

DavidsGuides.com - Book Summary

Book Author: Frank Shallenberger

Book Title: The Ozone Miracle: How you can harness the power of oxygen to keep you and your family healthy

[Amazon Link](#)

Summary:

Dr. Shallenberger is a legend in the field of Ozone therapy and greatly respected by many. I have read countless stories and studies of the benefits of Ozone therapy. It's extremely safe, and you can even do it in your home yourself if you spend the money.

Even though he tells great stories, research, and case studies, and clearly shows the benefits of Ozone therapy, the main issue with this book, is that it's tainted at the end when he starts to sell you his special Ozone sauna he built with the company he recommends in the book, Longevity Resources. After this, you feel like the entire book was one big buildup for his sales pitch at the end, which is unfortunate because there is tons of great info in here.

Table of Contents:

Suppliers	4
Auto-Immune Disease	4
Doctors:	4
Colds and Flu's	4
Immune System Stimulation	5
Chronic or Resistant Infections	5
Intestinal Insufflation	5
Ozone Sauna - Ozone on Steroids	6
The Triple Threat Sauna	7
Interval Training Exercise	8
Supplements	9

Oxygen utilization can predict disease

1. There is much more to any nutrient including oxygen than simply how much you take in. The other aspect is how efficiently you use the nutrient. You can take in vitamin B6 all day long, but if you can't efficiently use it you are wasting it, and the net effect is the same as being deficient in it.
2. This is also true of oxygen. You can be breathing good air and have normal levels of oxygen in your blood but that in no way means you are using it efficiently. Oxygen utilization is the term I coined to refer to how efficiently your body uses the oxygen that you take in.
3. Because your oxygen utilization is the single most important predictor of your risk for degenerative disease and premature aging. It's not how much oxygen you take in that determines your health - it's how efficiently you use the oxygen.
4. How do I know? Because for the past fifteen years I have been measuring the oxygen utilization in each and every one of my patients whether they are sick or well. And after looking at literally thousands of patients I noticed an absolutely stunning statistic. Every single patient who had cancer or any other chronic disease had a very significant decrease in their oxygen utilization. 100% of them! That goes for an otherwise "healthy" woman with a cancerous breast lump. It also goes for the "healthy" man on meds for hypertension.
5. Combine that observation with this one. Over the same 15 years I have never once seen anyone with healthy oxygen utilization come down with cancer, a heart attack, an auto-immune disease, or any other chronic disease. Not one. As, long as their oxygen utilization was in the pink, these people appeared to be completely invulnerable to illness. What would be the reasons for these incredible observations? I can think of two.

How to measure oxygen utilization with VO2 testing

1. So, how can oxygen utilization be measured? Here's how I do it. I measure what is known as VO2 testing. I use an FDA approved pulmonary gas analyzer to do it. This equipment is able to measure how much oxygen disappears into your body. In other words, how much oxygen you are using. I make that measurement while you are resting quietly in a recliner. Then I put you on a bicycle and I measure how much oxygen you are using during various levels of exertion. But at the same time that the analyzer is

measuring how much oxygen you are using, it is also measuring how much carbon dioxide you are making. Why is that?

2. When I determine how efficiently my patient is using oxygen I compare it to what would be typical for a person who is healthy and young. I call the result their Energy Quotient or EQ. If their EQ is 100% or greater, that means that they are using oxygen as efficiently as a healthy young person. That's the goal. The higher your EQ is the less likely you are ever going to get a disease.
3. As I mentioned above, I have never seen anyone with an EQ over 100% come down with any disease, period. Having a high EQ is the secret to No Disease Ever.
4. If you want to learn what your EQ is, and you should want to, you can do that with a test called Bio-Energy Testing ®.
5. You can find a doctor who offers Bio-Energy Testing, to test your VO2 at www.bioenergytesting.com. But this book is about ozone therapy. So what in the world does ozone have to do with having a high EQ? It's because ozone therapy improves oxygen utilization.

Oxygen Tank With Medical Grade Oxygen

1. The oxygen that goes into an ozone generator must be pure. Otherwise contaminated oxidized molecules may be formed that could be harmful to you. There are two forms of oxygen that you can buy. One is called welding or industrial grade. The other is medical grade. In the United States both forms of oxygen are the same quality. Medical grade oxygen can only be purchased under the prescription of a doctor. Unfortunately, many if not most doctors will refuse to provide an oxygen prescription when there is no direct need for oxygen such as lung or heart disease. So, for most of you the only way you are going to be able to get oxygen is to get industrial grade oxygen. Just tell the industrial oxygen company that you need the oxygen for ozone water purification and you should not have any problem. I encourage my patients to purchase medical grade oxygen and to have their doctors write them a prescription for it. There are two ways you can do this. One is to purchase your own oxygen cylinder and have it filled under a doctor's prescription. The other is to rent a tank of oxygen from an oxygen supply company under a doctor's prescription.
2. Note that oxygen concentrators are not acceptable for the production of ozone for any use except for saunas. The oxygen for the applications in this book other than saunas must be pure oxygen in tanks, not from an oxygen concentrator.

