



## Increasing Your Oxygen (O<sub>2</sub>) with Ozone (O<sub>3</sub>)

We can go weeks without food, days without water, but only minutes without oxygen. The decline in oxygen (O<sub>2</sub>) in our air and water is one of the reasons it's harder to stay healthy.

In the body, ozone flushes out toxins and in the process creates water (H<sub>2</sub>O) and carbon dioxide (CO<sub>2</sub>). Nature knows what it's doing—we contribute to plant life by breathing out CO<sub>2</sub> and plants use CO<sub>2</sub> to create O<sub>2</sub> for us. Declining forests, car exhaust, industrial emissions, stagnant water supplies and processed foods are the main reasons our bodies don't get enough oxygen. "The greatest risk factor to your health," says Robert Jay Rowen, M.D., a specialist in oxygen therapies, "is oxygen starvation."

Why? Putrefactive bacteria, the critters that live on infection and break down our bodies when we die, thrive in the absence of O<sub>2</sub>. These critters get a headstart today and have a party as they slowly decompose us while we're still moving around. Even in the air, it's known that viruses can travel only a short distance in a well-ventilated room. given a more sociable environment, however—a stuffy room—they will spread quickly.

Like colloidal silver, research on oxygen therapies was dropped when antibiotics, with their seeming miracle cures, came on the scene. Dr. Otto Warburg who won the Nobel Prize twice, stated in 1966, that cancer cells cannot live in an oxygen-rich environment. Many dentists use ozonated water to disinfect the mouth and help stop bleeding. Medical applications for ozone include rectal or vaginal insufflation, steam baths with body bags, and infusing blood with ozone. Rather than medical applications of oxygen, however, we're interested in getting enough oxygen on a regular basis for greater energy, to wipe out fatigue, and help get rid of toxic buildup in our bodies.

## How can we get more oxygen to our cells on a regular and safe basis?

Regular exercise and eating fresh, organic foods are two ways to increase the level of oxygen in our bodies. Ozone (O<sub>3</sub>) is another way. Ozone is created in nature and is often noticeable in the air after a storm or near large bodies of water and in the mountains. Ozone is a proven disinfectant, detoxifier and deodorizer. It's used to disinfect water in over 2,000 water-purification plants including Moscow, Los Angeles and Montreal. In Europe, it's also used for food purification to decrease spoilage. After ozone has done its work in water, it reverts back to stable O<sub>2</sub> and does not leave any harmful residues.

After bringing blood and tissue electrification based on suppressed research to the world, Bob Beck, D.Sc., searched for a way to speed up the body's ability to get rid of toxic wastes. He discovered after reading *Oxygen Therapies* by Ed McCabe and talking with Ed, that he could safely add ozone to the program by simply bubbling ozone into a glass of water for drinking. His research centered on making a portable unit in order to get the benefits of ozone readily available to each of us. After having several friends drink water freshly saturated with ozone, he used a Percent Oxygen Saturation Meter, a Nellcor® NPB-40, to measure the level of oxygen in their blood. The oxygen level of the blood rose after drinking the ozonated water—some had a low level of 93% oxygen before and a measurement immediately after read 100% saturation.

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Three benefits we have noticed since drinking ozonated water are:

1. Increased stamina, less fatigue and less stiffness after a workout at the gym.
2. Increased bowel movements. We're getting rid of toxins faster!
3. Mentally more alert.

Oxygen booths are opening at airports and all over the industrialized world. People recognize they are not getting enough oxygen. Portable oxygen cylinders are often sold with sporting goods as lack of oxygen has been reported as the most probable cause of injuries.

Drinking water that has been freshly saturated with ozone offers a simple solution.

### Does ozone have adverse effects?

We hear from 'experts' about the good ozone in the stratosphere that protects us and that is being depleted and the bad ozone that signifies pollution in our city air. The ozone isn't bad—ozone is nature's way of purifying the air. The pollutants are the bad guys and ozone is an indication nature is working to try to clean up the air. The ozone is attempting to oxidize the pollutants into harmless H<sub>2</sub>O and CO<sub>2</sub>. These high levels of ozone, however, can be damaging to the lungs. Low levels of ozone found at the ocean and in the mountains are highly beneficial.

Two concerns have been raised:

#### 1) Can we get too much oxygen?

At a time when the amount of oxygen available to us in the air has been reduced by 30% or more over the last 200 years, our concern is certainly to increase rather than decrease our intake of oxygen. In addition to less oxygen in the air, our drinking water has less oxygen than a mountain stream. Oxygen levels are reduced as the water is held in stagnant reservoirs and lays in water pipes.

Oxygen in air and water is safe as we thrive on getting enough oxygen.

#### 2) Does oxygen increase free radicals?

Free radicals are associated with the effects of aging and disease. Concern about free radical damage in our bodies has erroneously been associated with oxygen levels. "The hole in the ozone layer, pesticides, air pollution, and toxic chemicals are instigating free radical challenges to your system every single day." Ed McCabe, author of O<sub>2</sub>xygen Therpies, continues: "The production of harmful free radicals comes from the existence of toxic compounds and waste products stored in the cell. ... Ozone/oxygen mixtures create the good free radical oxygen forms that seek

out and destroy all these incomplete toxic compounds by binding with them. We call this process oxidation and it is a normal function of the human body that has been suppressed due to a lack of sufficient oxygen. ... In truth if oxygen damaged the human body, God wouldn't have you breathing."

We require oxygen for health. Oxygen speeds up the process of detoxification.

### A Water Ozonator is easy to use.

Ozone is produced from air by a cold corona generator. Bob Beck recommends the cold corona generator as it is a more powerful system to produce ozone. He states: "Nitrogen by-products, oxides and acids produced with air and cold corona discharge have been tested and found negligible and harmless in ozonated drinking water." A Water Ozonator is designed to quickly ozonate a glass or more of drinking water. Operate the unit in a well-ventilated area so you are not breathing too high a concentration of ozone. Ozone has a distinctive odor. If you can smell it, beware, as it is an irritant to the lungs in air. It is safe when consumed in water. A stove top exhaust fan works well to vent the ozone that escapes.

Simply put, a Water Ozonator increases the amount of oxygen in water making more oxygen available for the body to flush out toxic wastes.

### References:

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