

## Longevity Oxygen Spa

Description:

FAQs About Oxygen Sauna

What is ozone?

Ozone is a form of energized oxygen. It is formed by passing oxygen through an electric field inside an ozone tube.

What is an ozone treatment?

An ozone treatment consists of introducing ozone gas into the body in any one of 24 accepted methods. Some of these methods are used only in clinics, but half of them can easily be done at home, especially drinking water and the steam sauna.

How long has ozone been used for healing?

The first recorded use of ozone therapy was in Germany in 1870. In 1898, the fledgling medical modality known as Naturopathy was founded by Dr. Benedict Lust in New York, using as its basic treatment, ozone therapy - the most powerful cleanser and detoxifier. Since then, many millions of people have been treated with virtually no side effects.

Is an ozone treatment safe?

Ozone is the safest medical treatment ever devised. A study in Germany in 1981 reviewed the medical records of over 500,000 patients and found a side effect ratio of .000007% and only four deaths. Compare this to American allopathic medicine, where 150,000 people die every year from prescription drugs.

As the body goes into the healing crisis as a result of ozone treatments, and rapidly dumps toxins, there is often a range of effects that appear. Typical symptoms are like flu - achiness, joint pain, diarrhea, headache, tiredness, sometime an itchy red rash. These symptoms should be welcomed as a sign of healing, rather than avoided. They can be minimized by taking charcoal orally. Ozone therapy can produce temporary discomfort, but never permanent damage.

Today, ozone therapy is practiced by doctors in 18 countries. In Europe, there are an estimated 15,000 doctors administering ozone therapy every day.

What does ozone do?

Ozone is a strong oxidant. When it enters the body,

it destroys any virus, bacteria, fungus, yeast, mold, or cancer cell it comes into contact with. Ozone works by proximity - it must touch its target in order to transfer energy, and break down the pathogen. This is the reason that ozone therapy must be repeated over time, in order to ensure that the body is flooded with oxygen, and there are no hiding places left uncleaned.

Ozone is also one of the best immune stimulators, and many studies have proven ozone's ability to induce the body to increase the major immune system components (gamma interferon, interleukin-2 and tumor necrosis factor), as well as the cell protecting enzymes (glutathione peroxidase, superoxide dismutase, and catalase).

What diseases has ozone been used to treat?

Ozone has been used to treat all viral, bacterial, fungal, and yeast problems, as well as arthritis, diabetes, epilepsy, multiple sclerosis and a host of other diseases, many of them considered incurable. Virtually all degenerative and communicable diseases have been treated at one time or another.

The major use in America has been for cancer and hepatitis, in my experience. For cancer, the most effective delivery method has been in the steam cabinet, which delivers a dual treatment, ozone and hyperthermia.

What is hyperthermia?

Hyperthermia means raising body temperature. This ancient technique is easily accomplished with a steam sauna, which safely elevates temperature to 103-104 degree range. This simulates a fever, and pushes the body into the healing mode, and causes sweating. More toxins are excreted in sweat than in urine. Because it is non-invasive, extremely effective for a broad spectrum of problems, and in fact, a pleasurable experience, ozone saunas have become the treatment of choice for many clinics.

Delivering ozone in this way follows the naturopathic edictum if there are not toxins in the body, there will be no disease. This provides a permanent long-term solution to disease problems, by removing the toxins that are the true cause of disease, and not focusing on viruses, bacteria, etc., which are, in reality, just part of nature's clean up crew.

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