

OZONE WATER GUIDE

WHO CAN BENEFIT?

- Patients who have ulcers in their mouth (swishing after dental procedures), esophagus, or stomach
- Patients who have a wound that would need a lavage
- The above two scenarios are the only 2 things ozone water is indicated for, however here are a few situations where ozone water has shown some promising anecdotal returns
- Sibo protocols, Leaky gut, migraines, and acid reflux
- You can also use ozone water as a disinfectant for counters, furniture, etc...

HOW DO YOU MAKE OZONE WATER?

Ozone gas is ran through tubing that has a diffusion stone on the end of it (looks similar to what you would see in an aquarium) into a flask or container. Once this ozone has been circulated over a certain amount of time the water would be considered fully saturated.

CONCENTRATION AND VOLUME

Concentration Range:

- 20 - 80+ ug/ml (gamma)

Volume Range:

- 16 oz – to patient tolerance – see below on things to lookout for

Ozone Water – Flask Method

- How to make ozone water in a flask: A flask purchased from an ozone company is going to have tubing that will connect one end to an ozone generator, and the other end to a destruct.

Fill up your flask with water, distilled is preferred, but you can use drinking water as well. Next you will connect our ozone generator to the flask and the other tubing to the destruct. Once you turn your oxygen and ozone generator on, you will be running ozone into your water.

- How to administer: Once you have fully saturated your water, then you would pour that water into a glass, ceramic or stainless steel cup. Ozone can react negatively to some materials so those types of cups are important. Next, drink up!!

Low and Slow Protocol

- Start off with 16 ounces of water at around 20 gamma or roughly 1/4 LPM (Liter per min) 2-3 times a week
- After 1 week, patient can move up to 32 ounces 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

Aggressive Protocol

- Start off with 16 ounces of water at around 20 gamma 2x per day, 5 days 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 2x per day
- You can then titrate up to as high of a level of gamma as desired

PROTOCOL SUMMARY

- Most chronic conditions require between 5-7 days a week for several months
- Most acute conditions require 5-7 days for a couple weeks and then back down into a maintenance frequency



- Maintenance is 2-3 times a week
 - Volume - depends on patient
 - Concentration ranges are between 20 - 80 gamma
- Colder water absorbs ozone better than any other temp, but I would not add ice to the water as you make it.
 - Ozone water has a couple of mild negative reactions in the body when you either drink too much ozone water or make it too strong

THINGS TO REMEMBER/KNOWLEDGE TRANSFER

- Ozone water has a short shelf life and should be used within 30 mins or so before it dissipates
- Remember that ozone can react negatively to certain materials, so use glass, ceramic or stainless steel when making or storing ozone water
- If you are using a diffusion stone, then I would recommend a fan to help diffuse the smell of ozone being emitted
- If you get an instantaneous scratchy throat, or a headache similar to a brain freeze, then you are probably drinking too strong or too much ozone water.