



OZONE THERAPIES

PROTOCOL GUIDE

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DISCLAIMER

We are not providing medical advice. Governing authorities do not approve the use of ozone in medicine. These protocols are from the experiences and research of medical practitioners outside our organization. We merely compiled the information. Ozone treatments vary from clinic to clinic. These protocols are commonly used amongst medical practitioners using ozone therapy. Ozone therapy is not FDA approved. You are subject to the laws of your area.

RECTAL OZONE PROTOCOL

RECTAL OZONE INFORMATION

- Ozone concentration ranges from 10-40 ug/ml
- Volume Ranges from 200ml - 400ml
- It is recommended to perform this treatment after a enema, colonic or bowel movement
- Rectal ozone may be administered the following ways:
 - Ozone Bag - An ozone resistant bag which measures 200, 400, or 750ml
 - Syringe - Usually for kids
 - Directly from machine to patient - Tubing is connected from the machine directly to the inserted catheter (Not a widely used method because it's difficult to measure volume and there are some potential concerns of pressure buildup)

PROTOCOL (OZONE BAG METHOD)

Low and Slow Approach

- Start off with 200ml of around 20 gamma (setting 4 on your machine) for 3 times a week
- Titrate up 10 gamma each week until you reach 40 gamma at 200ml
- After 1 month start this process over, but now with 400ml at 3 times a week
- Practitioner can decide to add additional days of therapy depending on your tolerance
- End goal would be around 40 gamma/400ml This is where you would stay for as long as your Provider wants you doing rectal ozone

Standard Cycling - MOST COMMON

- A cycle is the most common protocol. You would be administering ozone therapy on a cycle to allow for the body to adjust. Your Provider would select one of the following cycles, whichever is more convenient.
 - Cycle 1: Everyday for three weeks, then one week off. Continue this cycle until you are better, then go into maintenance. After one month, you may increase to twice a day, based on the discretion of your medical practitioner.
 - Cycle 2: Everyday for five days, then two days off. Continue this cycle until you are better, then go into maintenance. .
- Administer 200ml at around 20 gamma for the first month.
- Administer 200 - 400ml at 20 - 40 gamma thereafter, as you are able to tolerate without negative side effects.
- If you are cramping, bloating, or experiencing reasonable discomfort, decrease the dosage and frequency to a tolerable level.

Common Example of Standard Cycling

- Start with 200ml of around 20 gamma (setting 4 on your Stratus 3.0) 3-5 times a week
- Week 2 you will move up to around 30 gamma at 200ml 5 times a week
- Week 3 you will move up to around 40 gamma at 200ml 5 times a week
- Week 4 you will move up to around 40 gamma at 400ml 5 times a week

- Continue at 40 gamma and 400ml as long as your practitioner recommends
- Your practitioner may vary from these recommendations.

HELPFUL HINTS

- A catheter should only be inserted 3 inches to allow absorption into the portal vein. If you feel pressure when they are administering RI, then either push the catheter in or pull back on it gently and the ozone will flow freely.
- Be sure to keep positive pressure on the bag or syringe when you are administering ozone. Taking pressure off may cause a back flow of fecal matter in the bag/syringe.
- Ozone absorbs into the mucosal lining of the colon quickly. Thus, there is no need to “trap or hold” the ozone for longer than 20 - 30 seconds. A bowel movement or flatulence after a treatment is normal and does not indicate an ineffective treatment.

PRECAUTIONS/THINGS TO LOOKOUT FOR

- Rectal Ozone is a powerful systemic treatment. It is recommended that you avoid doing both an IV and rectal ozone treatment on the same day.
- A Herxheimer reaction is possible after a rectal ozone treatment. This is noticeable when after a treatment you have excessive fatigue, rash, lymph drainage, and/or fever/chills.
- If you’re having a “Herx Reaction”, discontinue their ozone treatment for 4-7 days and allow your system to reset. Then start off on ½ as much gamma and time as previously administered. Next, titrate back up to the original amount over a timeframe determined by your practitioner. There are a number of protocols to help prevent you from developing a herxheimer reaction.
- If you have mucus in your stool, then this could be an indicator that you doing too high of an ozone treatment and could get relief from a lower amount of ozone in regards to volume and gamma

OZONE EAR INSUFFLATION PROTOCOL

BASIC INFORMATION

- Ozone concentration ranges from 10 - 25 ug/ml (gamma)
- Can be administered the following ways
 - Stethoscope with Ozone Water Bubbler – Preferred method because it may help the ozone absorb deeper into the tissue.
 - Dry Stethoscope Method – A q-tip is used to lightly moisten the ear canal, then the stethoscope is run from the ozone machine into the ears without a water bubbler. This can emit a large amount of ozone into the room and is not recommended without a fan facing away from the patient.

