

# The Definitive Guide to Using Ozone at Home

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***Reviewed by Tom Levy, MD, Chris Seitz, MD***

***Disclaimer:*** We do not provide medical advice. Governing authorities do not approve the use of ozone for medical purposes. These protocols are based on the experiences and research of medical practitioners outside our organization. We have merely compiled this information for educational purposes. Ozone applications vary from clinic to clinic, and these protocols are commonly used by medical practitioners familiar with ozone therapy. Ozone is not FDA approved. Always seek medical counsel before attempting any form of ozone therapy.

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## Ozone Gas — A Powerful Tool

I was sitting across the dinner table from Amber when she told me, “This gave me my life back. I had a stroke that paralyzed me, made me incapable of walking, speaking, or doing math.” I was in shock; I couldn’t even tell Amber had ever had a stroke. While this may not be the usual case, it’s something I’ve heard many times.

The next day, I had a video call with a woman named Lisa. During the call, her two young daughters came on screen. When she introduced them to me, I replied, “They are adorable, I’m happy for you.” But then, Lisa began to cry. I thought, “Oh no, what did I do?” She explained, “I tried for a decade to have kids. I did everything and spent thousands. Nothing worked. Then I found your work, and I was able to have kids again.” Her tears were of thankfulness for the education, like this guide, that allows people to harness the power of ozone.

I have countless stories like this. When I travel to conferences, it’s very common for people to stop me and share how ozone has changed their lives. They associate this powerful gas with me, but it’s not about me. I’m just here to provide information on how ozone has transformed my life and the lives of thousands of others. It’s the ozone and YOUR body that do the work.

**Simply put, ozone is a gas that causes mild stress to the body (like exercise or saunas), prompting the body to build back stronger and balance complex systems. It’s YOUR body that does the work; ozone is simply the catalyst that enacts your body’s intelligence.**

Using ozone is new to many, and so the purpose of this guide is to demystify ozone therapy so you feel confident using it in your daily life in your own home.

This is your chance to step into the future of health with ozone therapy — embrace its potential, unlock your body’s natural power, and transform your life.

“Ozone has given me the extra oxygen and energy that I need for a quality of life. And it has boosted my immune system, no infection, colds or flu for over 4 years.”  
- Karen Ambridge, Lifestyle Coach

## 3 Important Safety Precautions

### **1. Don't Breathe Ozone**

Breathing ozone is not safe because it will irritate the lungs. The lungs lack antioxidant defenses, making them susceptible to irritation from oxidants like ozone ([1](#)).

Other parts of the body have antioxidants and can benefit from ozone exposure. Scientists have extensively documented the safety of ozone ([2,3](#)). According to “The Scientific Foundations for Ozone” by the International Scientific Committee of Ozone, ozone is extremely safe when used correctly. We've also written an [in depth article](#) explaining the research on ozone safety.

Smelling small amounts of ozone is considered safe by OSHA, which outlines acceptable levels of ozone in the air ([4](#)). When using ozone, you might notice its smell, which is detectable at just 0.005 parts per million, well before it exceeds OSHA's safety standards. Some people choose to [wear a respirator mask like this](#), or ensure they are in a well-ventilated room while using ozone. Although it's rare, if you ever feel there is an emergency, call 911.

### **2. Start with Lower Doses**

Some people may want to increase the doses outlined in the protocols to achieve better results. Just remember: “More is NOT always better” when it comes to ozone. You can access our [protocols and instructions here](#).

### **3. Follow All Practitioner Recommendations**

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“It wasn't until I supplemented with the ozone that a lot of my numbers really started to drop drastically, in a good way. After I had my fifth ozone application I felt like I had a quadruple shot of espresso, I felt so bright and vibrant.”

- Beth Rosalinni, DDS

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## Systemic vs. Local Applications

There are two basic categories to all ozone applications:

1. **Systemic applications** benefit the entire body and bring numerous benefits by stimulating *homeostasis* (self-balancing).
2. **Local applications** only treat a specific area of the body.

### ***Systemic Applications***

Commonly used for:

- Chronic issues
- Optimization
- General wellness and prevention

#### ***Systemic at home applications include:***

- Rectal Insufflation
- Vaginal insufflation

### ***Local Applications***

Local applications are typically used for an issue pertaining to a particular area. Specific regions, like the mouth, or hand may be benefited by local ozone applications.