Auto-Immune Disease

1. Auto-immune diseases are a category of diseases in which the immune system is malfunctioning, creating systemic inflammation, and often damaging tissues and organs.

Since ozone therapy is able to optimize and rebalance the immune system by its actions on cytokines, and can also decrease inflammation it is a natural choice for any auto-immune disease.

2. The most common auto-immune diseases you will hear about are multiple sclerosis, lupus, scleroderma, and rheumatoid arthritis. Ozone therapy can be very helpful in these conditions and in all of the other auto-immune diseases as well. Be sure to continue with the treatments your doctors are currently prescribing and at the same time follow the instructions for pre-conditioning. Ozone therapy enhances the results of all of the conventional therapies, and you will likely find that your doctor will be able to reduce or even eliminate some of the medications you are on.

Colds and Flu's

1. Use ear insufflation along with the inhalation technique up to 3-4 times a day as needed. It is best to combine this with two intestinal insufflations a day.

Immune System Stimulation

1. Is your immune system compromised? Do you get frequent colds or flu? Or is your immune system compromised from a disease or simply from aging? Or maybe you are battling cancer and need all of the immune stimulation you can get. One way to stimulate the immune system right away is with intestinal insufflation three times a week.

Chronic or Resistant Infections

1. Much attention is being focused these days on what is being referred to as "chronic infections". The term is being used to describe the inability of someone's immune system to defend itself against certain germs and viruses. These include Hepatitis B and C, Epstein-Barr virus, Cytomegalic virus, HIV, mycoplasma, tuberculosis, coxsackie virus, yeast, and Borrelia (Lyme disease). These infections often respond to ozone therapy. That's because ozone stimulates the immune system by as much as 400% to produce the cytokine molecules that it uses to fight infections. Ozone therapy can often spell the difference between living with a chronic infection and getting rid of it.

2. And what about those infections such as MRSA and other infections that have become resistant to antibiotics? Good news there. Studies have shown that all infections whether acute or chronic respond much better to antibiotic therapy when combined with ozone therapy. And that is true even when the germs have become resistant to the antibiotic. That's why it is such a good idea to use ozone any time there is an infection no matter what the infection is and no matter whether or not you are taking an antibiotic. The treatment protocol for any infection is intestinal insufflation twice a day until the infection resolves and then three times a week for an additional 6 weeks to prevent a recurrence.

Intestinal Insufflation

1. This can be used for any condition, pre-conditioning or chronic or acute disease. I'm talking about fatigue, cognitive disorders, aches and pains, cancer, autoimmune diseases, neurological diseases, and the frailty and weakness associated with aging. In my clinic I use it all the time with virtually every patient. Treatments can be performed up to 2 times a day, 7 days per week.

2. Instructions:

- a. Fill the syringe or bag with ozone (see below).
- b. Insert a 12-14 gauge male urethral catheter at least 4 inches into the rectum. 2 inches for a child.
- c. Attach the syringe or bag to the catheter and inject the ozone over about 10-30 seconds.
- d. Retain the gas for at least one minute.
- e. It is best, although not completely necessary, to do this after a bowel movement.
- f. Start with a lower volume and work up to a final treatment of 200 cc volume at 40 gamma. This allows your intestines to get used to the ozonides. Start off with 100 cc volume @ 20-25 gamma the very first time. The second time increase the gamma to 30-35 gamma. The third time increase the gamma to 35-40 gamma. Then keeping the gamma at 35-40 increase the volume to 150 cc. And finally increase the volume to 200 cc. Remain at this dose.
- g. For a child decrease the volumes as follows: the correct volume equals the child's weight in pounds multiplied by 1.2.
- h. If at any time, you experience pain or burning or rectal irritation from the procedure, back off on the gamma. If there is abdominal discomfort, decrease the volume.

