Mold, Long-COVID, Chronic Infections? This Gas Might Be the Missing Piece Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the podcast and ozone guest

I think the best way to put it is we have to be very mindful and very careful of how we treat people because you could have somebody who's treated with ozone and then they go home and maybe have an event later on that night.

Maybe it causes maybe something bad happens to that individual. It doesn't necessarily mean the ozone caused it, but they might look and say that the ozone contributed to it because that's the closest thing that they could find.

Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm.

Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Welcome back, friends. It's so great to be with you again today with Take Back My Brain. I'm your host, Laurie Hammer, and I am really excited because we are diving into Ozone today.

So if you have any interest in OZone, you're like, what the heck? Why would you use O Zone? You need to stay till the end because I want to talk about so many amazing things.

And I have with me today Tobias Siegel, he is the co-founder and CEO of Pure O3, which is a innovator in ozone infused products. So this is going to be really exciting.

I've used some of their products and I love them, love, them love. They were founded in 2012 and they are family owned and operated. And their mission is to use the highest quality ingredients and to take ozone to the world.

Laurie, thank you so much for having me and I appreciate it. And I'm here to answer any questions. I know I am sure the users probably have a lot of questions on what is an ozone infused oil?

How does it work? And why would I want to even consider trying something like this? Exactly. Well, let's back up one more step and let us say, what the heck is ozone?

We hear about it, we like us in the atmosphere. Doesn't it kill things? What is Ozone and why do I put it in my body? That's a great question. So ozone is obviously, we hear about the ozone layer, so it's absolutely a necessary component for filtering out a lot of the stuff in the atmosphere.

But really what we're doing, medically speaking, is we are taking ozone gas, and we actually making it when utilizing pure oxygen. So we're using machines to actually generate ozone gas.

And interestingly enough, ozone is widely used commercially and, you know, industrially wise on a lot of different applications. Chances are, if you drink bottled water, it's purified with ozone.

Like pretty much every single bottle of water out there utilizes ozone for its sterilization methods. So whether we hear ozone this, or ozone that, It's we're coming in contact with it on a day to day basis.

What ozone is and how it is stabilized

So what we are doing is we taking that medical grade ozone which is produced using 99% oxygen and we actually

infusing it into plant oils or also glycerin and creating these compounds that essentially act like ozone.

smell like ozone and really can help provide a lot of the antibacterial antimicrobial benefits of ozone in a topical application. So the one downside I would say with ozone, in general, is, you know, it has to be produced on demand.

Ozone is all it is is three parts oxygen. We're taking oxygen, we're electrically charging it, and we are converting that O2 into O3. The downside is ozone has a very short half-life.

It does not last for longer than 20 minutes. It's one of those things you just can't buy a can of ozone and use it. You have to essentially manufacture it on demand for use.

And so when we infuse the oils or the glycerin, we're able to stabilize it for a topical application so people can use that essentially on-demand wherever they want to be at.

So that's essentially the rundown on ozone. How does ozone get stabilized in those products? That's a good question. So when we infuse ozone into either a plant oil or glycerin, what's happening is we're generating this compound called an ozenide, which is very similar to a peroxide.

And so these ozonides and peroxides, it actually does have a smell of ozone. Some people worry that if you breathe ozone, that it can be not safe. This is perfectly safe.

You're not actually breathing any ozone gas, even though it has the odor of ozone, but it just, it generates like a stabilized form that can be topically applied and it can used, you know, very similarly to ozone.

And then not to mention, ozone gases used at home for like insulplations. That's kind of where the whole idea of the suppositories came in that we manufacture.

It's essentially a way for somebody to utilize ozone therapy on the go, if that makes sense. No, that's a big deal. And I teach a lot about coffee enemas and, you know, doing a lotta things rectally, and so I love the fact that you have those ozone suppositories.

So tell us how those kinda interact with the body and what that is actually doing. Well, what's interesting with using things reptally is the bioavailability in the bodies.

If you look at taking something like Orally versus Rectally you're gonna get about, I would say around four to five times better absorbability or bio-available in your body.

And then not to mention you have a lot of blood vessels such as the vein that goes, the portal vein, that it goes right to your liver. And plus a host of other veins that can absolutely absorb whatever you're putting up there and distribute it throughout the body.

So it's really such a fantastic way of getting product to the buddy rather than taking it orally. The advantage of using a suppository is you are hitting a lots of areas that, you know, are sometimes really hard to reach.