#### ***Local applications at home include:***

- Ear Insufflation
- Infused Water
- Limb Bagging
- Cupping

If you read online, you may encounter differing opinions on what constitutes local versus systemic treatment.

We have categorized treatments as local or systemic based on the most recent research. However, anecdotal and clinical experiences often extend beyond current scientific understanding. For instance, while we have categorized ear insufflation as a local treatment, it may still have some systemic effects.

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## Popular Ways to Use Ozone At Home

### The Big Three

The three most common ways to use ozone at home are rectal insufflation, ear insufflation, and ozone water. Most people buy a kit that comes with the equipment necessary for these three applications. If you find you need other applications, you can always add new accessories later.

#### **Rectal Insufflation:** Systemic + Local (gut)

Rectal insufflation is the most common way people do ozone at home because it has the greatest benefit to the entire body. It helps with energy, stamina, the immune system, and so much more. Scientists have shown an increase of oxygenation in the blood after this application.

For biohacking, longevity, and athletics, rectal insufflation should be done 3x - 5x per week. For chronic issues use it every day for 3 weeks and then take 1 week off — or use it 5 days per week with 2 consecutive days off.

SUPPLIES REQUIRED		
✓ Ozone generator	✓ Oxygen tank	✓ Catheter
✓ 3-chambered bag		



[Watch a Demo Video](#)



[Read the Treatment Protocol](#)

#### **Ear Insufflation:** Local (ear, nose, throat, and brain)

Ear insufflation can be done daily for colds, sore throat, head issues, and more. For chronic issues, 2 - 5 times a week or as tolerated. You can cause irritation if you do too many sessions in a week, so make sure not to overdo it.

SUPPLIES REQUIRED		
✓ Ozone generator	✓ Oxygen tank	✓ Water bubbler
✓ Stethoscope		



[Watch a Demo Video](#)



[Read the Treatment Protocol](#)

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### **Ozone Water:** Local (skin, mouth, gut)

You can use ozonated water daily by drinking it, swishing it in your mouth, or applying it to your skin for infections and wounds; if irritation occurs, reduce frequency or strength.

SUPPLIES REQUIRED		
✓ Ozone generator	✓ Oxygen tank	✓ Water bubbler



[Watch a Demo Video](#)



[Read the Treatment Protocol](#)

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## Other Ozone Applications

### **Limb Bagging:** Local (skin and limbs)

This method is useful for skin issues and injuries. A limb bag fits over a hand or foot to expose the skin to the gas.

SUPPLIES REQUIRED		
✓ Ozone generator	✓ Oxygen tank	✓ Limb bag



[Watch a Demo Video](#)



[Read the Treatment Protocol](#)

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### **Ozone Cupping:** Local (skin and small areas)

Ozone cupping is like limb bagging, except it covers a smaller surface area. It can also be used on the torso.

SUPPLIES REQUIRED		
✓ Ozone generator	✓ Oxygen tank	✓ Ozone cup



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[Read the Treatment Protocol](#)

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### **Vaginal Insufflation:** Systemic + Local (vagina)

Vaginal insufflation is the second most common way people do ozone at home, because it has a systemic effect on the body. It helps with energy, stamina, the immune system, and much more.

SUPPLIES REQUIRED		
✓ Ozone generator	✓ Oxygen tank	✓ Vaginal insert kit



[Watch a Demo Video](#)



[Read the Written Guide](#)



### *Want More Detailed Information?*

For full details on all the protocols, please refer to our [protocol manual](#).

# The Definitive Guide to Using Ozone at Home

## At-Home Ozone Equipment

You need four things to create and use ozone at home:

- 🖥️ [Ultra-Pure Generator](#)
- 🖥️ [Oxygen Tank](#)
- Oxygen Tank Regulator
- Accessories

### Ultra-Pure Ozone Generators

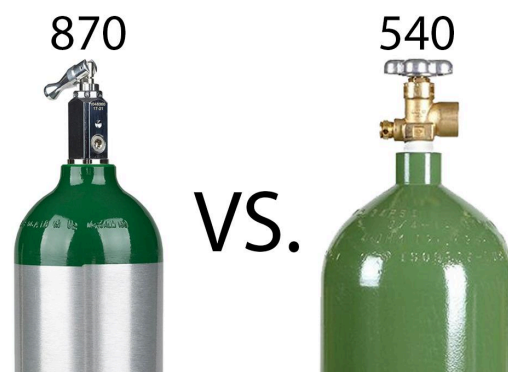
There is a crucial difference between ultra-pure ozone generators and those used for other purposes. Online, you'll find many ozone generators for purifying water, air, aquariums, pools, and more. Only ultra-pure ozone generators produce an extremely pure form of ozone, while other generators may release contaminants. These ultra-pure generators require an oxygen tank.

