Views on Ozone Therapy

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Origin

- Ozone treatment is used in the food industry
  - Kills bacteria/fungi
  - Increases shelf life
  - Chemical reactions with the food itself?
- Ozone is used to remove odors from rooms
- Hypothesis that ozone could be therapeutic
Views

Ozone therapy is highly controversial

Proponents

- Powerful oxidant cleanses body of pathogens
- Ozonated water is the highest attainable purity
- Often marketed as “miracle therapy”

Opponents

- Ozone is an oxidant and will damage healthy cells
- Claim that no scientific evidence exists proving that ozone is overall beneficial
Clinical Review

- Saliva samples were taken from individuals with several oral infections.
- Samples exposed to ozone for timescales of seconds to minutes.
- Exposure for 10-30 s was found to kill a significant portion of the bacteria.
- Exposure for 60 s killed 99.9% of the disease and degraded saliva proteins.
- Authors acknowledged the advantages and disadvantages of ozone therapy.

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. Correcs memory loss
19. Enhances immune system
20. Fights bronchial problems
21. Prevents tumors
22. Decomposes plague
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

Ozone is 3000x the Power of Chlorine

http://in5d.com/100-benefits-of-ozone-therapy/
Conclusions

- Ozone therapy is a highly controversial topic
- No statistics on public opinion
- What is known
  - Ozone is a powerful oxidant
  - OSHA regulates exposure to humans at the sub-ppm level
  - FDA has approved the treatment of produce with ozone