The Healing Power of Ozone Therapy in Kidney Disease Transcript

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Introduction to Ozone Therapy

So how does all of this relate specifically to kidney health? So there are several mechanisms for would discussing. First, chronic inflammation is a significant factor in kidney disease progression by modulating inflammatory pathways.

Ozone therapy helps to reduce the inflammatory burden on the kidneys. Second, oxidative stress plays a major role in kidney damage by activating the body's natural antioxidant defenses.

Ozone therapy helps combat this oxidative stress. Third, many kidney conditions involve impaired micro circulation. That's the blood flow through the smallest blood vessels.

Ozone therapy has been shown to improve micro circulation, which can enhance oxygen and nutrient delivery to kidney tissues. Fourth, as I mentioned, some kidney conditions have infectious component or co-infections that contributes to the overall disease burden.

Ozone antimicrobial properties helps address these underlying infections. This is doctor talks real talk from real doctors on the issues that matter to you.

Most. Hello and welcome to another episode of Wellness Focus with Doctor This My Friends podcast.

How Ozone Therapy Works

Today I want to dive into powerful therapy that might not be on your radar, but has shown remarkable benefits for many of my patients, especially with kidney disease and chronic inflammatory conditions.

Ozone therapy has been a blessing. Now, when most people hear ozone, they think of the ozone layer in our atmosphere. Or perhaps they are. They have heard warnings about ground level ozone pollution.

But in medical context, controlled doses of ozone can actually serve as a powerful healing modality. I want to walk you through what ozone therapy is, what is the science behind it, how it works, and the specific ways it might benefit those dealing with kidney conditions and inflammatory disorders.

So what is ozone type? At its most basic, ozone therapy involves the administration of ozone gas, which is simply oxygen with extra oxygen atom at very specific controlled therapeutic doses.

This creates what scientists call as home response, essentially a beneficial stress response in the body. Think of it like exercise. When you work out, you're actually causing some stress to your muscles and systems.

But that stress triggers a repair mechanisms that makes you stronger. So ozone works in a somewhat similar way, creating a controlled oxidative stress that activates your body's natural antioxidant defenses.

Now let's break down what happens body when you receive ozone therapy. Because understanding the mechanisms helps explain why it can be so effective for certain conditions when administered at proper therapeutic doses.

Ozone induces a mild oxidative stress that activates several key pathways in your cells. One of the most important is the NRF two pathway. That's short for nuclear factor A Detroit two related factor two.

Very mouthful. This pathway is essentially your body's master regulator of antioxidant responses. When NRF two is activated, it triggers the production of antioxidant enzymes like superoxide dismutase, catalase, and glutathione

peroxidase.

These are powerful enzymes which helps neutralize excessive free radicals and reduces oxidative damage to your body. But that's not all. Also, therapy also has significant anti-inflammatory effects.

It helps down regulate pro-inflammatory cytokines. Those that are signaling molecules that can drive chronic inflammation when they are overactive.

Antimicrobial Effects and Infection Support

At the same time, it modulates immune responses, essentially helping to restore balance to an immune system that might be either underactive or overactive for those people dealing with pain.

Ozone therapy has demonstrated analgesic and pain relieving properties. This appears to be connected to its anti-inflammatory actions and its ability to modulate pain receptors.

Finally, ozone therapy can stimulate tissue regeneration and improve oxygen delivery to tissues. This can be particularly important for kidney health since the kidneys are highly oxygen dependent organs.

One fascinating aspect of ozone therapy is its ability to help the body fight infections. This is particularly relevant because of many chronic conditions, including some.

Kidney disease may have underlying infectious components that aren't always addressed in conventional treatments. Ozone works against pathogens in several ways.

First, it disrupts the cell membranes of bacteria, fungi, and viruses. In this process, called lipid poor oxidation, essentially, ozone reacts with the lipids or the fats in the cell membrane, compromising their integrity and causing them to break down.

It also generates reactive oxygen species that damages the intracellular component of pathogens, leading to their destruction. And importantly, unlike many antibiotics, pathogens cannot develop resistance to ozone because it attacks fundamental cellular structures rather than specific molecular targets.

This makes ozone particularly valuable for addressing chronic infections that might be contributing to inflammatory conditions. So how does all of this relate specifically to kidney health?

So there are several mechanisms for wood discussing.

Kidney Health Benefits

First, chronic inflammation is a significant factor in kidney disease progression by modulating inflammatory pathways. Ozone therapy helps to reduce the inflammatory burden on the kidneys.

Second, oxidative stress plays a major role in kidney damage by activating the body's natural antioxidant defenses. Ozone therapy helps combat this oxidative stress.

Third, many kidney conditions involve impaired micro circulation. That's the blood flow through the smallest blood vessels. Ozone therapy has been shown to improve micro circulation, which can enhance oxygen and nutrient deliveries to kidney tissues.

Fourth, as I mentioned, some kidney conditions have infectious component or co-infections that contributes to the overall disease burden. Ozone antimicrobial properties helps address these underlying infections.

