

# HOW TO GET STARTED WITH OZONE THERAPY AT HOME

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## QUICK GUIDE



[THEPOWEROFOZONE.COM](http://THEPOWEROFOZONE.COM)

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# GET YOUR OWN OZONE EQUIPMENT

To do ozone therapy at home you need your own ozone equipment.

Every ozone set-up consists of the following four parts:



## YOU NEED:

1. Oxygen source of at least 90% purity with a low flow regulator (*allows flows of  $\frac{1}{16}$ ,  $\frac{1}{8}$ ,  $\frac{1}{4}$ ,  $\frac{1}{2}$  LPM*)
2. Ozone generator (*comes with an ozone output chart, produces ozone concentrations of 20 to 80 mcg/ml at low flows, runs on oxygen not air*)
3. Accessories (*catheters, bags, syringes, sauna tents, water bubblers, etc.*)
4. Anti-ozone breathing protection (*fan, towel, open window, mask, outdoor space, destructor, etc.*)



# EXAMPLE OZONE SET-UPS

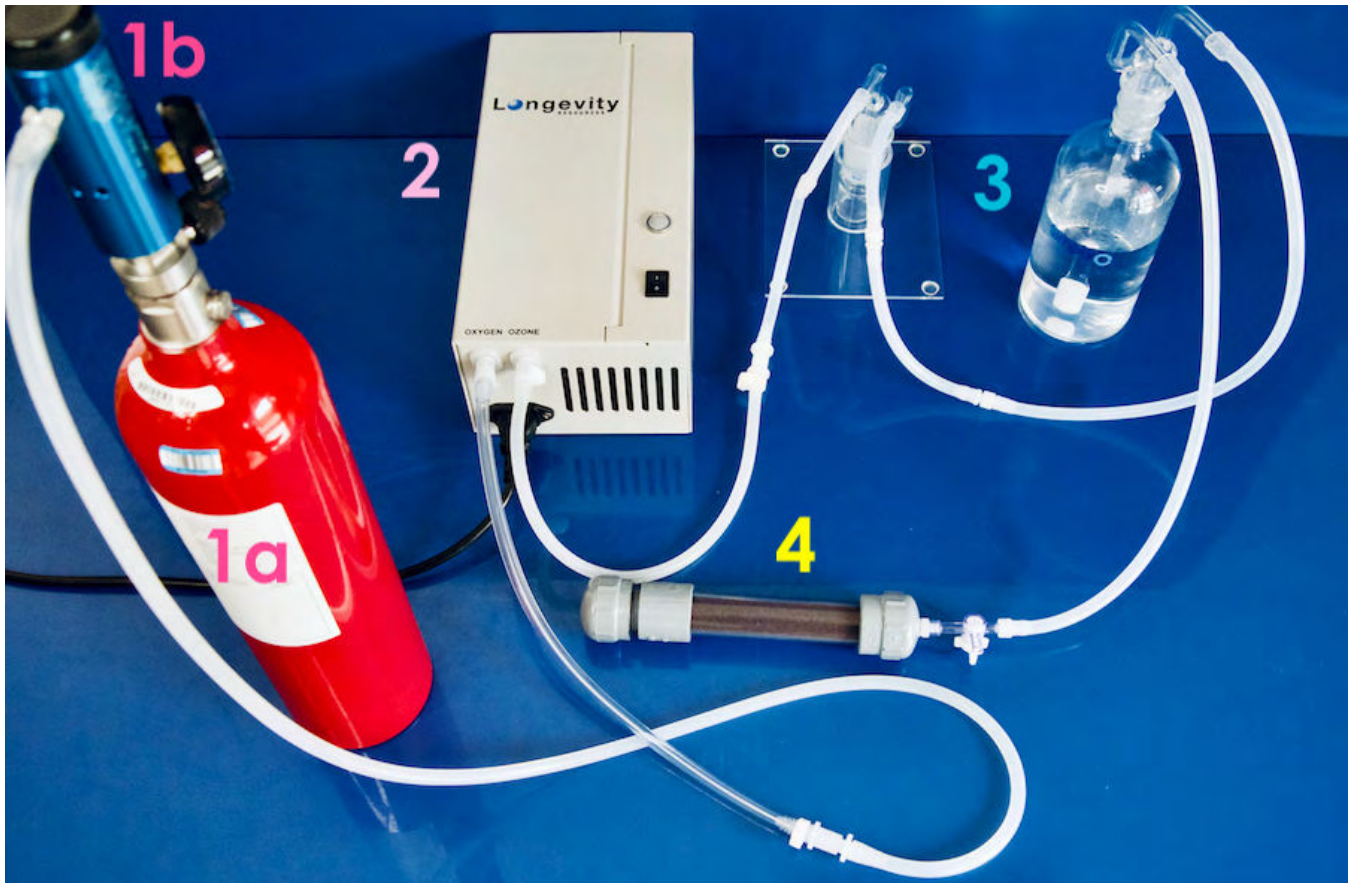
## Example of an OZONE SAUNA SET-UP:



