflation requires no preparation, and can be administered for very long periods of time. The gas will usually find its way into the uterus, out the Fallopian tubes, and then into the abdominal cavity. Liver problems and pelvic inflammatory disease (PID) can be addressed in this way. This is also a good way of getting [ozone](#) into the lymph system.

For men, cleaning the lymph system is not as easy, and requires use of a body suit or a steam cabinet. The body suit is a less than popular aesthetic experience. The [ozone steam sauna cabinet](#), however, is a pleasurable experience. Because of the moist heat, the pores are open, and the capillaries are dilated. The [ozone](#) enters and oxidizes toxins in the fat, the lymph and the blood. The skin is the largest organ of elimination. The person sweats the oxidized toxins back out, avoiding the dump of toxins to the liver and colon which can bring on the symptoms of toxic shock overload. Instead, the person emerges from the steam cabinet feeling extremely relaxed and mellow, and ready for bed. This is an ideal way of counteracting the stress of the day, while building up the immune system.

BREATHING OZONE

[Ozone](#) is safe to breathe when it is bubbled through extra virgin olive oil. This is an excellent therapy for asthma and bronchitis and pneumonia, especially when combined with [magnetic therapy](#). Breathing of ozone has been practiced in North America for over 100 years.

When ozone is bubbled through olive oil continuously for weeks, the oil starts to change. First it loses its color, then it begins to foam, and eventually it becomes a stiff gel. If it is kept refrigerated at 40 degrees F, this gel will retain its effectiveness for more than ten years. This gel applied to the skin has many uses: on cuts, scrapes and burns; insect bites, diaper rash, eczema, impetigo, herpes, etc. Ozonated gel is 95% as active as ozone gas.

The ozonated gel liquefies as soon as it reaches skin temperature. It is an excellent lubricant for intercourse and provides more protection than the highly touted condom for the prevention of disease, due to the bactericidal, virucidal and fungicidal action of [ozone](#).

It is an excellent product for your pet as well. If it is spread on the backs of a cat's paws, the cat will lick it off and ingest it that way.

Plasmafire Intl has been producing and selling ozonated olive oil as Nature's Gift since 1993.

NATURE'S GIFT In 1954, Dr. William Turska of Mist, Oregon, had ozonated olive oil tested at Texas A&M University. They discovered that this process created a long chain ozonide, C10H18O3 .

When ozone is bubbled through extra virgin olive oil continuously for about three weeks, the olive oil gels into a paste or salve. This gel we call Nature's Gift, and it has many therapeutic uses. When used for massage, the ozonide enters the tissue and oxidizes lactic acid and toxins, and this has proven to be an effective treatment for many skin conditions.

"Ozonated olive oil is an effective adjunct treatment for inflammation of the skin, such as

dermatitis and seborrhea. Ozonated olive oil is helpful in bacterial infections of the skin, including carbuncles, cellulitis, ecthyma, erysipelas, erythasma, folliculitis, furuncles, granuloma annulare, impetigo, paronychia, psoriasis, ringworm, skin yeast, staphylococcus, sweat gland infections, and tinea versicolor. It is also helpful for bed sores (decubitus ulcers) and for the post-surgical treatment of wounds to prevent secondary infections."

- Dr. H.E.Sartori

"Ozonated olive oil, kept refrigerated, retained its effectiveness for over ten years, in tests conducted by German researchers. It is particularly indicated for the treatment of all skin infections and dermatomycoses, and is excellent when used after gaseous ozone treatment by limb bagging. It retained its effectiveness for many hours after application."

- Dr. J. Hansler

Nature's Gift can be used for topical application on dry skin, eczema, psoriasis, seborrhea, athlete's foot, sunburn, insect bites, skin ulcers, burns, cuts and scrapes, and diaper rash. It is excellent for makeup removal (avoid the eyes) and as a skin moisturizer.

In addition, it is very useful for dealing with various problems in animals. It can be applied directly to cuts and incisions or fed to them. It can be spread on the backs of a cat's paws, from which it will be licked.

Nature's Gift should be stored in the refrigerator at 40 degrees Fahrenheit for long term potency.

Olive oil that has ozone bubbled through it for a short time will smell of ozone but unless the oil has gelled into a stiff salve that will not run when the jar is inverted, there is little oxidative power in it.

DOSAGE AND FREQUENCY

When it comes to the administration of medical [ozone](#), there is a wide difference of opinion amongst doctors regarding concentration, dosage and frequency:

- Dr. Carpendale said that a medium concentration is necessary to kick-start the immune system initially, followed by lower concentrations. He believes that continued high concentrations may be immuno-suppressive, based on his experience with T-4 cell counts.
- Dr. Turska recommended injections at low concentrations, initially three times per week, then twice per week, then weekly for as long as necessary.
- Dr. Beyrle recommends injection every four days at medium concentration.
- Dr. Wang gives daily injections at medium concentration and direct injection into breast tumors.
- Dr. Freibott recommends very high concentrations at low dosages, with the emphasis on saturating the blood, using rectal insufflation.
- Dr. Sartori reports good success with AIDS with high concentrations and very high dosages, every hour for 12 hours per day, for 21 days.
- Dr. Rilling's classic "The Use of Ozone in Medicine" gives many recommendations on dosage and concentration.

The important thing to remember is that all physicians report good results, regardless of concentration or volume used. [Ozone](#) is not a drug, and should not be treated as such.

There is no evidence that long term treatment on a daily basis has any detrimental effect. Doctors who have used it for decades have only positive results to report. [Ozone](#) is non-toxic and provides the safest medical therapy ever devised. There is no evidence of free radical damage. On the contrary, [ozone](#) has been proven to stimulate the production of superoxide dismutase, catalase and glutathione peroxidase, and reductase, which are the enzymes that protect the cell from free radical damage, so [ozone](#) actually prevents free radical damage.

It is known that Vitamin C is antagonistic to ozone, although research has shown ozone does not break down Vitamin C in the body. Persons taking megadoses of Vitamin C should take the ozone treatment first, wait one hour, and then take the Vitamin C.

If direct injection is the method of application chosen, the rate of injection should be very slow, about 5 cc per minute. There is no risk of embolism, as only nitrogen forms a dangerous gas bubble. If coughing results from too much ozone being injected too quickly, the reaction can be halted by drinking one or two glasses of orange juice. This will quickly stop the ozone outgassing in the lungs through the action of the Vitamin C. The patient will be more comfortable and will retain a positive attitude towards the therapy.

