

OZONE THERAPY PRE-SESSION INFORMATION

DO'S OF OZONE THERAPY

- Do arrive on time for your session as the Ozone Pod has a specific warm-up period.
- Do hydrate well before and after a session because you will sweat.
- Do wear as little as possible as Ozone is absorbed through the skin.
- Do lie down for 20 minutes after each session to allow Ozone to circulate and continue eliminating toxins.
- Do support with appropriate supplements - taken 1 hour or more after the session (Vitamins B (complex), C, E, A, Zinc, Selenium, N-Acetyl-Cysteine and Copper).
- Do schedule sessions for specific outcomes:
Athletes: 5 sessions every other day
Healthy individuals: 2-3 sessions per week for a month, then 10 per month.
Unhealthy individuals: 3-4 sessions per week for 2 months, then 10 sessions per month.
Chronically ill individuals: 3-4 sessions per week for 3 months, then 3 sessions per week.

DON'TS OF OZONE THERAPY

- Do not do Ozone Therapy if you have any heart condition.
- Do not do Ozone Therapy if you are pregnant.
- Do not do Ozone Therapy within 2-3 months of major surgery.
- Do not do Ozone Therapy for 4 days after a chemotherapy session (consult with your Doctor before starting Ozone Therapy).
- Do not take prescription medication for 4-6 hours before a therapy session.
- Do not take Vitamin C for 1-2 hours before or 4 hours after a session.
- Do not drink alcohol less than 8 hours before or 4 hours after a session.
- Do not walk directly on cold surfaces after a session.
- Do not shower for at least 2 hours after a session (in the unlikely event of a rash, a shower can reduce the effects).
- Do not eat large meals after a session.

Each Ozone Therapy session is scheduled for 45 minutes, of which 30 minutes will be in the Ozone Pod. During your time in the Ozone Pod you can expect the following benefits:

- Detoxification of the body;
- Stimulation of the immune system;
- Purification of the blood and lymph system;
- Promotion of metabolism;
- Caloric loss (200-450cal) due to stimulation of metabolic processes;
- Blood circulation boost helps injured muscles to repair quicker;
- Stimulation of blood vessels relieves pain and speeds up the healing process;
- Elimination of bacterial and viral infections of all kinds;
- Improved absorption of minerals;
- Reduction in built-up lactic acid, relaxing muscles and increasing muscle flexibility;
- Oxidation of toxins to be eliminated through skin, lungs, kidney & colon;
- Far-infrared radiation penetrates deep into joints and surrounding tissues, increasing blood flow, reducing inflammation, and decreasing pain.

