

# Ozone Therapy at Home – Settings for the 5 Most Popular Treatments

## GENERAL RECOMMENDATIONS

- Ozone concentration: max 80 mcg/ml
- Start low and build up slowly
- Frequency: at least 3 times a week for therapeutical effect, when acute: daily

**Always: observe response and adjust accordingly**

mcg/ml = “gamma”  
 LPM = Liter Per Minute  
 → = preferred way of treatment  
 indirect = via bag/syringe

O3 Treatment	O3 Concentration	Oxygen Flow	O2/O3 Volume	Time
Rectal Insufflations	20 – 60 mcg/ml	→ Indirect: any you like	→ Indirect: 100 – 300 ml	→ Indirect: ~ 100 ml / 30 sec
		Direct: 1/32 – 1/8 LPM	Direct: 100 to 300 ml	Direct: Max time needs to be calculated: volume[L] / flow[LPM] = time[min]  Examples: 0.100L / 1/8 LPM = 48 sec 0.200L / 1/16 LPM = 3.3 min 0.300L / 1/8 LPM = 2.4 min
Vaginal Insufflations	20 – 60 mcg/ml	→ Direct: 1/32 – 1/8 LPM	→ Direct: 150 – 3,750 ml	→ Direct: start: 5 – 10 min max: 30 min
		Indirect: any you like	Indirect: at least 150 ml	Indirect: ~ 100 ml / 30 sec
Ear Insufflations	5 – 60 mcg/ml  <b>IMPORTANT:</b> Start low: 5 – 20 mcg/ml Max: 40 – 50 mcg/ml (can take months)	→ Indirect: any you like	→ Indirect: at least 30 ml	→ Indirect: ~ 1 ml / sec
		Direct: 1/32 – 1/8 LPM	Direct: 30 – 2,500 ml	Direct (BE CAREFUL): low & slow start: < 1 min max: 20 min
Ozonated Water	40 – 100 mcg/ml	1/8 – 1/4 LPM	~ 625 – 4,000 ml	Depends on water type, amount & O3 concentration. Estimates: 1 – 2 glasses: 5 – 10 min 3 – 4 glasses: 10 – 15 min
Ozone Sauna	10 – 30 mcg/ml	1/4 – 1/2 LPM	~ 2,500 – 15,000 ml	10 – 30 min