

INHALING OZONIDES

WHO CAN BENEFIT?

Patients who have the following:

- Sinus Infections
- Long Haulers
- Asthma
- Mold Exposure
- COPD
- Brain Fog
- Patients who are sensitive to the smell of ozone
- Fungal Infections

HOW IS INHALING OZONIDES DONE?

You would need to purchase an ozone oil bubbler which has two sets of tubing connections. Fill the oil bubbler with oil (typically olive oil), then connect one end of the tubing to the ozone generator which passes ozone through the oil. Next, you will connect the second set of tubing to a modified nasal cannula going into your nose

INHALING OZONIDES FAQS

How much oil do you use?

Typically only about 10-12 ounces or so

What kind of oil?

Olive oil is most commonly used

Do I need to replace the oil each treatment?

Nope!

How long do you reuse the oil?

Your oil will turn clear as it becomes fully ozonated, then you can repurpose it as ozone oil. This will vary from months to days depending on how heavy you use this treatment

Oxygen and Oil are a fire hazard correct?

Yes, they are, please do not do this treatment next to a campfire

VOLUME, DURATION AND CONCENTRATION

Duration:

- 2 – 45 mins

Flowrate:

- ¼ lpm is ideal

Concentration:

- Only therapy where flowrate is more important that concentration
- Start with a short session of about 2-5 mins then work up until 45 mins or as much as tolerated.

Low and Slow Protocol

- Flow rate of oxygen should be at 1/4 lpm
- First treatment is 2 minutes
- Titrate up 1 minute every session to the final time of 15 mins per session, 2-3 times per week
- After 1 month or 15 sessions, start this process over, but now titrate up 5 mins ever session until you reach 30 mins a session – 2-3 times per week
- Add additional days of therapy depending on patient tolerance

Aggressive Protocol

- Start patient off at 5 mins first treatment
- Titrate up 5 mins each treatment until patient reaches 45 mins a treatment
- Daily Treatments



PROTOCOL SUMMARY

- Most chronic conditions require between 5-7 days a week for a couple weeks
- Most acute conditions require 3-5 days for a couple weeks and then back down into a maintenance frequency
- Maintenance is 1-2 times a week

THINGS TO REMEMBER/KNOWLEDGE TRANSFER

- Ozone ran through oil actually converts O₃ into an ozonide which is safe to breathe.
- Ozonides are created when ozone binds to the polyunsaturated fat in the oil
- Ozonides are stable ozone essentially
- O₃ has a shelf life in a syringe of about 30 mins
- O₃ in oil can last anywhere from about 2-5 years
- Some patients can experience headaches after a BOO treatment, so you might want to decrease the time or even the gamma (concentration of ozone) by half if this happens to help offset these symptoms
- This is the ONLY safe way for your patient to breath in ozone
- Nasal Cannulas can be reused, just wipe with alcohol when done
- Flow of ozone into the oil is more important that concentration
- I keep my bubbler sitting in oil when not in use
- DO NOT leave your oil bubbler connected to your ozone generator when done