

The Definitive Guide to Ozone Therapy at Home

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What if you could find an effective, non-toxic therapy and become free from sickness?

What would it take to create a healthy, vibrant, and energetic body?

Patients and doctors around the world are turning back the effects of disease and returning to an energized life. As they fill the gaps of medicine, they discover what it's like to be free from sickness.

When we are sick, all we want is to live a normal life, one without the struggle of disease.

Medical establishments have failed us in chronic disease, it's not effective. They keep peddling treatment after treatment that doesn't end up working. Eventually we take control of our own health and look for the answer ourselves.

It almost feels like you're trapped.

Each step of the way, information tends to be conflicting and confusing. How do we decide what to do?

You want to find a treatment that is non-toxic and effective. You want a medical establishment that works. You want to find health.

You might feel lost and unsure of where to turn. Or like there is no hope. Or perhaps you feel overwhelmed by the choices and options.

We understand what it's like to feel defeated by chronic disease and failed by medicine. Like you, we are frustrated by toxic treatments that don't work and the lack of direction.

You're not alone. Many people have walked this path.

Is it a cure all? No. And we don't want you to think that.

Many people have found health with ozone therapy and there is an incredible amount of scientific evidence behind it.

We have helped thousands of doctors and patients implement ozone into their homes and clinics.

Disclaimer: Ozone therapy is not an FDA approved therapy. You should consult your medical practitioner before attempting anything to do with ozone therapy. The information in this document is not intended to treat, diagnose, or cure. It is not a substitute for medical advice.

"I think you should learn about ozone. It's dirt cheap, it's highly effective, it works across restoring things as well as enhancing things." - Dave Asprey, Father of Biohacking

"Ozone therapy is a powerful intervention... I personally use the rectal insufflation... you will want to consider it to combat the stressors we face in the 21st century." - Dr. Joseph Mercola, New York Times Best Selling Author

"It wasn't until I supplemented with the ozone that a lot of my numbers really started to drop drastically, in a good way. After I had my fifth ozone treatment I felt like I had a quadruple shot of espresso, I felt so bright and vibrant." Beth Rosalinni ([see full testimony here](#))

"Ozone has given me the extra oxygen and energy that I need for a quality of life. And it has boosted my immune system, no infection colds or flu for over 4 years" - Karen Ambridge, Lifestyle Coach

To Get Ozone Therapy:

1. Buy an [Ozone Kit](#) with a 540 regulator for \$1,035.
2. Buy a 20 cubic foot (fairly small) industrial oxygen tank from a local Airgas or Praxair (about \$100)
3. Follow the protocols and enjoy the benefits of ozone therapy at home.

Three commitments:

1. 6 Month Money Back Guarantee. Doesn't work for you or don't like the results? Just send it back for a full refund, no questions asked.
2. 100% ultra pure and contaminant free ozone, guaranteed.
3. They help you every step of the way. Have a question? Just call or email for experienced professionals to help you out.

Buy the [Ozone Kit](#) with a 540 regulator.

Or if you're not ready to bite the bullet, you can always [schedule a call](#) with a specialist.

Learn a higher understanding of what it is to be healthy. Become unstoppable in your personal and career goals. Build a better body that lasts longer. The alternative is to stay where you're at and quit progressing, a body that ages faster, and a higher likelihood of disease.

Which do you prefer?

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**"Ozone Therapy
is a powerful
intervention."**

Dr. Joe Mercola



Safety Precautions

Don't Breathe Ozone

Breathing ozone is not safe because it will irritate the lungs. There are no antioxidant defenses in the lungs which make them vulnerable to oxidants like ozone. (1)

However, other parts of the body have antioxidants and will produce a beneficial effect when exposed to ozone. Scientists have gone to great lengths to explain their claims about the safety of ozone (2,3). We have also written an [in depth article](#) explaining the research on ozone safety.

Smelling small amounts of ozone is ok according to OSHA (4). OSHA outlines safe levels of ozone in the air. When you do ozone therapy, you may smell small amounts of ozone.

Ozone is detectable by smell at 0.005 parts per million, making it one of the most distinct molecules to exist. You can smell ozone far before it exceeds the OSHA standard of safety. But some people still wear a mask [like this](#) or only operate in a well ventilated room.

Every once in a while, someone will be negligent with their ozone. They will inhale a large amount and develop a cough that lasts for a couple hours to a day. Often, they will administer oral Vitamin C to help the negative coughing symptom.

Do not breathe ozone. If you feel there is an emergency, call 911.