I do remember a patient who was a mere 70 years old, who came with stage four chronic kidney disease. He had been struggling with persistent fatiguing fog.

He had high inflammatory markers that remained high despite conventional treatments. After a comprehensive work of the dead, we discovered he had several underlying issues, including gut dysbiosis and chronic low grade infections.

We incorporated wooden therapy as part of his comprehensive treatment protocol, which also included dietary modifications, targeted supplements, and stress reduction techniques.

After about three months, not only had his inflammatory markers significantly improved, but his kidney function had stabilized as well. His energy levels were better than they had been in years.

Now, I want to emphasize that ozone therapy was just one component of this treatment. It's not a magic bullet, and it works best when incorporated into a comprehensive approach that addresses all the root causes of a person's condition.

We use different kinds of ozone therapy at our Kidney Institute.

Patient Case and Comprehensive Care

We offer it in different forms, each with its own benefits and application. We have transdermal ozone therapy. That is where ozone is absorbed through your skin.

This is a gentle approach that can be particularly good for those who are sensitive or just starting with ozone therapy. Our second way that we use ozone is rectal ozone, which involves delivering ozone gas through a tiny, thin tube directly.

This might sound uncomfortable, but it's actually quite well tolerated and allows for excellent systemic absorption. A third way is I've ozone or intravenous, which involves treating a small amount of patient's blood with ozone and then re infusing it.

This method allows for a direct interaction between ozone and blood components. And finally, we offer what's called ibou therapy which is extracorporeal blood oxygenation and ozone nation.

This is our most advanced detoxification method, where blood is circulated through a special device that exposes it to ozone. One session of Ibou is equivalent to about 17 sessions of I. V.

ozone, making it a powerful option for those who need more intensive treatment. Now, I want to emphasize that while ozone therapy can be incredibly beneficial, it's not appropriate for everyone.

And proper screening and administration is crucial. One important safety measure is checking glucose six phosphate dehydrogenase, which is G6 b d levels, before beginning any oxidative therapy, which is ozone therapy as well.

G6 PD is an enzyme that plays a critical role in protecting cells, particularly red blood cells, from oxidative damage.

Forms of Ozone Therapy

People with G6 PD deficiency have a reduced ability to neutralize oxidative stress, which means ozone therapy could potentially cause hemolysis, which means the breakdown of red blood cells in these individuals.

This is why at our Kidney Institute, we always make sure your G6 PD levels are in the normal range before proceeding with any form of ozone therapy. It's also worth mentioning that the quality of ozone administration is crucial as well.

Ozone should only be administered by properly trained healthcare professionals using medical grade equipment. DIY ozone therapy can be dangerous and is not recommended.

The other thing is personalizing ozone therapy. Like everything else in functional medicine. Ozone therapy is not a one size fits all treatment. The appropriate form, frequency, and duration of ozone therapy depends on your individual health status, specific conditions, and overall treatment goals.

Some patients might benefit from VQ sessions, while others might need more or less frequent treatment. Some might do better with one form of administration versus another.

And it's all about personalization. And of course, ozone therapy is typically just one component of the comprehensive treatment that we implement. So depending on your unique root causes and health status, your protocol might also include specific dietary modifications, targeted supplements, stress management techniques, sleep optimization, and other therapies.

Remember, even though I'm sharing this information about ozone therapy today, I want to emphasize that I am not your doctor. I don't know what's going on with your specific health situation.

Safety, Screening, and Personalization

It's always important to work with a physician who can properly evaluate your individual needs and oversee any treatments you undertake. At Kidney Institute, we used only medical grade equipment that meets the highest standards for safety and efficacy.

Our protocols are based on the latest research and clinical experience to ensure the best possible outcomes for our patients. Remember, ozone tape represents one of the tools in functional medicine that can help support kidney health and address chronic inflammatory conditions.

While it's not a cure all, when properly administered as part of a comprehensive, personalized treatment protocol, it can definitely offer significant benefits.

What I love about therapies like ozone is that they work with your body's natural healing mechanisms, rather than just suppressing symptoms or suppressing immune cells.

They also help in restoring and balancing your function, addressing root causes rather than just managing decline. So if you are dealing with kidney disease or chronic inflammation, I encourage you to explore all your options, including functional medicine approaches that look beyond conventional symptom management.

Your body has an incredible capacity to heal when given the right support. Remember, every person is different and has different root causes. What may work for one person may not be the right treatment for you, which is why results vary widely.

So more physicians see dramatic improvements, while others experience more modest benefits. That's the nature of personalized medicine.

Closing Thoughts on Functional Medicine

The key is finding a knowledgeable health care provider, a physician who can help you identify your specific root causes and develop a comprehensive approach that addresses all aspects of your health not just your kidneys, but your whole body.

As an interconnected system. I hope this overview of ozone therapy has been helpful and has given you some new perspectives to consider in your health journey.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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