



Oxygen Therapies, are they safe?

By Christopher Hall CWK

First, we should examine what oxygen therapies are and how they can help us. Hyperbaric oxygen chambers are where the client lays inside an enclosed tube that is pressurized with oxygen. Inhalation of pure oxygen is usually prescribed by a doctor to those with low oxygen levels in the blood. Oxygen-ozone therapy (*will be discussed below*). O₁ therapy can be done several ways. The theory behind them is to provide a flood of life sustaining oxygen to all cells in the body. Oxygen is the healthy cells prime nutrient. When the cells in our bodies have plenty of oxygen they can function at their highest capacity. They also remain healthier, longer than those that are deprived of oxygen. Cells that are deprived of oxygen begin to burn straight glucose instead of an oxygen and glucose mixture. This results in the formation of unwanted cells in our bodies. These unwanted cells cause great harm to healthy tissues. Fortunately they cannot survive in an oxygen rich environment. So providing our bodies with oxygen is a **good** thing to do. Oxygen keeps us young and healthy. ***"The greater the oxygen concentration in the bloodstream, the greater the feeling of vitality and the stronger the body's barrier to degenerative diseases."*** ***Kurt W. Donsbach, D.C., N.D., Ph.D.*** Steven Levine, Ph.D., co-author of "Antioxidant Adaptation: Its Role in Free Radical Biochemistry" states, ***"We can look at oxygen deficiency or oxygen starvation as the single greatest cause of all disease."***

The therapy that I choose to use is Oxygen/Ozone Therapy. What makes this different from the rest? The ozone gas is the difference. It is like supercharged oxygen. We know what oxygen does but, what does the ozone itself do? It rapidly burns up bacteria, fungus, molds and dead or damaged cells. Ozone activates the cells in our bodies, especially the blood cells. Ozone dissolves quickly absorbing into plasmatic water, thus activating the cells (Bocci, 2002). Oxygen, oxidizes (burns/destroys) metabolic waste products in the cells. Which then become free radicals. Our body produces intracellular antioxidants such as super oxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GSHPx) to capture the free radicals and expel them from our bodies. Our bodies use hydrosoluble antioxidants and liposoluble antioxidants

to trap free radicals outside the cells. These are the most important in oxidative attack of ozone. What about oxidative stress on the body due to the increase of oxygen? If done properly, ozone along with antioxidant supplements can be a beneficial synergistic combination. There is naturally an increase in the production of SOD, CAT, GSHPx, when the ozone comes into contact with healthy cells (Bocci, 2002). The addition of a healthy diet high in antioxidants can add protection to healthy tissue. Nutritional supplementation may be needed.

It has been shown in many studies that inhalation of ozone can be very harmful (Mehlman and Borek, 1987; Lippman, 1989). So how can we safely use ozone as a therapy? Rectal insufflation can be extremely helpful in gastrointestinal/digestive disorders, as well as elimination of candida/yeast, bacterial/fungal infections in the intestines. They have also been shown to have a systemic effect (Leon et al., 1998; Barber et al., 1999). Vaginal insufflation can be extremely helpful in oxygenating the reproductive area, as well as the lymphatic system. Ear insufflation can be used for oxygenating the sinuses and throat. These ozone induction methods do not have the same effects as those on the respiratory system since there are different anatomical, biochemical and metabolic conditions present in these areas.

Can oxygen therapies interfere with conventional therapies? Yes, it can with hypertensive clients that are taking ACE inhibitors.

What about side effects? There is a 0.0007% of incidence according to Jacobs (1982), who published a very extensive study on the negative side of ozone. Based on this percentage you can see there is hardly a negative side at all. This percentage of incidence is one of the lowest in medicine. Nausea, headache, tiredness have been reported. All symptoms which can be linked to pathological processes in which there is a high volume of toxins and the body is trying to cleanse itself. I have found that the most common side effect is tiredness. Although, this is rather rare in that it has occurred in only 8 of my clients only during their first 1-4 treatments. Two of them felt cold either during or after the treatments. The “norm” is to feel a sense of well being, calm, relaxed, energized, focused.

With such a low risk and such great benefits, we can effectively prevent ill health. All of the above mentioned oxygen therapies are **very** safe and effective when performed appropriately.

References: Barber, E., Prevention of renal injury after induction of ozone tolerance in rats submitted to warm ischaemia Bocci, V., 2002 Oxygen-Ozone Therapy, a critical evaluation, Leon, O.S., 1998 Ozone oxidative preconditioning, A protection of damage against cellular damage by free radicals, *Mediat. Inflamm.* 7:289-294, Lippman, M., 1989 Health effects of ozone, a critical review *J. Am. Air Pollut. Control Assoc.* 39:672-695, Mehlman, M.A. and Borek C., 1987 Toxicity and biochemical mechanisms of ozone, *Environ. Res* 42:36-53,

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