When you insert a supositor, for men, your hitting the prostate. The prostate's a really sluggish organ. There's lot of bacterial issues that can happen.

So if we look at what ozone does, it's antibacterial. It can really help out with that. We also have a lot women who use them vaginally to help minimize bacterial infections as well.

And so really they're very easily used and they can essentially be used for a host of different conditions. we see a a of women use the suppositories for fibroid issues aswell.

Really?

Rectal ozone, suppositories, and body absorption

And then for men, you know, like I said, prostate issues and then not to mention just overall, we see a lot of people using them who have IBS issues or even like some type of Crohn's issue as well, or constipation issues.

So it seems to really, it almost like kind of, almost calms down or if you're having like a flare up, if it can help reduce that and just calm things down.

And it does make sense because ozone itself is anti-inflammatory and that's essentially what you see. A lot people are using it for. Yeah, that's amazing.

I want to go back to the fibroid thing. How is that helping fibroids? You know, honestly, That's a good question. All right. Well, that's good to know.

That's something I had not heard. So I would want to pick your brain on that. But I can see how it would, you know, when you reduce inflammation, your hormones, yeah, You can regulate your hormone's better.

so that that amazing. I did a lot of ozone insulphation, so rectal ozone when I Had a really bad mold exposure and was struggling with that and gosh, That was so helpful.

Can you maybe kind of share why that is helpful? Yeah, I mean, let's look at how ozone operates. So if we look ozone as a sterilizing agent, like let us look what is currently being used for, you know, commercially, okay?

So ozone is widely used to deal with mold issues in homes. And so it's pretty much the go-to treatment tool to mold remediation. If you have a lot of mold in your home or your air ducts, via mycotoxins, really the best thing to attack it is gonna be ozone.

And the cool thing with ozone, what it does is, especially when you're dealing with like bacteria, is it eats through biofilm. So it can actually penetrate a lot of that hard to get area and then really push that ozone in there to even like eliminate it even further.

When it comes to mold, when it come to mycotoxin, it's when comes like to bacteria. It's really one of the best things out there. And the great thing with ozone is bacteria will not develop any resistance to it because what it does is it goes after the cell wall of bacteria.

So it's not going to develop resistance. Even with viruses, it is actually quite fascinating. I really like to use this example because medically speaking it kind of explains very simplistically how it works.

If you take ozone and look at it, what you're looking at is a negatively charged particle. Okay? Viruses and most bacteria carry a positive charged part, they're positively charged.

So you have like gram negative and gram positive bacteria. A lot of the ones that really cause issue are gram-positive. What happens is as you combine ozone, ozone's negatively charged, it almost like essentially attracts itself to the positively-charged viruses and bacteria, and when it hits a virus, what it's doing, is quite fascinating.

All it's actually doing is removing an electron from the virus. And as that electron is removed, it deactivates the viruses. You can't really kill a virus because it is not either alive or dead.

But what it can do is it could deactivate viruses pretty quickly just by essentially removing and electron form from virus and so you're talking about like kill rates of like under fractions of a second.

We look at that with viruses and also bacteria. If we look kill rates with bacteria with ozone, we're talking incredibly fast how fast it eradicates. When we start looking at from using that internally with the human body, ozone is actually biocompatible with us.

How ozone helps with mold, bacteria, and inflammation

Because we have a lot of antioxidant protection. So really what we're trying to do in the body with ozone is we are trying stimulate a very mild form of oxidative stress.

And what that's doing is basically it's kind of very similar to weight lifting. When we weight lift, what's happening is, we slowly tearing our muscles and we allowing our muscle to rebuild faster and stronger.

And so when we put our body under a very mild form of oxidative stress, our bodies producing the antioxidants through the liver, through glutathione, and then essentially we're building ourselves back up stronger and more effectively.

And then not to mention, it also has the amazing benefits of immune modulation, has amazing benefit of inflammation reduction, And it goes after the bacteria and the viruses that are potentially causing the issues.

Ah, gotcha. So if it's removing that electron from the virus, is there any risk for like Herc's reactions, die off type things, or is it more gentle? That's kind of one of the main questions that I get asked.

And yes, there is absolutely that chance. Okay. That is one the things that people do need to be aware of. The potency of ozone that goes into the body, especially medically, does have to monitored.

