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| ***PLASMAFIRE INTL***Presents**The** StoryofOzone**By**Dr. Saul Pressman, DCh, LTOHc. 1994, 1999, 2001, 2010 $10 |

# Chiropathy

**Dr. Saul Pressman holds the degree of Doctor of Chiropathy from the Romano Byzantine College of Norfolk, Virginia. He is licensed by the Romano Byzantine Synod to teach the Ozone Hyperthermic Technician course, which is accredited by the College.**

Chiropathy is a form of healing that aids a person to discover that:

* wellness is dependent on the unification of body, mind and spirit;
* each person is responsible for achieving and maintaining his own optimal wellness;
* such wellness is dependent on following natural means and therapies; and
* preventing disease is well within the ability of each person.

Chiropathy points the way toward total wellness by offering sound advice and educational opportunities so that each person can make intelligent, informed decisions about the various factors influencing his total wellness. This state of wellness is a natural state of being, regardless of the age of the person.

**KNOW YOUR RIGHTS**

**Canada and the United States are signatories to the World Health Organization’s Declaration of Helsinki, which states:**

**“In the treatment of the sick person, the physician must be free to use a new diagnostic or therapeutic measure, if in his or her judgment it offers hope of saving life, re-establishing health or alleviating suffering.”**

**Any college or board of physicians or equivalent medical licensing board that investigates or harasses a physician for using ozone therapy is in violation of the Helsinki Declaration.**

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 **THE HISTORY OF MEDICAL OZONE**

Ozone was first discovered and named by German scientist **Christian Frederick** **Schonbein** in 1840.

 The first ozone generators were developed by **Werner von Siemens** in Germany in 1857. The first report of ozone being used to purify blood in test tubes was bythe German **Dr.** **C. Lender** in 1870. **Dr. Kleinmann** experimented with ozone for bacterial infections before 1880.

 Dr. Day was a pioneer of ozone therapy in Australia, writing the paper *Ozone Treatment and Sclaratina and Smallpox* in 1878.

The first American therapeutic use of ozone was by **Dr. John H. Kellogg** in ozone steam saunas at his Battle Creek, Michigan sanitarium from 1880, as he wrote in his book, “Diphtheria: Its Nature, Causes, Prevention and Treatment”. We have revived the powerful ozone steam sauna therapy 100 years later with our company, ***Plasmafire Intl***.

 In October 1893, the world’s first water treatment plant using ozone was installed in Ousbaden, Holland, and today there are over 3000 municipalities around the world that use ozone to clean their water and sewage, including all the great cities.

 In 1885, the Florida Medical Association published “*Ozone*” by **Dr. Charles J.** **Kenworthy**, MD, detailing the use of ozone for therapeutic purposes.

 In September 1896, the electrical genius **Nikola Tesla** patented his first ozone generator, and in 1900 he formed the Tesla Ozone Co. Tesla sold ozone machines and ozonated olive oil to doctors for medical use. (100 years later we are doing the same things with our company, ***Plasmafire Intl***, with the adaptation and perfection of another unpatented electrostatic Tesla design built up until the 1920s. We have seen several of these 80 year old generators and they still work perfectly. With this in mind, **we offer** **the world’s only Lifetime Warranty on an ozone generator**).

 In 1898, the Institute for Oxygen Therapy Healing was started in Berlin by **Thauerkauf** and **Luth**. They experimented with injecting ozone. Ozone was bonded to magnesium in a catalytic process to produce **Homozon** by **Dr. Eugene Blass** in 1898. Beginning in 1898, **Dr. Benedict Lust**, a German doctor practicing in New York, established the practice of Naturopathy, based on ozone therapy.

 Also in 1898, homeopath **Dr. S.R. Beckwith**, of New York, published his booklet describing the use of his invention, the Thermo-Ozone Generator, in the treatment of a wide variety of diseases.

 In 1902, **J.H. Clarke’s** “A Dictionary of Practical Materia Medica”, London, describes the successful use of ozonated water (“Oxygenium”) in treating anemia, cancer, diabetes, influenza, morphine poisoning, canker sores, strychnine poisoning and whooping cough.

 In 1902, **Dr. Charles Linder**, MD, of Spokane, Washington was written up in an article in a local paper that stated that he injected ozone as part of his standard medical practice.

 In 1904, **“***The Medical Uses of Hydrozone* (ozonated water) *and Glycozone* (ozonated olive oil)” by **Charles Marchand**, a New York chemist appeared in its 19th edition. The book is in the Library of Congress with the US Surgeon General’s stamp of approval on it.

 This active use of therapeutic ozone predates the establishment of the FDA in 1906 and therefore qualifies ozone therapy to be grandfathered into acceptance.

 In 1911, **“***A Working Manual of High Frequency Currents***”** was published by **Dr.** **Noble Eberhart**, MD, the head of the Dept. of Physiologic Therapeutics at Loyola University, Chicago. In Chapter 9, he details the use of ozone to treat tuberculosis, anemia, chlorosis, tinnitus, whooping cough, asthma, bronchitis, hay fever, insomnia, pneumonia, diabetes, gout and syphilis.

 In 1912, **Dr. H.C. Bennett** published “Electro-Therapeutic Guide”. He described the use of Ozol, ozone breathed after running through eucalyptus, pine or thyme oils.

 In 1913, the Eastern Association for Oxygen Therapy was formed by **Dr. Eugene Blass** and some German associates.

During World War I, (1914-1918 ) ozone was used to treat wounds, trench foot, gangrene and the effects of poison gas.

**Dr. Albert Wolff** of Berlin also used ozone for colon cancer, cervical cancer and decubitus ulcers in 1915.

 In 1920, **Dr. Charles Neiswanger**, MD, President of the Chicago Hospital College of Medicine published **“***Electro Therapeutical Practice***”.** Chapter 32 was entitle “Ozone as a Therapeutic Agent”.

 In the 1920s, **Nikola Tesla** allowed licensed production of an ozone air purifier in Canada, based on his cold plasma design.

 In 1926, **Dr. Otto Warburg** of the Kaiser Institute in Berlin announced that he had found that the cause of cancer is a lack of oxygen at the cellular level. He was awarded the Nobel Prize for Medicine in 1931 for his work on the oxygen transferring enzyme of cell respiration and his second Nobel Prize in 1944 for his discovery of the hydrogen transferring enzyme, the only person ever to receive two Nobel Prizes for medicine. He was also nominated for a third. He showed that the primary cause of cancer is the replacement of the respiration of oxygen in normal body cells by the fermentation of sugar and that no cancer cell exists which has its respiration intact.

 In 1929, a book called **“***Ozone and Its Therapeutic Action***”** was published in the US listing 114 diseases and how to treat them with ozone. Its 40 authors were the heads of all the leading American hospitals.

 In 1930, the Swiss dentist **Dr.** **E. A. Fisch** was using ozone in dentistry, and wrote many papers on it. He also introduced it to the Austrian surgeon **Dr. Erwin Payr** in 1932. Dr Payr published a 290 page book entitled, “*On Treatment with Ozone in Surgery*”.

[In 1933, the American Medical Association, headed up by Morris Fishbein, set out to eliminate all medical treatments that were competitive to drug therapy. The suppression of ozone therapy in the US began then, and continues to this day, except in fourteen US states, where doctors are protected by state laws. At the behest of the AMA, the FDA began seizing generators in the 1940s.]

 In 1935, **M. Sourdeau** published a paper on **“***Ozone in Therapy***”** in France.

 **Dr.** **Aubourg** and **Dr.** **Lacoste** were French physicians using ozone insufflation 1934-1938. Aubourg wrote **“***Medical Ozone: Production, Dosage and Methods of Clinical Application*” in 1938. He gave ozone rectally, vaginally, injected into wounds and by breathing. In 8000 applications, there were no harmful side effects.

 **Dr. Hans Wolff** wrote the book **“***Medical Ozone***”** in the 1940s.

 In 1942, “*Gordon Detoxification and Hydro Surgery: Theory and Practice*” was published covering the medical uses of ozone as colon cleanser.

During World War II, **Dr. Robert Mayer** learned of ozone therapy from German prisoners of war at Ellis Island, and used ozone in his practice for the next 45 years.

In 1944, **Dr. Otto Warburg** earned his second Nobel Prize in Medicine for his discovery of the hydrogen transferring enzyme.

In 1948, **Dr. William Turska** of Oregon began using an ozone machine of his own design (Aethozone). In 1951, Dr. Turska wrote the article “*Oxidation*”, still appropriate today.

In 1952, the National Cancer Institute verified **Dr. Otto Warburg’s** findings regarding lack of oxygen being the cause of cancer.

 From 1953, German **Dr. Hans Wolff** began training many doctors in ozone therapy.

In 1954, **Frank Totney** published **“***Oxygen : Master of Cancer***”.**

 In 1956, **Dr. Otto Warburg** published **“***On the Origin of Cancer Cells***”** in Science, 24 February 1956, Vol. 123, Num. 3191.

 In 1957, **Dr. J. Hansler** patented an ozone generator which has formed the basis of the expansion in German ozone therapy over the last 40 years. Today, over 8000 German doctors use ozone therapy daily.

 In 1961, the Encyclopedia of Chemical Technology stated: “During the 80 year history of the large scale usage of ozone, there has **never** been a human death attributed to it”.

 In 1966, **Dr. Otto Warburg**, now director of the Max Planck Institute for Cell Physiology, delivered a lecture on **“***The Prime Cause and Prevention of Cancer***”** to a meeting of Nobel laureates at Lake Constance, Germany.

In 1968, **Dr. Hans Wolff** introduced the techniques of major and minor autohemotherapy.

 In 1971, **Dr. Hans Wolff** and **Prof. Dr. Siegfried Rilling** founded The German Medical Society for Ozone Therapy.

 In 1972, The International Association for Oxygen Therapy was founded by **Dr. George** **Freibott** as the successor to the Eastern Association for Oxygen Therapy of 1913.

 In 1977, **Dr. Renate Viebahn** provided an overview of ozone’s biological action.

 In 1979, **Dr. George Freibott** successfully treated a Haitian AIDS patient suffering Kaposi’s sarcoma with ozone.

In 1980, **Dr. Horst Kief** also reported success with ozone therapy for AIDS patients.

 In 1980, **F.** **Sweet**, et al, publish **“***Ozone Selectively Inhibits Human Cancer Cell**Growth***”** in the peer-reviewed journal, Science, Vol. 209.

 In 1982, the German medical textbook **“***Medical Ozone***”** is published by Dr. E. Fischer Medical Publications in Heidelberg.

 In 1983, the first International Ozone Association medical ozone conference was held, in Washington, D.C., USA. The abstracts were published in the book **“***Medical Applications of Ozone*”, compiled and edited by Julius Laraus.

 In 1985, **Dr. Renate Viebahn** published **“***The Biochemical Process Underlying Ozone Therapy***”.** **Dr. Siegfried Rilling** published **“***Basic Clinical Applications of Ozone Therapy***”.**

In 1987, **Dr. Siegfried Rilling** and **Dr. Renate Viebahn** collaborated on the publication of **“***The Use of Ozone in Medicine***”,** now the standard medical text on ozone application.

 In 1990, the Cubans reported success in treating glaucoma, conjunctivitis and retinitis pigmentosa with ozone.

 In 1992, the Russians reported the successful use of ozone in a brine bath to treat burns.

 In June 1994, ***Plasmafire Intl*** sponsored an ozone symposium in Vancouver, with 160 attendees, and as a direct result, ozone therapy is recognized as an accepted modality by the Naturopathic Association of BC, with over 40 naturopaths treating patients with ozone therapy currently.

Today, after **125 years of usage**, ozone therapy is recognized in Germany, Britain, Italy, France, Russia, Romania, Poland, Czech Republic, Hungary, Yugoslavia, Bulgaria, Israel, Japan, Singapore, Brazil, Cuba, Mexico, 4 Canadian provinces and 14 US states (Alaska, Washington, California, Colorado, Nevada, New Mexico, Texas, Oklahoma, Georgia, Florida, North Carolina, New York, Ohio, Minnesota).

1. **TYPES OF OZONE GENERATORS**

Nikola Tesla stated that oxygenis the only gas that will pick up and carry electrical energy. In doing so, it becomes tremendously active and seeks to combine with all other substances. The list of substances that are inert to ozone is very short, and includes glass, Teflon, Kynar, Viton, and fiberglas. Therefore any ozone generator and auxiliary equipment must be composed of these substances only. There are several different techniques used to produce medical grade ozone, where freedom from contamination is critical.

One type of generator uses an ultraviolet lamp as its source. It produces a very small amount of ozone with a narrow frequency bandwidth of ultraviolet light. This method is suited to air purification, because in that bandwidth, UV only reacts with oxygen, but it is too weak for medical purposes. Also, the UV lamp degrades over time and eventually burns out.

The second method of ozone production is corona discharge, where a tube with a hot or cold cathode is surrounded by a metal anode. Sometimes it is called cold corona or silent discharge. The best ones are called dual dielectric, because they have a layer of glass separating each component from the gas stream. This prevents contamination of the ozone, but due to the current draw to the metal, they are prone to electrical arcing and burnout. This produces generators that have short lives. If any water, or even water vapor, enters the tube, it immediately burns out.

In addition, corona discharge generators make a lot of heat, since over 90% of the energy consumed is converted to heat, and must have large cooling fans to prevent them from overheating. You can always tell a corona discharge generator by the large cooling fan.

Lack of durability has always beset corona discharge ozone generators, and was a major reason for doctors mostly abandoning ozone therapy in the US during the Forties, in the face of increasing pressure from the FDA and the AMA. The manufacturers of these generators show that they know of their limitations by offering short warranties.

Fortunately, there is a third method of producing clean, medical grade ozone. That method is called **cold plasma**. It uses glass rods filled with noble gases, excited by high voltage. The voltage jumps between the rods, forming an electrostatic plasma field which turns the oxygen into ozone. Since there is no appreciable current, there is no arcing or burnout. Thus the generator will last a very long time, limited only by the quality of the transformer. Cold plasma generators were manufactured by companies under license from **Nikola Tesla** in the 1920s and they still work over 80 years later.

Many companies claim to have cold plasma generators, but examination always shows they use a metal anode, which makes them corona discharge, dependent on current, and prone to failure.

 Generator Construction

|  |  |
| --- | --- |
| Single dielectric corona discharge |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | + | metal |  |  |  |  |  |  | Gas stream can contact  |
|   | O2 🡪 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 🡪 O3 |  | metal and become |
|  |  |  |  |  |  | quartz glass |  |  |  |  |  |  |  |
|  |  |  |  |  | - | metal |  |  |  |  |  |  | contaminated |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dual dielectric corona discharge |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | + | metal |  |  |  |  |  |  | Gas stream protected  |
|  |  |  |  |  |  | quartz glass |  |  |  |  |  |  |  |
|  | O2 🡪 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 🡪 O3 |  | from metal, but heat  |
|  |  |  |  |  |  | quartz glass |  |  |  |  |  |  | is generated by current |
|  |  |  |  |  | - | metal |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | drawn to metal |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Cold Plasma |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | + | pyrex glass |  |  |  |  |  |  | All glass |
|  |  | O2 🡪 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 🡪 O3 |  |  | Voltage field |
|  |  |  |  |  | - | soft glass |  |  |  |  |  |  | No metal |
|  |  | O2 🡪 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 🡪 O3 |  |  | No current |
|  |  |  |  |  | + | pyrex glass |  |  |  |  |  |  | No heat |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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1. **COLD PLASMA OZONE GENERATION**

Nikola Tesla was the greatest inventor the world has ever seen. His fertile brain produced the original designs for all of the electrical apparatus now used to transmit AC power, for motors, generators, lighting, radio, radar, etc. The information about Tesla’s genius has finally been spreading in the last two decades, after decades of suppression. Less well known is Tesla’s involvement with ozone.

In 1896, Tesla was issued a patent for a corona discharge ozone generator using charged metal plates to act on ambient air. He formed the Tesla Ozone Co. in 1900 and went into production of these units. His customers were naturopaths and allopaths who welcomed this powerful therapy into their practices. Breathing of ozone bubbled through olive oil and other oils was widely practiced at this time, and the Sears catalog of 1904 offered a unit for this purpose using eucalyptus, pine and spearmint oils. Tesla produced a gel made by bubbling ozone through olive oil until it solidified, and sold it to doctors. One hundred years later, we are doing the same thing, with ***Nature’s Gift*** ozonated olive oil.

After a while, Tesla began to get complaints from some doctors that his ozone generators were burnt out. Tesla was upset by this, so he put on his thinking cap to invent a method of generating ozone that would be immune to failure. He realized that it was current flow to a hot spot on the metal anode that caused the short and the subsequent burnout, and reasoned that the way to achieve long life was to eliminate the current by eliminating the metal. That left him withan electrostatic approach, which he was fully conversant with, featuring high voltage jumping a gap, with almost no current draw.

To carry the electrostatic charge, he used inert gases in glass rods. This produced a cold plasma field which energized oxygen into ozone, and resulted in a generator that proved impervious to burnout. The unit used ambient air, and produced a small amount of ozone as it was waved over a recumbent patient, who breathed it in. Tesla farmed out production of these generators to a Canadian company. There are still some of these units from the 1920s which have been kept in use and are still working as air purifiers today, 80 years later.

Tesla felt that this invention was of such importance to human health that he did not patent it; instead he donated it freely to all of mankind. Unfortunately, this meant that eventually the idea was lost, because there was no recorded patent to look up.

