How is Medical Ozone Therapy Performed?

There are several methods for administering medical ozone therapy.

Minor and Major Autohemotherapy are methods in which the patient's blood is drawn and mixed with ozone and medical oxygen before it is injected back into the patient.

Insufflation is a method in which ozone is blown into a body cavity, such as the rectal, vaginal, ear or nasal cavities.

Finally, a mixture of vitamins, medicine and ozone can be given as an injection into joints and/or soft tissue.

Contact Us

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About Mary Louder, DO:

Mary Louder, DO practices a holistic approach to healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. She is board certified in both Family Medicine and Integrative Holistic Medicine.

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Restoring the heart & soul in medicine

Medical Ozone Therapy

An Introduction

What is Medical Ozone Therapy?

Medical ozone therapy is the practice of introducing ozone into the body. Ozone is a gas consisting of three Oxygen atoms. Because of its structure, it is likely to react with many different substances to produce oxygen, changing those structures when it does so. The changes produced in the body when ozone is introduced and reacts with the blood and other cells of the body have been shown to be very beneficial in treating a wide range of conditions, including infections and auto-immune diseases.

Benefits of Medical Ozone Therapy

The benefits of medical ozone therapy are numerous. Ozone has long been used for its antimicrobial properties, and promotes healthy immune system function. Ozone also has anti-inflammatory properties, and has a positive effect on blood flow, circulation, and uptake and use of oxygen in the body. Finally, ozone triggers the production of antioxidants, which prevent cell damage.

What conditions can be treated with medical ozone therapy?

Diseases for which ozone may be an effective treatment include auto-immune diseases, allergies, bacterial, viral and fungal infections, arthritis, chronic fatigue, Lyme disease, and fibromyalgia.

How long have we known the benefits of Ozone?
Ozone has been used to treat infection since the First World War, and has been used as a disinfectant since the late 1800s.

Why is Ozone Effective?

Ozone has the ability to activate the immune system, causing the body to produce more white blood cells, which makes it effective in combating infection. In addition, ozone has an anti-inflammatory effect, which promotes healing in wounds or infected areas due to the reduced inflammation in those areas. As abnormal or chronic inflammation is the cause of many diseases, ozone's anti-inflammatory properties can also help alleviate these conditions. Ozone promotes the uptake and use of oxygen in the blood and cells of the body, further promoting healing and aiding in the treatment of conditions in which poor circulation or low oxygen levels play a role. Ozone's stimulation of the creation of antioxidants helps to prevent further conditions from arising.

How Safe is Medical Ozone Therapy?

Medical Ozone Therapy is very safe, with minimal and mild side-effects. When medical ozone therapy is correctly dosed and applied to patients for whom it is an appropriate treatment, it is considered to be safer than aspirin and other drugs. There is the potential for mild side effects, including slight dizziness, sleepiness, or weakness, or a minor rash at the site of a topical treatment. Side effects are, however, very rare, occurring in only 1 out of every 1000-2000 patients.

Who should not use medical ozone therapy?

Patients who should not use medical ozone therapy include any who have one of the following conditions:

- G-6PD deficiency or favism
- Pregnancy
- Thrombocytopenia
- Bleeding disorders
- Ozone allergy or sensitivity

Ozone may be used with caution in those with advanced cardiac conditions and/or taking ACE inhibitors.