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100 Benefits of Ozone Therapy

In5D January 1, 2015 Health

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How would you like to slow down the aging process? Would you add ozone to your water if you knew that it helps to prevent cancer? What if you could fight infections with ozone therapy?

Most of the food that we eat is considered “dead” food as most nutrients are eliminated through the manufacturing of processed food. This is why many foods have vitamins added to them. Even the water you drink is virtually dead from all of the chemical processing.

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Business email has gone Google.

What we end up consuming is a lot of calories without any substance.

Ozone Therapy and Cancer

Cancer cells cannot live in oxygen, and for that reason cancer has been treated with ozone therapy for decades. Ozone's success as a cancer preventative and treatment therapy has been based on three important scientific discoveries. First discovery: Nobel Prize winner Dr. Otto Warburg proved that the primary pre-condition for the development of cancer is "a lack of oxygen at cellular level." Second discovery: Another Nobel prize winner, **Dr. James D. Watson** co discoverer of the DNA double helix concluded "among the most useful carcinogenic agents known at present are several viruses." The development of cancer has a viral component that was not recognized before. Viruses cannot live in oxygen.

Aging is a Disease, Ozone Helps Slow the Process

It is not unusual to go to an orthodox medical doctor with a question about a symptom and rather than get a medical explanation, be told "it's your age." Age seems to be the excuse for arthritis, diabetes, fatigue, stroke, cancer, impotence, overweight, constipation, digestive disorders, Alzheimer's and every known medical condition. Age is a scape-goat excuse; it's the lazy doctor's way out. Can you imagine all those years in medical school to utter such silliness? In Naturopathic medicine, it is our belief that age and aging, especially premature aging, is a disease. Did you get that? This is a different Medical model. When we define aging as a disease, and put aging in the proper perspective, not only does it not permit the lazy diagnosis, "it's your age," but it dares to ask more challenging questions.

- Why are so many people old at 35 and others young at 70?
- Why do some people look much older and others much younger than their age?
- Why do some old people live relatively free of disease?
- Why do some people reach a certain age and go down hill quickly while others seem to be ageless?
- Why are class reunions so shocking?
- Some people don't seem to change, while others become unrecognizable?
- What is old age? What is youth? Is it chronological or bio-chemical?

Dr. Bernard McFadden was parachuting out of airplanes into the Thains River in France at age 87. He married a 30-year-old woman who had a tough time keeping up with him. Dr. Bernard Jensen, at age 92 he overcame cancer 3 times, a few days later after his last victory at age 90, he was paralyzed by a truck. His weight dropped to 79 pounds and wasn't expected to live. He overcame and stands on his feet and lectures for up to 8 hours at a time. **Dr. Norman W. Walker** was supposed to die according to his doctor at age 50, he changed his lifestyle and outlived all of his doctors and at age 115 he wrote his last book, "Health in the Colon." I know one 90-year-old patient who chops wood 4 hours a day and another 91-year-old that is president of a labor union. He goes to work every day just like he has all his life, he also lifts weights and lives a very active life. **Jack La Lane** at 85 is planning to swim from Catalina Island to L.A. underwater about a 30 mile swim. Who is young and who is old? Are these exceptional men or are they simply functioning at the potential that our Creator designed us to function at?

While our entire society of "sickees" are operating at a level far below their potential. Dr. Jensen spent a lifetime studying old people, he traveled to 90 countries, and he claims that oxygen is one of the keys to longevity. Ozone therapy remember, is super oxygen. One of the basic healing principles of Naturopathic medicine always was fresh air and sunshine. We've learned that fresh air and sunshine generates ozone, the super oxygen that stimulates healing. In the Hunza country high up in the **Himalayan Mountains the average life expectancy is 120 years of age. 110-year-old men play sports with the younger men. They work 10-12 hours a day in the fields. Some live to be 130**

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years of age and more. There is no cancer, no heart disease, no diabetes, and no arthritis. What do the experts attribute the Hunza's exceptional health and longevity? Their soil, water and food is different then ours. They don't have the mental stress that we have. But the biggest contributing factor is pure ozone, the super oxygen that is found in abundance in high mountain areas above 7,000 feet.