1. **THE PLASMAFIRE GLASS TUBE**

In 1993, we were shown a Tesla ozone generator from the 1920s, which operated on air. With that basic idea as a guide, we were able to perfect Tesla’s design using pure oxygen as the source, producing the highest quality medical ozone generator available. Since then, over 5000 of these all-glass Plasmafire tubes have been sold, and none has ever failed. The advantage of this system is its inherent longevity and the absolute purity of the O2/O3 output stream. There are no metallics of any kind, therefore there is no possibility of contamination, or of the tubes shorting out. The tubes can run continuously without fan cooling, even when run 24 hours per day, which we do as we make ozonated olive oil gel (***Nature’s Gift***). Many competitors claim to have all glass generators, but we are the only manufacturer of medical ozone generators with true cold plasma tubes. This technology tolerates an accidental entry of water into the tube without burning out. If this happens, simply run oxygen through the tube until it dries out.

The cold plasma technique has its own idiosyncrasies, one of which is its maximum concentration (about 70 ug/cc). It is interesting to note that the strongest response by the immune system (the production of interleukin-2 and gamma interferon) occurs with ozone concentrations of 35 - 55 ug/cc (*The Use of Ozone in Medicine* - Rilling and Viebahn, 1987). Tesla’s instinct about cold plasma being the best method of ozone production for medical use has now been verified in modern times.

Another cold plasma trait is its slower buildup time and its sensitivity to flow rate. We take advantage of this sensitivity by using a precision click-stop regulator, which allows the home user to set a flow rate of 1/32 liters per minute (1/32 l/m) to attain the highest (safe) concentration. This is perfectly adapted to insufflation. Upon insertion and engaging the generator, a low concentration is being produced. As time passes, the concentration slowly increases, allowing the body to adjust and absorb the maximum amount of ozone. Within three minutes, the plasma field is fully established, with the generator producing at its maximum concentration, and the body is able to absorb the ozone at the rate it is entering. With this technique, people are doing rectal insufflations that last 15 - 20 minutes and vaginal insufflation for 15 - 45 minutes. In the ear, 5 - 15 minutes is sufficient.

Reliability and cleanliness have always been problems for ozone generator manufacturers. It is easy and cheap to make an ozone generator; however, building a generator that produces clean ozone and lasts a lifetime is not easy, and not cheap. We believe that with our products we have achieved this goal. We therefore confidently offer a **Lifetime Warranty on our unique Plasmafire electrostatic cold plasma ozone generators.**

1. **OZONE CONCENTRATION**

Medical ozone is produced in varying concentrations. The quantity of ozone in comparison with the quantity of oxygen in the gas stream is called per cent concentration. It is measured in micrograms (**ug**) of ozone per milliliter (**ml** or **cc**) of the mixture. A liter of oxygen weighs 1.4 grams. Therefore :

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |
|  | **0.5 %** | **X** | **1.4 gm/l** | **=** | **7** | **ug/ml** |  |
|  | **1.0 %** | **X** | **1.4 gm/l** | **=** | **14** | **ug/ml** |  |
|  | **1.5 %** | **X** | **1.4 gm/l** | **=** | **21** | **ug/ml** |  |
|  | **2.0 %** | **X** | **1.4 gm/l** | **=** | **28** | **ug/ml** |  |
|  | **2.5 %** | **X** | **1.4 gm/l** | **=** | **35** | **ug/ml** |  |
|  | **3.0 %** | **X** | **1.4 gm/l** | **=** | **42** | **ug/ml** |  |
|  | **3.5 %** | **X** | **1.4 gm/l** | **=** | **49** | **ug/ml** |  |
|  | **4.0 %** | **X** | **1.4 gm/l** | **=** | **56** | **ug/ml** |  |
|  | **4.5 %** | **X** | **1.4 gm/l** | **=** | **63** | **ug/ml** |  |
|  | **5.0 %** | **X** | **1.4 gm/l** | **=** | **70** | **ug/ml** |  |
|  |  |  |  |  |  |  |  |

**5 %** or **70 ug/ml** is considered to be the upper limit of concentration for internal use of medical ozone.

Dr. Greenberg, formerly of the Kief Clinic, has shown, in vitro, that at concentrations of 90 ug/ml there was crimping of red blood cells which was definitely harmful. Experiments by F. Sweet et al, have shown inhibition of growth in healthy cells at concentrations above 70 ug/ml. If we stay below that level, we will have no problems. Generators that produce higher concentrations can be dangerous for home use. Interestingly, cold plasma generators have a built in limitation of about 70 ug/ml, which is within the safe range. We are proud of the fact that no one has ever been harmed using our generators.

Medical ozone therapy has been found to be an extremely safe modality, free from the dangerous side effects associated with drugs. In a 1980 study done by the German Medical Society for Ozone Therapy, 644 therapists were polled regarding their 384,775 patients, with a total of 5,579,238 ozone treatments administered. There were only 40 cases of side effects noted out of this number, which represents the incredibly low rate of .000007 %, and only four fatalities. **Ozone has thus proven to be** **the safest medical therapy ever devised.**

 Prof. B. Halliwell of the University of London has stated, after researching the topic, that there has never been a case cited in the medical literature of damage caused *in vivo* by the O1 oxygen radical.

1. **OZONE AND MAGNETS**

Doctors have reported that they can enhance ozone therapy by simultaneously usingmagnet therapy. Permanent magnets can be used with the north pole facing towards the body, on the underside of a table, or the back of a sauna. Magnets cause a polarization of red blood cells, due to their iron content. The polarization causes them to repel one another and move apart, making them more flexible and improving oxygen uptake in the lungs. Ozone also causes red blood cells to unclump and become more flexible, so that they can bend and get through the finest capillaries, improving microcirculation, reversing and preventing many diseases. There is a synergistic effect between ozone and magnets; they work better together.

1. **OZONE FOR PREVENTION**

The cells of the human body function by burning sugar in oxygen to provide energy. The waste products are carbon dioxide and water. If there is insufficient oxygen at the cellular level, the burn will be incomplete, and carbon monoxide and lactic acid will be formed. The body cannot easily rid itself of monoxide; it prevents the hemoglobin from picking up fresh oxygen at the lungs, and the body temperature is lowered. The lactic acid can build up in the system, clogging nerve signal pathways, eventually crystallizing and causing degeneration as the body’s water gets dirtier.

What is needed is for more oxygen to come in and oxidize these toxins. If it is not available, they build up. The blood will carry a heavy load of sludge, and the lymph will become dirtier and dirtier. Eventually, toxins will be deposited in the fat and weight will increase. Free radicals will proliferate as toxins interfere with the normal neutralizing enzyme mechanisms for cleaning them up. **Disease will result**.

Hundreds of different diseases named by allopathy are but symptoms of this condition - toxic buildup - for which the underlying cause is **hypoxia**, or **oxygen starvation** at the cellular level. This is the cause of degenerative disease.

This is where ozone shines - in eliminating toxins from the body. **Ozone is such a powerful therapeutic tool because it deals with the underlying cause through oxidation and oxygenation**. Ozone taken on a regular basis in the home will, over time, safely clean all the fluids and tissues of the body, and furnish an oxygen-rich environment for all the cells of the body, providing high levels of immunity from most common diseases, and without any requirement for vaccinations with their load of toxins.

**Ozone Therapy Protocols**

There are twenty-four methods of administering ozone therapeutically:

|  |  |
| --- | --- |
| In the home or clinic | In the clinic |
| 1. in the ear | 13. direct intravenous injection |
| 2. vaginal insufflation | 14. autohemotherapy |
| 3. rectal insufflation | 15. intra-arterial injection |
| 4. drinking water | 16. direct injection into a tumor |
| 5. cupping with a funnel | 17. intracutaneous (blistering) |
| 6. external limb bagging | 18. subcutaneous |
| 7. bladder insufflation | 19. intramuscular |
| 8. ozonated bath  | 20. intra-articular |
| 9. breathing through olive oil  | 21. uterine insufflation |
| 10. steam cabinet  | 22. subatmospheric bagging |
| 11. ozonated olive oil massage | 23. hyperbaric ozone |
| 12. ozonated water enema | 24. dental use of ozonated water |

 In the accessories kit, we supply the equipment necessary to do the first nine therapies. We manufacture quality steam saunas for the tenth. We produce ozonated olive oil (***Nature’s Gift***) for the eleventh.

**Different protocols access different areas of the body:**

|  |  |
| --- | --- |
| Autohemotherapy | The blood, and the liver |
| Direct injection | The blood, and the liver |
| Vaginal insufflation | The lymph, some into the blood |
| Steam sauna | The fat, some into the blood |
| Rectal insufflation | The blood, and the liver |
| Ear insufflation | The middle ear, the inner ear, the sinuses and eyes |
| Drinking water | The teeth, stomach, upper small intestine, kidneys, bladder |
| Funneling or bagging | The immediate area |
| Ozonated olive oil | The immediate area |
| Breathing through oil | The lungs and bronchial tubes; some into the sinuses |

**THE IMPORTANCE OF CT VALUE**

**THE MEASURE OF OXIDATIVE WORK DONE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Flow Rate | **Concentration** | **Time** | Total Volume | Total Ozone | **C x T****Value** |
| l/m | **ug/ml** | **min** | ml | ug |
| 1/32 | 30 | 32 | 1000 | 30,000 | 960 |
| 1/16 | 30 | 16 | 1000 | 30,000 | 480 |
| 1/8 | 30 | 8 | 1000 | 30,000 | 240 |
| 1/4 | 30 | 4 | 1000 | 30,000 | 120 |
| 1/2 | 30 | 2 | 1000 | 30,000 | 60 |

1. **CONCENTRATION X TIME = CT VALUE**

Ozone has been used to clean water for the people in big cities for over 100 years. The water engineers have a value that they use to measure the effectiveness of ozone in cleaning water. This is the **CT value**. It is a product of **concentration x time (C x T).** This information has been overlooked by the medical fraternity. The time that ozone is in contact with human tissue is of great importance. Ozone therapy has only considered concentration and total volume of ozone, and has ignored the time factor.

When doing rectal insufflation, if the concentration is 45 ug/ml, and the length of time of exposure is 2 minutes, the CT value will be 45 x 2 = 90. If however, the exposure time is 16 minutes, the CT will be 45 x 16 = 720. **A higher CT value is a more desirable figure, because more oxidation work can be done.** In order to be able to lengthen the time of exposure, it is necessary to have a very low flow rate. The ozone industry has generally rated its equipment with a flow rate of 1/2 liter/minute. However, by using a regulator producing a flow rate of 1/32 liter/minute, it is possible to get exposure times of 30 minutes. Since ozone concentration in general is inversely proportional to flow rate, the lowest flow produces the highest concentration. For example, at 1/32 liter/minute, our Beta generator produces 50 ug/ml. Rectal insufflation for 30 minutes will produce a CT value of 50 x 30 = 1500. There is a clear advantage to low flow rate insufflation, and it also reduces the problem of cramping.

There is also the added benefit of very low oxygen usage. Remember that **oxygen by itself does not produce the therapeutic effects of ozone**. The patient often needs to have a series of colonics before beginning insufflation, and an enema before each insufflation. The person taking rectal insufflation should also take quality acidophilus, or yogurt.

1. **OZONATED WATER**For prevention, a major benefit can be derived from regularly drinking ozona-

ted water. Water is a fascinating substance, and we all take it for granted. Chemically it is considered to be on oxygen atom bound with two hydrogen atoms. The bond angle between the two hydrogen atoms is known to be variable, depending on the amount of energy in the molecule. Radionics research has shown that water whose bond angle is 101 degrees is ‘dead’ water, bereft of life-giving energy.

When water is distilled, the bond angle expands to 120 degrees upon evaporation, but collapses to 101 degrees upon condensation, and is therefore ‘dead’. A bond angle of 103 degrees corresponds to average water. A bond angle of 106 degrees produces activated, energized water, and is attainable by placing a magnet, north pole inward, against the water container. The highest energy obtainable in liquid water is a bond angle of 109.5 degrees, and this is attainable only by **ozonating water at 4 degrees C**. Ozone will not stay in water for very long, even at 4 degrees, so it is best to freshly ozonate water and drink it immediately on an empty stomach, rather than make a large amount and try to store it. It can be stored for longer times by freezing it in plastic containers.

* Benefits of Drinking Ozonated Water:
* Ensures clean water for the body
* Clears bacteria from the mouth
* Eliminates bacteria from the stomach, especially h. pylori
* Eliminates anerobic bacteria from the small intestine
* Attacks infections in the kidneys
* Attacks infections in the bladder
* Improves oxygen flow to the brain
* Helps eliminate clumping of the red blood cells (rouleaux)
* Maintains viscosity of the blood
1. **OZONATING THE LYMPH**

Women have an anatomical advantage, in that vaginal insufflation requires no preparation, and can be administered for very long periods of time. The gas will usually find its way into the uterus, out the Fallopian tubes, and then into the abdominal cavity. Liver problems and pelvic inflammatory disease (PID) can be addressed in this way. This is also a good way of getting ozone into the lymph system.

For men, cleaning the lymph system is not as easy, and requires use of a body suit or a steam cabinet. The body suit is a less than popular aesthetic experience. The ozone steam sauna cabinet, however, is a pleasurable experience. Because of the moist heat, the pores are open, and the capillaries are dilated. The ozone enters and oxidizes toxins in the fat, the lymph and the blood. The skin is the largest organ of elimination. The person sweats the oxidized toxins back out, avoiding the dump of toxins to the liver and colon which can bring on the symptoms of toxic shock overload. Instead, the person emerges from the steam cabinet feeling extremely relaxed and mellow, and ready for bed. This is an ideal way of counteracting the stress of the day, while building up the immune system.

1. **BREATHING OZONE**

Ozone is safe to breathe when it is bubbled through extra virgin olive oil. This is an excellent therapy for asthma and bronchitis and pneumonia, especially when combined with magnetic therapy. Breathing of ozone has been practiced in North America for over 100 years.

When ozone is bubbled through olive oil continuously for weeks, the oil starts to change. First it loses its color, then it begins to foam, and eventually it becomes a stiff gel. If it is kept refrigerated at 40 degrees F, this gel will retain its effectiveness for more than ten years. This gel applied to the skin has many uses: on cuts, scrapes and burns; insect bites, diaper rash, eczema, impetigo, herpes, etc. Ozonated gel is 95% as active as ozone gas.

The ozonated gel liquefies as soon as it reaches skin temperature. It is an excellent lubricant for intercourse and provides more protection than the highly touted condom for the prevention of disease, due to the bactericidal, virucidal and fungicidal action of ozone.

It is an excellent product for your pet as well. If it is spread on the backs of a cat’s paws, the cat will lick it off and ingest it that way.

Plasmafire Intl has been producing and selling ozonated olive oil as ***Nature’s Gift*** since 1993.

1. **NATURE’S GIFT**

In 1954, Dr. William Turska of Mist, Oregon, had ozonated olive oil tested at Texas A&M University. They discovered that this process created a long chain ozonide, C10H18O3 .

When ozone is bubbled throughextra virgin olive oil continuously for about three weeks, the olive oil gels into a paste or salve. This gel we call ***Nature’s Gift***, and it has many therapeutic uses. When used for massage, the ozonide enters the tissue and oxidizes lactic acid and toxins, and this has proven to be an effective treatment for many skin conditions.

“Ozonated olive oil is an effective adjunct treatment for inflammation of the skin, such as dermatitis and seborrhea. Ozonated olive oil is helpful in bacterial infections of the skin, including carbuncles, cellulitis, ecthyma, erysipelas, erythasma, folliculitis, furuncles, granuloma annulare, impetigo, paronychia, psoriasis, ringworm, skin yeast, staphylococcus, sweat gland infections, and tinea versicolor. It is also helpful for bed sores (decubitus ulcers) and for the post-surgical treatment of wounds to prevent secondary infections.”

  **- Dr. H.E.Sartori**

“Ozonated olive oil, kept refrigerated, retained its effectiveness forover ten years, in tests conducted by German researchers. It is particularly indicated for the treatment of all skin infections and dermatomycoses, and is excellent when used after gaseous ozone treatment by limb bagging. It retained its effectiveness for many hours after application.”

  **- Dr. J. Hansler**

***Nature’s Gift*** can be used for topical application on dry skin, eczema, psoriasis, seborrhea, athlete’s foot, sunburn, insect bites, skin ulcers, burns, cuts and scrapes, and diaper rash. It is excellent for makeup removal (avoid the eyes) and as a skin moisturizer.

In addition, it is very useful for dealing with various problems in animals. It can be applied directly to cuts and incisions or fed to them. It can be spread on the backs of a cat’s paws, from which it will be licked.

***Nature’s Gift*** should be stored in the refrigerator at 40 degrees Fahrenheit for long term potency, but survives nicely at room temperature for six months.

Olive oil that has ozone bubbled through it for a short time will smell of ozone but unless the oil has gelled into a stiff salve that will not run when the jar is inverted, there is little oxidative power in it.

1. **DOSAGE AND FREQUENCY**

When it comes to the administration of medical ozone, there is a wide difference of opinion amongst doctors regarding concentration, dosage and frequency:

1. Dr. Carpendale said that a medium concentration is necessary to kick-start the immune system initially, followed by lower concentrations. He believes that continued high concentrations may be immuno-suppressive, based on his experience with T-4 cell counts.
2. Dr. Turska recommended injections at low concentrations, initially three times per week, then twice per week, then weekly for as long as necessary.
3. Dr. Beyrle recommends injection every four days at medium concentration.
4. Dr. Wang gives daily injections at medium concentration and direct injection into breast tumors.
5. Dr. Freibott recommends very high concentrations at low dosages, with the emphasis on saturating the blood, using rectal insufflation.
6. Dr. Sartori reports good success with AIDS with high concentrations and very high dosages, every hour for 12 hours per day, for 21 days.
7. Dr. Rilling’s classic *“The Use of Ozone in Medicine”* gives many recommendations on dosage and concentration.

