

Ozone Sauna Therapy

What is Ozone?

Ozone is a gas comprised of O₃, that is 3 oxygen atoms combined together to form an unstable molecule. Oxygen, O₂, is the more familiar stable form of oxygen which we breathe to keep alive. Being unstable Ozone wants to give away its unstable oxygen atom, when this happens oxygen's traditional properties are more powerful and energizing to the tissues.

History of Ozone Use

Ozone has been used to disinfect and treat disease since its discovery in the 19th Century. It was used topically in the WWI to treat wounds of war victims. More recently German Physicians have used Ozone therapy to treat HIV patients in the 1980's. It is now used in Germany by over 70% of physicians. There are over 3000 references in German medical literature referring to the use of medical ozone. Other countries like India and Russia are now applying Ozone therapeutically to treat diseases.

What are the properties of Ozone?

Ozone is one of the most oxidizing agents used in medicine today. It is a powerful killer of pathogen organisms in the body, which in turn can contribute to cancer, e.g. HPV virus, cervical cancer. It also stimulates the oxygen metabolism by increasing the amount of oxygen available to red blood cells, this in turn increases oxygen delivery to healthy cells, creating more energy. Ozone also stimulates the immune system to be more active, which is essential in beating cancer.

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Why is ozone useful for defeating cancer?

Cancer cells have defective metabolism, they cannot utilize oxygen for making energy, whereas normal cells can make energy with or without oxygen. Dr Warburg identified in the 1930's that what is common in all cancers metabolism is that they divide and survive without oxygen. So the fundamental cause of cancer amongst other factors like toxicity, hormonal imbalance, and weakened immunity is low oxygen. To rid the body of cancer, we must flood the body with oxygen. More specifically, according to Dr. Shallenberger (keynote speaker at 40th Annual meeting of cancer control society), we must support the mitochondria which use oxygen to make energy.

The core benefit of Ozone include:

1. Stimulating the mitochondria in the cancer cell to use the oxygen more efficiently.
2. Selectively killing cancer and pathogenic (infected) cells, because cancer cells do not have the protective mechanism to protect themselves against the ozone unlike healthy cells, triggering cancer cell death.
3. Stimulating the production of white blood cells, which help the body fight cancer.
4. Stimulating the production of interferon, which is a type of immune-type protein which orchestrates every aspect of the immune system, including white blood cells to engulf the cancer cells.



Safety of Ozone

Ozone cannot react with healthy cells. Healthy cells possess both a balanced electrical charge which doesn't attract the unstable ozone particle, together with having a strong enzymatic protective wall. The only side effect of ozone is that it can bring about a 'healing crisis' called a Herxheimer reaction. This is when there is a detoxification reaction in the body. Although symptoms may be flu-like, body aches, sweating nausea, this reaction is indicative that pathogenic microbes and cancer cells are being killed. Once the pathogens have been cleared from the body, the symptoms disappear.

At Life Clinic, all our functional medicine practitioners/ doctors are trained in the application and use of ozone for chronic conditions like cancer. We carefully monitor and evaluate your situation to ensure no detox reactions occur.

How often should I use Ozone?

To obtain the best outcome from Ozone it is best to consult with a practitioner or doctor to determine the frequency of treatments you need. For more advanced chronic cases of cancer, we recommend treatments daily, 5 times/ week. For early stage cancers or cancers in remission we recommend having at least 2 treatments per week. We recommend combining ozone treatment with other therapies at Life Clinic for best results.

What will I experience during treatment of the Ozone Sauna?

You will be sat in a chamber with a towel, which you'll need to take off whilst enclosed in the chamber. The chamber will be heated to around 42°C, with steam. As the ozone session starts, you will experience some gentle air movement in the chamber. You may also smell some Ozone gas slightly which smells a little like disinfectant. With a temperature of 42°C you may experience some sweating, this is expected and normal. You will be visited by the nurse or the practitioner during your ozone sauna session periodically to ensure you are having a pleasant experience.

Enquiry

If you have any enquiry regarding your ozone sauna session please contact us for more details.

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