OZONE PREVENTS:	OZONE IMPROVES & ENHANCES:	OZONE STOPS:
PREMATURE AGING	CIRCULATION	ALL CANCER CELLS
IRREGULAR HEARTBEAT	MINERAL ABSORPTION	
LYMES DISEASE	AMINO ACID UTILISATION	OZONE DETOXIFIES:
CARDIAC ARRHYTHMIA	DIGESTION	LYMPH SYSTEM
NERVE RELATED DISEASES	VITAMIN UPTAKE	EVERY CELL IN THE BODY
COLDS AND FLU	MOOD	OZONE BREAKS:
ANGINA	BRAIN FUNCTION	DOWN CELLULITE
FEVER BLISTERS	MENTAL STABILITY	UP CHOLESTEROL
SHINGLES	TEMPERAMENT	
EPSTEIN BARR VIRUS	HEART FUNCTION	OZONE RELEASES:
ALLERGIES	MENTAL QUICKNESS	TENSION AND STRESS
CLUSTER AND TENSION HEADACHES		
SUDDEN HEART ATTACK	OZONE ENERGIZES:	OZONE IS:
TUMOURS AND CYSTS	ALL CELLS IN YOUR BODY	LIVER CLEANSER
ARTHRITIS		BUILDS AND TONES MUSCLES
CONSTIPATION	OZONE FIGHTS:	OVERCOMES BODILY WEAKNESS
GANGRENE	INFECTIONS	DECOMPOSES PLAQUE
ASTHMA, SINUSITIS & BRONCHITIS	HERPES	CLEANSSES MUCUS
ALZHEIMER'S	EMPHYSEMA	HEIGHTENS ALERTNESS
GASTRO ENTIRITIS DISORDERS	LUNG DISORDERS	LIGHTENS THE HEART'S WORKLOAD
MULTIPLE SCLEROSIS	FIBROMYALGIA	DESTROYS HARMFUL MICRO ORGANISMS
STROKES	BRONCHIAL PROBLEMS	HELPS SUPPLEMENTS & MEDICATION
DEGENERATIVE DISEASES		INCREASES CELLULAR VITALITY
	OZONE KILLS:	IGNITES CARBOHYDRATES
OZONE COMBATS:	PARASITES (AMOEBA & FUNGI)	DISPERSES HEAVY METAL TOXICITY
DEPRESSION, ANXIETY & DESPONDENCY	VIRUSES	STRENGTHENS IMMUNE SYSTEM
CHRONIC FATIGUE & TIREDNESS	CANDIDA	
	BACTERIA	OZONE BOOSTS:
OZONE RELIEVES:	WORMS	ENERGY LEVELS
MUSCLE ACHES & PAINS	BAD COLON BACTERIA	BLOOD BOOSTER
ATHRITIS (ALL)		
ANGINA		
OZONE NEUTRALIZES & ELIMINATES:	OZONE PURIFIES:	OZONE OXIDISES:
CHRONIC HOSTILITY	SKIN (ACNE, ECZEMA, PSORIASIS, DRY SKIN)	POISONS IN THE BODY
ENVIROMENTAL TOXICITY	BLOOD	MORBIFIC MATERIAL
ACID STOMACH	LYMPH SYSTEM	POLLUTION
LACTIC ACID		
	OZONE SPEEDS UP:	OZONE CLEARS OUT:
OZONE CORRECTS:	HEALING OF WOUNDS (BRUISES ETC.)	BRAIN FOG
DIZZINESS	ATHLETIC RECOVERY	DIRTY FLUIDS FROM THE BODY
FAULTY METABOLISM	RECOVERY RATE AFTER HOSPITALIZATION	
MEMORY LOSS	CHEMO AND RADIATION TREATMENT	OZONE CALMS:
BLOOD PRESSURE		NERVES
	OZONE BURNS:	TEMPERAMENT
OZONE OXYGENATES:	FAT	
PANCREAS	EXCESS SUGAR	
SPLEEN		
HAEMOGLOBIN		
LUNGS, HEART AND KIDNEYS		

in5d.com



100 Benefits of Ozone Therapy

1. Improved circulation
2. Cell energizer
3. Vitality booster
4. Immune enhancer
5. Skin purifier
6. Oxygenates hemoglobin
7. Neutralizes acid
8. Liver cleanser
9. Kills parasites
10. Combats chronic fatigue syndrome
11. Corrects dizziness
12. Blood purifier
13. Relieves muscle aches
14. Builds muscle
15. Combats depression
16. Neutralizes stomach acid
17. Overcomes weakness
18. Corrects memory loss
19. Enhances immune system
20. Fights bronchial problems
21. Prevents tumors
22. Decomposes plaque
23. Increases cellular vitality