METHODS OF APPLICATION

Since [ozone](#) therapy was first practiced in the 1880s, many methods of administering ozone have been developed. They can be broken down into five categories :

- 1) Injection - autohemotherapy; or direct injection into a vein, artery, muscle, joint; or directly into a tumor
- 2) Insufflation - in the ear, vagina, rectum, urethra
- 3) Inhalation - bubbled through olive oil
- 4) Ingestion - ozonated water
- 5) Transdermal - subatmospheric; bagging; body suit; ozonated olive oil; cupping with a funnel; steam sauna

Direct Injection vs. Autohemotherapy

Autohemotherapy was developed by Dr. Hans Wolff in 1961 as an alternative to direct injection. Dr. Wolff developed a technique for withdrawing 50 - 500 cc of blood into a container, injecting ozone into it and then infusing it back into the patient over 20 minutes as an IV drip.

There were several problems to be overcome. Blood coagulates when it is exposed to the air, so a method had to be found to prevent coagulation. The liver normally secretes

heparin to prevent clotting inside the body. Sodium heparin was found to be effective in preventing clotting outside the body. Later, when heparin was seen to cause problems in some patients with liver problems (especially cirrhosis), sodium citrate was adopted by some doctors. However, heparin is still widely used because sodium citrate is less effective, even though heparin is hard on the liver and is known to suppress the immune system.

A suitable vessel to hold the blood was required, and the Hansler corporation of Germany began to manufacture and market a vacuum flask kit to make it easier for doctors to perform this therapy. Hansler GmbH is the oldest medical [ozone generator](#) company still in business, based upon Dr. Joachim Hansler's 1957 patent of a dual-dielectric corona discharge ozone generator tube.

There are a number of advantages of direct injection vs. autohemotherapy :

- there is no need for heparin, which can damage the liver and is immune-suppressive, and may cause uncontrolled bleeding
- there is no need for an expensive, disposable vacuum flask kit and no contaminated equipment to dispose of afterward
- there is no need to take time to mix the ozone into the blood, or wait for the reinfusion drip
- since the heart will pump all the blood past the point of injection in eight minutes, all 6 liters of the blood are cleaned, instead of just 50 - 500 cc
- it is easier to initiate the desirable healing crisis
- fewer treatments are required because a better job is done each time
- a tumor can be injected directly and then the resulting fluid aspirated with the same needle

2) Insufflation

Insufflation is very useful, easily done, inexpensive, and now widely used in the home.

- Insufflation in the ear is excellent for: ear infections; mastoiditis; hearing problems caused by candida; tinnitus; (and beyond the ear to) sinusitis; macular degeneration; retinitis pigmentosa; head colds; flu; bronchitis; asthma; Alzheimer's; Parkinson's; even brain cancer.
- Vaginal insufflation is used for any vaginal, uterine, ovarian or lower abdominal problem, including pelvic inflammatory diseases, fibroids, etc. The [ozone](#) will enter the lymph system from vaginal insufflation, as well as the blood stream.
- Rectal insufflation requires a preparatory enema. It is used for colon problems such as colitis, ileitis, irritable bowel, Crohn's disease, and colon cancer.
- Urethral insufflation is used for bladder infections, STDs, inflammation of the ureter, prostate enlargement, and bladder and prostate cancer.

3) Inhalation

[Ozone](#) can be inhaled if it is first bubbled through extra virgin olive oil. This is useful for asthma due to bacterial or viral infection. Repeated treatments over 3 - 6 weeks for 15 - 20 minutes at a time are usually sufficient. Simultaneous magnet therapy is useful and can be easily done by placing a magnet (3" x 5"; 3500 gauss) on the chest with the north pole facing the body.

4) Ingestion

Six to eight glasses a day will establish a high level of oxygenation in the body and assist detoxification. Bubble [ozone](#) into a glass of water for 5 - 10 minutes, then drink on an empty stomach. This will also destroy helicobacter pylori in the stomach, which is the cause of ulcers.

5) Transdermal

Transdermal application of ozone has existed for 120 years, and recently has been growing in popularity. The skin is semi-porous to oxygen, and 7% of normal respiration is transdermal. There are several transdermal [ozone](#) application techniques:

- A) Subatmospheric
- B) Bagging a limb
- C) Body suit
- D) Ozonated olive oil
- E) Cupping with a funnel
- F) Steam cabinet

A) Subatmospheric application requires an apparatus to enclose a limb, reduce pressure by means of a vacuum pump and direct [ozone](#) into proximity with the desired area. This technique has proven useful in certain difficult problems, such as gas gangrene and open ulcers. It is not widely used at present because of the expense of the equipment and its lack of availability.

B) Bagging a limb is very similar, but requires only a clear plastic bag in order to confine the [ozone](#) to the area being treated. The limb is moistened first, in order to aid the penetration of ozone through the skin, then enclosed in the plastic bag and the ozone is introduced by means of silicone tubing from the generator into the bag. The top of the bag is securely closed with either a cloth strip or an elastic strap as a cuff. If the flow rate is to be above 1/8 l/m, then an outlet from the bottom of the bag will be necessary to allow the excess ozone to leave, and avoid pressurization. If the flow rate is kept very low, say 1/16 l/m or 1/32 l/m, there is no need to have an outlet, as the bag will not overflow in a 30 minute treatment. This technique has been in use for many years, and is especially useful with impaired circulation in diabetic legs, removing the threat of amputation.

C) A body suit is composed of ozone-resistant material, typically Tyvek or nylon, which is sealed at the wrists, neck and ankles (if there are no attached booties). It is necessary to shower first and then enter the suit while still wet, to aid ozone transference. The silicon tubing from the generator is introduced into the suit either through the neck opening or up the sleeve. Ozone is introduced for 30 minutes at a rate of 1/8 l/m or 1/4 l/m. This method is losing favor due to the clammy, sticky feel of the suits on the skin, as the wet skin surface cools and dries.

D) Ozonated olive oil has been used as a topical application for 100 years and its efficacy is well established for problems such as acne, cuts, scrapes, bruises, burns, eczema, sunburn, skin infections, etc. It is also useful to apply it to the skin following a session of limb bagging.

E) Cupping with a funnel is a more recent transdermal technique where ozone is introduced into a very restricted area at a very low flow rate. First the area to be treated (typically the liver, pancreas, spleen, intestine, kidney or adrenal) is moistened with a warm washcloth, and then a plastic funnel is held firmly over the area. The flow rate is restricted to 1/32 l/m in order to prevent pressure buildup under the cup, and possible leakage. Treatments typically run for 20 - 30 minutes. Good results are obtainable with daily application for hepatitis, diverticulitis, pancreatitis, kidney infections and adrenal insufficiency.

