EBOO vs Ozone IV Therapy: Which Actually Works Better? Transcript

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Ozone IV vs EBOO Overview

The ozone dropper The ozone dropper and Eboo and Eboo are often discussed as are often discussed as if they are the same thing. Only one costs. Only one costs three times as much as the three times as much as the other, but they are completely other, but they are completely different things. One different things. One processes a small processes a small bag of your blood, bag of your blood, the other passes liters of it the other passes liters of it through a filter through a filter during the procedure.

during the procedure. So, today we're So, today we're going to talk about the going to talk about the real difference and real difference and what might be what might be better for you.

better for you. Welcome back to Dr. Jones' Optimization Academy. I am Dr. Jones' Optimization Academy. I am Dr. Greg Jones, a Dr. Greg Jones, a naturopathic doctor and naturopathic doctor and founder of Innovative Wellness founder of Innovative Wellness Center here in Phoenix, Center here in Phoenix, Arizona. My Arizona. My promise for this promise for this video is simple.

video is simple.

What a Standard Ozone IV Actually Is

At the end, you will At the end, you will know exactly what know exactly what each each each procedure does, what procedure does, what additional additional additional Eboo costs, and how to Eboo costs, and how to choose the right choose the right method for your goals. So let's start with what. So let's start with what most clinics most clinics mean by an mean by an ozone ozone ozone dropper. The dropper. The medical name is major major major autohemotherapy. But don't autohemotherapy. But don't let that scare you.

let that scare you. The idea is simple. The idea is simple. A small amount of A small amount of your blood your blood is collected into a is collected into a sterile bag, sterile bag, approximately a glass, and approximately a glass, and this blood is mixed with a this blood is mixed with a measured dose of measured dose of medical ozone.

medical ozone. It then It then flows back into flows back into your vein. The entire session your vein. The entire session usually lasts between 15 usually lasts between 15 and 30 minutes, depending and 30 minutes, depending on the speed of on the speed of the drip. And here's a the drip. And here's a detail that detail that matters to everything matters to everything else in this video.

else in this video. Ozone Ozone Ozone never actually touches the never actually touches the internal parts of internal parts of your body. It your body. It reacts with the blood outside of reacts with the blood outside of you in the package, then you in the package, then it goes back in it goes back in, and these benefits, and these benefits are limited to one are limited to one package per package per pass. This is the limit of a pass.

How Ozone Works Through Nrf2 Activation

This is the limit of a standard ozone standard ozone dropper, and it is what Eboo technology is designed to overcome. So, this covers the " what". Now, before we what". Now, before we get to Eboo, you get to Eboo, you need to understand need to understand what what what this ozone actually does when it enters this ozone actually does when it enters your bloodstream.

your bloodstream. Because the popular Because the popular belief about this is almost the belief about this is almost the opposite of the truth. opposite of the truth.

Many believe that Many believe that ozone therapy works ozone therapy works by sterilizing the by sterilizing the

blood, killing anything blood, killing anything floating in it.

floating in it. In fact, that's not In fact, that's not exactly what's exactly what's happening. When happening. When ozone reacts with your ozone reacts with your blood, it creates blood, it creates small signaling small signaling molecules that molecules that tell cells tell cells to defend themselves. These to defend themselves. These signals turn on a signals turn on a switch inside switch inside your cells your cells called Nrf2, or Interop 2.

called Nrf2, or Interop 2. Think of it as a Think of it as a regulator that regulator that boosts your body's own boosts your body's own production of production of production of antioxidants antioxidants antioxidants. Your. Your cells respond by cells respond by producing more of producing more of their own protective their own protective enzymes, which enzymes, which repair the damage repair the damage before it before it develops into anything develops into anything bad. This small, bad. This small, controlled stress controlled stress trains your body to trains your body to better defend itself.

better defend itself. Researchers call Researchers call this oxidative this oxidative preconditioning. This preconditioning. This is the true is the true mechanism mechanism mechanism of ozone therapy, not of ozone therapy, not blood sterilization.

blood sterilization. So consider a So consider a training fire training fire alarm. The alarm alarm. The alarm does not put out does not put out the fire. This trains the fire. This trains the people inside the people inside to move faster and to move faster and think more clearly when a think more clearly when a real real real fire occurs. Ozone is a fire occurs. Ozone is a warning sign. Your warning sign. Your cells are the ones cells are the ones learning to respond. This is learning to respond. This is not just a theory. A not just a theory. A 2025 randomized trial of stroke patients stroke patients showed that the group showed that the group receiving receiving receiving ozone ozone ozone autohemotherapy had autohemotherapy had increased antioxidant levels increased antioxidant levels and and better recovery rates than the group better recovery rates than the group that did not receive it.