### The Oxygen Tank

In order to make ultra-pure ozone you must start with ultra-pure oxygen. Ambient air — the air in the room you're in right now — is only 21% oxygen. Even oxygen created from an oxygen concentrator is only 95% pure. Neither of these options are sufficient to produce ultra-pure ozone. You need 99.9% pure oxygen from an oxygen tank.

Here are 2 options for obtaining an oxygen tank:

1. You can easily obtain a **540 oxygen tank** from an industrial supplier — like Airgas, Praxair, or any welding supply company — without a commercial license. The oxygen inside a 540 tank is 99.9% pure. Simply go in and ask for a 20cu/ft oxygen tank (size “R”), or a larger 40cu/ft oxygen tank.
2. Another option is to obtain an **870 oxygen tank** from a medical supply store, but it requires a prescription from your doctor. The oxygen inside an 870 tank is 99.9% pure — no purer than the 99.9% oxygen in the 540 commercial tank.



### To get an 870 medical oxygen tank:

1. Get a prescription from your doctor for medical oxygen.
2. Search for a local medical oxygen supply
3. Go in and give them the prescription. They may only have rental options.
4. Pay with cash, not insurance. Insurance will not cover an oxygen tank for this.

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## Oxygen Tank Regulator

You'll need a device called a *regulator* to control the flow of oxygen to your ozone generator. Your generator should come with a regulator made to fit it. For a 540 commercial oxygen tank, choose the 540 regulator. For an 870 medical oxygen tank, choose the 870 regulator. (The tank size doesn't change which regulator you need.) If you're unsure about your tank type, you can always exchange regulators for free later.

## Accessories

Look for ozone generators that come with everything you need to get started with rectal insufflation, ear insufflation, and ozone-infused water. You can always add the capability for more applications by getting more accessories later.

## 6 Key Factors to Consider When Choosing a High-Quality Ozone Generator + Accessories

1. **Ultra Pure Ozone Output:** Ensure the generator produces ultra-pure ozone using 99.9% pure oxygen to avoid contaminants and maintain effectiveness.
2. **Cold Corona Discharge:** This low-temperature ozone generation method ensures the longevity and reliability of the device.
3. **Ozone-Resistant Materials:** Look for generators made with teflon, silicone, and stainless steel to ensure durability and safety.
4. **Live Phone Support:** Choose a manufacturer offering expert guidance and troubleshooting assistance whenever needed.
5. **Risk-Free Trial:** Reputable suppliers provide a trial period, demonstrating confidence and allowing hassle-free returns.
6. **Lifetime Warranty:** A comprehensive warranty on materials and workmanship ensures you invest in a reliable, well-constructed device.

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## Enjoy the benefits of ozone at home

Whether you're a biohacker pushing the boundaries of human potential, an athlete striving for peak performance, or someone facing chronic issues — ozone can be a transformative ally. By integrating ozone therapy into your routine, you can enhance your body's natural functions, promote homeostasis, and optimize fundamental systems that are crucial for overall well-being.

Imagine having the power to improve your health right at your fingertips. With an ozone generator kit, this dynamic, powerful therapy becomes accessible in the comfort of your own home. You gain the ability to harness the remarkable benefits of ozone therapy whenever you need it, empowering you to take control of your health journey.

Embrace the future of wellness with ozone therapy. It's not just about addressing symptoms but about enhancing your body's inherent capacity to heal and thrive. Experience the rejuvenation, energy, and vitality that ozone therapy can bring. Take the first step towards a healthier, more vibrant you, and unlock the full potential of your body with the remarkable power of ozone.

The journey to optimal health and wellness starts here. Let ozone therapy be your guide to a brighter, healthier future.

"It depresses me to think that ozone, the cheapest drug on earth, is today either badly or minimally used because orthodox medicine refuses to evaluate it and Health Authorities are antagonistic or negligent. Both are responsible for leaving millions of people suffering and dying. I must not get discouraged and continue to work and hope that ozone will eventually benefit many people."

- Dr. Velio Bocci, the father of ozone