- 1 Oxygen concentrator ([Respironics Everflo](#)) and an external low flow [regulator](#)
- 2 Ozone generator ([Promolife Dual Cell](#))
- 3 Accessories: sauna tent, extra long [silicone tubing](#)
- 4 Breathing protections: mask, towel around neck, fan

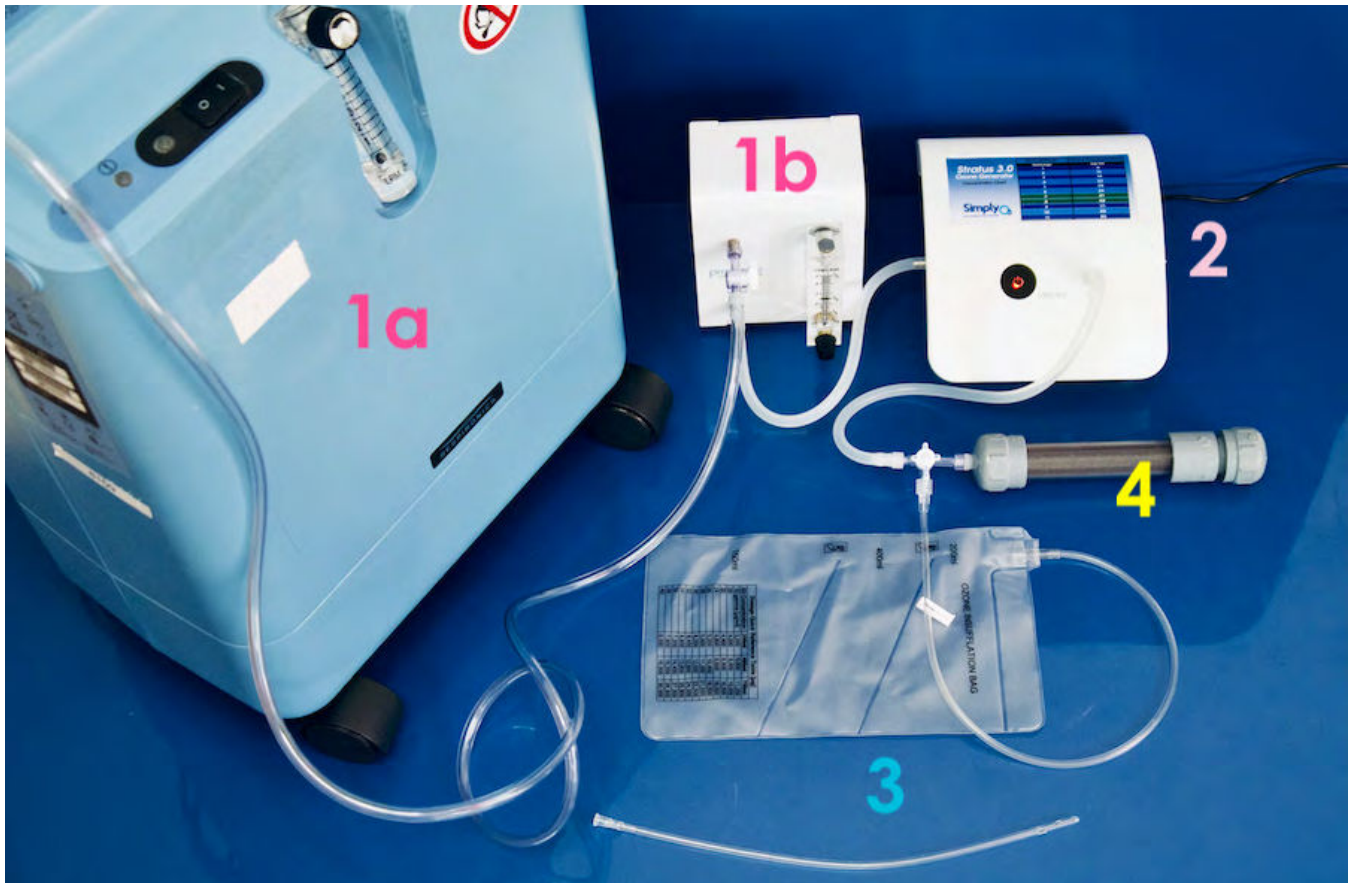


## Example of an OZONATED WATER SET-UP:



- 1a Oxygen tank ([O2Ready](#))
- 1b Matching low flow regulator
- 2 Ozone generator ([Longevity EXT50](#))
- 3 Accessories: [Water bubbler](#) plus [trap](#)
- 4 Breathing protection: [destructor](#)