24. Boosts energy
25. Fights flu
26. Releases tension
27. Burns fat
28. Protects against stroke
29. Kills virus
30. Blood booster
31. Speeds healing
32. Improves digestion
33. Clears out brain fog
34. Cleans mucus
35. Kills candida
36. Improves heart function
37. Fights infection
38. Prevents sudden heart attack
39. Kills bacteria
40. Relieves angina
41. Heightens alertness
42. Prevents colds
43. Stops cancer cells
44. Neutralizes chronic hostility
45. Calms nerves
46. Speeds recovery
47. Oxidizes poisons
48. Breaks up cholesterol
49. Eliminates lactic acid
50. Speeds athletic recovery
51. Improves mental quickness
52. Strengthens immune system
53. Improves vitamin uptake
54. Kills Candida
55. Improves mineral absorption
56. Destroys harmful microorganisms
57. Oxidizes moribund material
58. Balances acid/alkaline
59. Decreases stress
60. Improves amino acid utilization
61. Improves brain function
62. Oxygenates pancreas
63. Kills bad colon bacteria
64. Ignites carbohydrates
65. Help supplements to work better
66. Burns off excess sugar
67. Enhances mood
68. Purifies liver
69. Oxygenates spleen
70. Improves mental stability
71. Speeds up faulty metabolism
72. Clears out dirty fluids
73. Detoxifies the lymph system
74. Prevents degenerate diseases
75. Prevents premature aging
76. Prevents irregular heartbeat
77. Prevents gangrene
78. Prevents peripheral vascular disease
79. Fights herpes
80. Kills worms
81. Fights emphysema
82. Prevents angina pain
83. Prevents shingles
84. Prevents fever blister

85. Prevents asthma
86. Prevents lymes disease
87. Fights parasitic infection
88. Fights fibermayalgia
89. Prevents epsein barr
90. Prevents cluster headaches
91. Prevents cardiac arrhythmias
92. Disburses heavy metal toxicity
93. Prevents allergies
94. Neutralizes environmental toxicity
95. Prevents Alzheimer's
96. Prevents constipation
97. Prevents nerve related diseases
98. Prevents gastro intestinal disorders
99. Prevent ms
100. Detoxifies every cell in the body

Ozone is 3000x the Power of Chlorine

Ozone is up to 3000 times faster and more effective than chlorine at killing bacteria, molds, cysts and inactivating virus, while providing you with a purity not achievable with conventional chemicals. Unique to ozone is the fact that micro organisms do not build up immunity to being treated with ozone. Ozone is approved for direct contact with food products by the FDA as an antimicrobial agent and granted full USDA approval with no restrictions for use on organic products.



Major Effects Of Ozone

1. **Ozone stimulates the production of white blood cells.** These cells protect the body from viruses, bacteria, fungi and cancer. If, deprived of oxygen, these cells malfunction. They fail to eliminate invaders and even turn against normal, healthy cells (allergic reactions). Ozone significantly raises the oxygen levels in the blood for long periods after ozone administration; as a result, allergies have a tendency to become desensitized.

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2. Interferon levels are significantly increased. Interferons are globular proteins. Interferons orchestrate every aspect of the immune system, inhibit viral replication.

3. Ozone stimulates the production of Tumor Necrosis Factor. TNF is produced by the body when a tumor is growing. Ozone stimulates the secretion of IL-2. Interleukin-2 is one of the cornerstones of the immune system. It is secreted by T-helpers. T-helper causes it to produce more IL-2. Ozone's main duty is to induce Lymphocytes to differentiate and proliferate, yielding more T-helpers, T-suppressors, cytotoxic T's, T-delayed's and T-memory cells.

4. **Ozone kills most bacteria at low concentrations.** The metabolism of most bacteria is on average one-seventeenth as efficient as our own.

5. Ozone is effective against all types of fungi. This includes systemic candida albicans, athlete's foot, molds, mildews, yeasts, and even mushrooms.

6. **Ozone fights viruses** in a variety of ways. As discussed above, ozone also goes after the viral particles directly.

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7. Ozone is antineoplastic. This means that ozone inhibits the growth of new tissue because rapidly dividing cells shift their priorities away from producing the enzymes needed to protect themselves from the ozone. Cancer cells are rapidly-dividing cells and are inhibited by ozone.

8. **Ozone oxidizes arterial plaque.** It breaks down the plaque involved in both Arteriosclerosis and Arthrosclerosis.

9. This means ozone has a tendency to clear blockages of large and even smaller vessels. This allows for better tissue oxygenation in deficient organs.

