

Boosting Your Immune System with Ozone Therapy; What You Need To Know

Ozone therapy is a natural treatment that has been in existence for more than a century now. It was first used by the Greeks and later the Egyptians to clean wounds of healthy tissue. Ozone has healing effects on most types of illness, and there are a wide variety of ways you can utilize it to boost your immune system.

Ozone Therapy: How Does It Work?

Ozone, a form of oxygen, consists of three atoms as compared to the standard two-atom structure. This third atom makes ozone heavier than ordinary oxygen. The presence of that extra atom also means that ozone is an excellent sanitizer and cleanser because it has powerful oxidative effects on living tissues.

In addition to being heavy, ozone is also a potent antioxidant. It can change harmful molecules into less harmful or non-harmful molecules. The chemical ozone therapy uses this property to create oxygen-free radicals, used to kill disease-causing cells.

Although ozone can be created artificially, it is always better to use natural forms of oxygen therapy because they are perfect for those allergic to the ozone itself. The most common natural source of this powerful antioxidant is the oxygen that we breathe.

Types of Ozone Therapy

Ozone therapy is available in different forms, each of them having its importance and benefits. So naturally, each form has its advantages and drawbacks over the others. Still, there are many instances where more than one type of ozone therapy is used to treat different diseases and conditions.

IV Ozone

The first method you can use for your ozone therapy is IV Ozone or Intravenous Ozone. This is where ozone gas is passed into the bloodstream through an intravenous drip, killing targeted

cells in the body. This method has been proven effective against skin infections, wounds, lung diseases, hair loss, and cardiovascular problems.

The significant advantage is that only a tiny amount of ozone is required in this method. Furthermore, there are no reported harmful effects on patients using IV ozone therapy. It also boosts the immune system because it stimulates the endocrine glands in the body.

Prolozone

Prolotherapy is a regenerative medicine treatment that combines the cellular proliferating element of dextrose to help promote the body's natural healing and regeneration cascade. This therapy has anti-inflammatory and proliferative effects, which assist in the recovery of several chronic orthopedic diseases.

Ozone Therapy for Your Immune System

Ozone therapy is the best treatment when it comes to boosting your immune system. Although ozone kills most types of harmful cells in the body, the significant benefit that it provides with its antioxidant properties is that it also stimulates the growth of new cells.

The result is a more resistant and balanced immune system that can fight off most diseases without much difficulty.

The ozone therapy for allergies is one of the best immune system-boosting therapies because it explicitly targets inflammation and allergic agents to provide relief from your ailments. In addition, the method is simple, and all you need to do is breathe in high concentrations of ozone through a mask.

Other Positives of Ozone Therapy

Ozone therapy has got a lot of advantages over other health treatments. Moreover, these benefits are reported by patients and verified by medical professionals, scientists, and researchers worldwide.

Some benefits of ozone therapy include:

- Wound Healing
- Destroys Fungi, Bacteria, and Viruses

- Cell and Tissue Repair
- Improved Circulation
- Energy Production

Other Uses for Ozone Therapy

In addition to boosting your immune system, ozone therapy is ideal for:

- Fatigue
- Anti-aging
- Chronic inflammation
- Cell and Tissue Repair
- Improved Circulation
- Energy Production

Is Ozone Therapy for Me?

Ozone therapy is ideal for any person who has a weak immune system or chronic conditions. It also works well for people looking to improve their overall health and lifestyle by increasing daily energy levels, improving circulation, and boosting the immune system.

In addition to being effective against most diseases, ozone therapy provides vitamin C to patients who take it as a supplement in their treatment. Ozone therapy is also ideal for people with cancer and chronic illnesses because it is non-invasive and has no side effects when used under safe ozone therapy guidelines.

If you are interested in learning more or would like to schedule a free consultation, call R3 Health at (561) 331-2983, or you can [request a callback](#), and you will receive a call back within 24 hours.