

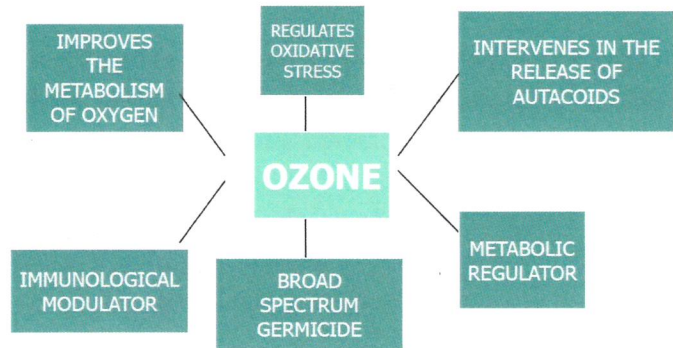
# Medical Ozone Therapy in One Page

*Stimulates homeostasis and self-regulation. A healthy body works better than any drug.*

## How it works

Ozone therapy stimulates the body toward homeostasis by creating a mild, acute oxidative stress and activates the NRF2 pathway (the same pathway activated during exercise and fasting). Among many mechanisms of action, ozone therapy is able to increase the body's natural antioxidant production, enhance oxygen metabolism, and modulate the immune system.

Ozone therapy has been extensively researched in Europe and Cuba for the last sixty years. Millions of treatments have been performed with a higher safety record than aspirin. While you cannot breathe ozone due to the lack of antioxidant defenses in the lungs, it can be safely administered in many other parts of the body.



## What it's used for

Ozone therapy works with the mechanisms of disease through its ability to stimulate the fundamental processes of the body.

- *Primary care physicians, chronic diseases* - cancer, lyme, autoimmune, infectious diseases, etc.
- *Podiatrists, skincare, dermatology, wound care* - Non-healing wounds, ulcers, sores, rashes, etc.
- *Athletic enhancement, cyclists, triathletes, NFL*, - Improves performance and recovery
- *Anti-aging/longevity* - Mediates oxidative stress, a leading cause of aging.

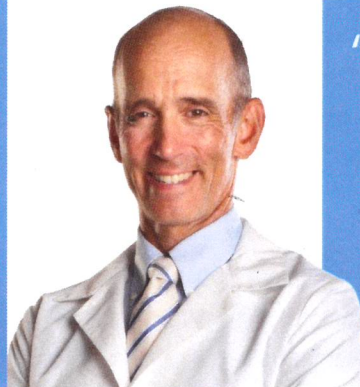
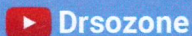
## Administration methods

- In the clinic - In addition to the treatments listed below, intravenous and intramuscular
- Patients can do daily at home - Popular treatments include rectal, ear, vaginal, ozone water, and limb bagging



"I was very sick, I felt like I almost died... I had mold toxicity... within two days of the ozone, I went from being very cognitively impaired to almost symptom free."

*Dr. Mark Hyman*



"Ozone Therapy is a powerful intervention."

*Dr. Joe Mercola*



We have helped thousands get set up with ozone therapy.  
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# Ozone Injections in One Page

*Use less invasive, less expensive treatments first.*

## How it works

Used intradiscally or intramuscularly, ozone stimulates an acute but tolerable oxidative stress giving a hormetic-type response to regenerating the joint.

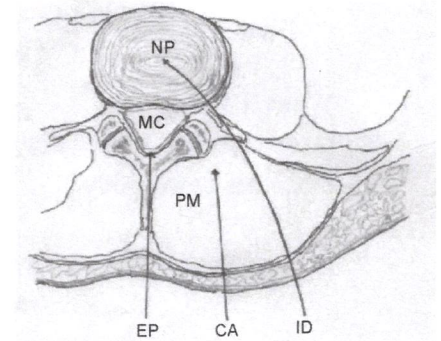
Intra-articular or periarticular insufflation of small volumes (5–15 mL) of a gaseous mixture of O<sub>2</sub>–O<sub>3</sub> (ozone concentrations ranging from 5 to 25 µg/mL).

Ozone can surprisingly display a number of beneficial effects, ranging from the inhibition of inflammation, correction of ischemia and venous stasis to finally inducing a reflex therapy effect by stimulating anti-nociceptor analgesic mechanisms.

Ozone therapy's ability to reactivate the innate antioxidant system is the key to correcting the oxidative stress from inflammatory diseases and injuries. It works with the pain pathways and control systems of algesic signals .

- Analgesic/quenches pain
- Stimulates anti-inflammatory response
- Improves microcirculation
- Stimulates the natural healing processes

*The image displays routes of an ozone injection into the lumbar region.*



## Ozone Gas Injection

Ozone gas is commonly injected by itself for the effects described above.

*Cost to patient:* \$70 - \$150 per injection

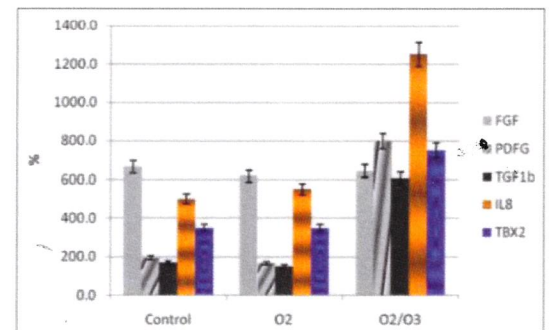
## Prolozone Injection

Methyl B12, pyridoxine, dextrose, and procaine is mixed into a solution and injected prior to the ozone.

*Cost to patient:* \$100 - 200 per injection

## PRP + Ozone Injection

Blood is drawn from the patient and spun down to expose the platelet rich plasma. Ozone is added to create super PRP by activating the platelets and increasing the growth factors. Image taken from study, "Role of Ozone/Oxygen in Fibroblast Growth Factor Activation."



## Stem Cells/Exosomes + Ozone Injection

Ozone is used as a pre and post treatment to stem cells/exosomes.

Commonly done two weeks before and two to six weeks after. In addition to stand alone benefits, ozone helps to create a more effective environment and increase the efficacy of the stem cell treatment.

*Adapted from "The usefulness of ozone treatment in spinal pain" by Dr. Velio Bocci*

We have helped thousands get set up with ozone therapy.

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