Start with lower doses

Some people want to increase the doses outlined in the protocols to get better results. More is not better with ozone therapy. Most practitioners recommend to start with a lower dose and slowly increase within the confines of the protocol.

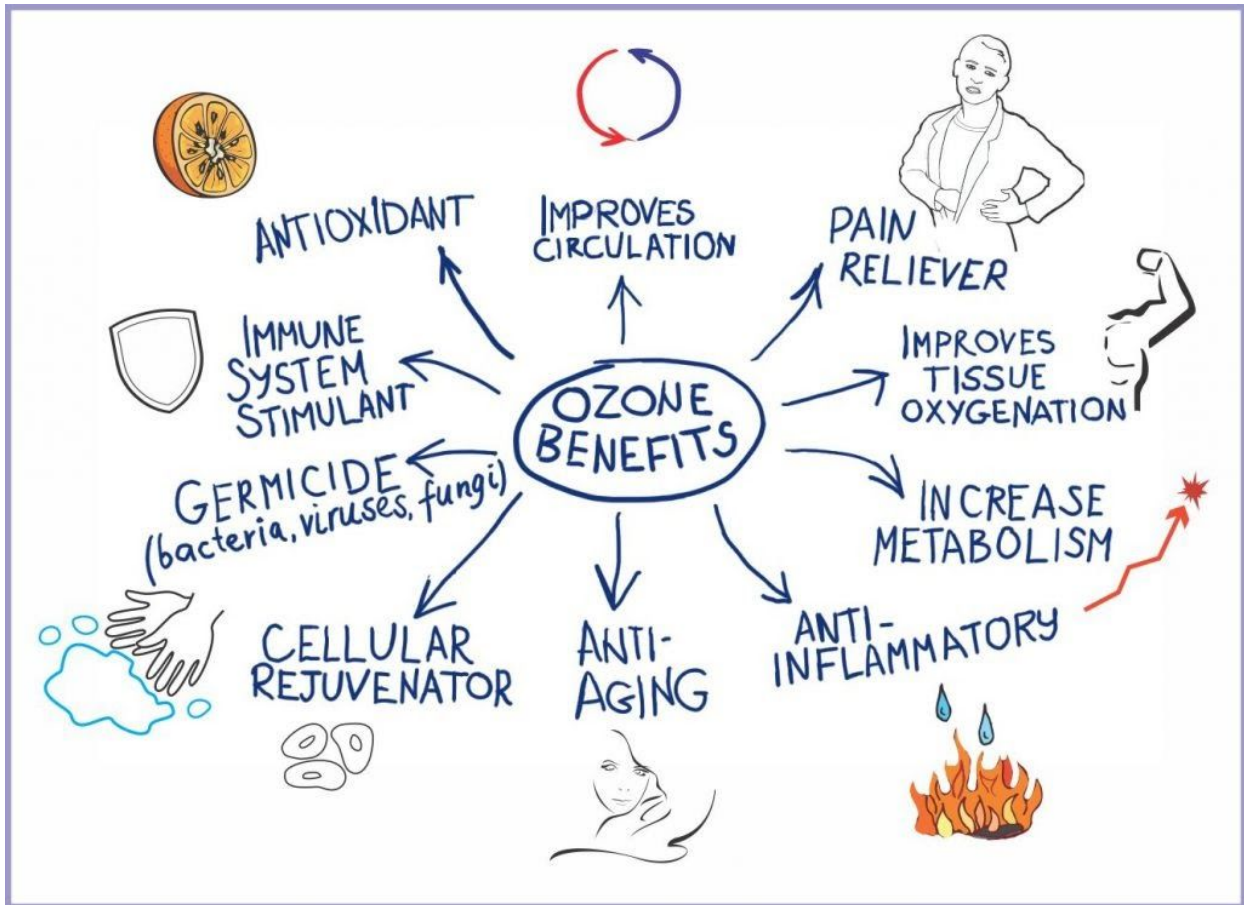
Starting with higher doses of ozone can cause a die off (Herheimer) reaction which can give you flu-like symptoms. Or it may just cause irritation, discomfort, or itching.

As outlined in, "The Scientific Foundations for Ozone Therapy" by the International Scientific Committee of Ozone Therapy, ozone is extremely safe when used correctly.

Only do as your practitioner recommends

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The Different Therapies

Systemic vs. Local

There are two basic categories to all ozone therapy treatments. Some are systemic, meaning they may benefit the entire body and bring numerous benefits by stimulating homeostasis (self-balancing). An example of a systemic treatment would be rectal insufflation.