PROTOCOL (FOR STETHOSCOPE WITH WATER BUBBLER)

- Low and Slow Approach is ideal as a Maintenance schedule
- Flow rate of oxygen should be below 1/4 LPM (or setting 4 on your regulator) Your flow rate will vary between 1/4lpm to 1/16lpm depending on your machine
- First treatment is 2 minutes at around 10 gamma and 3 times per week.
- Titrate up 30 seconds up every session to the final time of 6 mins per session



- After 1 month start this process over, but now at 20-25 gamma at 3 times a week and work up the final time of 6 mins a treatment
- Practitioner may add additional days of therapy depending on patient tolerance
- Aggressive Approach - ideal for acute scenarios
- Start patient off for 4 minutes at 20-25 gamma at 5 times a week
- Titrate up 30 seconds each treatment until patient reaches 6 mins a treatment
- Practitioner can decide to go up to 7 days a week at the 6 mins/20-25 gamma
- Flow rate will vary between 1/4lpm to 1/16lpm (around setting 4-6 depending on your machine)
- The Stethoscope can be positional, so if you are smelling excessive ozone, make sure the ear cups are sitting securely in the ear canal

PRECAUTIONS/THINGS TO LOOKOUT FOR

HELPFUL HINTS

- Some patients are more sensitive to ozone than others, so keep a fan nearby.
- Most will smell some ozone while doing this treatment, and this is fine as long as your patient is not coughing or having watery eyes
- You do not want to intentionally press the stethoscope into the ear canals as this could cause pressure build up and ear damage.
- An adverse reaction to Ozone Ear Insufflation would be consistent with a Herxheimer reaction. A patient could have excessive fatigue, rash, lymph drainage, and/or fever/chills.
- If you believe you are having a "Herx Reaction", discontinue your ozone treatment for 4-7 days and allow your system to reset. Then start off on ½ as much gamma and time as previously administered. Next, titrate back up to the original amount over a timeframe determined by the practitioner. There are a number of protocols to help prevent a patient from developing a herxheimer reaction.
- Some patients can experience headaches after doing this type of therapy, if this happens to your patient, lower the gamma and time by half for their next treatment
- If you have "weepy" or "consistent moisture" in the ears, you are most likely getting too much ozone and would need to take a break from the ear insufflation.

OZONE WATER GUIDE

BASIC INFORMATION

- Ozone concentration ranges from 20-90+ ug/ml (gamma)
- Ozone water can be administered by:
 - Drinking
 - Oral Swishing for pre-post dental work
 - Wound Cleansing
 - Takes 24 mins to fully saturate a full flask (16 oz) of water with ozone

PROCESS FOR MAKING OZONE WATER

- You can find the video on the flash drive or by going to [YouTube.com/drsozone](https://www.youtube.com/drsozone)

PROTOCOL FOR DRINKING OZONE WATER

- Low and Slow Approach
 - Start off with 16 oz of water at around 20 gamma or roughly ¼ L/min 2-3 times a week
 - After 1 week, patient can move up to 32 oz at or around 20 gamma for 2-3 times a week
 - Patient can then titrate up to as high of a level of gamma as desired by Medical Practitioner
- Aggressive Approach
 - Start off with 16 ounces of water at around 20 gamma (around setting 4 on your regulator on Stratus 3.0) 2 times per day/5 times a week
 - After the 1st week, work up in strength/ gamma by 10 every every 2-3 days on the same regimen of 16 ounces 2 times per day
 - You can then titrate up to as high of a level of gamma as desired by your Medical Practitioner

HELPFUL HINTS

- Ozone water has a very short half life, so drink it right after you make it
- There really is no hard data on how much ozone water a patient can, but it is widely believed that ozone water is not harmful
- Do not use a plastic cup to drink ozone water as ozone can react to some materials. Use glass or stainless steel cups.
- Everyone is different, and the effectiveness of ozone water works differently with everyone. Find what amount works best for you.

PRECAUTIONS/THINGS TO LOOKOUT FOR

- Some might experience headaches or a scratchy throat after drinking ozone water if this happens to you, lower the gamma and time by half for your next treatment

VAGINAL INSUFFLATION GUIDE

BASIC INFORMATION

- Ozone concentration ranges from 10-30+ ug/ml (gamma)
- Ozone can be administered the following ways
 - Filling a bag and administering with a catheter
 - Directly attaching a catheter (or vaginal insert) to the generator for continuous flow

INSTRUCTIONAL VIDEO

- For a video, refer to your flash drive or go to [YouTube.com/DrsOzone](https://www.youtube.com/DrsOzone)

PROTOCOL FOR VAGINAL INSUFFLATION

- Low and Slow Approach
 - Start off with 10 gamma for 5 minutes 2-3 times a week (either connected to the generator or using a 400ml bag)
 - After 1 week, patient can move up to 5 more gamma for 5 mins 1-2 times a week
 - Final would be around 30 gamma and for 15 mins 2-3 times a week
 - Patient can then titrate up to as high of a level of gamma as desired by Medical Practitioner - see Helpful Hints below for adverse reactions

- Aggressive Approach
 - Start off with 25 gamma for 5 minutes 5 times a week
 - After the 1st week, work up in strength/ gamma by 5 gamma every week until you reach 30 gamma. 5 minutes 3-5 times a week
 - Once you reach 30 gamma, you can increase by 1 minute every week until you reach 10 minutes 3-5 times a week
 - If a different protocol is desired by your Medical Practitioner, follow their advice. (See below for adverse reactions and things to look out for.)

well ventilated space and use a fan to move the ozone away from your face.