## Example of a RECTAL INSUFFLATION SET-UP:



- 1a** Oxygen concentrator ([Respironics Everflo](#))
- 1b** External low flow [regulator](#)
- 2** Ozone generator ([SimplyO3 Stratus 3.0](#))
- 3** Accessories: [Bag](#) and [catheter](#)
- 4** Breathing protection: [destructor](#)

# WHICH OZONE MODALITY SHOULD YOU PICK?



**RULE OF THUMB #1:** Pick the ozone treatment that addresses the problem in the most direct way. The closer you can get the ozone to the affected area, the better.



**RULE OF THUMB #2:** Ozone treatments with the most powerful systemic effect (starting from best to least)<sup>1</sup>

Ozone sauna

Vaginal insufflations

Rectal insufflations

Ozone water

Ear insufflations



**RULE OF THUMB #3:** Observe and adjust accordingly. Experiment, try different approaches to find what works best.

<sup>1</sup> This is a very subjective assessment. Your experience may vary greatly.

# HOW TO USE OZONE THERAPY AT HOME?

## General Guidelines:

- Start low and slow.
- Stop all ozone, when you start experiencing pain in ears after ear insufflations.
- Experiment, try different ozone treatments.
- Adjust based on your response.
- If there is improvement, continue until symptoms resolve. Do not stop just because you completed x number of treatments.
- Increase duration or total volume before ozone concentration.
- Support your liver (soluble fiber, charcoal, apple pectin, meat based diet, low vitamin A diet, no alcohol, no sugar, no drugs).
- Be prepared for the Herxheimer reaction.
- My latest theory: For best results, remove all vitamin A supplementation (cod liver oil, fish oils, liver supplements, retinols, retinyls, carotenes, carotenoids, retinol creams).
- Always protect yourself from breathing ozone.



# WHICH OZONE SETTINGS TO USE?



**RULE OF THUMB:** Adjust based on your response. This can refer to the type of ozone treatment, the ozone concentration, the amount of gas, or the frequency and duration of the treatments.

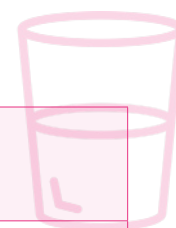
## OZONE SAUNA

Ozone concentration:	10-30 mcg/ml
Oxygen flow:	1/2 LPM
Duration:	10-30 mins
Temperature:	Varies. Enough, that skin is warm and wet



## DRINK OZONATED WATER

Type of water:	Distilled, reverse osmosis or poor in minerals
Ozone concentration:	80 to 120 mcg/ml
Oxygen flow:	1/8 - 1/4 LPM
Duration:	Minimum 10 mins, longer for bigger amounts of water
Protocol:	1 to 4 glasses per day



## VAGINAL INSUFFLATIONS



Preferred administration:	Continuous gas flow
Oxygen flow:	1/32 LPM to 1/8 LPM
Ozone concentration:	20-60 mcg/ml
Duration:	5-20 mins

## RECTAL INSUFFLATIONS



Preferred administration:	200 ml syringe
Ozone concentration:	20 to 60 mcg/ml
Oxygen flow:	Indirect method: irrelevant Direct method: 1/32 - 1/8 LPM
Volume:	100 to 300 ml

## EAR INSUFFLATIONS



Preferred administration:	60-200 ml syringe
Ozone concentration:	5 to 40 mcg/ml
Duration:	ca. 30 sec. per 100 ml
Frequency:	3 x / week for several weeks at minimal O3 concentration, then increase volume and frequency slowly

# HOW OFTEN SHOULD YOU DO OZONE TREATMENTS?

**THERAPEUTIC**  
Effect

**at least  
3 X / WEEK**

**PREVENTIVE**  
Effect

**at least  
1 X / WEEK**

**ACUTE**  
Condition

**DAILY**

**CHRONIC**  
Condition

**at least  
3 X / WEEK**

## The Ultimate Guide to Home Ozone Therapy

Paola Dziwetzki



The easiest way to go from  
newbie to pro with

## THE ULTIMATE GUIDE TO HOME OZONE THERAPY

### LEARN HOW TO...

- Pick the right ozone generator and accessories
- Set everything up, doesn't matter which brand ozone generator you have
- Figure out what ozone settings to use
- Understand what to expect after ozone treatments and how to deal with it
- Choose the right ozone treatments for a given condition
- Tons of super easy to follow picture tutorials
- Over 540 pictures on over 340 pages

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