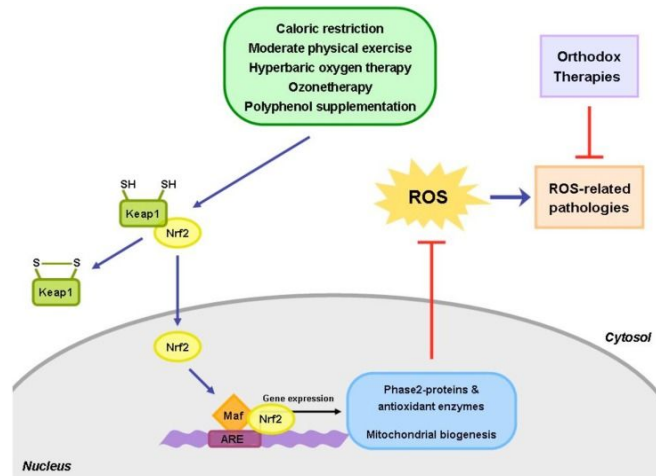
According to scientists, ozone therapy may stimulate the same pathway as exercise and intermittent fasting! (5)

Others are considered local, meaning that they only treat a particular area, like swishing ozone water for the mouth, ozone limb bagging for the foot, or vaginal insufflation for the vagina.

Systemic treatments

Commonly used for:

- Athletics
- Cancer
- Infections
- Autoimmune Diseases
- Gut Diseases like IBS
- Anti-Aging and Longevity
- Biohacking
- Mold Toxicity
- Lyme



Local treatments

Specific regions, like the mouth, hand, or vagina may be benefited by local ozone therapy treatments.

Local treatments are typically used for infections and speeding the healing process. An example would be washing an infection on the skin with ozone water.

Local treatments are commonly used for:

- Infections (6)
- non-healing wounds (7)
- Ulcers (8)
- Cavitations/Oral Infections (9)

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Systemic at home treatments include:

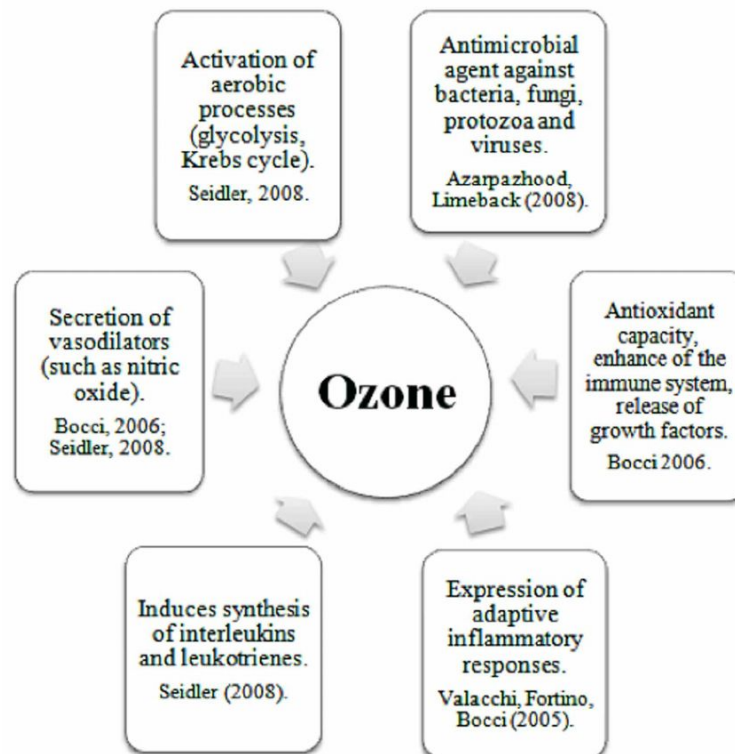
- Rectal Insufflation
- Ear Insufflation
- Ozone Sauna (*backed by anecdotal report, not research*)

Local treatments at home include:

- Ozone Limb Bagging
- Ozone Cupping
- Vaginal Insufflation
- Ozone Water
- BOO (*Breathing ozonides bubbled through olive oil*)

If you read online, you may notice differing opinions on what is local and what is systemic. Everyone accepts that rectal and ear insufflation are systemic treatments.

To be consistent with the science of ozone therapy, we listed the treatments accordingly. However, there are many anecdotal and clinical experiences that venture beyond the scientific progress that has been made.