The important thing to remember is that **all physicians report good results, regardless of concentration** or **volume used**. Ozone is not a drug, and should not be treated as such.

There is no evidence that long term treatment on a daily basis has any detrimental effect. Doctors who have used it for decades have only positive results to report. Ozone is non-toxic and provides the safest medical therapy ever devised. There is no evidence of free radical damage. On the contrary, ozone has been proven to stimulate the production of superoxide dismutase, catalase and glutathione peroxidase, and reductase, which are the enzymes that protect the cell from free radical damage, so **ozone actually prevents free radical damage**.

It is known that Vitamin C is antagonistic to ozone, although research has shown ozone does not break down Vitamin C in the body. Persons taking megadoses of Vitamin C should take the ozone treatment first, wait one hour, and then take the Vitamin C.

If direct injection is the method of application chosen, ozonated saline provides the safest method. The rate of injection should be very slow, about 5 cc per minute. If coughing results from too much ozone being injected too quickly, the reaction can be halted by drinking one or two glasses of orange juice. This will quickly stop the ozone outgassing in the lungs through the action of the Vitamin C. The patient will be more comfortable and will retain a positive attitude towards the therapy.

1. **METHODS OF APPLICATION**

Since ozone therapy was first practiced in the 1880s, many methods of administering ozone have been developed. They can be broken down into five categories :

1. **Injection** - autohemotherapy; or direct injection into a vein, artery, muscle,

joint; or directly into a tumor

**2) Insufflation** - in the ear, vagina, rectum, urethra

**3) Inhalation** - bubbled through olive oil

**4) Ingestion** - ozonated water

**5) Transdermal** - subatmospheric; bagging; body suit; ozonated olive oil;

cupping with a funnel; steam sauna

1. **Direct Injection vs. Autohemotherapy**

 Autohemotherapy was developed by Dr. Hans Wolff in 1961 as an alternative to direct injection. Dr. Wolff developed a technique for withdrawing 50 - 500 cc of blood into a container, injecting ozone into it and then infusing it back into the patient over 20 minutes as an IV drip.

 There were several problems to be overcome. Blood coagulates when it is exposed to the air, so a method had to be found to prevent coagulation. The liver normally secretes heparin to prevent clotting inside the body. Sodium heparin was found to be effective in preventing clotting outside the body. Later, when heparin was seen to cause problems in some patients with liver problems (especially cirrhosis), sodium citrate was adopted by some doctors. However, heparin is still widely used because sodium citrate is less effective, even though heparin is hard on the liver and is known to suppress the immune system.

 A suitable vessel to hold the blood was required, and the Hansler corporation of Germany began to manufacture and market a vacuum flask kit to make it easier for doctors to perform this therapy. Hansler GmbH is the oldest medical ozone generator company still in business, based upon Dr. Joachim Hansler’s 1957 patent of a dual-dielectric corona discharge ozone generator tube.

There are a number ofadvantages of direct injection vs. autohemotherapy :

1. there is no need for heparin, which can damage the liver and is immune-suppressive, and may cause uncontrolled bleeding
2. there is no need for an expensive, disposable vacuum flask kit and no contaminated equipment to dispose of afterward
3. there is no need to take time to mix the ozone into the blood, or wait for the reinfusion drip
4. since the heart will pump all the blood past the point of injection in eight minutes, all 6 liters of the blood are cleaned, instead of just 50 - 500 cc
5. it is easier to initiate the desirable healing crisis
6. fewer treatments are required because a better job is done each time
7. a tumor can be injected directly and then the resulting fluid aspirated with the same needle
8. Injecting an ozonated saline solution removes any question about embolism.

**2) Insufflation**

Insufflation is very useful, easily done, inexpensive, and now widely used in the home.

1. Insufflation in the ear is excellent for: ear infections; mastoiditis; hearing problems caused by candida; tinnitus; (and beyond the ear to) sinusitis; macular degeneration; retinitis pigmentosa; head colds; flu; bronchitis; asthma; Alzheimer’s; Parkinson’s; even brain cancer.
2. Vaginal insufflation is used for any vaginal, uterine, ovarian or lower abdominal problem, including pelvic inflammatory diseases, fibroids, etc. It is also good for breast cancer. The ozone will enter the lymph system from vaginal insufflation, as well as the blood stream.
3. Rectal insufflation requires a preparatory enema. It is used for colon problems such as colitis, ileitis, irritable bowel, Crohn’s disease, and colon cancer.
4. Urethral insufflation is used for bladder infections, STDs, inflammation of the ureter, prostate enlargement, and bladder and prostate cancer.

**3) Inhalation**

Ozone can be inhaled if it is first bubbled through extra virgin olive oil. This is useful for asthma due to bacterial or viral infection. Repeated treatments over 3 - 6 weeks for 15 - 20 minutes at a time are usually sufficient. Simultaneous magnet therapy is useful and can be easily done by placing a magnet (3” x 5”; 3500 gauss) on the chest with the north pole facing the body.

**4) Ingestion**

Three to six glasses a day will establish a high level of oxygenation in the body and assist detoxification. Bubble ozone into a glass of water for 5 - 10 minutes, then drink on an empty stomach. This will also destroy helicobacter pylori bacteria in the stomach, which is the cause of ulcers.

**5) Transdermal**

 Transdermal application of ozone has existed for 120 years, and recently has been growing in popularity. The skin is semi-porous to oxygen, and 7% of normal respiration is transdermal. There are several transdermal ozone application techniques:

A) Subatmospheric

B) Bagging a limb

C) Body suit

D) Ozonated olive oil

E) Cupping with a funnel

F) Steam cabinet

**A)** **Subatmospheric** application requires an apparatus to enclose a limb, reduce pressure by means of a vacuum pump and direct ozone into proximity with the desired area. This technique has proven useful in certain difficult problems, such as gas gangrene and open ulcers. It is not widely used at present because of the expense of the equipment and its lack of availability.

**B) Bagging a limb** is very similar, but requires only a clear plastic bag in order to confine the ozone to the area being treated. The limb is moistened first, in order to aid the penetration of ozone through the skin, then enclosed in the plastic bag and the ozone is introduced by means of silicone tubing from the generator into the bag. The top of the bag is securely closed with either a cloth strip or an elastic strap as a cuff. If the flow rate is to be above 1/8 l/m, then an outlet from the bottom of the bag will be necessary to allow the excess ozone to leave, and avoid pressurization. If the flow rate is kept very low, say 1/16 l/m or 1/32 l/m, there is no need to have an outlet, as the bag will not overfill in a 30 minute treatment. This technique has been in use for many years, and is especially useful with impaired circulation in diabetic legs, removing the threat of amputation.

**C)** **A body suit** is composed of ozone-resistant material, typically Tyvek or nylon, which is sealed at the wrists, neck and ankles (if there are no attached booties). It is necessary to shower first and then enter the suit while still wet, to aid ozone transference. The silicon tubing from the generator is introduced into the suit either through the neck opening or up the sleeve. Ozone is introduced for 30 minutes at a rate of 1/8 l/m or 1/4 l/m. This method is losing favor due to the clammy, sticky feel of the suits on the skin, as the wet skin surface cools and dries.

**D) Ozonated olive oil** has been used as a topical application for 100 years and its efficacy is well established for problems such as acne, cuts, scrapes, bruises, burns, eczema, sunburn, skin infections, etc. It is also useful to apply it to the skin following a session of limb bagging.

**E)** **Cupping with a funnel** is a more recent transdermal technique where ozone is introduced into a very restricted area at a very low flow rate. First the area to be treated (typically the liver, pancreas, spleen, intestine, kidney or adrenal) is moistened with a warm washcloth, and then a plastic funnel is held firmly over the area. The flow rate is restricted to 1/32 l/m in order to prevent pressure buildup under the cup, and possible leakage. Treatments typically run for 20 - 30 minutes. Good results are obtainable with daily application for hepatitis, diverticulitis, pancreatitis, kidney infections and adrenal insufficiency.

**F)** The sixth transdermal technique was developed by Dr. John Kellogg in 1880, and revived by Plasmafire Intl in 1994, to take advantage of the therapeutic possibilities of using **hyperthermia in conjunction with ozone therapy**. The person sits in an ozone-resistant **steam cabinet**, with the head out, and the body surrounded by warm steam. The steam causes the pores to open fully and the ozone, introduced into the cabinet by silicon tubing from the generator output, can penetrate fully into all the tissue – the blood, the lymph and the fat. Since the majority of toxins are held in the lymph and the fat, this treatment is the most effective way to eliminate them from the body. The skin is the largest organ of elimination, and the majority of the oxidized toxins are sweated out, sparing the liver and kidneys most of the extra work.

Hyperthermiaitself is a very effective technique, many thousands of years old, recommended by Hippocrates. It results in a “false fever” reaction, which simulates the body’s own defense mechanism. With the addition of ozone, the treatment becomes doubly powerful. As the toxins are oxidized, and eliminated from the body, the fat containing them is no longer needed, and also leaves.Weight loss of 30, 40, or 50 lbs over a period of months has been reported, with no change in diet. The skin becomes smooth, soft and free of blemishes. Symptoms of a whole host of diseases disappear as the toxins leave the system and the body is enabled to heal itself.

Unlike other methods of ozone application, employing ozone in a steam sauna will induce the **“healing crisis”,** which feels like having the flu for a few days. People should be informed of this effect so they can be prepared, and welcome it as a sign of beneficial healing. Skinrashes are common as the toxins are pushed out through the skin rapidly. Often the rash is very itchy, and this can be alleviated by taking protease enzymes, and applying Gardener’s Dream Cream or emu oil.

The more frequent the treatments, the more rapid the healing, and the more severe the healing reactions will be. It may become so uncomfortable that the person will need to reduce the frequency of treatments from once daily to once weekly. Typical treatments are once daily for 30 minutes duration. Persons with heart conditions should be limited to 15 minutes at a lower temperature for the first few sessions, increasing to 20, 25 and then 30 minutes, as the body adjusts to the thermal stress over time. People who have had a previous stroke should not do saunas, but can do ozone in other ways.

Flow rate of ozone into the cabinet is at 1/2 l/m in order to fill the large volume and overcome the loss of ozone to heat. Concentration ranges from 35 to 40 ug/ml. A series of treatments usually consists of 10-30 applications.

The effect of the ozone on any particular organ can be intensified by **cupping with** **a funnel** while in the steam cabinet. This is especially effective with hepatitis, diverticulitis, pancreatitis and cancer. It also involves the person in actively taking responsibility for initiating the healing process. Flow rate for cupping should be at 1/8 l/m, with concentrations from 40 – 50 ug/ml.

Novel application techniques are: placing the output tubing in the armpit and holding the arm against the body, so that the ozone enters the lymph system; and sitting on the end of the tubing, so that ozone enters the perineum area.

**Transdermal application of ozone combined with hyperthermia** in the steam cabinet is thetreatment of choice for all cancers (brain cancer treatment can be supplemented with ozone insufflation in the ear at 1/32 l/m). Cancer tumor cells are tightly packed as they try to force their way in between other cells, and they are thus less able to shed heat. This accounts for effect that heat stress has in killing cancer. Both heat stress and ozone kill cancer, so this treatment offers the best opportunity to eliminate cells which are fermenting sugar anerobically, halt metastasis and restore healthy aerobic function. Ozone is able to seek out and destroy all the cancer cells with more certainty than the surgeon’s crude scalpel. In addition, ozone will oxidize the toxins which caused the original problem, and thus prevent recurrence. This is in stark contrast to chemotherapy, which is massively immune-suppressive, and radiation which actually causes cancer.

**Using ozone with hyperthermia in the steam sauna will cleanse all the tissues of the body and provoke the healing crisis, which is not seen with other delivery methods, proof that this is the best way to achieve thorough cleansing of all toxins.**

It is critical that the bowels remain open during these treatments, in order that oxidized toxins are completely eliminated from the system and not reabsorbed. The best methods of insuring this is by ingestion of 3 - 6 glasses of ozonated water daily (always on an empty stomach), large amounts of fiber (such as psyllium or pectin), large amounts of natural Vitamin C (3000 mg three times daily), flax oil and/or Homozon.

In combination with a comprehensive diet plan, parasite, liver and colon cleanses, and suitable exercise, this program offers the best chance for a person to recover optimum health.

**Products and methods for dealing with the healing response rash:**

1. Liver flush
2. Protease enzymes
3. Ozonated olive oil, topically
4. Gardener’s Dream Cream, topically
5. Activated charcoal slurry, internally
6. Vitamin B12 : up to 1500 micrograms at a time
7. Oat juice, topically
8. Hydrogen peroxide 3%, topically
9. Colloidal silver, topically
10. Emu oil, topically
11. Vodka, topically
12. The Itch Cream, topically
13. Calcium lactate
14. Lycopodium powder
15. Homeopathics: Psoriaheel; Schwef-Heel
16. Boric acid powder, topically
17. Bentonite powder paste, topically
18. Safflower oil, topically
19. Coconut palm butter, topically
20. Cumarindine
21. Nature Dream “Cu-Well” Cream
22. Zambesia Botanicals herbal skin cream
23. Bathe in tub with Masada Dead Sea Salts

24) Plantain extract oil

25) Witch hazel

**Ozone Protocols**

|  |  |
| --- | --- |
| **Condition** | **Technique** |
|  | **Insufflation** | **Cupping** | **Sauna** |
|  | **Ear** | **Vagina** | **Rectum** | **Urethra** | **w/funnel** |  |
| AIDS | **+** | + | + | - | - | **+++** |
| Arthritis | - | + | + | - | - | **+++** |
| Lymphoma | - | + | - | - | + | **+++** |
| Brain cancer | **+++** | - | - | - | - | ++ |
| Breast cancer | - | **+++** | - | - | +++ | **+++** |
| Colon cancer | - | + | **+++** | - | - | ++ |
| Cervical cancer | - | **+++** | - | - | - | ++ |
| Lung cancer | - | - | - | - | ++ | **+++** |
| Prostate cancer  | - | - | ++ | **++** | - | **+++** |
| Cancer, other types | - | ++ | ++ | - | ++ | **+++** |
| Previous stroke | + | + | + | - | - | **NO** |
| Previous heart attack | + | + | + | - | **++** | **low heat** |
| Pregnancy | + | **NO** | + | - | **+++** | NO |
| Circulatory problems | - | + | + | - | - | **+++** |
| Heart Disease | + | + | + | - | **++** | **low heat** |
| Multiple Sclerosis | **+++** | ++ | + | - | - | **low heat** |
| Alzheimer’s | **+++** | - | - | - | - | + |
| Asthma | + | - | - | - | **++** | **++** |
| Bacterial infection | + | + | + | - | + | **++** |
| Bladder infection | - | - | - | **+++** | ++ | ++ |
| Viral infection | + | + | + | - | - | **++** |
| Herpes | - | + | + | - | + | **++** |
| Cervical dysplasia | - | **+++** | - | - | - | - |
| Candida and CFS | **+++** | +++ | + | - | - | **+++** |
| Cataracts | **+++** | - | - | - | - | - |
| Glaucoma | **+++** | - | - | - | - | - |
| Macular degen. | **+++** | - | - | - | - | - |
| Retinitis pigmentosa | **+++** | - | - | - | - | - |
| Colitis, Crohn’s, IBS | - | + | **+++** | - | + | ++  |
| Diabetes | - | + | + | - | Bagging | **++** |
| Diverticulitis | - | - | **+++** | - | + | **+++**  |
| Emphysema | - | - | - | - | **+++** | **+++**  |
| Fibromyalgia | +++ | +++ | + | - | + | **+++** |
| Hepatitis | - | + | +++ | - | **+++** | **+++**  |
| Lupus  | + | ++ | + | - | - | +++ |
| Rheumatoid Arth. | + | ++ | + | - | - | **+++** |
| Sinusitis | **+++** | - | - | - | - | - |
| Tinnitus | **+++** | - | - | - | - | - |

Explanation of marks on the Protocols page:

#####  means “not the preferred method”

+ means “a good method”

++ means “a better method”

+++ means “the best method”

##### **CONTRAINDICATIONS For Ozone Protocols**

|  |  |
| --- | --- |
| Autohemotherapy | Thrombocytopenia; recent internal bleeding; liver under stress |
| Intravenous | Recent internal bleeding |
| Sauna | Previous stroke; pregnancy |
| Ozonated water | None |
| Limb bagging | None |
| Ear Insufflation  | None |
| Vaginal insufflation | None |
| Rectal insufflation | None |

**In addition, all forms of ozone therapy are contraindicated for people who have had a transplant of tissue from another person, as the body’s immune system will be galvanized into attacking the transplant.**

1. **HYPERTHERMIA**

CLINICAL EXPERIENCE WITH HYPERTHERMIA

JOURNAL OF ONCOLOGY, 1993

INDIANA UNIVERSITY MEDICAL CENTER

ABSTRACT

The authors have reviewed the medical records of 421 sessions of hyperthermia treatments in 73 patients treated between 1987 and 1992 at the University Heights Cancer Center and the Indiana University Medical Center in Indianapolis, Indiana.

All patients had previously “failed” conventional radiation therapy, chemotherapy and surgery.

Temperatures attained during the course of therapy on each patient were averaged and the results were evaluated for complete, partial or no response.

 Responses were defined as:

1. Complete response: **Lesions completely disappeared** during treatment and response was maintained for a minimum of six months
2. Partial response: Lesions that were reduced in size more than 50%
3. No response: Less than 50% reduction in tumor size during the treatment

Response varied somewhat according to histology and anatomical site of treatment; however,

1. **complete response was achieved in 45%;**
2. **partial response in 48%;**
3. and no response in 7% of the patients.