- There really is no hard data on how vaginal insufflation compares to rectal insufflation but many believe it is similar in that it provides ozone to the body systemically as well as to the female reproductive system locally.
- Make sure you use a good quality body safe lubricant if you need one to prevent dryness. This is especially important in daily therapy.
- Remember titration is critical to find what works best for you and to accurately gauge your reactions.
- A Herxheimer reaction is possible after vaginal ozone treatment. This is noticeable when someone has excessive fatigue, rash, lymph drainage, and/or fever/chills.
- If this happens discontinue ozone treatment for 4-7 days and allow your system to reset. Then start again at half gamma and time (or volume) as previously administered.

PRECAUTIONS/THINGS TO LOOKOUT FOR

- If there is cramping, bloating, gas or experiences reasonable discomfort, decrease the dosage and frequency to a tolerable level.
- Vaginal insufflation can emit more ozone into the air compared to other therapies. Make sure you take precautions to not breathe ozone. Use in a

LIMB BAG PATIENT GUIDE

BASIC INFORMATION

- Ozone concentration ranges from 80-30 ug/ml (gamma)
- Limb bag treatments are one of the few treatments where you start at a high amount of ozone and then work back down
- For the purposes of this protocol explanation we will stay with the Madrid Declaration's recommendations of 60, 50, 40, and 30 gamma that are decreased every week.

- In the most extreme cases, you can start at 80 gamma and then follow the protocol to decrease by 10 gamma every week
- This is a 4 week protocol
- Limb bag treatments can be used for the following symptoms
 - Severe Ulcers
 - MRSA
 - Severe Rash/Skin Issues

SETUP

- Watch the video on your flash drive or visit [YouTube.com/DrsOzone](https://www.youtube.com/DrsOzone)

PROTOCOL

- Most Commonly Used Protocol
 - Start off with 60 gamma 3 times weekly for 20-30 mins
 - After 1st week, decrease 10 gamma to 50 gamma 3 times weekly for 20-30 mins
 - After 2nd week, decrease 10 gamma to 40 gamma 3 times weekly for 20-30 mins
 - After 3rd week, decrease 10 gamma to 30 gamma 3 times weekly for 20-30 mins
 - Medical Practitioner can increase days a week if patient is not seeing results after 2nd week

HELPFUL HINTS

- The limb bag is designed to circulate ozone inside the bag over the wound and in most cases will not inflate like a balloon
- IF you are dealing with a severe skin infection, you can moisten the skin to help ozone absorb into the tissue easier
- General rule is if there is a break in the skin, you do not need to moisten the skin and if there is no break in the skin, then moisten the area first before a treatment
- A limb bag is best used for individual patients only and should not be shared

PRECAUTIONS/THINGS TO LOOKOUT FOR

- There could be a lot of ozone being released when you are taking the bag off of the patient, so I would recommend turning on a fan or having a ventilated area when doing so

BREATHING OZONIDES GUIDE

BASIC INFORMATION

- Ozone concentration ranges from 15-30 ug/ml (gamma)
- Liter flow should be around 1/4lpm or setting 4 on Stratus 3.0
- Flow of ozone through bubbles in the flask is important
- Use about 8-10 ounces of Olive oil
- Can be used for:
 - Sinus Infections
 - Can be beneficial for someone with Asthma
 - COPD

- Treating Patients with Mold Exposure

HOW TO SETUP

- Watch the video on your flash drive or visit [YouTube.com/DrsOzone](https://www.youtube.com/DrsOzone)

PROTOCOL FOR BOO

- Low and Slow Approach
 - Start off with 15 mins at 1/4lpm or setting 4 on Stratus 3.0 for the first week/3x week
 - After 1 week, move up to 30 mins a session/3x week
 - Then titrate up to as long of a session as desired by your Medical Practitioner



- Aggressive Approach
 - Start off with 15 mins of around 20 gamma at 1/4lpm or setting 4 on Stratus 3.0 for the first week - 5 times weekly
 - After 1 week, patient can move up to 30 mins a session at around 20 gamma - 5 times weekly
 - For the 3rd week you can move up to 45 mins a session - 5 times weekly
 - Then titrate up to as long as 1hr a session 5-7 times a week or as long as desired by your Medical Practitioner - see Helpful Hints below for adverse reactions

HELPFUL HINTS

- EBOO is best done with olive oil as the base oil
- The oil can be reused as it is not coming in contact with the patient
- Patients can reuse their cannula, just wipe it clean with an alcohol wipe after use

PRECAUTIONS/THINGS TO LOOKOUT FOR

- If you experience headaches after EBOO treatments, consider decreasing the time or even the gamma (concentration of ozone) by half to help offset these symptoms
- This is the **ONLY** safe way for your patient to breath in ozone