F) The sixth transdermal technique was developed by Dr. John Kellogg in 1880, and revived by the introduction of the units that we distribute in 1994, to take advantage of the therapeutic possibilities of using hyperthermia in conjunction with [ozone therapy](#). The person sits in an [ozone-resistant steam cabinet](#), with the head out, and the body surrounded by warm steam. 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. The skin is the largest organ of elimination, and the majority of the oxidized toxins are sweated out, sparing the liver and kidneys most of the extra work.

Hyperthermia itself is a very effective technique, many thousands of years old, recommended by Hippocrates. 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. Weight loss of 30, 40, or 50 lbs over a period of months has been reported, with no change in diet. The skin becomes smooth, soft and free of blemishes. Symptoms of a whole host of diseases disappear as the toxins leave the system and the body is enabled to heal itself.

Unlike other methods of ozone application, employing [ozone in a steam sauna](#) will induce the "healing crisis", which feels like having the flu for a few days. People should be informed of this effect so they can be prepared, and welcome it as a sign of beneficial healing. Skin rashes are common as the toxins are pushed out through the skin rapidly. Often the rash is very itchy, and this can be alleviated by taking protease enzymes, and applying Gardener's Dream Cream.

The more frequent the treatments, the more rapid the healing, and the more severe the healing reactions will be. It may become so uncomfortable that the person will need to reduce the frequency of treatments from once daily to once weekly. Typical treatments are once daily for 30 minutes duration. Persons with heart conditions should be limited to 15 minutes at a lower temperature for the first few sessions, increasing to 20, 25 and then 30 minutes, as the body adjusts to the thermal stress over time. People who have had a previous stroke should not do saunas, but can do ozone in other ways.

Flow rate of ozone into the cabinet is at 1/2 l/m in order to fill the large volume and overcome the loss of ozone to heat. Concentration ranges from 35 to 40 ug/ml. A series of treatments usually consists of 10-30 applications.

The effect of the ozone on any particular organ can be intensified by cupping with a funnel while in the 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. Flow rate for cupping should be at 1/8 l/m, with

concentrations from 40 - 50 ug/ml.

Novel application techniques are: placing the output tubing in the armpit and holding the arm against the body, so that the ozone enters the lymph system; placing the end of the tubing in the mouth to treat the teeth, (carefully avoiding inhaling, or swallowing); and sitting on the end of the tubing, so that ozone enters the perineum area.

Transdermal application of [ozone](#) combined with hyperthermia in the steam cabinet is the treatment of choice for all cancers (brain cancer treatment can be supplemented with ozone insufflation in the ear at 1/32 l/m). Cancer tumor 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 anerobically, halt metastasis and restore healthy aerobic function. 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. This is in stark contrast to chemotherapy, which is massively immune-suppressive, and radiation which actually causes cancer.

Using ozone with hyperthermia in the [steam sauna](#) will cleanse all the tissues of the body and provoke the healing crisis, which is not seen with other delivery methods, proof that this is the best way to achieve thorough cleansing of all toxins.

It is critical that the bowels remain open during these treatments, in order that oxidized toxins are completely eliminated from the system and not reabsorbed. The best methods of insuring this is by ingestion of 6 - 8 glasses of ozonated water daily (always on an empty stomach), large amounts of fiber (such as psyllium or pectin), large amounts of natural Vitamin C (3000 mg three times daily), flax oil and/or Homozon.

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

HYPERTHERMIA

CLINICAL EXPERIENCE WITH HYPERTHERMIA

JOURNAL OF ONCOLOGY, 1993

INDIANA UNIVERSITY MEDICAL CENTER

ABSTRACT

The authors have reviewed the medical records of 421 sessions of hyperthermia treatments in 73 patients treated between 1987 and 1992 at the University Heights Cancer Center and the Indiana University Medical Center in Indianapolis, Indiana.

All patients had previously "failed" conventional radiation therapy, chemotherapy and surgery.

Temperatures attained during the course of therapy on each patient were averaged and the results were evaluated for complete, partial or no response.

Responses were defined as:

- 1) Complete response: Lesions completely disappeared during treatment and response was maintained for a minimum of six months
- 2) Partial response: Lesions that were reduced in size more than 50%
- 3) No response: Less than 50% reduction in tumor size during the treatment

Response varied somewhat according to histology and anatomical site of treatment; however,

- complete response was achieved in 45%;
- partial response in 48%;
- and no response in 7% of the patients.

The response achieved varied with temperature attained and a minimum temperature of 40 degrees C for 40 minutes produced the greatest number of responses. Response to hyperthermia was directly related to the temperature achieved and the length of time the temperature was applied.

Valley Cancer Institute
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"Hyperthermia is the clinical application of therapeutic heat in the treatment of disease. Today hyperthermia is recognized as a standard treatment in the management of malignant tumors. It is especially recommended for metastatic tumors where other treatment methods have a poor history of success.

Tumor cells have specific environmental requirements, largely dependent on blood flow. When there is an increase in the temperature around the tumor, there is a corresponding increase in the blood flow to that area, as the hypothalamus attempts to regulate body temperature. When heat is applied to the tumor and its surrounding tissue, the temperature rises to destructive levels, because the tightly packed cells of the tumor are not as easily able to cool themselves as the surrounding tissue.

Repeated heating to 107-113 degrees F. can cause the tumor cells to be killed. Tumor response has been found to be from 40 - 80 %.

A side benefit of hyperthermia treatment has been substantial pain reduction in a majority of patients.

Hyperthermia is now an FDA-approved cancer therapy for breast cancer."

- Dr. Haim Bicher

THE HEALING CRISIS

A healing crisis is in effect when the body is in the process of eliminating toxins. Reactions may be mild or they may be severe. One should expect this and work toward it. The body's

inherent desire is perfect health and we have the ability to earn our way back to that state. To do so, the body must go through an elimination process called the healing crisis.

A healing crisis results when all body systems work in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new, and stored toxins are eliminated. A cleansing, purifying process is underway and stored wastes are more easily removed. Sometimes there is pain of greater intensity than the lower level of chronic problem gives, but it is usually of short duration.

The crisis will usually bring about past conditions in reverse order to the original problem. People often forget the diseases or injuries they have had in the past, but are usually reminded during a healing crisis. Reactions may include skin eruptions, nausea, headache, sleepiness, fatigue, diarrhea, a cold, ear infections, boils, or any other way the body uses to eliminate toxins. The crisis usually lasts three days, but if the energy of the patient is low, it may last for a week or more.