 The response achieved varied with temperature attained and a minimum temperature of 40 degrees C for 40 minutes produced the greatest number of responses. Response to hyperthermia was directly related to the temperature achieved and the length of time the temperature was applied.

**Valley Cancer Institute**

**304-12099 W. Washington Blvd.**

**Los Angeles, California**

“**Hyperthermia** is the clinical application of therapeutic heat in the treatment of disease. Today hyperthermia is recognized as a **standard treatment** in the management of **malignant tumors**. It is especially recommended for metastatic tumors where other treatment methods have a poor history of success.

Tumor cells have specific environmental requirements, largely dependent on blood flow. When there is an increase in the temperature around the tumor, there is a corresponding increase in the blood flow to that area, as the hypothalamus attempts to regulate body temperature. When heat is applied to the tumor and its surrounding tissue, the temperature rises to destructive levels, because the tightly packed cells of the tumor are not as easily able to cool themselves as the surrounding tissue.

Repeated heating to 107-113 degrees F. can cause the tumor cells to be killed. Tumor response has been found to be from 40 - 80 %.

A side benefit of hyperthermia treatment has been substantial pain reduction in a majority of patients.

Hyperthermia is now an FDA-approved cancer therapy for breast cancer.”

 - Dr. Haim Bicher

1. **THE HEALING RESPONSE**

A healing response is in effect when the body is in the process of eliminating toxins. Reactions may be mild or they may be severe. One should expect this and work toward it. The body's inherent desire is perfect health and we have the ability to earn our way back to that state. To do so, the body must go through an elimination process called the healing response or Herxheimer reaction.

A healing response results when all body systems work in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new, and stored toxins are eliminated. A cleansing, purifying process is underway and stored wastes are more easily removed. Sometimes there is pain of greater intensity that the lower level of chronic problem gives, but it is usually of short duration.

The response will usually bring about past conditions in reverse order to the original problem. People often forget the diseases or injuries the have had in the past, but are usually reminded during a healing crisis. Reactions may include skin eruptions, nausea, headache, sleepiness, fatigue, diarrhea, a cold, ear infections, boils, or any other way the body uses to eliminate toxins. The crisis usually lasts three days, but if the energy of the patient is low, it may last for a week or more.

The body needs juices, and especially water, preferably ozonated, to help carry off the toxins. Charcoal is also helpful, taken orally. This is a time for rest - mental as well as physical rest.

One episode is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes in life, must go through these processes again. Often the response will come after one feels his very best, setting the stage for the action. Most people feel an energy boost the first few days. Then toxins are dumped into the blood stream for elimination by way of the liver, kidneys, spleen, skin, bladder and colon. Listen to your body and go as slowly as your body needs to so that your cleansing is gradual and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work towards it. Then the goal of optimum health can be achieved.

1. **COLLATERAL THERAPIES**

Ozone is not a drug and it is not a magic bullet. It is a therapeutic tool of great power which can aid the body in regaining health. However, in the end, it is the immune system that heals the body. The immune system is controlled by the midbrain, the limbic system, through the thymus. The limbic system also controls the emotions. If the emotions are disrupted, the immune system is suppressed. Every serious disease has an emotional component. If this is not dealt with, physical treatments will have little or no effect.

Recent research by Dr. Glen Rein at the Heartmath Institute has shown that the thymus, the general of the army of the immune system, is regulated by sympathetic resonance with the heartbeat. By measurement with an electrocardiogram, Dr. Rein was able to show that irregular heartbeat, as caused by emotional upset, produced erratic thymus function, which suppressed the immune system. Dr. Rein also found that it was possible to train people to control their heartbeat through biofeedback, and raise their level of immune function.

Since ozone has a well-known calming and analgesic effect, and is used as a treatment for arrhythmia, ozone therapy causing restoration of heartbeat regularity plays an important role in enhancing the immune system, along with stimulating production of interleukin-2 and gamma interferon. Prolonged use of ozone enhances the immune system by contributing to a calm, even heartbeat, produced by a well-oxygenated heart pumping clean, bright red blood through plaque-free arteries.

By using the ozone steam cabinet, the person easily enters into a calm and relaxed state of mind, which facilitates the unearthing of deep-seated emotional problems by a skilled therapist. The resolution of such problems often has a greater importance in the reattainment of health than all other therapies.

Exercise is also an important adjunct to ozone therapy, and must not be overlooked. The lymph system contains the majority of the water in the body and since the lymph system has no pump like the heart, the lymph tends to become toxified and sluggish. The use of a rebounder followed by the ozone steam cabinet will go a long way towards cleaning the lymph.

A holistic approach should include work on the psyche, exercise, and nutrition, as well as ozone. The combination of ozone, exercise, nutrition and emotional calm should ensure greater vitality and fewer degenerative diseases in our aging population as we enter the 21st century, and at an affordable cost.

1. **SUPEROXYGENATION FOR HEALTH**

**Oxygen is the most vital element required for human life** and it is the key to good health. We can survive without water for a week and go without food for a month, but we can only live a few minutes without oxygen. Oxygen is the life-giving, life-sustaining element. All body activities require oxygen. Through oxidation, the body generates heat and energy from its fuel, and disposes of wastes and microbes.

Our bodies are two-thirds water. Since the water in our bodies is itself 8/9 oxygen by weight, we are therefore composed of nearly 60% oxygen.

The best way to optimize health is to oxygenate every cell in our body. The more oxygen we have in our system, the more energy we produce, and the more efficiently we can eliminate wastes. Good health is dependent on the production, maintenance and flow of energy, which is produced by the oxidation of sugar. Oxidation is central to metabolism, circulation, respiration, digestion, assimilation and elimination. Oxygen purifies the blood, keeping it free of cellular waste buildup. Sufficient oxygen allows the body to rebuild itself and maintain the immune system. The basic requirements for each cell are sugar, amino acids, minerals, hormones, enzymes and oxygen.

1. **The Cause of Disease**

The link between insufficient oxygen and disease has been firmly established. Insufficient oxygen can result in anything from mild fatigue to life-threatening disease.

**Dr. Otto Warburg** was awarded a Nobel Prize for Medicine in 1931 and again in 1944, the only person to win two Nobels in Medicine. He said, “Cancer has only one prime cause. The prime cause of cancer is the replacement of normal oxygen respiration of body cells by an anerobic (oxygen-less) cell respiration.”

Once the level of oxygen available to a cell drops below 40% of normal, the cell is forced to switch to an inferior method of energy production – fermentation. The cell then loses its governor on replication. It produces ATP that is inferior in quantity and quality, and its wastes are lactic acid and carbon monoxide. The acidity surrounding it can be the trigger for T-cells to release enzyme growth factors. Stimulated by EGF, the anerobic cell begins to replicate wildly, a condition we call cancer. If a parasite is involved in the area, the acidity is greater and the cancer growth even more rapid.

Dr. Warburg pointed out that any substance that deprived a cell of oxygen was a carcinogen, if the cell was not killed outright. He stated in 1966 that it was useless to search out new carcinogens, because the end result of each one was the same, cellular deprivation of oxygen. He further stated that the incessant search for new carcinogens was counter-productive because it obscured **the prime cause, lack of oxygen**, and therefore prevented appropriate treatment.

1. **CONFIRMATION OF DR. WARBURG’S WORK**

**The National Cancer Institute endorsed Dr. Warburg's findings in 1952.**

This research was continued by Dr. Harry Goldbatt, who published his findings in the Journal of Experimental Medicine in 1953. His research confirmed that **lack of oxygen** plays the major role in causing cells to become cancerous.

Dr. Albert Wahl said, “Disease is due to a deficiency in the oxidation process of the body, leading to an accumulation of toxins. These toxins are ordinarily burned in normal oxidation”.

Dr. Wendell Hendricks of the Hendricks Research Foundation wrote: “Cancer is a condition within the body where the oxidation has become so depleted that the body cells have degenerated beyond control. The body is so overloaded with toxins that it sets up a tumor mass to harbor these poisons and remove them from general activity within the body. Dr. Hendricks further stated, “The true cause of allergy is a lowered oxidation process within the body, causing the body to be sensitive to substances entering. Only when the oxidative mechanism is restored to a higher state of efficiency can the sensitivity be eliminated.”

Dr. Stephen Levine stated, “Hypoxia, or the lack of oxygen in the tissues, is the fundamental cause of all degenerative diseases.”

Dr. Norman McVea said, “When the body has sufficient oxygen, it is able to properly eliminate toxic wastes from the system. Natural immunity is enhanced when the system is not burdened with a heavy buildup of toxins.”

In the August 22, 1980 edition of the scientific journal SCIENCE, Vol. 209, there was a report written by Dr. F. Sweet, et al, entitled: “**Ozone Selectively Inhibits Growth of Human** **Cancer Cells**.” It stated, in part, “The growth of human cancer cells from lung, breast and uterine cancers was selectively inhibited in a dose-dependent manner by ozone at 0.3 to 0.8 parts per million of ozone in ambient air during eight days of culture. Human lung diploid fibro-blasts served as non-cancerous control cells. The presence of ozone at 0.3 to 0.5 parts per million inhibited cancer cell growth at 40 and 60% respectively. The non-cancerous lung cells were unaffected at these levels. Exposure to ozone at 0.8 parts per million inhibited cancer cell growth more than 90% and control cell growth less than 50%. Evidently the mechanisms for defense against ozone damage are impaired in human cancer cells.” (See below)

The evidence from these doctors' research is conclusive. Oxygen plays the primary role in health and well-being. It is important to note that fear, worry and depression all interfere with free breathing and thus reduce oxygen uptake. Disease can then result.

 **PREVENTION OF CANCER**

We now understand the chemical mechanisms of respiration and fermentation at the cellular level and how oxygen deficiency leads to cancer. This oxygen deficiency, or hypoxia, can be caused by many factors. Some poison may reach the cell and prevent oxygen uptake, or the excretory duct of a gland may become plugged up, as in breast cancer caused by lymph gland plugging. But the end result is the same. If the cell is chronically starved for oxygen, yet does not die, eventually cancer will result. Frequent small doses of respiratory poisons are therefore more dangerous than a single large dose, where there is the chance that the cells will be killed rather than become anerobic and eventually cancerous.

All carcinogens impair cellular respiration. The word carcinogen is an empty word. The continual search for more carcinogenic substances is an utter waste of time and money, because this obscures the true cause of cancer, which is the oxygen starvation of the cell. It also prevents the proper treatment of cancer with oxygen therapies, because of misunderstanding the cause.

To destroy cancer, what is required is the introduction of massive amounts of singlet oxygen at the cellular level. This can be done by ingesting Homozon or introducing ozone. These two treatments have been in use for over 100 years, with excellent success. They must be taken repeatedly, as the beneficial effect is cumulative

**Ozone also has the ability to prevent cancer**. If sufficient oxygen is provided to the cells so that they never drop below 40%, they will stay healthy, barring any chemical or radiation poisoning. It is as simple, and as difficult, as that. Many people today are using ozone generators to keep their cellular oxygen levels high, to prevent disease.

Ozone increases microcirculation of the blood, by oxidizing plaque in the arteries, and reducing the clumping of red blood cells. This enables them to pick up oxygen in the lungs, and increases their flexibility, which is crucial to passage through the fine capillaries.

People often ask whether they will have to continue to take ozone for the rest of their life. We say that if you want to prevent toxins from building up that could result in your cells from being deprived of oxygen and turning anerobic, then taking ozone is a small price to pay. Ozone taken on a daily basis ensures that the entire system receives the oxygen it needs, as well as eliminating toxins and any bacteria, viruses or cancer cells. Repeated treatments with ozone are required because viruses and bacteria seem to be more susceptible at different stages of their growth cycle. **The beneficial effects of ozone are cumulative**, as the body becomes cleaner, stored toxins are eliminated and the biological terrain is steadily improved. In this way, cancer is prevented.

**What Does Ozone Do?**

Ozone :

1. Inactivates viruses; oxidizes bacteria, yeast, fungi, parasites, protozoa, cancer cells
2. Stimulates the immune system, speeds healing
3. Cleans arteries and veins, improving circulation
4. Purifies the blood and the lymph
5. Oxidizes toxins, facilitating their excretion
6. Normalizes hormone and enzyme production
7. Reduces inflammation
8. Reduces pain, calms nerves
9. Prevents shock
10. Prevents stroke damage
11. Reduces cardiac arrhythmia
12. Improves brain function and memory
13. Scavenges free radicals
14. Chelates heavy metals, working well in conjunction with EDTA
15. Stimulates production of protective cell enzymes
* **HOW DOES OZONE WORK BIOCHEMICALLY?**

**1. Inactivation of bacteria, viruses, fungi, yeast and protozoa:**

Ozone disrupts the integrity of the bacterial cell envelope through oxidation of the phospholipids and lipoproteins. In fungi, ozone inhibits cell growth at certain stages. With viruses, the ozone damages the viral capsid and upsets the reproductive cycle by disrupting the virus-to-cell contact with peroxidation. The weak enzyme coatings on cells which make them vulnerable to invasion by viruses make them susceptible to oxidation and elimination from the body, which then replaces them with healthy cells.**2. Enhancement of circulation:**

In circulatory disease, a clumping of red blood cells hinders blood flow through the small capillaries and decreases oxygen absorption due to reduced surface area. Ozone reduces or eliminates clumping and red cell flexibility is restored, along with oxygen carrying ability. Oxygenation of the tissues increases as the arterial partial pressure increases and viscosity decreases. Ozone also oxidizes the plaque in arteries, allowing the removal of the breakdown products, unclogging the blood vessels.**3. Stimulation of oxygen metabolism:**

Ozone causes an increase in the red blood cell glycolysis rate. This leads to the stimulation of 2,3-diphosphoglycerate (2,3-DPG) which leads to an increase in the amount of oxygen released to the tissues. Ozone activates the Krebs cycle by enhancing oxidative carboxylation of pyruvate, stimulating production of ATP. Ozone also causes an increase in the NADH reducing process and helps to oxidize cytochrome C. There is a stimulation of the production of the enzymes which act as free radical scavengers and cell wall protectors: glutathione peroxidase, glutathione reductase, catalase, and superoxide dismutase. Production of prostacyclin, a platelet aggregation inhibitor, and a vasodilator, is also induced by ozone.**4. Formation of peroxides:**

Ozone reacts with the unsaturated fatty acids of the lipid layer in cellular membranes, forming hydro peroxides. There is a synergistic effect with cellular-formed H2O2. Lipid peroxidation products include alkoxyl and peroxyl radicals, singlet oxygen, ozonides, carbonides, carbonyls, alkanes and alkenes.**5. Dissolution of malignant tumors:**

Ozone inhibits tumor metabolism. In addition, ozone oxidizes the outer lipid layer of malignant cells and destroys them through cell lysis (break-down). Phagocytes produce H2O2 and hydroxyl and ozone to kill bacteria and viruses. The generation of hydroxyl by killer cells is critical to their cytotoxic capability. Ozone stimulates conversion of arginine to citrulline, nitrite and nitrate by phagocytes, promoting their action on tumors. **6. Activation of the immune system:**

Ozone administered at a concentration of between 35 and 55 ug/cc causes the greatest increase in the production of interferon and the greatest output of tumor necrosis factor (TNF) and interleukin 2. The production of interleukin 2 launches an entire cascade of subsequent immunological reactions.



**Cause of aging reversed in mice: Human trials may start next year**

By [Grant Banks](http://www.gizmag.com/author/grant-banks/) *December 22, 2013*

**By restoring communication between a cell’s mitochondria** (shown here from a mammalian lung) **and nucleus**, researchers have **reversed aging** in mice

With the wide-ranging benefits of reducing disease and enabling a longer, healthier life, reversing the causes of aging is a major focus of much medical research. A joint project between the University of New South Wales (UNSW) in Australia and Harvard Medical School that restored communication within animal cells has the potential to do just that, and maybe more. With the researchers hoping to begin human clinical trials in 2014, some major medical breakthroughs could be just around the corner.

The researchers have managed to reverse the effects of aging in mice using an approach that **restores communication between a cell’s mitochondria and nuc**leus. Mitochondria are the power supply within the cell, using oxygen to generate the chemical energy required for key biological functions. When communication breaks down between mitochondria and the cell's control center, the nucleus, the effects of aging accelerate.

A team led by David Sinclair, a professor from UNSW Medicine who is based at Harvard Medical School, found that **by restoring this molecular communication, aging could not only be slowed, but could be reversed**. The technique has implications for treating cancer, type 2 diabetes, muscle wasting, inflammatory and mitochondrial diseases.

The study follows on from previous research showing that exercise and certain dietary habits, such as calorie restriction or the intake of resveratrol (found in red wine and nuts), slowed the breakdown of intra-cellular communication and therefore aging.

Responsible for this breakdown is **a decline of the enzyme NAD**. By increasing amounts of a compound used by the cell to produce NAD, Professor Sinclair found that he could quickly repair mitochondrial function.

“It was shocking how quickly it happened,” co-author Dr Nigel Turner, an ARC Future Fellow from UNSW’s Department of Pharmacology says. “If the compound is administered early enough in the aging process, in just a week, the muscles of the older mice were indistinguishable from the younger animals."

Looking for indicators of insulin resistance, inflammation and muscle wasting, the researchers found that the tissue of two-year-old mice given the NAD-producing compound for just one week resembled that of six-month-old mice. They said that this is comparable to **a 60-year-old human converting to a 20-year-old** in these specific areas.

They also found that young mice given the same compound became "supercharged" in certain aspects, suggesting that the technique could have benefits for young, healthy humans as well.

Another significant finding, with possible implications for cancer treatment, was the involvement of the chemical **HIF-1. This chemical is responsible for the disruption of communication within the cell and is naturally produced by the body when deprived of oxygen**. The activation of HIF-1 is thought responsible for causing cancer and the researchers have now found it also switches on during aging.