I mean, think about it like this. If you're killing off, like if people are treating like a fungal condition or Candida or something like that, and you kill it off too quickly, I'm mean you are going to feel like crap.

Right. So I think that's one things that I like to really focus on sometimes with people is, is the one thing that concerns me sometimes is if we kill it off too quickly and people have a bad experience, they're less likely to continuously use ozone or products that contain ozone.

And so I really think we have to focus patient compliance and really use that philosophy. The low and slow is sometimes better. And so I think some people try to rush into things too quickly and they tend to overdo it and it can essentially be a turnoff.

And like this kind of leads into one of the main questions that I do get asked. You know, if ozone is going after like, this bacteria, What's it going to do to my good bacteria?

And so that's a very common question that I get asked and it will eliminate some of your good bacterial. Now, typically ozone goes after the anaerobic bacteria first, but it'll go after their aerobic bacterias as well.

I think there's really good example that i like to use to help calm people's minds regarding the bacteria issue. So if we look at ozone and how it's used and what it actually doing, so like a good example is in dentistry.

So ozone gas is used, and ozone water is use to help reduce infections in the mouth, you know, help speed up healing, all that fun stuff. And yes, it does eliminate some of the good oral microbiome in your mouth.

But what it's also doing is it neutralizing the pH level in your mouth. And so cavities form because your pH is too low or you're too acidic in you mouth, so if we can normalize our pH, What we're essentially doing is we are kind of leveling out our terrain if that makes sense.

And so we, we were creating a better terrain with our body and it's allowing our good bacteria to come back and thrive better. So I like to use the example.

If you're, if you've loaded full of like, you know, back Candida, fungal issues, all that kind. Sometimes you got to kill it off to let your body restart.

That makes. You have to balance that terrain back out and that's what ozone is really good at to get yourself back

to normal. Yeah, no, I love that. And I have one of my clients do cavitation surgery, fix those types of things.

I'm like, don't go to a dentist that doesn't use ozone. There's other things too as well, but ozone is so important. If you wanna get rid of that infection, you want your bone to grow back in your mouth, You have to have a dentists that's willing to use the ozone, and I think it's becoming more commonplace now.

For a long time, it was really hard to find a Dennis that would use, ozone therapy as part of the recovery process. It is. There's a lot more dentists out there that are really getting on board with ozone.

And that's because a lotta patients are walking in the door and they're saying, hey, do you offer ozone? And they were like, what is ozone, and so next thing they know they are like looking it up and like oh wow, this stuff is pretty cool.

What's even interesting is like Colgate did a whole article on how you can use Ozone and Dentistry.

Die-off reactions, microbiome balance, and dentistry

And so we're talking about a mainstream publication, like actually talking favorably on OZONE and dentistry, which is really cool. So I thought that was awesome to see that.

You're seeing a lot more dentists pick it up. I was just visiting an office yesterday. They're getting on board with O-Zone, I'm hoping they're going to be successful.

We'll see how they do. But yeah, You're seeing a lot more practitioners and a lots more dentists starting to really add ozone to their repertoire. Yeah.

Now, that's so exciting to see because it's foundational, right? Like you said, it is biocompatible with our body. And so, we want to make sure as we're doing all these therapies that it will give us the most benefit and biokompatable, then you have so much more benefit.

I am so curious, Tobias, how did you get into ozone? Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. So it was kind of interesting story.

Like my dad kind had some health conditions back in the day. And I mean, he, it pretty much self-diagnosed Candida issues, which I'm sure he was right.

He was always tired and all that kind stuff, low energy. So, you know, this was like back and like the early two thousands and so started doing ozone therapy and he just like, kind went all in.

Okay. And he did a lot of like ozone saunas, which I thought was really fascinating. So, ozone sauna are cool because you have to, you know, it's like a 30 minute session.

You add the ozone and it really lets the body absorb it. But he also did the insufflations that we talked about. I mean, he obviously did improve his diet too.

That was a big factor. It was a pretty dramatic turnaround for him and it made him pretty much a believer in how it works. You couldn't even find anybody to really do ozone therapy back then.

It's pretty hard to come by. That's really how he got into it. It exposed it to me. I just remember when I was younger, he had an ozone air purifier. And I'm like, man, that smells really good.

The weird thing is some people just hate the way it smells. And I always like to say, it's kind of funny. I was like, if you hate the smell of ozone, you don't like it, chances are you probably need some ozone.