The body needs juices, and especially water, preferably ozonated, to help carry off the toxins. Charcoal is also helpful, taken orally. This is a time for rest - mental as well as physical rest.

One crisis is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes in life, must go through these processes again. Often the crisis will come after one feels his very best, setting the stage for the action. Most people feel an energy boost the first few days. Then toxins are dumped into the blood stream for elimination by way of the liver, kidneys, spleen, skin, bladder and colon. Listen to your body and go as slowly as your body needs to so that your cleansing is gradual and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work towards it. Then the goal of optimum health can be achieved.

COLLATERAL THERAPIES

Ozone is not a drug and it is not a magic bullet. It is a therapeutic tool of great power which can aid the body in regaining health. However, in the end, it is the immune system that heals the body. The immune system is controlled by the midbrain, the limbic system, through the thymus. The limbic system also controls the emotions. If the emotions are disrupted, the immune system is suppressed. Every serious disease has an emotional component. If this is not dealt with, physical treatments will have little or no effect.

Recent research by Dr. Glen Rein at the Heartmath Institute has shown that the thymus, the general of the army of the immune system, is regulated by sympathetic resonance with the heartbeat. By measurement with an electrocardiogram, Dr. Rein was able to show that irregular heartbeat, as caused by emotional upset, produced erratic thymus function, which suppressed the immune system. Dr. Rein also found that it was possible to train people to control their heartbeat through biofeedback, and raise their level of immune function.

Since ozone has a well-known calming and analgesic effect, and is used as a treatment for arrhythmia, ozone therapy causing restoration of heartbeat regularity plays an important role in enhancing the immune system, along with stimulating production of interleukin-2

and gamma interferon. Prolonged use of ozone enhances the immune system by contributing to a calm, even heartbeat, produced by a well-oxygenated heart pumping clean, bright red blood through plaque-free arteries.

By using the ozone steam cabinet, the person easily enters into a calm and relaxed state of mind, which facilitates the unearthing of deep-seated emotional problems by a skilled therapist. The resolution of such problems often has a greater importance in the reattainment of health than all other therapies.

Exercise is also an important adjunct to ozone therapy, and must not be overlooked. The lymph system contains the majority of the water in the body and since the lymph system has no pump like the heart, the lymph tends to become toxified and sluggish. The use of a rebounder followed by the ozone steam cabinet will go a long way towards cleaning the lymph.

A holistic approach should include work on the psyche, exercise, and nutrition, as well as [ozone](#). The combination of ozone, exercise, nutrition and emotional calm should ensure greater vitality and fewer degenerative diseases in our aging population as we enter the 21st century, and at an affordable cost.

SUPEROXYGENATION FOR HEALTH

Oxygen is the most vital element required for human life and it is the key to good health. We can survive without water for a week and go without food for a month, but we can only live a few minutes without oxygen. Oxygen is the life-giving, life-sustaining element. All body activities require oxygen. Through oxidation, the body generates heat and energy from its fuel, and disposes of wastes and microbes.

Our bodies are two-thirds water. Since the water in our bodies is itself 8/9 oxygen by weight, we are therefore composed of nearly 60% oxygen.

The best way to optimize health is to oxygenate every cell in our body. The more oxygen we have in our system, the more energy we produce, and the more efficiently we can eliminate wastes. Good health is dependent on the production, maintenance and flow of energy, which is produced by the oxidation of sugar. Oxidation is central to metabolism, circulation, respiration, digestion, assimilation and elimination. Oxygen purifies the blood, keeping it free of cellular waste buildup. Sufficient oxygen allows the body to rebuild itself and maintain the immune system. The basic requirements for each cell are sugar, amino acids, minerals, hormones, enzymes and oxygen.

The Cause of Disease

The link between insufficient oxygen and disease has been firmly established. Insufficient oxygen can result in anything from mild fatigue to life-threatening disease.

Dr. Otto Warburg was awarded a Nobel Prize for Medicine in 1931 and again in 1944, the only person to win two Nobels in Medicine. He said, "Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of body cells by an anaerobic (oxygen-less) cell respiration."

Once the level of oxygen available to a cell drops below 40% of normal, the cell is forced to switch to an inferior method of energy production - fermentation. The cell then loses its governor on replication. It produces ATP that is inferior in quantity and quality, and its wastes are lactic acid and carbon monoxide. The acidity surrounding it can be the trigger for T-cells to release enzyme growth factors. Stimulated by EGF, the anerobic cell begins to replicate wildly, a condition we call cancer. If a parasite is involved in the area, the acidity is greater and the cancer growth even more rapid.

Dr. Warburg pointed out that any substance that deprived a cell of oxygen was a carcinogen, if the cell was not killed outright. He stated in 1966 that it was useless to search out new carcinogens, because the end result of each one was the same, cellular deprivation of oxygen. He further stated that the incessant search for new carcinogens was counter-productive because it obscured the prime cause, lack of oxygen, and therefore prevented appropriate treatment.

CONFIRMATION OF DR. WARBURG'S WORK

The National Cancer Institute endorsed Dr. Warburg's findings in 1952.

This research was continued by Dr. Harry Goldbatt, who published his findings in the Journal of Experimental Medicine in 1953. His research confirmed that lack of oxygen plays the major role in causing cells to become cancerous.

Dr. Albert Wahl said, "Disease is due to a deficiency in the oxidation process of the body, leading to an accumulation of toxins. These toxins are ordinarily burned in normal oxidation".

Dr. Wendell Hendricks of the Hendricks Research Foundation wrote: "Cancer is a condition within the body where the oxidation has become so depleted that the body cells have degenerated beyond control. The body is so overloaded with toxins that it sets up a tumor mass to harbor these poisons and remove them from general activity within the body. Dr. Hendricks further stated, "The true cause of allergy is a lowered oxidation process within the body, causing the body to be sensitive to substances entering. Only when the oxidative mechanism is restored to a higher state of efficiency can the sensitivity be eliminated."

Dr. Stephen Levine stated, "Hypoxia, or the lack of oxygen in the tissues, is the fundamental cause of all degenerative diseases."

Dr. Norman McVea said, "When the body has sufficient oxygen, it is able to properly eliminate toxic wastes from the system. Natural immunity is enhanced when the system is not burdened with a heavy buildup of toxins."