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Which treatments should you do at home?

The Big Three

The three key treatments to ozone therapy at home are rectal insufflation, ear insufflation, and ozone water. Most people [buy this kit](#) because it comes with the equipment necessary for these three treatments.

If you're going to do ozone therapy at home, definitely consider:

- Rectal Insufflation
- Ear Insufflation
- Ozone Water

As you need, you are able to add other treatments. For example, you don't need ozone limb bagging if you don't have a skin infection on the limb.

Rectal Insufflation - Benefits the Whole Body

For a detailed overview of rectal insufflation, you can watch [this video](#) or read [this article](#).

Rectal insufflation is the best therapy you can do at home because it has the greatest benefit to the body. Immediately after the therapy, scientists can measure an increase of oxygenation *in the blood*. It helps with energy, stamina, the immune system, and much more.

At the very least, people do rectal insufflation

You can find the [instructional video here](#).

Ear Insufflation - Benefits to the ear, nose, throat, and brain

For a detailed overview of ear insufflation, you can watch [this video](#) or read [this article](#).

Everyone gets a cold from time to time. Sometimes we just have congestion or an ear infection. For that reason, ozone ear insufflation is a fantastic therapy to have on hand. Not to mention it's useful for chronic diseases affecting the brain.

You can find the [instructional video here](#).

Ozone Sauna - Benefits to the skin and possibly the whole body

There is a lot of conflicting information about ozone saunas. People claim that it helps the entire body but the scientific research hasn't observed this yet.

Although it's not a highly recommended therapy because of the lack of scientific evidence, you can [find the sauna here](#). You simply add ozone gas into the sauna and wear [this mask](#).

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Many people swear by ozone saunas for the same benefits as rectal insufflation plus a skin benefit.

Ozone Limb Bagging - For skin wounds, lesions, and infections on a limb
Ozone limb bagging is only necessary if you have skin wounds, lesions, infections, and similar issues.

If your issue is not severe, you could consider an ozone gel from HonestO3.com instead. Or you may consider doing both if your condition is serious.

You can find the [instructional video here](#).

Ozone Cupping - For skin wounds, lesions, and infections on the torso
Ozone cupping is the same as limb bagging, except for the torso. It is only necessary if you have skin wounds, lesions, infections, and similar issues.

If your issue is not severe, you could consider an ozone gel from HonestO3.com instead. Or you may consider doing both if your condition is serious.

You can find the [instructional video here](#).

Vaginal Insufflation - For vaginal infections and inflammation
Some people claim vaginal insufflation is a systemic therapy. Although there isn't scientific evidence to back this claim, it is commonly used for vaginitis, infections, and other issues.

You can find the [instructional video here](#).

Ozone Water - For skin and oral infections, sores, cavitations, receding gums
Similar to vaginal insufflations and ozone saunas, people also claim that ozone water carries a great systemic benefit. Again, there isn't scientific evidence to support this, so we play it safe. It certainly acts as a great disinfectant and aids the healing process.

Common dental purposes: cavitations, infections, post-surgery, sores, ulcers, receding gums and more.

Common skin purposes: washing of wounds, lesions, infections, sores, ulcers, and more.

Alleged systemic purposes: issues pertaining to the digestive tract including, acid reflux, IBS, stomach ulcers, and more.

You can find the [instructional video here](#).

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BOO - For lung diseases and infections

Breathing ozonides bubbled through olive oil is a controversial treatment. We do not advise its use because you may inhale ozone gas instead of the intended ozonides.

It is commonly used for lung infections and cancer.

Equipment for ozone therapy at home

You need four things for ozone therapy at home:

1. **Oxygen Tank**
2. **Oxygen Tank Regulator**
3. [Medical Ozone Generator](#)
4. **Accessories**

The Oxygen Tank

Oxygen tanks are required because they contain 99.9% oxygen. You cannot use ambient air or an oxygen concentrator because it will produce harmful contaminants. It's important to note that oxygen tanks are better than oxygen concentrators. Oxygen concentrators do not provide the same level of purity (95% at best) as an oxygen tank (99.9%).

540 Commercial vs. 870 Medical

540 commercial oxygen tanks are very easy to acquire, which is why most people choose 540 oxygen tanks. A typical oxygen tank will cost between \$100-\$120 and refills cost \$20. It will usually last between 6 to 12 months depending on usage.

To find 540 industrial oxygen (no prescription required) search for Airgas, Praxair, or a welding supply near you. Go in and ask for a 20cu/ft oxygen tank (size "R"). They will not serve you if they believe you are using it for medical purposes.