that did not receive it. Both standard ozone and Both standard ozone and EBOO work based on the same mechanism. This is a mechanism. This is a shared engine.

shared engine. The difference between them The difference between them is is is how powerful and how powerful and cleanly this engine cleanly this engine runs. Which brings runs. Which brings us to the reason why I us to the reason why I cost so much cost so much more. It all more.

Volume and Dose Differences Explained

It all comes down to two comes down to two numbers. Let's numbers. Let's talk about two talk about two real differences: real differences: volume and dosage. And this is where volume and dosage. And this is where EBOO ceases EBOO ceases to be just " more refined" ozone more refined" ozone and becomes a fundamentally and becomes a fundamentally different different different treatment method. Instead of treatment method. Instead of processing a single cup of processing a single cup of blood, EBOO runs blood, EBOO runs your blood through a your blood through a continuous loop, continuous loop, processing 2 to 3 processing 2 to 3 liters in a single session.

liters in a single session. That's about That's about half of your blood half of your blood going through your going through your system, not a system, not a small portion of it.

small portion of it. What about the dose? A What about the dose? A 2022 study 2022 study measured exactly how much measured exactly how much ozone actually ozone actually enters the bloodstream enters the bloodstream using different using different administration methods. The administration methods. The countercurrent dialysis countercurrent dialysis system on which system on which EBOO operates delivered EBOO operates delivered approximately 3.28 times approximately 3.28 times more ozone than the more ozone than the next most next most efficient efficient efficient dosing method. This is a "10- pass" ozone pass" ozone dripper, for those dripper, for those familiar with it. And familiar with it. And that's significantly more than a that's significantly more than a standard standard standard gravity ozone gravity ozone dropper—by dropper—by dropper—by their estimates, their

estimates, about 30-40 times about 30-40 times more. This is not a more. This is not a marketing figure.

marketing figure. This is what This is what was actually measured as it was actually measured as it exited the device and exited the device and entered the bloodstream.

entered the bloodstream. So if the clinic So if the clinic tells you that EBOO is the tells you that EBOO is the same thing, only same thing, only bigger, it's not true. A bigger, it's not true. A larger blood volume larger blood volume plus a significantly higher dose is a real is a real leap in leap in treatment intensity. This is not a treatment intensity. This is not a repackaged version of repackaged version of the same the same dropper, but “ bigger” doesn’t bigger” doesn’t automatically mean automatically mean better for better for you personally. If you are healthy and you personally. If you are healthy and seeking overall seeking overall wellness, a wellness, a standard ozone standard ozone dropper may dropper may be be sufficient.

sufficient. sufficient.

The Filtration Component of EBOO

The strength of the treatment The strength of the treatment should match should match the goals you are the goals you are actually trying actually trying to achieve. But volume and to achieve. But volume and dose aren't the whole dose aren't the whole story. There is a third story. There is a third difference, and it is this that difference, and it is this that changes the class of changes the class of treatment you treatment you receive. I understand.

receive. I understand. Choosing dietary Choosing dietary supplements can be supplements can be confusing. confusing. confusing. There are hundreds of There are hundreds of brands. There are brands. There are conflicting conflicting conflicting claims, and claims, and it's impossible to know what's it's impossible to know what's actually beneficial and actually beneficial and what will truly improve what will truly improve your health. That's why your health. That's why I created Dr. Jones' Supplement Store. Every Dr. Jones' Supplement Store. Every product in the store product in the store for energy, for energy, gut health, gut health, sleep, hormonal sleep, hormonal optimization, optimization, optimization, recovery, and more is recovery, and more is personally reviewed, tested, and, tested, and recommended by me.

recommended by me. These are the formulas I These are the formulas I use and use and recommend to my recommend to my patients, friends, and patients, friends, and family. So, family. So, go to go to drjonsupplements.com, drjonsupplements.com, drjonsupplements.com, subscribe to our subscribe to our newsletter, and you newsletter, and you will receive a 10% discount on your will receive a 10% discount on your first order. You will first order. You will also receive also receive exclusive exclusive exclusive protocols and tips protocols and tips that I share only that I share only with my community.

with my community. So let's cut out the unnecessary and So let's cut out the unnecessary and focus on what focus on what actually works. actually works.