In the August 22, 1980 edition of the scientific journal SCIENCE, Vol. 209, there was a report written by Dr. F. Sweet, et al, entitled: "[Ozone](#) Selectively Inhibits Growth of Human Cancer Cells." It stated, in part, "The growth of human cancer cells from lung, breast and uterine cancers was selectively inhibited in a dose-dependent manner by ozone at 0.3 to 0.8 parts per million of ozone in ambient air during eight days of culture. Human lung diploid fibro-blasts served as non-cancerous control cells. The presence of ozone at 0.3 to 0.5 parts per million inhibited cancer cell growth at 40 and 60% respectively. The non-cancerous lung cells were unaffected at these levels. Exposure to ozone at 0.8 parts per million inhibited

cancer cell growth more than 90% and control cell growth less than 50%. Evidently the mechanisms for defense against ozone damage are impaired in human cancer cells."

The evidence from these doctors' research is conclusive. Oxygen plays the primary role in health and well-being. It is important to note that fear, worry and depression all interfere with free breathing and thus reduce oxygen uptake. Disease can then result.

PREVENTION OF CANCER

We now understand the chemical mechanisms of respiration and fermentation at the cellular level and how oxygen deficiency leads to cancer. This oxygen deficiency, or hypoxia, can be caused by many factors. Some poison may reach the cell and prevent oxygen uptake, or the excretory duct of a gland may become plugged up, as in breast cancer caused by lymph gland plugging. But the end result is the same. If the cell is chronically starved for oxygen, yet does not die, eventually cancer will result. Frequent small doses of respiratory poisons are therefore more dangerous than a single large dose, where there is the chance that the cells will be killed rather than become anerobic and eventually cancerous.

All carcinogens impair cellular respiration. The word carcinogen is an empty word. The continual search for more carcinogenic substances is an utter waste of time and money, because this obscures the true cause of cancer, which is the oxygen starvation of the cell. It also prevents the proper treatment of cancer with oxygen therapies, because of misunderstanding the cause.

To destroy cancer, what is required is the introduction of massive amounts of singlet oxygen at the cellular level. This can be done by ingesting Homozon or introducing ozone. These two treatments have been in use for over 100 years, with excellent success. They must be taken repeatedly, as the beneficial effect is cumulative

Ozone also has the ability to prevent cancer. If sufficient oxygen is provided to the cells so that they never drop below 40%, they will stay healthy, barring any chemical or radiation poisoning. It is as simple, and as difficult, as that. Many people today are using ozone generators to keep their cellular oxygen levels high, to prevent disease.

Ozone increases microcirculation of the blood, by oxidizing plaque in the arteries, and reducing the clumping of red blood cells. This enables them to pick up oxygen in the lungs, and increases their flexibility, which is crucial to passage through the fine capillaries.

People often ask whether they will have to continue to take ozone for the rest of their life. We say that if you want to prevent toxins from building up that could result in your cells from being deprived of oxygen and turning anerobic, then taking ozone is a small price to pay. Ozone taken on a daily basis ensures that the entire system receives the oxygen it needs, as well as eliminating toxins and any bacteria, viruses or cancer cells. Repeated treatments with ozone are required because viruses and bacteria seem to be more susceptible at different stages of their growth cycle. The beneficial effects of ozone are cumulative, as the body becomes cleaner, stored toxins are eliminated and the biological terrain is steadily improved. In this way, cancer is prevented.

What Does Ozone Do?

Ozone :

- Inactivates viruses; oxidizes bacteria, yeast, fungi, parasites, protozoa, cancer cells
- Stimulates the immune system, speeds healing
- Cleans arteries and veins, improving circulation
- Purifies the blood and the lymph
- Oxidizes toxins, facilitating their excretion
- Normalizes hormone and enzyme production
- Reduces inflammation
- Reduces pain, calms nerves
- Prevents shock
- Prevents stroke damage
- Reduces cardiac arrhythmia
- Improves brain function and memory
- Scavenges free radicals
- Chelates heavy metals, working well in conjunction with EDTA
- Stimulates production of protective cell enzymes

HOW DOES OZONE WORK BIOCHEMICALLY?

1. Inactivation of bacteria, viruses, fungi, yeast and protozoa: Ozone disrupts the integrity of the bacterial cell envelope through oxidation of the phospholipids and lipoproteins. In fungi, ozone inhibits cell growth at certain stages. With viruses, the ozone 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.

2. Enhancement of circulation: In circulatory disease, a clumping of red blood cells hinders blood flow through the small capillaries and decreases oxygen absorption due to reduced surface area. Ozone reduces or eliminates clumping and red cell flexibility is restored, along with oxygen carrying ability. Oxygenation of the tissues increases as the arterial partial pressure increases and viscosity decreases. Ozone also oxidizes the plaque in arteries, allowing the removal of the breakdown products, unclogging the blood vessels.

3. Stimulation of oxygen metabolism: Ozone causes an increase in the red blood cell glycolysis rate. This leads to the stimulation of 2,3-diphosphoglycerate (2,3-DPG) 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. Ozone also causes an increase in the NADH reducing process and helps to oxidize cytochrome C. There is a stimulation of the production of the enzymes which act as free radical scavengers and cell wall protectors: glutathione peroxidase, glutathione reductase, catalase, and superoxide dismutase. Production of prostacyclin, a platelet aggregation inhibitor, and a vasodilator, is also induced by ozone.

4. Formation of peroxides: Ozone reacts with the unsaturated fatty acids of the lipid layer in cellular membranes, forming hydro peroxides. There is a synergistic effect with cellular-formed H₂O₂. Lipid peroxidation products include alkoxyl and peroxy radicals, singlet

oxygen, ozonides, carbonides, carbonyls, alkanes and alkenes.

5. Dissolution of malignant tumors: Ozone inhibits tumor metabolism. In addition, ozone oxidizes the outer lipid layer of malignant cells and destroys them through cell lysis (break-down). Phagocytes produce H₂O₂ and hydroxyl and ozone to kill bacteria and viruses. The generation of hydroxyl by killer cells is critical to their cytotoxic capability. Ozone stimulates conversion of arginine to citrulline, nitrite and nitrate by phagocytes, promoting their action on tumors.

6. Activation of the immune system: Ozone administered at a concentration of between 30 and 55 ug/cc causes the greatest increase in the production of interferon and the greatest output of tumor necrosis factor (TNF) and interleukin 2. The production of interleukin 2 launches an entire cascade of subsequent immunological reactions.

VACCINATION OR OZONE

It was the work of Louis Pasteur, Edward Jenner, Rudolph Virchow, Robert Koch, Paul Ehrlich and Emil von Behring that brought about the theory of wide-spread vaccination, based upon the idea of producing antibodies in the blood to 'help out' the body's immune system to identify and attack 'invading germs'. Through the work of Antoine Bechamp, William F. Koch, Royal Rife, Gunther Enderlein, Carl Edward Rosenow, Otto Warburg and Gaston Naessens, the original assumptions underlying this theory regarding the body's immune system have now been shown to be erroneous.