“It’s certainly significant to find **that a molecule that switches on in many cancers also switches on during aging**,” said Ana Gomes, a postdoctoral scientist in the Sinclair lab. “We're starting to see now that the physiology of cancer is in certain ways similar to the physiology of aging. Perhaps this can explain why the greatest risk of cancer is age.”

The researchers are now looking at the longer-term outcomes of the NAD-producing compound in mice and how it affects the mouse as a whole, including whether it will give the mice a longer, healthier life. The researchers hope to start clinical trials on humans late in 2014.

“There’s clearly much more work to be done here, but if those results stand, then aging may be a reversible condition, if it is caught early,” says Professor Sinclair.

The team's study is published in the journal [*Cell*](http://www.cell.com/abstract/S0092-8674%2813%2901521-3).

Source: [UNSW](http://newsroom.unsw.edu.au/news/health/cause-ageing-can-be-reversed), [Harvard Medical School](http://hms.harvard.edu/news/genetics/new-reversible-cause-aging-12-19-13)

A simplified outline of the redox metabolism shows how NAD+ and NADH link the citric acid cycle and oxidative phosphorylation.

In the human body, NAD is made from tryptophan and vitamin B3 (niacin).**VACCINATION OR OZONE**

It was the work of Louis Pasteur, Edward Jenner, Rudolph Virchow, Robert Koch, Paul Ehrlich and Emil von Behring that brought about the theory of wide-spread vaccination, based upon the idea of producing antibodies in the blood to ‘help out’ the body's immune system to identify and attack ‘invading germs’. Through the work of **Antoine Bechamp, William F. Koch, Royal Rife, Gunther Enderlein, Carl Edward Rosenow, Otto Warburg** and **Gaston Naessens**, the original assumptions underlying this theory regarding the body's immune system have now been shown to be erroneous.

The so-called ‘bad’ bacteria and viruses that modern medicine fights with its huge arsenal of pharmaceutical drugs are in reality **the germs of life**. These germs of life live in symbiosis with the nutritive medium that constitutes our body, allowing it to be built up and later decomposed, to be metamorphosed and recreated. These germs are pleiomorphic shape shifters who are controlled by the medium in which they live. Germs are not something separate, isolated, unfriendly and coming from without, but are rather the foundation for all life. Without germs, there is no life. Their number is infinite. Their function is varied. Germs can change shape, join together, separate again and return to their primordial condition. Viruses, bacteria and fungi are various developmental forms of germs. The nutritive medium on which the germs thrive determines the type of development they will undergo.

Early in this century, **Dr. Carl Edward Rosenow** of the Mayo Biological Laboratories began a series of experiments in which he took distinctive bacterial strains from a number of disease sources and placed them in one culture of uniform media. In time, the distinctive strains all changed and became one uniform class. By repeatedly changing cultures, he could individually modify bacterial strains,making harmless ones ‘pathogenic’, and in turn reverse the process. He concluded thatthe critical factor controlling the nature of the bacteria was the food and environment they lived on. These discoveries were first published in 1914 in the Journal of Infectious Diseases.

Rosenow's work was corroborated and expanded upon about two decades later by **Royal R. Rife**, inventor of the unique Universal Microscope, with a resolution of 150,000 power. This precision instrument made live bacteria and viruses visible. Rife showed that by altering the environment and food supply, friendly bacteria, such as colon bacillus, could be converted into the ‘pathogenic’ bacteria known as typhoid. Rife was able to observe that the viral agent associated with certain forms of cancer could in time be modified into harmless bacillus coli, and the process reversed. Rife stated that it was the unbalanced cell metabolism of the human body that in actuality produced the disease. He believed that if the human body was perfectly balanced, it was susceptible to no disease.

This work closely paralleled Alexis Carrel's earlier research at the Rockefeller Institute where he was able to control the rates and levels of infectious disease mortality among mice by altering the diet.

Researcher Rene Dubos reaffirmed these findings and suggested that virulence is an ecological problem: that is, a problem of the state of internal cleanliness.

It is known that children who cannot produce antibodies in their blood (agammaglobulinemia) nevertheless recover from diseases such as measles and still have long-term immunity. People with no antibodies have been found who are extremely resistant to diseases, while other people have developed diseases to which they already had high levels of antibodies.

Official U.S. military records show that highly vaccinated personnel manifest a mortality rate from diphtheria four times higher than of unvaccinated civilians.

It is now clear that the body needs no ‘help’ of the sort provided by vaccination; that antibodies in the blood stream are not required to protect the body; and that vaccination can cause immune suppression, permanent nervous system damage, and growth stunting. There is also strong evidence that vaccination can actually cause the diseases it was meant to prevent. This view has gained support from the writing of a report commissioned by the Canadian International Development Agency (CIDA) from **Dr. Raymond Obomsawin** in 1992.

In his detailed report, Dr. Obomsawin found that the idea of induced immunity was an illusion founded on:

1. **discredited scientific theories**
2. **the refusal to examine contrary data**
3. **the lack of proper follow up assessment of immunized children**
4. **poor statistical methods**

The positive impact of vaccination on public health has never, repeat **NEVER**, been substantiated in any unbiased study. Vaccinated people have repeatedly fallen ill to the disease they were supposedly vaccinated against, and epidemics are statistically MORE numerous in more widely vaccinated groups (studies in Gambia, Brazil and Taiwan).

Estimates by ‘experts’ on the degree and severity of adverse reactions have been woefully wrong, and serious damage and even fatalities have gone unreported, preventing a true assessment of the value of vaccination.

Repeatedly, statistics and reports have been manipulated in an attempt to show the effectiveness of vaccination. The best known case involves the famous Salk polio vaccine. This massive program is held up as a shining example of the effectiveness of vaccination, yet the statistical evidence shows that polio was on its natural cyclic downturn at the time of introduction of the vaccine in 1956. In one of the rare double blind tests ever done on a vaccine, the group receiving it had 200 cases of polio reported, while the control group had **none**. Polio disappeared in Europe in the mid-Fifties about the same time as in America, yet there was no program of mass-vaccination there.

Some scientists are now postulating that **full vaccination irreparably weakens the child's immune system**. These same scientists theorize that mass vaccination is responsible for the widespread escalation of auto-immune, degenerative and allergic conditions amongst those subjected to vaccination as children. A further disturbing trend is the increasing coercion placed upon parents to force them to have their children subjected to this massive invasion of their bodies. The weight of state sanctions against parents is unconscionable, especially when the true dangers of vaccination have now been laid bare in this report.

Now that we know that vaccination offers no protection against disease we are left with the question of what causes disease, how to prevent and how to treat it.

1. **The Cause of Disease**

The human body is 2/3 water. If toxins are allowed to build up in the system, the water gets ‘dirty’. If the blood pH varies up or down from 7.4, then the beneficial microbes that are necessary in the body begin to change their form, and disease results.

To maintain a clean system, it is necessary to have a proper diet, one that produces a blood pH that is neither too alkaline (bacteria problems) or too acid (cancer problems). And it is necessary to have sufficient oxygen in the system to allow cellular respiration to be efficient and allow complete oxidation, preventing the production of carbon monoxide which the body cannot easily expel.

Each cell burns sugar (carbohydrates) in oxygen to make its fuel ATP. The carbon-hydrogen bond is cleaved, and oxygen bonds with the hydrogen, forming water (H2O) and carbon dioxide (CO2). If there is insufficient oxygen available, carbon monoxide (CO) is formed instead, excessive lactic acid is formed and the blood is made more acid. If this oxygen deprivation (hypoxia) continues long enough, the cell will no longer be able to sustain the process of oxidation and it will be forced to ferment its sugar anerobically. This is the first critical step to the development of cancer.

Circulation of clean, oxygen-carrying blood is a basic requirement for optimum health, and this can be achieved by bringing ozone into the body. The least expensive way of doing that would be to live on a mountain far from the cities and breathe deeply -- the recipe for an Eastern master. Failing that, we can use an ozone generator to create ozone from pure oxygen and bring that into the body in any one of a dozen ways in order to oxidize toxins and oxygenate the cells. Ozone works at the basic level of all the important bodily functions – **respiration, digestion, assimilation, elimination and immunity**. And this is the answer to the question of what we substitute for the worthless and dangerous vaccination programs.

If people were to have reliable ozone generators in their homes, they could purify their water, their air and their bodies. If adequate nutrition and sanitation were maintained, diseases of all types could be prevented. The role of the hospital would be reduced to an extension of the emergency room for accident victims. The role of the pharmaceutical company with its noxious potions would disappear, and the level of general health would rise to new heights.

* **INFECTION THEORIES CONTRASTED**

###### PASTEUR GERM THEORY

1. Disease arises from micro-organisms originating outside the body.
2. Micro-organisms should be guarded against and destroyed to prevent disease.
3. The appearance and function of specific micro-organisms is constant.
4. Every disease is associated with a particular micro-organism.
5. Micro-organisms are primary causal agents.
6. Disease is inevitable and can ‘strike’ anyone at any time.
7. To prevent and cure diseases, it is necessary to ‘build defenses’ and to destroy pathogens.

###### BECHAMP TOXICITY THEORY

1. The susceptibility to disease arises from conditions within the body.
2. Micro-organisms are beneficial and life-sustaining if the body is kept clean of toxins
3. The appearance and function of specific micro-organisms changes when the host organism is injured, either mechanically, biochemically, or emotionally.
4. Every disease is associated with a particular condition of toxic buildup.
5. Micro-organisms become associated with disease only when the cells become toxified.
6. Disease arises from conditions of increased toxicity.
7. Preventing or curing disease consists of cleaning toxicity harmlessly.

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1. **FLAX OIL AND OXYGEN THERAPIES**

The concept of increasing blood levels of oxygen by ozone and Homozon and hydrogen peroxide has great merit. However, getting an increase of oxygen does not guarantee an increase of oxygen on the cellular level where it is needed most for cancer treatments and other disorders.

An increase in cellular utilization oxygen can be achieved byincreasing dietary Omega-3 oils. Flax oil is nature's richest source of Omega-3 oil containing nearly 60%. These Omega-3 oils are incorporated into each cell membrane as a building block. There they play the important role of attracting oxygen out of the blood to be utilized by the cell. This effect is a polar electrical attraction. It is the same reason flax oil is used in fast-drying paints because it attracts oxygen.

Two to three teaspoons of flax oil each day will meet your daily needs. Flax oil naturally contains the free radical scavengers vitamin E and beta carotene which are important factors in any healing process.

The kidneys run on Omega 3 fatty acids. If they do not get them, they over-secrete renin, which stimulates production of angiotensin, which causes the arteries to narrow, and thus pushes up blood pressure. So, the best therapy for high blood pressure is to take flax oil.

Flax oil also benefits the cardiovascular system, skin problems and inflammatory conditions such as arthritis, colitis, and even congestive heart failure. Flax oil is a wonderful food but should never be cooked. It can be put on potatoes, vegetables and soups in place of butter or on salads as a dressing.

One must avoid margarine, hydrogenated fats, refined oils and heated oils as these contain harmful trans-fats which interfere with Omega-3 absorption and oxygen utilization.

The famous Budwig anti-cancer diet has as its cornerstone daily servings of flax oil and low fat cottage cheese. Soft-boiled or raw eggs are good substitutes for cottage cheese, also providing sulphur bound to protein.

 As people age, their liver’s ability to convert the essential fatty acids in flax oil to EPA and DHA declines. Therefore, for people past the age of fifty, krill oil is a better choice, because no conversion is necessary. People with a shellfish allergy cannot take krill oil, unfortunately.

**Ozone Benefits for Athletes**

1. Increases tissue oxygenation
2. Increases production of ATP, resulting in more energy and faster recovery
3. Delays the onset of anerobic fermentation of sugar in the cell, reducing lactic acid buildup
4. Oxidizes lactic acid, helping prevent sore muscles
5. Reduces swelling, bruising, and pain from injuries and speeds healing
6. Prevents and treats colds and flu and builds up immunity
7. Eliminates need for antibiotics, protecting intestinal flora
8. Increases hormone production to optimum levels, eliminating need for artificial steroids
9. Prevention of cancer

**Preventive Benefits of Regular Ozone Usage**

Ozone, if used on a daily basis, will prevent:

* Cancer
* Atherosclerosis (caused by chlamydia bacteria)
* Arteriosclerosis (vein hardening)
* Shingles (caused by herpes zoster)
* Ulcers (caused by h. pylori bacteria)
* Alzheimer’s (caused by deposition of aluminum in the brain)
* Parkinson’s (caused by deposition of manganese in the brain)
* Candidiasis (caused by escape of candida albicans from the intestine)
* STDs (such as gonorrhea, syphilis and chlamydia)
* MRSA (staph, untreatable by antibiotics)
* Necrotizing fasciitis (caused by strep, untreatable by antibiotics)
* Mercury buildup in the tissues
* Poor blood circulation
* Diabetes
* Retinitis pigmentosa
* Macular degeneration
* Heart attack
* Stroke
* Aneurysm
* Rouleaux formation
* Opportunistic bacterial infections, such as Lyme disease
* Opportunistic viral infections, such as hepatitis
* Premature aging
* **Supplementation**

 Many people ask what type of supplements they should take while doing ozone therapy. Formerly, German doctors, such as Dr. Kief, used to recommend Vitamin A and Vitamin E as worthwhile supplements.

 It has been my experience that the most important supplements are essential fatty acids, because ozone reacts with lipids (fats). The best ones are found in flax oil and krill oil. Krill oil is especially recommended for people over 50, because it can be assimilated without processing in the liver, as its forms of EPA and DHA are identical to the body’s needs.

 In addition to the EFAs, the whole B complex is of vital importance as well, and most people are short of Bs. For people over age 50, sublingual B12 methylcobalamin is recommended.

**FREE RADICALS**

Recently, there has been wide dissemination of information about the purported dangers of free radicals, which are being blamed for all the ills that mankind is subject to, from aging to heart attacks to cancer.

Free radicals are atoms with unpaired electrons, a natural occurrence in biochemical reactions. There could be no chemical reactions and thus no life without free radicals. The properties of free radicals vary widely. Some are toxic to all living cells, others only to the most vulnerable cells. Singlet oxygen, **O1** is a highly reactive, beneficial free radical that acts as a scavenger of other harmful free radicals. The oxygen combines with some of them to render them harmless, thereby protecting cells from damage.

Healthy cells produce enzymes that protect them from oxidation. These enzymes are glutathione peroxidase, super-oxide dismutase, catalase, and reductase. Bacteria and viruses have no such enzyme protection and are therefore oxidized. By this elegant mechanism, ozone distinguishes between friends and foes and attacks only toxins, pathogens, and cells that have been damaged, weakened and infected.

The anti-oxidant products are gaining in popularity as nutritional supplements due to vigorous promotion. They are really free radical scavengers and enzyme enhancers. They have been shown to help protect marginally healthy cells from free radical damage. Superoxide dismutase in particular has helped reduce a variety of disorders; normally it is among the body's most plentiful enzymes. But, prolonged use of supplementary enzymes could tend to atrophy the body’s ability to make these enzymes. In any case, it does not address the cause of the problem: **oxygen starvation** at the cellular level, which causes the cells to be too weak to make the enzymes that protect them; and **toxins** which prevent the free radical scavenging enzymes from doing their job.

The psychological consequence of attempting to convince people that their bodies are under constant attack is detrimental to good health. The limbic system, or midbrain, controls both the emotions and the immune system. We must never engender fear with terrorism regarding health, as is so often done by the media with their periodic waves of ‘carcinogen panic’ and ‘free radical scares’. As Dr. Warburg stated clearly in 1966, this approach is detrimental to public health.

Medical ozone is completely safe and non-toxic to humans when generated by proper non-contaminating equipment and administered with proper protocols. As Prof. Halliwell has written, there has never been any published proof that ozone causes free radical damage to the body. It has been shown to be completely safe even when a dosage many times greater than the proposed human dosage is administered.

Ozone therapy may produce temporary discomfort (as when it induces the desirable healing crisis), but never permanent harm. 125 years of usage on millions of people have proven this.

**Doubt Cast on Free Radical Theory**

BBC News; Thursday, 26 February, 2004

Scientists have questioned a widely accepted theory for a cause of diseases such as cancer and arthritis. Many experts believe that molecules called free radicals, produced when the body fights infection, inflict damage on the body's tissues. Drugs have been developed to mop up these excess amounts of the molecules, and thus prevent damage and disease.

But research by University College London, published in Nature, suggests the theory may be incorrect. The researchers say their findings may have profound implications for the way conditions linked to free radicals are treated.

The theory holds that the molecules are capable of such widespread tissue damage that they may be a contributory factor in a wide range of disease. These include not only cancer and arthritis, but also damage to the blood vessels that can cause heart disease.

As a result the pharmaceutical industry has, since the 1970s, sought to develop **antioxidant drugs** that can either stop the production of free radicals, or mop them up once they have been created to prevent them causing tissue damage. Many vitamins, notably vitamin E and C, as well as other natural substances are regarded as healthy because they attack free radicals.

However, the UCL team say their **research disproves the evidence on which the theory was first based.** Researcher Dr. Tony Segal said: "White blood cells produce oxygen free radicals, and the process by which they do so is essential for the efficient killing of microbes. This fact has led to **the presumption that the oxygen free radicals themselves are highly toxic, and that if they can kill organisms as tough as bacteria and fungi they can also damage human tissues**. However, our work shows that **the basic theory underlying the toxicity of oxygen radicals is flawed. People in whom this process [of producing oxygen free radicals] is defective are prone to severe, chronic and often fatal infections**. "

The researchers discovered that it is not free radicals that give white blood cells their destructive power, but enzymes which effectively digest foreign invaders. They discovered that production of these enzymes is triggered by the flow of the mineral potassium within the cell. When this flow was blocked, using a chemical derived from scorpion venom, the cells were unable to kill off foreign invaders.