But the next But the next part is something that part is something that many people skip, many people skip, but for me it's the but for me it's the most important part. The letter "E" in EBOO. The letter "E" in EBOO stands for " extracorporeal," extracorporeal," extracorporeal," meaning outside the body.

meaning outside the body. Your blood passes Your blood passes through a through a dialysis-type membrane while dialysis-type membrane while being treated with ozone.

being treated with ozone. This membrane performs a This membrane performs a second function that a second function that a regular drip regular drip bag simply cannot bag simply cannot perform. While the blood perform. While the blood is being oxygenated, is being oxygenated, the same filter the same filter simultaneously removes simultaneously removes inflammatory inflammatory inflammatory byproducts and byproducts and metabolic waste.

metabolic waste. So, think of a So, think of a standard ozone standard ozone dripper as dripper as maintenance. EBOO is both is both maintenance and maintenance and oil change in oil change in one visit. The filter is the oil

change. A oil change. A standard standard standard dropper dropper dropper was never designed was never designed for this. That's why for this. That's why experts describe experts describe EBOO as a different class of EBOO as a different class of treatment, not treatment, not just a higher dose of the same thing just a higher dose of the same thing. The impact of. The impact of ozone is just one ozone is just one aspect. Filtration is a completely different is a completely different aspect. Now, here's aspect. Now, here's one honest one honest caveat. The caveat. The filtration advantage filtration advantage appears appears appears mechanistically mechanistically mechanistically sound, but sound, but long-term data long-term data on this on this aspect are still in the early aspect are still in the early stages. I'd rather stages. I'd rather tell you this directly tell you this directly than than than impose anything. Now impose anything.

Which Therapy Is Right for You

Now you have the complete picture, you have the complete picture, which leaves one which leaves one main question. So main question. So what is actually better?

what is actually better? Here is my honest Here is my honest answer, which you won't answer, which you won't hear from many hear from many clinics eager clinics eager to sell you just one to sell you just one of these options.

of these options. If your goal is general general general wellness, a little wellness, a little more energy, more energy, immune support, immune support, and if you are already quite and if you are already quite healthy, a standard healthy, a standard ozone dropper is ozone dropper is often sufficient. This is a often sufficient. This is a smart way smart way to start. But if to start. But if you're dealing with more you're dealing with more complex complex complex immune immune immune system issues, chronic system issues, chronic inflammation, or a more inflammation, or a more complex complex complex health condition, and you health condition, and you need both a higher dose and filtration, filtration, filtration, that's where the EBOO design that's where the EBOO design really justifies really justifies its price.

Cost Considerations and Realistic Expectations

And budget is a significant factor that you should is a significant factor that you should n't be n't be ashamed of. EBOO ashamed of. EBOO usually costs usually costs several times more several times more than a standard than a standard ozone dropper.

ozone dropper. This additional This additional cost only makes sense if the cost only makes sense if the higher higher higher dosage and filtration dosage and filtration really meet really meet your needs. But your needs. But none of these treatments none of these treatments are a guaranteed are a guaranteed miracle. Both have a miracle. Both have a real mechanistic real mechanistic basis and early basis and early clinical data. I want clinical data. I want you to have you to have realistic realistic realistic expectations and expectations and work with a doctor work with a doctor who will honestly tell you who will honestly tell you when a treatment method is when a treatment method is not right for not right for your situation. And your situation. And the best option is not the best option is not necessarily the more expensive one necessarily the more expensive one. The best one is the one. The best one is the one that actually that actually fits your fits your goal, your goal, your health condition, and your budget.

health condition, and your budget. Ask the clinic Ask the clinic about these three things before about these three things before asking about their asking about their device. So, if you device. So, if you were wondering whether to were wondering whether to do an ozone do an ozone drip or Eboo, drip or Eboo, I hope this gave I hope this gave you more you more information and information and helped you make a helped you make a decision. If this decision. If this analysis was useful to you analysis was useful to you, click the, click the "like" button. Subscribe to. Subscribe to receive more research- receive more research- based insights based insights based insights on on on hormones, peptides, and hormones, peptides, and longevity medicine.

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Thank you for watching. I'm Thank you for watching. I'm Dr. Dre Jones, Dr. Dre Jones, see you in the see you in the