

INSUFFLATION

AN OZONE WAY TO HEALTH



Good health and wellness is the growing subject of interest today, but what does it mean to be healthy?

Being healthy is about having abounding energy, flexible joints and muscles, and proper brain function – all till we are 100 years old. Being healthy means being excited each day for what it will bring, freedom to do anything that you wish in life, with the ability to mentally and physically handle any of the “curve balls” thrown your way. Being healthy means living each day to the fullest – from sun up to sun down.

So how can you be healthy?

For you to be healthy, your cells need to be healthy, which makes sense since approximately 37 trillions of cells make up your body. And healthy cells need oxygen. The problem is, we don't we get enough oxygen from the air we breathe.

DISEASE AND OXYGEN

The word “anaerobic” relates to, involves, or requires an absence of oxygen. So anaerobes are organisms that grow without oxygen or require an oxygen-free environment to live. Most infections or disease occur because a lack of oxygen gives these anaerobes the conditions to thrive.

A lack of oxygen can be because of polluted air, a sedentary lifestyle, and poor diet. The toxins which flood and absorb into your body require a lot of oxygen to eliminate – more than you have in “reserves.”

For example, part of the ability of cancer cells to grow is a fermentation of sugar process, which can only be initiated by the absence of oxygen. So the more oxygen you have in your body, the harder it is for cancer to grow.

The shortage of oxygen in your body causes an overgrowth of harmful microbes, which will lead to a breakdown of enzymatic reactions, an overload of metabolic wastes, and ultimately the death of cells.

Low levels of oxygen decrease mental function, increase cyclic mood disorders, prevent detoxification, accelerate degenerative disease, and cause the accumulation of lactic acid, which causes pain. Lactic acid also causes degeneration, which is another term for aging.

Finally, low levels of oxygen slow the healing process. The reason some injuries heal completely and others don't, is because of circulation. For a damaged area of the body to regenerate and repair, it must have the critical elements that only the blood can provide: nutrients, healing co-factors, and oxygen.

One of the best ways to resolve chronic pain patterns, increase circulation and nutrient distribution, and arrest the aging process is to restore oxygen levels. An excellent way to do this is through insufflation therapy.

This painless, highly effective application of oxygen puts a potent ozone/oxygen mixture (actually a gas) through a small catheter into the colon – delivering

one of the most critical elements of life itself into your body.

The infusion of gas into the rectum is not as strange a procedure as one might think. Many surgeons know the colon as “the third lung.” Around the world it is an accepted procedure during lung transplants and other surgeries, to infuse 100% oxygen into the colon. This oxygen is readily absorbed by the blood vessels surrounding the colon and helps to ensure the patient maintains adequate oxygen supply during these procedures.

When using any form of ozone therapy you need to make sure you are taking antioxidants! The usual protocol of supplements includes beta-carotene, vitamin E, vitamin C, B-complex vitamins, selenium, and vitamin A if desired.

Necessary supplementation is not only to protect you but also to ensure sufficient quantities of the correct enzymes are in place before ozone begins to “push” certain biochemical reactions within your body.

There are other types or delivery methods of insufflation using medical grade ozone for the purpose of eradicating infection and improving cellular function. The same principles applied to rectal insufflation apply for ear, nasal, and vaginal insufflation.

RECTAL

Rectal insufflation can be used for just about any chronic and systemic condition or infection as noted above. Once in circulation, ozone is a highly useful boost to the immune system and will kill unwanted pathogens and microbes. Due to its direct infusion

to the GI tract, it would be the obvious choice for leaky gut, hemorrhoids, Crohn’s, inflammatory bowel disease, diverticulitis, cancers of the GI tract, and much more.

VAGINAL

Due to the direct delivery into the female cavity, this form of insufflation treats conditions such as infertility, endometriosis, painful periods, yeast infections, PCOS, fibroids, hormonal imbalances, and even unexplained pelvic pain.

EAR/NASAL

For the treatment of infections, viruses, and bacteria such as sinus infections, pneumonia, strep throat, etc., focusing ozone insufflation in the ears and nose accelerate the healing process. From a “natural” standpoint, you might consider this type of treatment before antibiotics, other medications, and even surgeries.

This treatment is also known to have a massive impact on brain fog, ADD, memory, seizures, and other neurological and brain conditions as it is a direct infusion that gives the brain exactly what it needs for cellular communication, circulation, and improved function.

Although used by an estimated ten million patients in Europe since the early 1960’s, the therapeutic use of medical ozone (technically known as a “bio-oxidative therapy”) is largely a mystery to North Americans. Hailed as a safe, effective and low-cost treatment for a broad spectrum of diseases – including Candida, cancer, heart problems and infections – proponents feel that they can go far in resolving America’s health care crisis.