The so-called 'bad' bacteria and viruses that modern medicine fights with its huge arsenal of pharmaceutical drugs are in reality the germs of life. These germs of life live in symbiosis with the nutritive medium that constitutes our body, allowing it to be built up and later decomposed, to be metamorphosed and recreated. These germs are pleiomorphic shape shifters who are controlled by the medium in which they live. Germs are not something separate, isolated, unfriendly and coming from without, but are rather the foundation for all life. Without germs, there is no life. Their number is infinite. Their function is varied. Germs can change shape, join together, separate again and return to their primordial condition. Viruses, bacteria and fungi are various developmental forms of germs. The nutritive medium on which the germs thrive determines the type of development they will undergo.

Early in this century, Dr. Carl Edward Rosenow of the Mayo Biological Laboratories began a series of experiments in which he took distinctive bacterial strains from a number of disease sources and placed them in one culture of uniform media. In time, the distinctive strains all changed and became one uniform class. By repeatedly changing cultures, he could individually modify bacterial strains, making harmless ones 'pathogenic', and in turn reverse the process. He concluded that the critical factor controlling the nature of the bacteria was the food and environment they lived on. These discoveries were first published in 1914 in the Journal of Infectious Diseases.

Rosenow's work was corroborated and expanded upon about two decades later by [Royal R. Rife](#), inventor of the unique Universal Microscope, with a resolution of 150,000 power. This precision instrument made live bacteria and viruses visible. Rife showed that by altering the environment and food supply, friendly bacteria, such as colon bacillus, could be converted into the 'pathogenic' bacteria known as typhoid. Rife was able to observe that the viral

agent associated with certain forms of cancer could in time be modified into harmless bacillus coli, and the process reversed. [Rife stated](#) that it was the unbalanced cell metabolism of the human body that in actuality produced the disease. He believed that if the human body was perfectly balanced, it was susceptible to no disease.

This work closely paralleled Alexis Carrel's earlier research at the Rockefeller Institute where he was able to control the rates and levels of infectious disease mortality among mice by altering the diet.

Researcher Rene Dubos reaffirmed these findings and suggested that virulence is an ecological problem: that is, a problem of the state of internal cleanliness.

It is known that children who cannot produce antibodies in their blood (agammaglobulinemia) nevertheless recover from diseases such as measles and still have long-term immunity. People with no antibodies have been found who are extremely resistant to diseases, while other people have developed diseases to which they already had high levels of antibodies.

Official U.S. military records show that highly vaccinated personnel manifest a mortality rate from diphtheria four times higher than of unvaccinated civilians.

It is now clear that the body needs no 'help' of the sort provided by vaccination; that antibodies in the blood stream are not required to protect the body; and that vaccination can cause immune suppression, permanent nervous system damage, and growth stunting. There is also strong evidence that vaccination can actually cause the diseases it was meant to prevent. This view has gained support from the writing of a report commissioned by the Canadian International Development Agency (CIDA) from Dr. Raymond Obomsawin in 1992.

In his detailed report, Dr. Obomsawin found that the idea of induced immunity was an illusion founded on:

- discredited scientific theories
- the refusal to examine contrary data
- the lack of proper follow up assessment of immunized children; and
- poor statistical methods.

The positive impact of vaccination on public health has never, repeat NEVER, been substantiated in any unbiased study. Vaccinated people have repeatedly fallen ill to the disease they were supposedly vaccinated against, and epidemics are statistically MORE numerous in more widely vaccinated groups (studies in Gambia, Brazil and Taiwan).

Estimates by 'experts' on the degree and severity of adverse reactions have been woefully wrong, and serious damage and even fatalities have gone unreported, preventing a true assessment of the value of vaccination.

Repeatedly, statistics and reports have been manipulated in an attempt to show the effectiveness of vaccination. The best known case involves the famous Salk polio vaccine. This massive program is held up as a shining example of the effectiveness of vaccination, yet the statistical evidence shows that polio was on its natural cyclic downturn at the time

of introduction of the vaccine in 1956. In one of the rare double blind tests ever done on a vaccine, the group receiving it had 200 cases of polio reported, while the control group had none. Polio disappeared in Europe in the mid-Fifties about the same time as in America, yet there was no program of mass-vaccination there.

Some scientists are now postulating that full vaccination irreparably weakens the child's immune system. These same scientists theorize that mass vaccination is responsible for the widespread escalation of auto-immune, degenerative and allergic conditions amongst those subjected to vaccination as children. A further disturbing trend is the increasing coercion placed upon parents to force them to have their children subjected to this massive invasion of their bodies. The weight of state sanctions against parents is unconscionable, especially when the true dangers of vaccination have now been laid bare in this report.

Now that we know that vaccination offers no protection against disease we are left with the question of what causes disease, how to prevent and how to treat it.

The Cause of Disease

The human body is 2/3 water. If toxins are allowed to build up in the system, the water gets 'dirty'. If the blood pH varies up or down from 7.4, then the beneficial microbes that are necessary in the body begin to change their form, and disease results.

To maintain a clean system, it is necessary to have a proper diet, one that produces a blood pH that is neither too alkaline (bacteria problems) or too acid (cancer problems). And it is necessary to have sufficient oxygen in the system to allow cellular respiration to be efficient and allow complete oxidation, preventing the production of carbon monoxide which the body cannot easily expel.

Each cell burns sugar (carbohydrates) in oxygen to make its fuel ATP. The carbon-hydrogen bond is cleaved, and oxygen bonds with the hydrogen, forming water (H₂O) and carbon dioxide (CO₂). If there is insufficient oxygen available, carbon monoxide (CO) is formed instead, excessive lactic acid is formed and the blood is made more acid. If this oxygen deprivation (hypoxia) continues long enough, the cell will no longer be able to sustain the process of oxidation and it will be forced to ferment its sugar anaerobically. This is the first critical step to the development of cancer.

Circulation of clean, oxygen-carrying blood is a basic requirement for optimum health, and this can be achieved by bringing ozone into the body. The least expensive way of doing that would be to live on a mountain far from the cities and breathe deeply -- the recipe for an Eastern master. Failing that, we can use an [ozone generator](#) to create ozone from pure oxygen and bring that into the body in any one of a dozen ways in order to oxidize toxins and oxygenate the cells. Ozone works at the basic level of all the important bodily functions - respiration, digestion, assimilation, elimination and immunity. And this is the answer to the question of what we substitute for the worthless and dangerous vaccination programs.