540 commercial oxygen tanks are rated for the same purity as medical oxygen (99.9%), so there is no difference in purity between an industrial and medical tank.

To get a 540 commercial oxygen tank:

1. Search for local Airgas, Praxair, or welding supply

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2. Go to the location and ask for a 20 cubic foot oxygen tank (size "R")
3. They will not serve you if they feel it is for medical purposes

870 Medical oxygen tanks require a prescription from a doctor. There are more issues acquiring medical oxygen tanks which makes the process difficult. An individual can go to a local medical oxygen supply shop once they acquired a prescription.

To get an 870 medical oxygen tank:

1. Get a prescription from your doctor for medical oxygen.
2. Search for a local medical oxygen supply
3. Go in and give them the prescription. They may only have rental options available.
4. Pay with cash, not insurance. Insurance will not cover an oxygen tank for ozone therapy.

Oxygen Tank Regulator

This part is easy.

Your regulator will come with the ozone therapy kit because they are specially made for the ozone generator.

If you're getting a 540 commercial oxygen tank, get the 540 regulator. It doesn't matter the size of the tank.

If you're getting an 870 medical oxygen tank, get the 870 regulator.

You will be able to exchange regulators for free if you change your mind later.

Medical Ozone Generators

There is a very important and distinct difference between medical ozone generators and generators for other purposes. When you go online, you will see a lot of ozone generators used to purify water, air, aquariums, pools, etc.

A frequently asked question would be, "As a kid I used an ozone generator in my aquarium. Why couldn't I just use that for ozone therapy?"

CONTAMINANTS!

Medical grade ozone generators put out an extremely pure form of ozone. Other generators produce lots of contaminants that are ok for purification but you DO NOT want them in your body. These generators for purification create small amounts of ozone from room air for disinfecting but not ozone therapy.

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Medical ozone generators use 100% ozone resistant materials that won't break down and will require an oxygen tank.

It's important that you don't try to "cheap out" on this either. You could introduce elements that are harmful to your body. Even some cheap "Medical Ozone Generators" are dangerous. Cheap medical ozone generator companies buy directly from China and cut corners on vitally important elements. They provide contaminated ozone and wildly inaccurate dosages.

[This ozone generator](#) is safe, easy to use, and the price is very reasonable (\$1,035). It has undergone the appropriate regulatory vetting and quality assurance.

The kit in the link above will come with everything you need to get started: rectal insufflation, ear insufflation, and ozone water. You can always add more therapies by getting more accessories.

Accessories

Based on what therapies you want to do, you will need accessories. The accessories required for each therapy have been outlined in the protocols below.



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Protocols

Here are the resources for the protocols:

- [Instructional Video Series](#)
- [Instruction Manual](#)

For full details, refer to the above manuals. But here is a quick synopsis of the key three therapies:

- **Rectal insufflation** should be done 3 - 5x per week for Biohacking, Longevity, and athletics.

For chronic illness, there are two options. It doesn't matter which one you choose.

- Some people do everyday for 3 weeks, then take one week off. After the first 4 weeks, they can advance to twice per day. It's important to start with once per day and never exceed twice per day.
 - Some people choose 5 days per week and two consecutive days off. After the first 4 weeks, they can advance to twice per day. It's important to start with once per day and never exceed twice per day.
- **Ear insufflation** can be done up to daily as you have colds, sore throat, head issues, and more. For chronic issues, 2 - 5 times a week or as tolerated. Make sure not to overdo it, you can cause irritation if you do too many sessions in a week.
 - **Ozone water** can be used up to a daily basis as you have infections, wounds, or want to drink it. If there is irritation, use less frequently or a lower strength.

Enjoy the benefits of ozone therapy

Whether you're a health nut, sick patient, or professional athlete, you can use ozone therapy to improve your body, encourage homeostasis, and slow the process of aging.

[This ozone generator](#) gives you the ability to bring this dynamic, powerful therapy into your own home. More people need to know about this therapy.

Dr. Velio Bocci, the father of ozone therapy, profoundly stated,

"It depresses me to think that ozone, the cheapest drug on earth, is today either badly or minimally used because orthodox medicine refuses to evaluate it and Health Authorities are antagonistic or negligent. Both are responsible for leaving millions of people suffering and dying. I must not get discouraged and continue to work and hope that ozone therapy will eventually benefit many people."

So take this amazing therapy, use it to improve your health, and share it with others.

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