10. Ozone increases the flexibility and elasticity of red blood cells.

11. Ozone accelerates the Citric Acid Cycle. Also known as the Krebs Cycle or TCA Cycle, this is a very important step in the glycolysis of carbohydrates for energy.

12. Ozone makes the antioxidant enzyme system more efficient.

13. Ozone degrades petrochemicals. These chemicals have a potential to place a great burden on the immune system.

In5D Addendum

Gregg Prescott, M.S.

Editor, *In5D.com*

The Fountain of Youth?

For the past 6 months or so, I have been experimenting with ozone therapy by adding it to my drinking water along with using it to purify my air. About a year ago, I started drinking distilled water and incorporated organic juicing into my diet as well. I try to stay away from processed foods as much as possible. What I have noticed is that my hair went from predominantly gray to blonde after changing my eating and drinking habits while age lines seem to be disappearing.

I use the **Aqua-6 Ozone Generator** which is reasonably priced (under \$70) and has the biggest bang for the buck with a 600 mg/h Ozone Output.

I stopped drinking distilled water about 3 months ago and have been buying 5 gallon jugs of water and placing them on a water cooler. Before doing so, I run my **Ozone Generator** ozone generator on the water for about 50 minutes. Typically, ozone does not stay in your water for much longer than an hour or so, but what it's doing is purifying the water that I have bought. After pouring a glass of water, I add ozone to the water in a swirling motion, both clockwise and counter-clockwise for a minute or two.

You may find yourself experimenting on ozone water by perhaps using it on your plants or giving it to your pets.

The bottom line is that you have nothing to lose and everything to gain!

If you have tried **ozone water** and would like to share your experiences, please

comment below!

Sources:

Benefits Of Ozone; <http://www.medi-zone.co.za/node/8>
Introduction To Ozone Therapy, <http://www.ozoneuniversity.com/intro-to-ozone-therapy.htm>
Benefits Of Ozone, <http://www.purotechs.com/benefits-of-ozone/>

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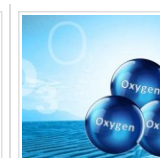
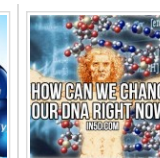
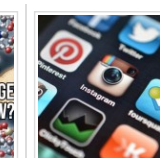
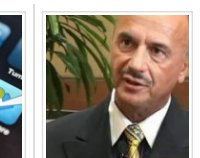
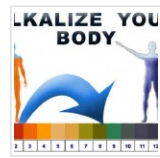
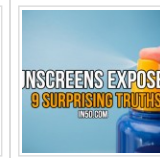
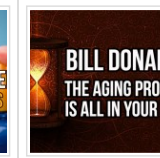
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**Tom Kern**

pLANTS NEED AIR JYST LIKE WE DO.

Like · Reply · Jul 21, 2015 5:07pm

**Debra Martin** · Riverstone, New South Wales, Australia

I bought an Ozonator a couple of weeks ago and the first thing I noticed after drinking and air purification is my energy and alertness went right up dramatically. I have severe Fibromyalgia and EHS (Electrohypersensitivity). Since getting the Ozonator/Ioniser, I have no pain and I can use my computer for long periods at a time which I couldn't do before. Due to what I thought was Menopause, I have had the worst Insomnia for the past couple of years. I've tried supplements, sprays, essential oil and almost everything and had to resort to knocking myself out with antihistamines every night to get the Melatonin I needed for detox. For the past week, I'm off these antihistamines and sleeping like a log all night for 7 and a half hours, waking rejuvenated. I thought the oxygen would keep me awake but last night I had an Ozone bath for 30 minutes and slept even deeper. I love this stuff, its incredible and I totally believe its curing me.

Like · Reply · 1 · Jul 12, 2015 10:13am

**Margit Taylor** · The Health Sciences Academy

Hi,I just ordered mine,,,what kind of mashine to you have

Like · Reply · Oct 16, 2015 12:30am

**Jeff Evans** · University of Wolverhampton

Been drinking berkey filtered ozanated water for 18 months and will continue to do so, no contraindications other than it really does energize you ..

Like · Reply · Jun 10, 2015 8:14pm

**Phil Greco** · Melbourne, Florida

Gregg, this sounds good. I am just wondering, however, what you make of this quote from Wikipedia about ozone purification: "[I]t has been discovered that ozone reacts with bromide ions in water to produce concentrations of the suspected carcinogen bromate."

Like · Reply · Jun 10, 2015 6:24pm

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