This, they postulate, shows that **free radicals are by no means the toxic particles that had been assumed.** "All the theories relating to the causation of disease by oxygen free radicals, and the therapeutic value of antioxidants must, at the very least, be re-evaluated", said Dr. Segal.

# Free Radical Theory of Aging Incorrect

May 8, 2014

What is the secret to anti-aging? It’s a question that people all over the world for thousands of years have been trying to figure out. To followers of Denham Harman, the culprit is free radicals, which our bodies produce. Not only can they incite aging, but they can also lead to heart attacks, stroke, and cancers — or so it was previously believed.

Now further information and a number of studies have substantial evidence opposing these theories. In a study published in Cell, researchers at McGill University in Canada have discovered that **free radicals** — by way of the mechanical makeup — **tell cells when it’s time to kill themselves**. They used roundworms to show how free radicals will promote longevity.

"People believe that free radicals are damaging and cause aging, but the so-called 'free radical theory of aging' is incorrect," says Siegfried Hekimi, a professor in McGill's Department of Biology and senior author of the study. "We have turned this theory on its head by proving that **free radical production increases during aging because free radicals actually combat – not cause – aging**. In fact, in our model organism we can elevate free radical generation and thus **induce a substantially longer life**."

This new research is important because it is "showing the actual molecular mechanisms by which **free radicals can have a pro-longevity effect** provides strong new evidence of their beneficial effects as signaling molecules," Hekimi said. "It also means that apoptosis signaling [physiological process for killing cells] can be used to stimulate mechanisms that **slow down aging**."

Hekimi also says that since apoptosis signaling has already been studied in great depth on people because of its links to cancer and immunity, there are also a number of pharmacological tools that scientists can use to manipulate apoptosis. He also says that pro-longevity apoptotic signaling could open doors for more research on neurodegenerative diseases.

In the brain, the apoptotic signaling might be particularly tilted toward increasing the stress resistance of damaged cells rather than killing them, he continued to explain.  That's because it is harder to replace dead neurons than other kinds of cells, partly because of the complexity of the connections between neuron signaling.

 Source: Yee C, Yang W, Hekimi S. The Intrinsic Apoptosis Pathway Mediates the Pro-Longevity Response to Mitochondrial ROS in C. elegans. Cell. 2014.

**Ozone Produced By Antibodies During Bacterial Killing**

Scripps Research Institute
Date: November 11, 2002

Professor Richard A. Lerner, M.D., Associate Professor Paul Wentworth, Jr., Ph.D., and a team of investigators at The Scripps Research Institute (TSRI) is reporting that antibodies can destroy bacteria, playing a hitherto unknown role in immune protection. Furthermore, the team found that when antibodies do this, they appear to produce the reactive gas ozone.

"Ozone has never been considered a part of biology before," says Lerner, who is Lita Annenberg Hazen Professor of Immunochemistry and holds the Cecil H. and Ida M. Green Chair in Chemistry at TSRI. The report will appear in an upcoming issue of the journal Science.

The ozone may be part of a previously unrecognized killing mechanism that would enhance the defensive role of antibodies, allowing them to participate directly. Previously, antibodies were believed only to signal an immune response.

Also called immunoglobulins, antibodies are secreted proteins produced by immune cells that are designed to recognize a wide range of foreign pathogens. After a bacterium, virus, or other pathogen enters the bloodstream, antibodies target antigens – proteins, fat molecules, and other pieces of the pathogen –

specific to that foreign invader. These antibodies then alert the immune system to the presence of the invaders and attract lethal "effector" immune cells to the site of infection.

For the last hundred years, immunologists have firmly held that the role of antibodies was solely to recognize pathogens and signal the immune system to make an immune response. The conventional wisdom was that the dirty work of killing the pathogens was to be left to other parts of the immune system.

Now, Lerner, Wentworth and their colleagues have demonstrated that antibodies also have the ability to kill bacteria. This suggests that rather than simply recognizing foreign antigens and then activating other parts of the immune system to the site of infection, the antibodies may further enhance the immune response by directly killing some of the bacteria themselves.

Antibodies do this by producing the oxidant hydrogen peroxide. Hydrogen peroxide is lethal to bacterial cells because it pokes holes in their cell walls (cell lysis), bursting the cells and killing them.

In the Science paper, the TSRI team reports the effective killing of E. coli bacteria through hydrogen peroxide production by antibodies specific for that bacteria.

Certainly the most surprising result that Lerner, Wentworth, and their colleagues found was that **antibodies also make ozone**, which they detected through its chemical signature. No other known molecule has the same chemical signature. Never before has ozone been detected in biology.

All antibodies have the ability to produce hydrogen peroxide, but they need to first have available a molecule known as "singlet" oxygen – a highly reactive oxygen species – to use as a substrate.

Singlet oxygen is an electronically excited form of oxygen that forms spontaneously during normal metabolic processes or when oxygen is subjected to ultraviolet light. "Phagocytic" innate immune cells, like neutrophils, also produce singlet oxygen and are the most likely source of the substrate for antibodies, since during an immune response, antibodies will recruit neutrophils and other immune cells to the site of an infection.

Once there, **the neutrophils will destroy bacteria and other pathogens by blasting them with singlet oxygen** and other oxidative molecules. The antibodies reduce singlet oxygen by combining it with water to produce hydrogen peroxide, and produce ozone as well.

**New findings support Warburg theory of cancer**

January 12th, 2009 in Medicine & Health / Research

Seventy-eight years after Warburg received science's highest honor, researchers from Boston College and Washington University School of Medicine report new evidence in support of the original Warburg Theory of Cancer. Warburg first proposed in 1924 that the prime cause of cancer was injury to a cell caused by impairment to a cell's power plant - or energy metabolism - found in its mitochondria, the cause of which was **hypoxia.**

In contrast to healthy cells, which generate energy by the oxidative breakdown of a simple acid within the mitochondria, tumors and cancer cells generate energy through the non-oxidative breakdown of glucose, a process called glycolysis. Indeed, **glycolysis is the biochemical hallmark of all types of cancers**. Because of this difference between healthy cells and cancer cells, Warburg stated cancer should be interpreted as a type of **mitochondrial disease**.

In the years that followed, Warburg's theory inspired controversy and debate as researchers thought they found that genetic mutations within cells caused malignant transformation and uncontrolled cell growth. Many researchers argued Warburg's findings really identified the effects, and not the causes, of cancer since no mitochondrial defects could be found that were consistently associated with malignant transformation in cancers.

Boston College biologists and colleagues at Washington University School of Medicine found new evidence to support Warburg's theory by examining mitochondrial lipids in a diverse group of mouse brain tumors, specifically a complex lipid known as cardiolipin (CL). They reported their findings in the December edition of the *Journal of Lipid Research*.

Abnormalities in cardiolipin can impair mitochondrial function and energy production. Boston College doctoral student Michael Kiebish and Professors Thomas N. Seyfried and Jeffrey Chuang compared the cardiolipin content in normal mouse brain mitochondria with CL content in several types of brain tumors taken from mice. **Major abnormalities in cardiolipin content and composition were present in all types of tumors and closely associated with significant reductions in energy-generating activities.**

The paper, "Cardiolipin and Electron Transport Chain Abnormalities in Mouse Brain Tumor Mitochondria: Lipidomic Evidence Supporting the Warburg Theory of Cancer," can be viewed at: http://www.jlr.org/cgi/content/full/49/12/2545

Source: Boston College

**Immunology, An introduction** - Second Edition.

Lan R. Tizard. Saunders Publishing.

"Respiratory Burst"

“Of more importance in protecting animals are the neutrophil’s oxidative bactericidal mechanisms."

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**Immunological Diseases** - 4th Edition Max Sampler, M. D.; Little, Brown & Co.

"Oxygen is required for optimal microbicidal activity of phagocytes."

"The superoxide system is toxic to many micro organisms including: bacteria, fungi, viruses, mycoplasma, Chlamydia, leishmania, trypansoma, schistosoma, and can inactivate soluble mediators and chemo-attractants (cytokines and interleukins). The peroxidase system can stimulate certain cells to release serotonin and prostaglandins. Thus the system has a physiological role as well as a microbicidal role."

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**New England Journal of Medicine** Vol. 298-#12

"Oxygen Dependent Microbial Killing by Phagocytes."

“The respiratory burst describes a metabolic pathway whose function is to produce a group of highly reactive microbicidal agents by the partial reduction of oxygen. The purpose of the respiratory burst is to provide a battery of oxidizing agents that can be used by the phagocytes for the destruction of microorganisms.”

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# OZONE TO OXYGEN REACTIONS

By Gary Wade, Physicist (3/29/13)

When ozone (O3) decays, it breaks apart into an oxygen molecule (O2) and a singlet oxygen atom (O1). Both the singlet oxygen atom and the oxygen molecule are chemically reactive. However, the O2 oxygen is much less reactive then the O1 singlet oxygen atom.

# There are two different infrared wavelengths of light emitted in transition to the ground state of O2 oxygen. They are 762 nm and 1269 nm respectively. These wavelengths of infrared light are at the top of the infrared light band just below the visible range of light band. These two near infrared light wavelengths penetrate fairly well into the human body, and are a significant means of healing the body of viruses and bacteria.

#  FREE RADICALS AND THE WHOLENESS OF THE ORGANISM

By Roger Taylor PhD

 “Today we know a great deal about the living world: the myriad beautiful forms of animals and plants, and how they behave and interact with each other. On the other hand, by taking them apart, we also have a compendium of knowledge on anatomy, physiology and biochemistry - now including even sequences of their genes. But between these two is a huge gap. **We lack knowledge of the basic essence of life**.

What is it that distinguishes the living state of matter from the non-living state? Big changes have been under way for at least the last sixty years. They began with the publication in 1944 of Erwin Schrodinger’s seminal little book: “What is Life?”. He was among the first to suggest that the unique properties of life could only be approached through quantum physics. Although it has yet to be much recognized by mainstream biology, we now have a firm foundation for a real holistic biophysics. This is already putting holistic medicine on a scientific basis, and will surely give us many new insights – extending even into ecology and our relationship with the living world.

**Free radicals**

**A free radical is any atom or molecule which has one of its valences unsatisfied**. This leaves it with **an unpaired electron** in its outer shell. In trying to get a partner for the lone electron, free radicals react avidly with any neighbouring molecules, and so can theoretically do damage. According to much contemporary health literature therefore, free radicals are bad news, being seen as the cause of many diseases, and even as the major cause of aging. While test-tube experiments show that they can indeed damage biological molecules, there is now, as we shall see, considerable evidence in support of **a role for free radicals in the very basis of life**.

 The case for this has been powerfully argued by Professor Vladimir Voeikov, who is Professor of Biology at Lomonosov Moscow State University. He stems from a long and distinguished tradition of biology in Russia which has been largely ignored in the West. Some of the most convincing evidence comes from his own recent experimental work. What I write here is based on his publications – and especially from an article entitled “Reactive Oxygen Species, Water, Photons and Life”. In the broad sweep of this illuminating article, he gives us a new conception of how **molecules co-operate holistically to make a living being**; and even a new and credible schema for the origin of life. We can see how free radicals are a key to understanding the central (but rarely acknowledged) mystery of biochemistry: how all the multitudinous chemical reactions are integrated into a unitary living being.

 All biochemical processes are transactions of energy. So first we must remember that energy comes packaged as a precisely-defined unit called a *quantum*. The energy-content (or “size”) of a quantum is measured in **electron volts**, and **depends on the frequency**: thus a quantum of light is bigger than one of infrared or microwave. A molecule which absorbs a quantum stores the energy as some kind of higher-energy state. A light quantum has sufficient energy to push an electron out of its stable orbital into a higher energy orbital. The molecule is then said to be in an *electron-excited state (EES).* But this higher energy state is unstable and, after a while, the energy is released again as a quantum of the appropriate frequency. So in the case of EES the electron jumps back again to its stable orbital, and a quantum of light energy is released. This quantum can then either be directly transferred to another molecule (where it may contribute to a chemical reaction) or it can be emitted as a photon. In turn this photon can either be absorbed by another molecule, or lost as heat.

 Most biochemical reactions, as studied in the test-tube, involve transactions of an **infrared quantum** rather than visible light. This is one reason why the importance of light in the living being is still not generally recognized in the West. It is a different story in Russia, where they have benefited from the work of Alexander Gurvich – a scientist who will come in due course to be counted as one of the world’s great names in biology. As far back as the 1920’s, he discovered that dividing cells produce a very weak infrared light radiation (now termed *biophotons*) which could stimulate mitosis in resting cells. Even back then it was clear to Gurvich that this light constituted an information-bearing signal. This finding lent support to his field theories of biological organization.

 Since then, scientists from many countries have contributed to the development of what may be called “quantum biology”. All this work is pointing to the conclusion that **a living being is unified by a single quantum wave-function** in the same way that an atom or molecule is. (For further reading see Mae-Wan Ho’s excellent book “The Rainbow and the Worm”). In this conception **infrared light plays a central role**; and excited electrons, rather than being confined to single atoms or molecules, are understood to be *de-localized* and shared over large molecular ensembles, and even to the whole organism. Moreover, as the EES decay they are continually re-generated. **Thus an organism normally stores a lot of infrared light.**

 How is this light generated? **It is here that free radicals come onto the scene**. Professor Voeikov makes the critical point that none of the usual biochemical reactions is of sufficient energy to generate light. **This can only be done by the reactions of energetic free radicals**.

All the radicals of biological significance are derived from **oxygen**. Principal among these are the superoxide anion radical **O2**— and the hydroxyl radical **HO**—. In addition there is an electronic re-arrangement of molecular oxygen called singlet oxygen 1**O2**. While not a radical, this has a high reactivity, greater than superoxide anion, but less than hydroxyl. Together, all these are termed ***Reactive Oxygen Species*** *(ROS)*. Also important are certain molecules which can easily break down to become ROS – notably hydrogen peroxide **H2O2** and ozone **O3**.

All these are generated by a variety of enzymatic and non-enzymatic mechanisms which were initially thought to be confined to cells of the immune system – especially neutrophil leucocytes. For this reason, the only function for free radicals was thought to be to kill microbes. However, these mechanisms (and there is a growing list of them) were later found to be **everywhere throughout the body**.

**The body produces large quantities of ROS all the time** - indeed it is a fact that some ten to twenty percent of all the oxygen we breathe enters this pathway. Along with this, some other facts should be taken into account. The human brain uses some 20% of the oxygen we take in, and yet it has relatively few mitochondria. Since mitochondria are well-known to be the sites where oxygen is used to generate the energy molecule ATP at the end of the Krebs cycle, **most of the oxygen used by the brain must represent a different type of metabolic pathway**.

Of further interest are observations by Erwin Bauer - another outstanding Russian biologist - in 1935. He collected data for the total oxygen consumption during its whole life of each of a great range of animal species, divided by its mean body weight. This index, called by him the “Rubner Constant”, increases by several thousand-fold in a sequence starting with the primitive coelenterates and ending with the primates. It stands, in fact, as the only known quantitative parameter which defines higher life forms. Note especially that for Homo sapiens this parameter is at least ten times higher than for other primates. This finding might suggest that as **more highly-developed organisms** must have more complex control systems, they will **need to store more light in their bodies**. And for this they will need **more oxygen to generate the necessary ROS which generate the infrared photons.**

**Why don’t ROS do more damage?**

 The facts just stated are **completely opposite** to the current prevailing view that free radicals are merely noxious errors of metabolism. That they are produced in such quantities can only mean that they have an important function. And, although free radicals can **in principle** do damage, there are several means by which it is **almost completely avoided** *in vivo*. One is that **the radicals are produced exactly where and when they are needed, and are used immediately**, so that the concentration in the body at any one time is extremely small. And then there is the fact that **radicals can neutralize each other, and so any unused ROS react preferentially with each other rather than damaging biological macromolecules**. Finally, a back-up defence is provided by various anti-oxidants such as vitamins C and E, and the cellular enzyme defenses of superoxide dismutase, catalase, reductase and glutathione peroxidase.

**An organism is unified by its infrared photon field**

To begin to understand the main function of ROS we must again emphasize the mysterious perfection of biological organization - even of a single cell. The characteristic wholeness of an organism must have been present from the beginning; that is, long before the molecular signals, such as hormones and neurotransmitters, were developed. Such wholeness could not have been achieved by molecular signals alone because these require time to diffuse towards their receptors. Instead it would seem to require an underlying network of essentially **instantaneous communication**. This is what is now coming to be understood as a field of de-localized electrons excited by light energy – now often termed **a *photon field***. Furthermore, as maintained by Mae-Wan Ho, for all life’s processes to hang together, they must also cohere into **a single complex rhythmic order,** in which the fastest rhythms (and these are very fast: resonant energy transfer between molecules taking about 10-14sec) are nested into progressively slower ones, such as brain waves, heartbeats and hormonal cycles, ultimately to the slowest: the life cycle. Indeed rhythmic oscillations are a hallmark of biological organization, since they indicate coordinated behaviour amongst molecules which, in isolation from each other, would behave randomly.

It turns out that **sustained oscillations**, indicating self-organization, have been **found in a number of processes involving ROS**. Studying the output of biophotons from isolated blood, Voiekov and his colleagues have found first that this increases greatly on stimulation of ROS production with zymosan. Most remarkable was the emergence, under certain conditions, of well-marked oscillations. The regulatory role of these biophotons became obvious from the effects of reflecting them back into the blood: a low basic output was increased by back-reflection; high output was reduced. Even in some non-living materials, for example solutions of methyl glyoxal and glycine, there was both generation of ROS and release of biophotons. In such systems too, oscillations were seen to develop.

