

## Ozone Therapy

The Cole Center for Healing offers Ozone therapy. Ozone therapy is a natural alternative to detoxify, kill infectious disease bacteria and virus organisms. Diseases such as Herpes, Aids, Lyme Disease and Hepatitis respond very quickly with the use of Ozone Therapy.

Ozone, often called activated oxygen, is a compound containing three oxygen molecules. The first recorded medical use was in 1915, and it has been in almost continuous use since then. It has been used on a regular basis for decades in Germany and other European countries. Oxygen is a basic element of life, and ozone provides one of the best methods of supplying it to the body. Because of oxygen's involvement in nearly every aspect of the body's function, it can be used for almost any condition, and can also be used as a method of improving one's overall health. Illnesses treated range from acne to wound healing, and everything in between. It is probably one of the best non-specific antibiotic, antiviral, and antifungal agents available. Ozone has a potent immune activating effect, and results in the increased production of interferon, interleukin, and tumor necrosis factor. It is also used as a method of reinstating the body's own regulatory mechanisms, so that one is better able to heal and defend oneself from infection.

Ozone is administered in several ways. The most potent method is by intravenous infusion. In this method, some blood is removed, mixed with ozone, and then returned to the person. Other methods are intramuscular injections, rectal insufflations, ozonated olive oil and water, insufflation into the ears, joint and disc injections, subcutaneous injections, application to the skin or wounds, and ozone saunas. Ozone therapy is extremely safe when administered in the above methods. One study demonstrated that the rate of side effects is less than 7 in a million, or a 0.0007% incidence.

Many sources will state that ozone is toxic, and this is true when administered in high doses via respiration. However, when applied in the above methods, there is no toxicity when used in the appropriate doses. Ozone can be detected by smell at a concentration of .003ppm to .010ppm, and is the smell one perceives after lightening. The usual maximum allowable concentration is typically .05ppm, well above the threshold of smell.

For more information on this therapy, read the books Oxygen Healing Therapies by Nathaniel Altman, or O2xygen Therapies by Ed McCabe.

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