Benefits of Prolozone Therapy

In a nutshell, ozone helps stimulate the body’s natural healing and repair mechanisms and helps enhance and balance the body’s natural anti-aging and disease-fighting processes. When you boil it down, ozone therapy is a naturally occurring, highly reactive molecule consisting of three atoms of oxygen and best described as a low potency homeopathic treatment that stimulates and stabilizes biological functions. Thousands of scientific articles have been published on both the safety and clinical usefulness of ozone.

Conditions That Can Be Treated With Prolozone®

Prolozone® works on just about any pain problem you might have, including:

- Neck pain, whiplash, degenerated or herniated discs, low back pain, plantar fasciitis, carpal tunnel syndrome, torn tendons, TMJ syndrome, sciatica, heel spurs, neuromas, tennis elbow, rotator cuff tears, knee injuries, and virtually any other sports injury.

Because Prolozone® treatments also stimulate cartilage regeneration; the technique is also remarkably effective even for severe cases of osteoarthritis of the hip or knee.

What Is Ozone?

Ozone is a naturally occurring compound made up of three oxygen atoms, commonly notated as O₃. (This compares to the vastly more common form of oxygen, O₂.) The majority of natural ozone is both made and found in the earth’s atmosphere.

Ozone is made when an electrical current, such as lightning, passes through oxygen, O₂. The electrical charge breaks apart the two oxygen atoms. Most of the oxygen atoms immediately reunite to reform O₂. But a very small percentage of the single oxygen molecules combine to form a trio, O₃. The ozone molecule is highly unstable and breaks down quickly to O₂. **But it is precisely this instability that makes ozone so powerful from a healing perspective.**

How Is Ozone Given Medically?

First, medical ozone is created right in our office from pure medical grade oxygen using a special ozone generator. Standard room air **cannot** be used. This is because room air is 80%
nitrogen, and when exposed to an electrical charge it converts to nitrous oxide and nitric oxide, both of which are potentially toxic.

Even then, pure ozone is never created. This is because of the inherent instability of ozone. So the “ozone” gas that is used medically is actually only 2% ozone and 98% oxygen. But that small amount of ozone is enough to have profound medical benefits.

Once the O₂/O₃ gas mixture is prepared it can be administered in a number ways. **In our practice the vast majority of ozone is given by direct injection into joints soft tissue, Major Auto-Hemotherapy and rectal insufflation.** But ozone can also be given orally (by drinking ozonated water), topically through ozonated olive oil, and intravenously by mixing it with your own blood and re-infusing it.

**Major Auto-Hemotherapy**

Is the most common and most effective way to administer ozone 100-250cc of blood are removed into a sterile IV bag. Then ozone is injected into the bag and gently shaken. This allows the red and white blood cells to take up the ozone. The ozonated blood is then returned to the body.

**What Does Ozone Therapy Cost?**

- Major Auto-Hemotherapy $200
- Back Injection $350
- Join Injection $250
- Soft Tissue $175
- Each additional injection $125

**Is Ozone Therapy or Prolozone® Covered By Insurance?**

The office Visit is covered but unfortunately the insurance companies do not cover Ozone therapy at this time.

**How Does Ozone Work?**

In order to understand how ozone works, we first need to understand what goes wrong in the body that leads to poor healing, degeneration, and disease.

Underlying most, if not all degeneration, poor healing, and disease is altered *oxygen utilization* in the body. Oxygen is essential for life. (Compare not eating or drinking for 10 minutes vs. not breathing for 10 minutes!) But the body needs to be able to use oxygen efficiently in order to work effectively. The amount of air we breathe is less important than our ability to use
that oxygen. “Oxygen utilization” refers to the efficiency with which the cells can convert the energy in an oxygen molecule to energy that the body can use for physiological activity. When oxygen utilization deteriorates, ALL body functions deteriorate, harmful free radicals accumulate, and the body’s anti-oxidant buffering capacity diminishes.

Decreased oxygen utilization can be systemic, where the entire body is suffering from its effect, or local, such as around a sprained ankle, inside an arthritic knee, or surrounding a chronic rotator cuff injury.

To the surprise of many, it’s not the ozone itself that exerts the healing effect. Upon injection or administration the ozone is immediately taken up by the tissue. The ozone then binds with amino acids and lipids to form compounds called “peroxides.” These peroxides (not to be confused with hydrogen peroxide) are collectively known as “ozonides.” It is these ozonides that increase tissue oxygen utilization and also help increase the synthesis of the body’s anti-oxidant buffering enzymes.

In other words, ozone therapy helps treat the root cause of injury and disease biochemically, not just treat the symptoms.

**Is Ozone Therapy Safe?**

Almost invariably, the first reaction of most people when introduced to ozone therapy is, “That’s a toxin! Why do you want to give it?”

Ozone is demonized as contributing to a host of bad things, including lung disease, believed (incorrectly) to be a major component of smog pollution, and thought to contribute to environmental damage. How can it possibly be helpful for the body?

Reality is far from perception, however!

While ozone IS a component of air pollution, it is actually a very small part. (Remember that ozone is naturally occurring substance.) By far the biggest pollution offenders are harmful hydrocarbons, peroxidized hydrocarbons, and nitrates. But ozone suffers guilt by association because, of all these nasty chemicals, it’s not that ozone is the most noxious or irritating factor, but simply because it’s the easiest and cheapest to measure – that’s it!

As mentioned at the very beginning, ozone therapy is incredibly safe. And there have been NO documented deaths or serious adverse outcomes from ozone properly given by injection, inhalation, rectally, or topically.

Compare ozone therapy to many conventional medical treatments. Ozone therapy:

- Is safer than most of the mainstream medical treatments given for similar conditions;
- Does have scientific evidence of effectiveness;
- Is extremely cost effective.