In the living organism, the light released forms only a small portion of the total light energy produced; most of it is taken up by other molecules where it serves a control function, to trigger or modulate biochemical reactions. **The rhythmic release of this energy at the 762 nm wavelength** **is consistent with their role as pacemakers of metabolic processes**. Indeed Voeikov suggests that **modulations of frequency** rather than amplitude may be the most important informative factor for **cellular regulation**.

All these complex temporal patterns (which Mae-Wan Ho likens to a symphony) are also precisely localized in space. Perhaps it could be imagined as a non-material framework of three-dimensional music, to whose tune the material constituents of life rhythmically dance.

**New ideas on the origin of life**

 The finding that ROS and biophotons can so easily be produced in simple aqueous solutions has led Voeikov to propose a revolutionary alternative to the most commonly accepted understanding of the origin of life. He draws on recent evidence for dissociation of water under very mild conditions, merely by procedures such as mechanical agitation, illumination and freeze-thawing. The products of such dissociation include hydrogen peroxide and the free radicals **H—** and **HO—** derived from non-ionic dissociation of water**.** These radicals may then react with nitrogen and carbon dioxide to produce amino acids and other complex organic molecules. Moreover in the presence of simple catalysts such as iron oxide, hydrogen peroxide breaks down to release oxygen. In this way it becomes plausible to consider a scenario where **oxygen began to appear from the beginning, as soon as water appeared on earth.** Even at this time, ROS and EES would also begin to appear. These would soon self-organize, and develop structures of characteristic dynamic stability which could begin to deserve the name Life.

As Professor Voeikov writes in his introduction, we are approaching a major turning point in biology where it lets go of its current basis in 19th century physics and chemistry and gains its own proper theoretical foundation.

I hope this article will stimulate interest in such ideas, and also, by providing a wider explanation for the activated oxygen therapies, enhance their general acceptance in medicine.”

[**Biophotons: The Human Body Is Made from Light**](http://www.realfarmacy.com/biophotons-the-human-body-emits-communicates-with-and-is-made-from-light/)

Our earthly existence is partially formed from sunlight and requires the continual consumption of condensed sunlight in the form of food, so it may not sound so farfetched to find out **that our body emits light at 762 nm.**

Indeed, the human body emits biophotons, also known as ultraweak photon emissions (UPE), with a visibility 1,000 times lower than the sensitivity of our naked eye. While not visible to us, these particles of light are part of the near infrared electromagnetic spectrum and are detectable via sophisticated modern instrumentation.

Technically speaking a biophoton is a quantum of light of non-thermal origin emitted from a biological system.  They are generally believed to be produced as a result of energy metabolism within our cells, or more formally as “…a by-product of biochemical reactions in which excited molecules are produced from bioenergetic processes that involves **active oxygen species.**”

The **eye** itself, which is continually exposed to ambient powerful photons that pass through various ocular tissues, also **emits photons itself**.

These light emissions have also been correlated with **cerebral energy metabolism** **within the brain**. There is an emerging view that biophotons are not solely cellular metabolic by-products, but rather, the mind seems able to access this energy gradient to create biophysical pictures during visual perception and imagery.

Apparently biophotons are used by the cells of many living organisms to communicate, which facilitates energy/information transfer that is several orders of magnitude faster than chemical diffusion. Even when we go down to the molecular level of our genome, DNA can be identified to be a source of biophoton emissions as well. One author proposes that DNA is so biophoton dependent that is has properties similar to excimer lasers.

Because the metabolism of the body changes on a 24 hour cycle, biophoton emissions also vary during the day.  Research has mapped out distinct anatomical locations within the body where biophoton emissions are stronger and weaker, depending on the time of the day. The researchers concluded that “The spectral data suggest that measurements might well provide quantitative data on the individual pattern of peroxidative processes in vivo.”

Research has also indicated that our skin can receive photons from sunlight and use it internally to increase the amount of light being transmitted between cells.

And apparently intent, or mental concentration can increase the amount of biophotons emitted, especially from the hands. Cases of spontaneous cures or of remote healing of extremely ill patients represent instances of greatly focused intent to control disease processes. The intention to heal of the sick person also has a strong effect on the efficacy of these healing influences. Studies on thought and consciousness are showing that these are emerging as fundamental aspects and not merely peripheral phenomena that are rapidly leading to a profound change in the paradigms of biology and medicine.

**Studies Show Antioxidants Harmful**

* Paul Offit, July 19 2013

Antioxidation vs. oxidation has been billed as a contest between good and evil. The battle takes place in cellular organelles called mitochondria, where the body converts food to energy, a process that requires oxygen in the last stage. One consequence of oxidation is the generation of electron scavengers called free radicals. Free radicals are said to damage DNA, cell membranes, and the lining of arteries; they've been linked to aging, cancer, and heart disease. To neutralize free radicals, the body makes its own antioxidants. Antioxidants can also be found in fruits and vegetables -- specifically, selenium, beta-carotene, and vitamins A, C, and E. Studies have shown that people who eat more fruits and vegetables have a lower incidence of cancer and heart disease and live longer. The logic seemed obvious: if fruits and vegetables contain antioxidants – and people who eat lots of fruits and vegetables are healthier – then people who take supplemental antioxidants should also be healthier.

**In fact, they're less healthy.**

Charles Moertel, of the Mayo Clinic, evaluated 150 cancer victims in 1975: half received ten grams of vitamin C a day and half didn't. The vitamin C-treated group showed no difference in symptoms or mortality. Moertel concluded, "We were unable to show a therapeutic benefit of high-dose vitamin C." Following a second study with patients who had not received chemotherapy, the results were the same. Moertel concluded, "Among patients with measurable disease, none had objective improvement. It can be concluded that high-dose vitamin C therapy is not effective against advanced malignant disease regardless of whether the patient had received any prior chemotherapy."

In 1994, the National Cancer Institute, in collaboration with Finland's National Public Health Institute, studied 29,000 Finnish men, all long-term smokers more than fifty years old. This group was chosen because they were at high risk for cancer and heart disease. Subjects were given vitamin E, beta-carotene, both, or neither. The results were clear: **those taking antioxidant vitamins and supplements were *more* likely to die from lung cancer or heart disease** than those who didn't take them -- the opposite of what researchers had anticipated.

In 1996, investigators from the Fred Hutchinson Cancer Research Center, in Seattle, studied 18,000 people who, because they had been exposed to asbestos, were at increased risk of lung cancer. Again, subjects received vitamin A, beta-carotene, both, or neither. Investigators ended the study abruptly when they realized that **those who took antioxidant vitamins and antioxidant supplements were dying from cancer and heart disease at rates 28 and 17 percent higher,** respectively, than those who didn't.

In 2004, researchers from the University of Copenhagen reviewed fourteen randomized trials involving more than 170,000 people who took vitamins A, C, E, and beta-carotene to see whether antioxidants could prevent intestinal cancers. Again, **antioxidants didn't live up to the hype.** The authors concluded, "We could not find evidence that antioxidant supplements can prevent gastrointestinal cancers; on the contrary, ***they seem to* *increase overall mortality***." When these same researchers evaluated the seven best studies, they found that death rates were 6 percent higher in those taking antioxidant vitamins.

In 2005, researchers from Johns Hopkins School of Medicine evaluated nineteen studies involving more than 136,000people and found **an increased risk of death associated with supplemental vitamin E.** Dr. Benjamin Caballero, director of the Center for Human Nutrition at the Johns Hopkins Bloomberg School of Public Health, said, "This reaffirms what others have said. The evidence for supplementing with vitamin E is just not there."

In 2005, a study published in the *Journal of the American Medical Association* evaluated more than 9,000 people who took high-dose vitamin E to prevent cancer; **those who took vitamin E were *more* likely to develop heart failure than those who didn't**.

In 2008, a review of all existing studies involving more than 230,000 people who did or did not receive supplemental antioxidants found **that the antioxidant vitamins increased the risk of cancer and heart disease.**

On October 12, 2011, researchers from the Cleveland Clinic published the results of a study of 36,000 men who took vitamin E, selenium, both, or neither. They found that **those receiving vitamin E had a 17 percent greater risk of prostate cancer**.

How could this be? Given the assumption that free radicals damage cells -- and given that people who eat diets rich in substances that neutralize free radicals are healthier -- why did studies of supplemental antioxidants show they were harmful? The most likely explanation is that **free radicals aren't as evil as advertised. People need free radicals to kill bacteria and eliminate new cancer cells**. But when people take large doses of antioxidants, **the balance between free radical production and destruction might tip too much in one direction**, causing an unnatural state in which **the immune system is less able to kill harmful invaders.** Whatever the reason, the data are clear: **high doses of antioxidant vitamins and antioxidant supplements increase the risk of heart disease and cancer**.

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**The Dangers of Antioxidants**

“Antioxidants from supplements, food sources and the environment have a cumulative effect of dangerously lowering protective pro-oxidant levels, which "allows" for disease manifestation and coexistence of diseases. **Today's marketing of antioxidants is all about sales and has nothing to do with science-based evidence**. Scientific data has shown for years that the antioxidant vitamins can increase the risk of cancer, heart disease, stroke and overall mortality. Yet, this information is ignored or denied by those "pushing" these potentially harmful products. **None of the synthetic antioxidants work in the same manner as those contained in the biochemical matrix of fruits and vegetables of a nutritious diet**. Today's antioxidants should be treated as medicines, not just because of their claims, but because of their **proven adverse effects on the human body**. I present over 250 scientific studies showing the negligible or non-existent effects of the antioxidants and of these, **80 studies highlight their wide ranging harmful effects. This is the largest collection of its kind in the world's medical literature**. The hype of the antioxidants was based on the **invalidated and outdated free radical theory, which lacks predictability and fails to meet the requirements of the scientific method.**

“As was pointed out in an article entitled, ‘Antioxidants Not Heaven Sent’, by Stefan Andrei Anghel in the Harvard Science Review, Spring 2010, "It may come as a surprise that the current scientific consensus is that there is no health benefit to taking antioxidant supplements. Even more unexpected news came this year when an article announced that **antioxidants may actually prevent the health-promoting effects of physical exercise**…. If the model proposed by the authors of the study is correct, then it may turn out that **we have been systematically “poisoning” ourselves, increasing our disease risk and shortening our lifespan through antioxidant supplements**." It was especially gratifying that Anghel cited one of my papers entitled, **The Free Radical Fantasy**, as the first reference in The Harvard Review and cited it two other times in the article. On January 2 5, 2011, Sharon Begley noted in Newsweek magazine in an article entitled, ‘**Antioxidants Fall from Grace’**, that, "Now the research is challenging an even more fundamental tenet of the antioxidant craze. **Many of the free radicals that are neutralized by antioxidants perform valuable functions in the body**. The most important: **fighting toxins** (white blood cells churn out free radicals by the battalion to fight bacterial infection) and **fighting cancer**. Maybe it’s not such a fabulous idea to flood the body with something that neutralizes these warriors of the immune system."

“Antioxidant overuse can be dangerous with health problems, like cancer or infections. In 2009, 108 new food products with antioxidants touted on the label reached store shelves in the United States. Shockingly, medical personnel and cancer survivors take more antioxidants than those taken by the average person. **The theory behind the use of antioxidants is plausible only if the free radical theory is sound. But, it has been nullified by hundreds of studies.** The theory has been wrong and that is the reason that the antioxidant supplements available to us lack effectiveness and produce adverse effects. **The free radical theory is passé**! With this explanation, the American Heart Association's advisory statement is sound. There is no good reason, at this point, to spend your money on antioxidant supplements. I have endeavored to find more advanced and improved replacement theories. People are waking up to the fact that they have been victims of clever marketing campaigns, all of which were based on the profit motive. Stop being a victim while the antioxidant craze is dying down. More and more, people are becoming aware of **their ineffectiveness and of their harm**. The choice is yours. Choose wisely.”

* Dr. R.M. Howes

(Dr. Howes has been the single-handed champion of the people in pointing out the invalidity of the free radical theory and of the ineffectiveness of antioxidant vitamins and of their harmful potential. He is considered by his peers to be "a walking encyclopedia on oxygen metabolism." His research has shown that currently popular antioxidant vitamin overuse can be harmful and that **oxygen free radicals protect us.)**

Free radicals boost tissue healing and regeneration

By [Dario Borghino](http://www.gizmag.com/author/dario-borghino/) [*Nature Cell Biology*](http://www.nature.com/ncb/journal/vaop/ncurrent/full/ncb2659.html); *January 16, 2013*

Researchers at the University of Manchester have found that Reactive Oxygen Species (ROS) – oxygen-containing free radicals that are commonly believed to be harmful to cells – actually play a vital role in the regeneration of the tails of tadpoles. The finding could have profound implications for the healing and regeneration of human tissue.

Free radicals are a group of highly reactive molecules. The radicals containing oxygen are collectively known as ROS, and play a predominant role in biological systems: they are involved in cell signaling and maintaining homeostasis but, when their concentration increases beyond a certain threshold, they are [incorrectly] believed to be responsible for cell damage and, some suggest, even [aging](http://en.wikipedia.org/wiki/Free-radical_theory). As a result antioxidants, which suppress ROS, have almost become a synonym for good health.

But in recent years, evidence has been mounting to suggest that [ROS may not be the bad guys after all](http://www.gizmag.com/free-radicals-aging-process/17706/). Just days ago, a [paper](http://rsob.royalsocietypublishing.org/content/3/1/120144) by Professor James Watson – co-discoverer of the DNA's double-helix – was published that greatly re-evaluated the importance of free radicals, with the Nobel laureate going so far as to say that **antioxidant supplements "may have caused more cancers than they have prevented."**

Now, building on their previous work, a research group led by Professor Amaya at the University of Manchester has confirmed that in tadpoles, hydrogen peroxide (H2O2) – a very common free radical – is not only harmless to cells, but is actually the catalyst that makes it possible for tadpoles' tails to completely regenerate in less than a week.

With the aid of a fluorescent dye, Amaya and colleagues started by measuring the level of hydrogen peroxide as a tadpole's tail was regenerating. They were able to show that H2O2 levels swiftly increase following tail amputation and that the levels remained elevated throughout the tail regeneration process.

By itself, this was no definite proof – the hydrogen peroxide could have been a simple byproduct, and not the catalyst of cell regeneration. So, to assess its importance, the researchers limited ROS production in two different ways – first by using antioxidants, and then by removing a gene responsible for ROS production. In both cases, the regeneration process was completely inhibited and the tadpole tail did not grow back.

"Our research suggests that ROS are essential to initiate and sustain the regeneration response. We also found that ROS production is essential to activate Wnt signalling, which has been responsible for every regeneration system, including those found in humans," says Amaya.

Next, the researchers will study the role of ROS in the healing and regenerative processes more closely, in the hope to apply their findings to human health. It is possible, in fact, that manipulating ROS levels in the body could improve our ability to heal and regenerate tissues better.

According to Amaya, ongoing research suggests that there may well be a Goldilocks zone of ideal ROS levels in the human body. When levels are too low, healing can't happen properly; when levels are too high, cellular destruction starts to ensue; but when the level is "just right," tissues regenerate at maximum speed.

**Antioxidants Speed Up Lung Cancer Growth**

By Brian Krans, Jan. 29, 2014

Antioxidant supplements are often marketed for their disease-preventing potential. Supposedly, they can eliminate free radicals and lower a person’s risk of cancer.

But a new study published today in the journal [Science Translational Medicine](http://stm.sciencemag.org/) suggests that popular **antioxidants may actually speed up a cancerous tumor’s growth.**

A team of Swedish researchers experimented on the effects of vitamin E, which has antioxidant properties, and a drug called N-acetylcysteine (NAC). NAC is a popular inhaled treatment for people with chronic obstructive pulmonary disease (COPD) because of its ability to reduce phlegm.

Testing their effects in mouse models of lung cancer and in **human lung cancer cells**, the team discovered that the presence of antioxidants caused a **three-fold increase in tumor growth**, and also caused mice to die twice as fast. **The more antioxidants the mice were given, the more quickly they died**. When tested on human cancer cells in the laboratory, the cells responded in the same way.

Though researchers only examined the effects of vitamin E and NAC, they cited a body of evidence that suggests that **other antioxidants may also fuel cancer cells**, not thwart them. According to the [National Center for Complementary and Alternative Medicine](http://nccam.nih.gov/health/antioxidants/introduction.htm) (NCCAM), **clinical trials of antioxidant supplements have repeatedly failed to prove claims that they help prevent conditions like heart attacks, strokes, dementia, or cancers**.

“If anything, if you look at all of them, **antioxidants do not protect against cancer.** **They may increase the risk**,” lead researcher [Martin Bergo](http://www.cancercenter.gu.se/research/martin-bergo) of the Sahlgrenska Cancer Center told reporters this week.

Antioxidants are found naturally in fruits and vegetables, and are thought to act to neutralize free radicals.

“We expect antioxidants to hurt cancer, but **they may actually help it**,” researcher [Per Lindahl](http://www.gu.se/english/about_the_university/staff/?languageId=100001&userId=xlindp) of the Institute of Biomedicine at the University or Gothenburg said.

The researchers say their findings suggest that antioxidant therapy is unsafe for smokers, patients with early-stage lung cancer, and people with COPD. However, they said their study only addressed **the impact of antioxidants on tumor progression, not initiation or prevention**.

Though the study only looked at lung cancer cells, Bergo said the results are “suggestive it might be applicable to other types of cancer.” He cited [one study from 2011](http://www.ncbi.nlm.nih.gov/pubmed/21990298) that found that men aged 50 or older had a 17 percent increased risk of prostate cancer if they took selenium and vitamin E supplements.