Ozone Sauna - Ozone on Steroids

1. Like I just said, heart disease is by far the number one killer. Twenty-five percent of all deaths in the United States are from heart disease. So if I told you that there was a proven way to significantly decrease your chance of dying from heart disease, would you be interested? How about if I told you that what you had to do was easy, relieved stress, was relaxing, made you sleep better, increased your aerobic fitness, burned excess fat and cellulite, and just generally made you feel great? And finally, what if this treatment not only decreased your chances of dying from heart disease but also your chances of dying from everything else by as much as 70%? A brand new study just came out that shows the way you can do this. And the best part is you and your whole family can do it at home.
2. The researchers looked at 2,315 men between the ages of 42 to 60 years who regularly used saunas. They followed these men for an average time of 20 years. What they were looking at is the effect of regularly using a sauna on dying. I think you will agree with me that the results are stunning.
3. During the follow up time 190 of the men died from sudden cardiac death, 281 died from coronary heart disease, 407 died from strokes, and 929 died from other causes. Then they looked at how often the men took a sauna and compared that to their chances of dying. They divided the men into three groups: those that used a sauna once a week, those who used one 2-3 times a week, and those who used one 4-7 times a week.
4. For sudden cardiac death: 10.1% of the one timers died, 7.8% of the 2-3 timers died, and 5% of the 4-7 timers died. For coronary artery disease 14.9% of the once a weekers died, 11.5% of the 2-3 timers died, and 8.5% of the 4-7 timers died. And the trend continued when it came to strokes: 22.3% of the one timers died, 16.4% of the 2-3 timers passed on, and 12% of the 4-7 timers died. The same thing happened with death from all causes: 49% of the once a weekers died, 37.8% of the 2-3 timers died, and 30.8% of the 4-7 timers.
5. It's pretty clear from these numbers that regularly taking a sauna, especially if you do it 4 times a week will extend your life. The researchers even looked at the length of time in the sauna that was effective. And it wasn't that long. Only 20 minutes was enough to have all of these great benefits. In their words, "Increased frequency of sauna bathing is associated with a reduced risk of sudden cardiac death, death from coronary artery disease, death from strokes, and death from all-cause mortality." But don't go away yet. Because there is much more to this hot story. We are only just getting warm.
6. What about people who already have heart disease? Can taking a sauna help them? The answer is a resounding yes.
7. The single biggest problem patients with heart disease have is getting enough oxygen to the heart cells. So researchers looked at the effects of saunas on a group of healthy, young men 18-20 years old. They found that taking a sauna once a week for five months increased the level of oxygen in their tissues by decreasing the way hemoglobin binds up the oxygen in the venous blood. They also found that taking a sauna increased the antioxidant enzyme function in the young men. And the remarkable thing is that these

were healthy young men. Imagine what the results would be in older men with a degree of heart disease. But wait. You don't have to imagine. It was reported just 2 years ago.

8. A personal steam sauna cabinet is basically a box that you sit in with your head outside the top of the box. The cabinet is fitted with a steam generation unit that releases steam into the cabinet.
9. Even though in my clinic I can give my patients ozone therapy in many different ways, I almost always include ozone saunas as part of the overall treatment plan.
10. Start at one ozone sauna per week. As your skin acclimates to it you can increase the treatments to 3x/ week. You can use the sauna more often than that but use it without the ozone, just with the steam alone. I do not see any additional value in more than three ozone saunas per week.

The Triple Threat Sauna

1. Along with Roger Chown of Longevity Resources, I developed the first ozone sauna system that was able to dramatically increase the oxygen levels in the body. So not only would the cells be stimulated to generate more energy from the oxygen they received, they would also be getting more oxygen at the same time.
2. If you want to have your own state of the art ozone sauna at home with this new non-rebreathing system all you have to do is to contact Longevity Resources at www.ozonegenerator.com or toll free at 877-543-3398.
3. They market this today as the "SEOS :: Super EWOT Ozone Sauna"

Interval Training Exercise

1. There is no two ways about it. Nothing, absolutely nothing - no supplement, no hormone, no special therapy of any kind will improve your circulation more than exercise properly done. I'm not talking about gardening, taking a walk, bowling, or golfing. I'm not talking about anything that most people including myself consider fun.
2. When you are properly exercising, by definition you are pushing your body beyond its limit. That's the only way it is going to be forced to become more efficient. Think of it. If I want my biceps to get bigger and stronger I won't be able to make that happen unless I push them to the limit. Only then will they respond the way I want them to. Similarly, if I want to improve my circulation the only way my body is going to do that is if I create a situation in which it is forced to. And that means interval training.
3. Interval training means that you exercise so hard that you are out of breath for a an interval of time, and then you slow the pace way down for another interval of time so that you can recover from the strain. Then you just keep on repeating that cycle. About two

years ago a study came out that showed the incredible effect of a very simple interval training program. This is the one I recommend. It goes like this.