If people were to have reliable [ozone generators](#) in their homes, they could purify their water, their air and their bodies. If adequate nutrition and sanitation were maintained, diseases of all types could be prevented. The role of the hospital would be reduced to an extension of the emergency room for accident victims. The role of the pharmaceutical company with its noxious potions would disappear, and the level of general health would

rise to new heights.

INFECTION THEORIES CONTRASTED

PASTEUR GERM THEORY

1. Disease arises from micro-organisms originating outside the body.
2. Micro-organisms should be guarded against and destroyed to prevent disease.
3. The appearance and function of specific micro-organisms is constant.
4. Every disease is associated with a particular micro-organism.
5. Micro-organisms are primary causal agents.
6. Disease is inevitable and can 'strike' anyone at any time.
7. To prevent and cure diseases, it is necessary to 'build defenses' and to destroy pathogens.

BECHAMP TOXICITY THEORY

1. The susceptibility to disease arises from conditions within the body.
2. Micro-organisms are beneficial and life-sustaining if the body is kept clean of toxins
3. The appearance and function of specific micro-organisms changes when the host organism is injured, either mechanically, biochemically, or emotionally.
4. Every disease is associated with a particular condition of toxic buildup.
5. Micro-organisms become associated with disease only when the cells become toxified.
6. Disease arises from conditions of increased toxicity.
7. Preventing or curing disease consists of cleaning toxicity harmlessly.

FLAX OIL AND OXYGEN THERAPIES

The concept of increasing blood levels of oxygen by [ozone](#) and Homozon and hydrogen peroxide has great merit. However, getting an increase of oxygen does not guarantee an increase of oxygen on the cellular level where it is needed most for cancer treatments and other disorders.

An increase in cellular utilization oxygen can be achieved by increasing dietary Omega-3 oils. Flax oil is nature's richest source of Omega-3 oil containing nearly 60%. These Omega-3 oils are incorporated into each cell membrane as a building block. There they play the important role of attracting oxygen out of the blood to be utilized by the cell. This effect is a polar electrical attraction. It is the same reason flax oil is used in fast-drying paints because it attracts oxygen.

Two to three teaspoons of flax oil each day will meet your daily needs. Flax oil naturally contains the free radical scavengers vitamin E and beta carotene which are important factors in any healing process. Flax oil also benefits the cardiovascular system, skin problems and inflammatory conditions such as arthritis, colitis, and even congestive heart failure. Flax oil is a wonderful food but should never be cooked. It can be put on potatoes, vegetables and soups in place of butter or on salads as a dressing.

One must avoid margarine, hydrogenated fats, refined oils and heated oils as these contain harmful trans-fats which interfere with Omega-3 absorption and oxygen utilization.

The famous Budwig anti-cancer diet has as its cornerstone daily servings of flax oil and low fat cottage cheese. Soft-boiled or raw eggs are good substitutes for cottage cheese, also providing sulphur bound to protein.

Ozone Benefits for Athletes

- Increases tissue oxygenation
- Increases production of ATP, resulting in more energy and faster recovery
- Delays the onset of anerobic fermentation of sugar in the cell, reducing lactic acid buildup
- Oxidizes lactic acid, helping prevent sore muscles
- Reduces swelling, bruising, and pain from injuries and speeds healing
- Prevents and treats colds and flu and builds up immunity
- Eliminates need for antibiotics, protecting intestinal flora
- Increases hormone production to optimum levels, eliminating need for artificial steroids

FREE RADICALS

Recently, there has been wide dissemination of information about the purported dangers of free radicals, which are being blamed for all the ills that mankind is subject to, from aging to heart attacks to cancer.

Free radicals are atoms with unpaired electrons, a natural occurrence in biochemical reactions. There could be no chemical reactions and thus no life without free radicals. The properties of free radicals vary widely. Some are toxic to all living cells, others only to the most vulnerable cells. Singlet oxygen, O₁ is a highly reactive, beneficial free radical that acts as a scavenger of other harmful free radicals. The oxygen combines with some of them to render them harmless, thereby protecting cells from damage. Healthy cells produce enzymes that protect them from oxidation. These enzymes are glutathione peroxidase, super-oxide dismutase, catalase, and reductase. Bacteria and viruses have no such enzyme protection and are therefore oxidized. By this elegant mechanism, ozone distinguishes between friends and foes and attacks only toxins, pathogens, and cells that have been damaged, weakened and infected.

The anti-oxidant products are gaining in popularity as nutritional supplements due to vigorous promotion. They are really free radical scavengers and enzyme enhancers. They have been shown to help protect marginally healthy cells from free radical damage. Superoxide dismutase in particular has helped reduce a variety of disorders; normally it is among the body's most plentiful enzymes. Prolonged use of supplementary enzymes could tend to atrophy the body's ability to make these enzymes. In any case, it does not address the cause of the problem: oxygen starvation at the cellular level, which causes the cells to be too weak to make the enzymes that protect them; and toxins which prevent the free radical scavenging enzymes from doing their job.

The psychological consequence of attempting to convince people that their bodies are under

constant attack is detrimental to good health. The limbic system, or midbrain, controls both the emotions and the immune system. We must never engender fear with terrorism regarding health, as is so often done by the media with their periodic waves of 'carcinogen panic' and 'free radical scares'. As Dr. Warburg stated clearly in 1966, this approach is detrimental to public health.

Medical ozone is completely safe and non-toxic to humans when generated by proper non-contaminating equipment and administered with proper protocols. As Prof. Halliwell has written, there has never been any proof that ozone causes free radical damage to the body. It has been shown to be completely safe even when a dosage many times greater than the proposed human dosage is administered.

Ozone therapy may produce temporary discomfort (as when it induces the desirable healing crisis), but never permanent harm. 125 years of usage on millions of people have proven this.