Acknowledging that more studies are needed, Bergo and Lindahl agreed that antioxidants should be used with care in persons with lung cancer or those at a high risk of developing it.

Read this article at [***Healthline.com***](http://www.healthline.com/health-news/cancer-antioxidants-may-speed-lung-tumor-growth-012914?utm_source=health.yahoo.net&utm_medium=referral&utm_campaign=yahhp)

**Cause of Type 2 Diabetes Discovered on Mount Everest**

By Robert Preidt, Health Day; Apr. 14, 2014

Research conducted on climbers atop Mount Everest offers new insight into the biological triggers for type 2 diabetes. Specifically, the British investigators learned more about how **low oxygen levels in the body (hypoxia) may be linked with insulin resistance**, a risk factor for diabetes. Insulin resistance occurs when cells in the body fail to respond to insulin, the hormone that regulates blood sugar levels.

Increases in several indicators of insulin resistance occurred when the climbers were exposed to hypoxia at high altitudes for six to eight weeks. These changes were linked with increased blood levels of markers of inflammation and oxidative stress, according to the study in the April 14 issue of the journal *PLOS One*.

"These results have given us useful insight into the clinical problem of insulin resistance. **Fat tissue in obese people is believed to exist in a chronic state of mild hypoxia because the small blood vessels are unable to supply sufficient oxygen to fat tissue,**" study leader Mike Grocott, a professor of anesthesia and critical care at the University of Southampton, said in a university news release.

Scientists were able to observe things in healthy people at high altitudes that normally are only seen in obese people at sea level, Grocott noted.

"The results suggest possible [treatments] to reduce progression towards full-blown diabetes," added Grocott, who is head of the Critical Care Research Area within the Southampton National Institute for Health Research Respiratory Biomedical Research Unit.

"These exciting results give us a unique insight into the possible **mechanism of insulin resistance in diabetes**, and provide some clues as to where we should be thinking about focusing further research on novel treatments for this disease," study co-author Daniel Martin, senior lecturer and honorary consultant at University College London division of surgery and interventional science, said in the news release.

The study was part of a research program examining **hypoxia and human performance** at extreme altitudes, in an effort to improve care of the critically ill and other **patients where hypoxia is a primary problem**.

**Researchers Question Cause of “Ozone Hole”**

‘Science’; 27 Jul 2007

Some British researchers are questioning the extent to which man-made chemicals are responsible for the "ozone hole" that forms over Antarctica each winter.

Chemists from the University of Leeds, the University of East Anglia and the British Antarctic Survey reported finding high concentrations of natural ozone-depleting chemicals: halogens such as bromine and iodine oxides.

"The springtime peak of iodine oxide – 20 parts per trillion – is the highest concentration recorded anywhere in the atmosphere," said an abstract of their study, published in the journal Science on Thursday.

Scientists have repeatedly said that the ozone depletion is driven by chemicals such as chlorofluorocarbons (CFCs) produced by humans breaking down the ozone layer.

Last year, the UN Environment Programme Ozone Secretariat said in 2006 the depletion of the ozone over Antarctica "cannot be explained by natural cycles but is caused by the impact of synthetic chemicals in the stratosphere."

This was why CFCs were banned under the Montreal Protocol in 1987, but it is expected to take another 50 years to return the ozone layer to pre-1980 levels.

Now the British research has shown that **large quantities of ozone-depleting bromine came from sea salt, and iodine oxide came from "bright orange algae that coat the underside of the sea ice around the continent".**

These halogens deplete the ozone above the ice surface, which reduces the capacity of the atmosphere to remove certain chemical compounds.

The chemists from the University of Leeds did an 18-month study of the atmosphere on the Brunt Ice Shelf, about 20km from the Weddell Sea. They said satellite observations by team members "have confirmed that **iodine oxides are widespread throughout coastal Antarctica."**

[**"Chemists poke holes in ozone theory: Reaction data of crucial chloride compounds called into question."**](http://www.nature.com/news/2007/070924/full/449382a.html) – by Quirin Schiermeier; Nature, 2007

As the world marks 20 years since the introduction of the Montreal Protocol to protect the ozone layer, Nature has learned of experimental data that threaten to shatter established theories of ozone chemistry. If the data are right, scientists will have to rethink their understanding of how ozone holes are formed and how that relates to climate change.

Long-lived chloride compounds from manmade emissions of chlorofluorocarbons (CFCs) are believed to be the main cause of worrying seasonal ozone losses in both hemispheres. In 1985, researchers discovered a hole in the ozone layer above the Antarctic, after atmospheric chloride levels built up. The Montreal Protocol, agreed in 1987 and ratified two years later, stopped the production and consumption of most ozone-destroying chemicals. But many will linger on in the atmosphere for decades to come. How and on what timescales they will break down depend on the molecules' ultraviolet absorption spectrum (the wavelength of light a molecule can absorb), as the energy for the process comes from sunlight. Molecules break down and react at different speeds according to the wavelength available and the temperature, both of which are factored into the protocol.

So Markus Rex, an atmosphere scientist at the Alfred Wegener Institute of Polar and Marine Research in Potsdam, Germany, did a double-take when he saw new data for the break-down rate of a crucial molecule, dichlorine peroxide (Cl2O2). **The rate** of photolysis (light-activated splitting) of this molecule **reported by chemists at the NASA** Jet Propulsion Laboratory in Pasadena, California1, **was extremely low** in the wavelengths available in the stratosphere - almost **an order of magnitude lower** **than** **the currently accepted rate**.

"This must have far-reaching consequences," Rex says. "If the measurements are correct **we can no longer say we understand how ozone holes come into** **being**." What effect the results have on projections of the speed or extent of ozone depletion remains unclear.

The rapid photolysis of Cl2O2 is a key reaction in the chemical model of ozone destruction developed 20 years ago. If the rate is substantially lower than previously thought, then it would not be possible to create enough aggressive chlorine radicals to explain the observed ozone losses at high latitudes, says Rex. The extent of the discrepancy became apparent only when he incorporated the new photolysis rate into a chemical model of ozone depletion. The result was a shock: at least **60% of ozone destruction at the poles seems to be due to an unknown mechanism,** Rex told a meeting of stratosphere researchers in Bremen, Germany, last week.

Other groups have yet to confirm the new photolysis rate, but the conundrum is already causing much debate and uncertainty in the ozone research community. "**Our understanding of chloride chemistry has really been blown apart**," says John Crowley, an ozone researcher at the Max Planck Institute of Chemistry in Mainz, Germany. "Until recently everything looked like it fitted nicely. Now suddenly it's like a plank has been pulled out of a bridge."

* **Hyperbaric Oxygen Therapy (HBOT) compared to Ozone Therapy**

|  |  |  |
| --- | --- | --- |
| Category | **HBOT** | **Ozone** |
| Training required | Extensive | Minimal |
| Safety record | Fair | Excellent |
| Start up cost | High | Moderate  |
| Operating cost | Moderate | Very low |
|  **Efficacy for :** |
| Viral infection | Fair | Excellent |
| Bacterial infection | Good | Excellent |
| Cancer | Poor | Excellent |
| Cerebral palsy | Excellent | Fair |
| Claustrophobia | NO | Excellent |
| COPD | NO | Good |
| Crush injuries | Excellent | Fair |
| Diabetic leg | Excellent | Excellent |
| Diabetes | NO (if taking insulin) | Excellent |
| Epilepsy | NO | Excellent |
| Heart attack | Good | Excellent |
| Oxygenation | Excellent | Excellent |
| Oxidation | Good | Excellent |
| Pregnancy | NO | Excellent (no sauna) |
| Seizures | NO | Excellent |
| Sinusitis (colds, etc.) | NO | Excellent |
| Stress relief | Fair | Excellent |
| Stroke | Excellent | Excellent |
| Toxin removal | Fair | Excellent |
| Weight loss | Poor | Excellent (w/ sauna) |

HBOT is contraindicated for: Vitamin E deficiency; congenital spherocytosis; thyroid extract therapy. Drugs: alcohol; aspirin; cortisone; digoxin; hypnotics; insulin; narcotics; sedatives; steroids.

HBOT inhibits hemopoiesis, which is the production of blood cells and platelets in the bone marrow stem cells.

HBOT encourages angiogenesis (growth of new blood vessels) which is excellent for some conditions, but **deadly in cancer**.

HBOT encourages the formation of cataracts. It may also trigger seizures (1.3 seizures per 10,000 treatments in one study). Treatments may contribute to pulmonary oxygen toxicity with prolonged exposure.

HBOT with 100% oxygen has lead to many deaths due to spontaneously-generated flash fires. In recent years, therefore, almost all HBOT treatment has been with pressurized air only, with the client breathing 100% oxygen. This greatly increases the number of treatments required.

**Ozone Has Been Used to Treat:**

|  |  |  |
| --- | --- | --- |
| **Acariasis** | **Cancer of all types** | **Epidermolytic keratosis** |
| **Acne** | **Candidiasis** | **Epididymitis** |
| **Acrodermatitis** | **Carbuncles** | **Epidermophytosis** |
| **Acute otitis media** | **Cavernous sinus thrombosis** | **Epstein-Barr virus** |
| **Acute vestibulopathy** | **Cellulitis** | **Erysipelas** |
| **Addison’s disease** | **Cerebral atrophy** | **Erythema migrans** |
| **Adenocarcinoma** | **Cerebro vascular accident** | **Flavivrus** |
| **Adenovirus** | **Chagas disease** | **Folliculitis** |
| **AIDS** | **Chicken pox** | **Food poisoning** |
| **Alopecia** | **Chlamydia** | **Fulminant varicella** |
| **Allergies** | **Cholecystitis** | **Furuncle** |
| **ALS (Lou Gehrig’s disease)** | **Chronic pain** | **Gangrene** |
| **Alzheimer’s disease** | **Chronic pulmonary disease** | **Genital warts** |
| **Amebiasis** | **Cirrhosis of the liver** | **Giardiasis** |
| **Amenorrhea** | **Coccidiomycosis** | **Glaucoma** |
| **Amyloidosis** | **Colitis** | **Glioma** |
| **Anal fissures** | **Colorado tick fever** | **Glomerular disease** |
| **Anemia** | **Conjunctivitis** | **Glomerulonephritis** |
| **Angina** | **Contact dermatitis** | **Goodpasture syndrome** |
| **Angioderma** | **Coronavirus** | **Gout** |
| **Ankylosing spondylitis** | **Crohn’s disease** | **Grave’s disease** |
| **Anthrax** | **Cryptococcossis** | **Guillane-Barre syndrome** |
| **Apthous stomatitis** | **Cryptospiridiosis** | **Hairy leukoplakia** |
| **Arterial occlusion** | **Cystitis** | **Heart arrhythmia** |
| **Arteriosclerosis** | **Cytomegalovirus** | **Heart disease** |
| **Arthritis** | **Cutaneous larva migrans** | **Hematoma** |
| **Arthrosis** | **Dengue fever** | **Hemorrhage** |
| **Asthma** | **Dermatitis** | **Hemorrhagic fever** |
| **Atherosclerosis** | **Diabetes** | **Hemorrhoids** |
| **Athlete’s foot** | **Diverticulitis** | **Hemolytic anemia** |
| **Babesiosis** | **Echovirus** | **Hepatitis of all types** |
| **Bacterial pneumonia** | **Eczema** | **Herpes of all types** |
| **Bartonellosis** | **Ehrlichiosis** | **Histoplasmosis** |
| **Basalinoma** | **Emphysema** | **HIV/HTLV** |
| **Bell palsy** | **Encephalitis** | **Hypercholesterolemia** |
| **Bornholm myalgia** | **Encephalomyelitis** | **Hypotension** |
| **Botulism** | **Endocarditis** | **Hypersensitivity** |
| **Bronchitis** | **Endometritis** | **Hyperthyroidism** |
| **Bronchial aspergillus** | **Endothalmitis** | **Huntington’s chorea** |
| **Bronchospasm** | **Enteric fever** | **Ichthyosis** |
| **Brucellosis** | **Enteritis necroticans** | **Ileitis** |
| **Bullous pemphigus** | **Environmental sensitivity** | **Impetigo** |
| **Burkit lymphoma** | **Epidermoid carcinoma** | **Influenza** |

|  |  |  |
| --- | --- | --- |
| **Landry syndrome** | **Orchitis** | **Sennutsu fever** |
| **Lassa fever** | **Osteomyelitis** | **Septicemia** |
| **Leishmaniasis** | **Osteoporosis** | **Shingles** |
| **Leptospirosis** | **Osteosarcoma** | **Shock** |
| **Leukemia** | **Otosclerosis** | **Sickle cell anemia** |
| **Leukoencephalopathy** | **Pancreatitis** | **Sinusitis** |
| **Leukopenia** | **Panniculitis** | **Skin burns** |
| **Listeriosis** | **Papillitis** | **Spinalioma** |
| **Lupus erythematosus** | **Parainfluenza** | **Staphylococcus** |
| **Lyme disease** | **Parkinson’s disease** | **Stomatitis** |
| **Lymphogranuloma** | **Pediculosis** | **Striatonigral degen.** |
| **Lymphoid pneumonia** | **P.I.D.** | **Stroke** |
| **Lymphoma** | **Pemphigoid** | **Syphilis** |
| **Macular degeneration** | **Pernicious anemia** | **Tardive dyskinesia** |
| **Malaria** | **Poliomyelitis** | **T. cruzi** |
| **Mastoiditis** | **Polyateritis** | **Tendinitis** |
| **Measles** | **Polyoma virus** | **Tetanus** |
| **Melanoma** | **Postpartum fever** | **Tinea versicolor** |
| **Melioidosis** | **Pneumocytosis** | **Tinnitus** |
| **Meniere’s disease** | **Pneumonia** | **Thoracic zygomycosis** |
| **Meningitis** | **Proctitis** | **Thrombopenic purpura** |
| **Migraine** | **Prostate enlargement** | **Thrombophlebitis** |
| **Molloscum ecthyma** | **Prurigo** | **Thyroiditis** |
| **Mononucleosis** | **Psoriasis** | **Togavirus**  |
| **Morbilloform** | **Pulmonary toxiplasis** | **Tourette’s Syndrome** |
| **Mumps** | **Pyoderma** | **Toxic amblyopia** |
| **Multiple sclerosis** | **Rabies** | **Toxoplasmosis** |
| **Myalgia** | **Radiculoneuritis** | **Traveler’s diarrhea** |
| **Myasthenia gravis** | **Relapsing fever** | **Trench fever** |
| **Mycobacterium** | **Retinitis pigmentosa** | **Trypanosomiasis** |
| **Myocarditis** | **Reynold’s syndrome** | **Tuberculosis** |
| **Mycosis** | **Reynaud’s disease** | **Tularemia** |
| **Myelitis** | **Rheumatism** | **Ulcers** |
| **Myonecrosis** | **Rheumatoid arthritis** | **Urethritis** |
| **Myositis** | **Rhinitis** | **Urticaria** |
| **Neurodermatitis** | **Rift Valley fever** | **Uterine spasm** |
| **Neutropenia colitis** | **Rubella** | **Uveitis** |
| **Ocular trachoma** | **Salmonella** | **Varicose veins** |
| **Optic neuritis** | **Salpingitis** | **Varicella pneumonia** |
| **Otitis media** | **Scabies** | **Vascular retinopathy** |
| **Oral erythema** | **Scleroderma** | **Vasculitis** |
| **Orbital cellulitis** | **Senile dementia** | **Warts** |
|  |  | **Wegener granuloma** |

**USING OZONE IN THE HOME**

**General procedure :** 1. Plug the generator into the wall socket.2. Connect an oxygen line from the output of the oxygen tank regulator to the

input of the generator.

3. Connect silicone tubing to the output of the generator and then to the

appropriate attachment

4. Open the valve on the oxygen tank and adjust the flow rate on the regulator to

1/2 liter/minute for one minute, then reduce flow rate as given below.

5. Engage the power switch on the generator. 6. When finished, turn off the generator, turn off the oxygen tank, disconnect the

lines, and store in a safe place.

**Drinking Water:** 1. Bubble ozone through cold water using the white ceramic diffuser at 1/8

liters/minute for 5 minutes for a glass; 15 minutes per liter; one hour per

gallon.2. Add two drops of Concentrace trace mineral drops to a glass

3. Drink immediately on an empty stomach.

**Rectal Insufflation:**

1. Clean the bowel with an enema (ozonated water is preferable)

2. Hook up the generator as stated above, and connect the rectal catheter. 3. Set the regulator flow rate to deliver 1/32 liters/minute. 4. Lubricate the catheter, lie on your left side and insert it about 2”.

5. Engage the power switch on the generator.

6. Work the abdominal area with a slow counterclockwise massage beginning at

the lower left abdomen to ensure that the gas does not pool in one area.

7. When a feeling of fullness, or of cramping is felt, withdraw the catheter, shut

 off the generator, and close the oxygen tank valve.

**Vaginal Insufflation :**

1. Hook up the generator to the oxygen tank and regulator as above

2. Attach a clean, lubricated catheter

3. Set the regulator to deliver 1/32 liters/minute, and turn on the generator.

4. If there is a burning sensation, and it is too uncomfortable, stop and try again

the next day. 5. After you are used to it, you may be able to run it for 30 - 45 minutes at a time.

**Insertion in the Ear:** 1. Hook up the generator to the oxygen tank and regulator as above. 2. Attach the white plastic ear adapter

3. Insert the adapter carefully into the ear.4. Set the regulator to deliver 1/32 liters/minute and engage the power.

5. Do each ear for 5 minutes. Ear draining will occur, sometimes profusely.

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