4. Set an exercise machine to a resistance setting that is about midway or slightly above midway. During the exercise the resistance setting does not change. Only the speed changes. The exercise consists of 5, five-minute cycles. Each five-minute cycle is characterized as follows. The first 2 minutes is moderately fast – enough to get you slightly out of breath. The next 30 seconds is as fast as you can go. This should be a maximum effort. At the end of this 30 second period you should be quite out of breath and really glad I did not tell you to do it any longer than 30 seconds. Then, for the next 2 ½ minutes go as slow as you can. At the end of this “rest” period your breathing should be normal, and you should feel ready to do the cycle again. Repeat this five minute cycle a total of three to four times. The entire exercise takes 15-20 minutes. Do it three times a week. It’s not much fun, but it is extremely effective and takes only a little bit out of your day. Within 6 weeks your circulation will already be significantly better. And that’s not all.
5. To a large extent, circulation is controlled by a molecule called nitric oxide. Nitric oxide opens up the capillaries and provides more blood and oxygen to the cells. But as we get older, like everything else nitric oxide levels go down. One of the reasons that interval training works so well is that it stimulates nitric oxide production. And if you will remember from Chapter 3 you will recall that ozone therapy also stimulates nitric oxide production. So, interval training and ozone therapy very definitely go hand in hand. And there is another proven way to increase your nitric oxide production that improves the effects of both ozone therapy and interval training. It’s something that I take every day. It’s a product called CircO2.
6. CircO2 is a patented combination of herbs and nutrients that has been shown to significantly raise nitric oxide levels. The dose is one lozenge, twice a day. On the days that you exercise take one of the lozenges about 30 minutes before exercise. You will see a big difference. Along with interval training and ozone therapy taking CircO2 can do a lot to insure that your circulation is efficient even as you get into your 70’ s and 80’ s and beyond. You can get CircO2 at www.advancedbionutritionals.com or by calling toll free 800-791-3395. They also sell test strips that you can use to determine your nitric oxide levels.
7. But what if you already have a circulatory problem? What if you have coronary artery disease or another form of atherosclerosis? There is something else you can do that will jump-start your circulation. It’s called disodium EDTA chelation therapy. This is not something you can do at home. You will need a doctor trained in the therapy. And you can find that doctor at www.acam.org. Disodium EDTA chelation therapy involves a series of intravenous infusions of an amino acid called disodium EDTA. And I definitely recommend it to anyone who has had any kind of cardiovascular problem from high blood pressure to heart disease. Along with ozone therapy, interval training, and CircO2 it can dramatically improve your circulation and greatly limit the chance of you ever having a heart attack or a stroke.
8. First, use ozone therapy. As I mentioned in Chapter 3, ozone therapy stimulates all of the detoxification systems. But that’s not all you need to do. The detoxification systems

need water. Water acts as a solvent in the body. When the body eliminates water in the urine, stool, and sweat, the water takes toxins out with it. So, up to a limit, the more water you drink, the more toxins your body can eliminate. But many people do not drink enough water and are chronically dehydrated. And here's the problem. Just because you are not thirsty does not mean that your body is well hydrated. You can't trust thirst to warn you. Dehydration decreases the ability of their bodies to eliminate toxins and the toxins just build up over time. So make sure you drink enough water. And do it whether or not you feel thirsty. I recommend at least two liters of water every day and more if the weather is hot or you are exercising for a long time.

Supplements

1. Super Immune QuickStart - I created Super Immune QuickStart over 25 years ago. It is an absolutely unique supplement powder that gives you a quick burst of vitamins, minerals, antioxidants, protein and immune support to start your day off right. It's like getting a multi-vitamin, protein powder, and greens drink — all rolled into one. You can get QuickStart at www.advancedbionutritionals.com
2. Complete Daily Oils - Complete Daily Oils features a unique blend of both fish and plant-based oils that supplies EPA and DHA. Also includes CoQ10, mixed tocopherols, and alpha-lipoic acid. It is the perfect nutritional companion to QuickStart. You can get Complete Daily Oils at www.advancedbionutritionals.com
3. Once again, he sells these supplements, and was just using his book as a selling mechanism.

Doctors:

1. You can find doctors trained in ozone therapy at www.aaot.us
2. Local doctors in South Florida that offer it (there are many more that are not on this site):
 - a. <https://aaot.us/members/?id=32554827>
 - b. <https://aaot.us/members/?id=32530509>
 - c. <https://aaot.us/members/?id=32612393>
 - d. <https://aaot.us/members/?id=46706235>
 - e. <https://aaot.us/members/?id=32530509>
3. You can find a doctor who offers Bio-Energy Testing, to test your VO2 at www.bioenergytesting.com

Suppliers

1. At the time of this writing I know of only one company that sells reliable generators and all the peripherals I just mentioned in North America.
2. That is Longevity Resources. They are located in Canada. You can reach them at www.ozonegenerator.com.
3. Keep in mind he is biased because he sells products with them.
4. For an updated list of manufacturers who state that they meet these standards please go to www.theozonemiracle.com