Ozone Has Been Used to Treat:

Acariasis Cancer of all types Epidermolytic keratosis
Acne Candidiasis Epididymitis
Acrodermatitis Carbuncles Epidermophytosis
Acute otitis media Cavernous sinus thrombosis Epstein-Barr virus
Acute vestibulopathy Cellulitis Erysipelas
Addison's disease Cerebral atrophy Erythema migrans
Adenocarcinoma Cerebro vascular accident Flavivirus
Adenovirus Chagas disease Folliculitis
AIDS Chicken pox Food poisoning
Alopecia Chlamydia Fulminant varicella
Allergies Cholecystitis Furuncle
ALS (Lou Gehrig's disease) Chronic pain Gangrene
Alzheimer's disease Chronic pulmonary disease Genital warts
Amebiasis Cirrhosis of the liver Giardiasis
Amenorrhea Coccidiomycosis Glaucoma
Amyloidosis Colitis Glioma
Anal fissures Colorado tick fever Glomerular disease
Anemia Conjunctivitis Glomerulonephritis
Angina Contact dermatitis Goodpasture syndrome
Angioderma Coronavirus Gout
Ankylosing spondylitis Crohn's disease Grave's disease
Anthrax Cryptococcosis Guillane-Barre syndrome
Apthous stomatitis Cryptosporidiosis Hairy leukoplakia
Arterial occlusion Cystitis Heart arrhythmia
Arteriosclerosis Cytomegalovirus Heart disease
Arthritis Cutaneous larva migrans Hematoma
Arthrosis Dengue fever Hemorrhage
Asthma Dermatitis Hemorrhagic fever
Atherosclerosis Diabetes Hemorrhoids
Athlete's foot Diverticulitis Hemolytic anemia
Babesiosis Echovirus Hepatitis of all types
Bacterial pneumonia Eczema Herpes of all types

Bartonellosis Ehrlichiosis Histoplasmosis
Basalinoma Emphysema HIV/HTLV
Bell palsy Encephalitis Hypercholesterolemia
Bornholm myalgia Encephalomyelitis Hypotension
Botulism Endocarditis Hypersensitivity
Bronchitis Endometritis Hyperthyroidism
Bronchial aspergillus Endothalmitis Huntingdon's chorea
Bronchospasm Enteric fever Ichthyosis
Brucellosis Enteritis necroticans Ileitis
Bullous pemphigus Environmental sensitivity Impetigo
Burkit lymphoma Epidermoid carcinoma Influenza
Landry syndrome Orchitis Sennutsu fever
Lassa fever Osteomyelitis Septicemia
Leishmaniasis Osteoporosis Shingles
Leptospirosis Osteosarcoma Shock
Leukemia Otosclerosis Sick cell anemia
Leukoencephalopathy Pancreatitis Sinusitis
Leukopenia Panniculitis Skin burns
Listeriosis Papillitis Spinalioma
Lupus erythematosus Parainfluenza Staphylococcus
Lyme disease Parkinson's disease Stomatitis
Lymphogranuloma Pediculosis Striatonigral degen.
Lymphoid pneumonia P.I.D. Stroke
Lymphoma Pemphigoid Syphilis
Macular degeneration Pernicious anemia Tardive dyskinesia
Malaria Poliomyelitis T. cruzi
Mastoiditis Polyarteritis Tendinitis
Measles Polyoma virus Tetanus
Melanoma Postpartum fever Tinea versicolor
Melioidosis Pneumocytosis Tinnitus
Meniere's disease Pneumonia Thoracic zygomycosis
Meningitis Proctitis Thrombopenic purpura
Migraine Prostate enlargement Thrombophlebitis
Molloscum ecthyma Prurigo Thyroiditis
Mononucleosis Psoriasis Togavirus
Morbilliform Pulmonary toxiplasis Tourette's Syndrome
Mumps Pyoderma Toxic amblyopia
Multiple sclerosis Rabies Toxoplasmosis
Myalgia Radiculoneuritis Traveler's diarrhea
Myasthenia gravis Relapsing fever Trench fever
Mycobacterium Retinitis pigmentosa Trypanosomiasis
Myocarditis Reynold's syndrome Tuberculosis
Mycosis Reynaud's disease Tularemia
Myelitis Rheumatism Ulcers
Myonecrosis Rheumatoid arthritis Urethritis
Myositis Rhinitis Urticaria
Neurodermatitis Rift Valley fever Uterine spasm
Neutropenia colitis Rubella Uveitis
Ocular trachoma Salmonella Varicose veins
Optic neuritis Salpingitis Varicella pneumonia
Otitis media Scabies Vascular retinopathy

Oral erythema Scleroderma Vasculitis
Orbital cellulitis Senile dementia Warts
Wegener granuloma

USING OZONE IN THE HOME

General procedure :

1. Plug the [generator](#) into the wall socket.
2. Connect an oxygen line from the output of the oxygen tank regulator to the input of the generator.
3. Connect silicone tubing to the output of the generator and then to the appropriate attachment
4. Open the valve on the oxygen tank and adjust the flow rate on the regulator to 1/2 liter/minute for one minute, then reduce flow rate as given below.
5. Engage the power switch on the generator.
6. When finished, turn off the [generator](#), turn off the oxygen tank, disconnect the lines, and store in a safe place.

Drinking Water:

1. Bubble [ozone](#) through cold water using the white ceramic diffuser at 1/8 liters/minute for 5 minutes for a glass; 15 minutes per liter; one hour per gallon.
2. Add two drops of Concentrace trace mineral drops to a glass
3. Drink immediately on an empty stomach.

Rectal Insufflation:

1. Clean the bowel with an enema (ozonated water is preferable)
2. Hook up the [generator](#) as stated above, and connect the rectal catheter.
3. Set the regulator flow rate to deliver 1/32 liters/minute.
4. Lubricate the catheter, lie on your left side and insert it about 2".
5. Engage the power switch on the generator.
6. Work the abdominal area with a slow counterclockwise massage beginning at the lower left abdomen to ensure that the gas does not pool in one area.
7. When a feeling of fullness, or of cramping is felt, withdraw the catheter, shut off the generator, and close the oxygen tank valve.

Vaginal Insufflation :

1. Hook up the [generator](#) to the oxygen tank and regulator as above
2. Attach a clean, lubricated catheter
3. Set the regulator to deliver 1/32 liters/minute, and turn on the generator.
4. If there is a burning sensation, and it is too uncomfortable, stop and try again the next day.
5. After you are used to it, you may be able to run it for 30 - 45 minutes at a time.

Insertion in the Ear:

1. Hook up the [generator](#) to the oxygen tank and regulator as above.
2. Attach the white plastic ear adapter
3. Insert the adapter carefully into the ear.
4. Set the regulator to deliver 1/32 liters/minute and engage the power.

5. Do each ear for 5 minutes. Ear draining will occur, sometimes profusely.

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Note: The use of Ozone by doctors is illegal in some states in the US so please check local laws, information presented here is for educational, historical, and research purposes only.

Research and Alternative Health Resources:

[Your Link to an Ozone Generator that will last a lifetime - Guaranteed!](http://ozonedetox.com)
[Our Cold Plasma Design is second to none...click here for more info.](http://ozonedetox.com)

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