

Balancing Your Health: Ozone-oxygen therapy can help ill
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Oxygen-ozone therapy is being used around the world as an alternative to antibiotics. This therapy cannot be bottled or sold in pill form, so there is no interest by pharmaceutical companies to gain control.

Most of what is known of oxygen-ozone therapy comes from other countries that have explored alternatives to combat viruses and bacteria.

The first ozone generator was invented in Germany around 1857. The active use of ozone therapy predates the establishment of the Food and Drug Administration in 1906 and qualifies ozone therapy to be grandfathered into acceptance. In 1933, the head of the American Medical Association, Morris Fishbein, led a war against treatments that were competitive to drug therapy. This suppression continues to this day, limiting the use of ozone therapy, except in 14 states that are protected by the Health Freedom Act.

New Mexico is one of the states where ozone therapy is legal. Although the AMA tried to eliminate ozone therapy, doctors across the world expanded their knowledge of how ozone is used. Because of ozone's bacterial and virucidal action, it's the choice of many people for certain conditions. It is estimated that 8,000 health practitioners in Germany use ozone therapy in their practice and another 15,000 practitioners use it in other European countries.

Ozone therapy is a safe and viable option for viral and bacterial infections. Viruses are mutating faster than vaccines can be produced. Last week, it was reported that a new antibiotic-resistant bacteria is emerging. I have seen many people who have been through several rounds of antibiotics and still have sinus and bronchial infections. As a result of the escalating strength and overuse of antibiotics, several strains of bacteria have mutated and developed a resistance to all forms of medication currently available. The side effects of some of these drugs can be very serious and sometimes more dangerous than the microbes themselves.

Sinus infections, allergies, bronchitis, lung conditions, candida, a weakened immune system and a sluggish lymph system are among the conditions treated with oxygen-ozone therapy in my office. The oxygen/ozone mixture is delivered in different manners, depending on the condition. If this therapy is not administered correctly, it can be dangerous. Training from a knowledgeable person is imperative for dosage and frequency.

If your body is oxygen deprived, it will also have a weaker immune function. The healthiest cells in the body contain the highest oxygen content and the non-healthy cells

contain the least. Oxygen levels dictate a person's health at the cellular level. When low oxygen conditions exist in cells, foreign pathogens find it easy to invade the body.

Ozone is a natural detoxifier. Even if you think you are feeling good, there are many signals that indicate it is time to detoxify. Some common symptoms are allergies, backache, bad breath, bad digestion, bloating, blurred vision, coated tongue, constipation, depression, diarrhea, excessive colds and flu, excessive gas, excessive mucous, fatigue, fever, food reactions, headaches, irritability, menstrual problems, muscle pains, sinus infections, skin rashes and yeast infections.

An ozone sauna can help neutralize the symptoms listed above. Our immune system is key to fighting micro-organisms that cause degenerative problems. Ozone therapy is relatively inexpensive, ranging from \$10 to \$40 per treatment, but is an effective alternative.

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