So that's the way I look at it. That's how I got into it so we started talking about it more. And then we eventually developed a product line together and we saw some needs for the ozone infused products.

And there were some other companies producing them, but we saw that the packaging, the presentation, and the availability was so lacking. And it's like, okay, let's fix this.

Let's come up with some solutions and let us work on manufacturing and figure this out because we know what we're doing. And really it was, it, was like, I think it more timing more than anything.

It was just a really, a, really good time to get into it. And I love it I enjoy it and I've got a great team in place and we have a rate. We have great manufacturing facility as well.

I love it. Love it, love. I want to go back to the die off question there that I asked you before and just kind of reiterate to people that doesn't mean you shouldn't use the ozone.

When I have my clients using ozone and when I've used it myself in the past, I always make sure I had a really good binder with it and that's going to minimize.

So I use Zeo Charge from Zeolight Labs and it works amazing with all of those types of things that we're going do because we want reduce that inflammation, grab those toxins, and then we're going to rebuild the body, rebuild a microbiome.

So I love that that's part of all of that. Nobody needs to be afraid of ozone killing off your good bacteria because we can repopulate that, your body knows what to do, we want to remove all those interferences and ozone is removing the interference.

That is a good way to put it. I like that and I think that is an awesome way of putting it and you've got to reset so your bodies can build back faster if that makes sense.

Yes, absolutely. Tell us about, you have a new product out. It's a glycerin product. What is that? Yes. That's super interesting. So this is relatively new.

Um, so what we're doing is we are infusing medical grade ozone into glycirin. And so, what's happening, it's kind of interesting, So what were creating is a, the easiest way to understand it is were going to refer to it as a glucose peroxide.

Okay.

Tobiasu2019s origin story and product development

So glucose is highly absorbable by the body. So it's a sugar. It literally just goes right into your bloodstream. And so what's interesting is when you add ozone to it, we're creating a different compound.

What we do is we are creating, it is six parts carbon, I think 12 parts hydrogen and six part oxygen. Okay. That's essentially what we create when we ozonate it.

When we compare it to other compounds that are widely used, we want to compare to vitamin C. Vitamin C is six parts carbon, eight parts hydrogen, and six part oxygen.

It's very similar to Vitamin c. So, I think that's really a really cool approach with the ozonated glycerin. And so, the advantage is as you have this glucose peroxide that is very easily absorbed by the body, what happens when peroxides come in contact with other things and they start to break down, peroxis release oxygen, okay?

So if we think about it from the standpoint of like cells that what type of cells love sugar and hate oxygen. We can refer to those cells. A lot of times those are cancerous cells and so we're seeing a lot practitioners really starting on like the veterinarian side as well because that's a good place to start.

They're treating a lots of pets and they're also starting to treat a with ozonated glycerin and referring to it almost like a Trojan horse. So, as they allow that glycirin to come in contact with those cells, you know, it's like the cells are like, oh, this is delicious.

I love this. Um, I want to soak this up and then boom, its released in the peroxides and the oxygen. And, then you have potential die-off of certain types of cells.

That's amazing. Very, very interesting. So you can use ozone with pets, too? Yeah, we see a lot of people, veterinarians, using ozone on pets. That is absolutely correct.

Interesting. So, okay. Listen, is it oral? You're just putting it in topical? What are you doing with it? There's really multiple ways to use it. One of the best ways is just orally consuming it, you could mix it with juice, We actually have it in capsules as well.

We have suppositories with it. And then there's other cool things you can do. You can nebulize it so we see a lot of people using it for like respiratory issues.

Glycerin is a humectant meaning it pulls in moisture so it's also great for facial issues, brown spots. It seems to really neutralize brown spot fairly well and then To the other side, you're also seeing a lot of practitioners.

What they're doing is they are creating a mixture of like an injectable mixture with it and they actually injecting it into joints. They're adding it to IV bags.

So they really starting to take up different ways to administer ozonated glycerin. And what I love about it. And then just like, you know, with ozone, we talked about ozone requires a machine to make, it requires an oxygen tank.

It requires, that you have to, make it on demand because it's not, It has a very short half-life. Bosinated glycerin has, a much longer half life. That typically will last for up to 90 days.

And so you literally have like a bottle of potential like ozone therapy in your hand. So that's pretty cool. Wow, That is really cool! Is there any downside to using ozone?

I think there's a downside to probably everything if you overdo it, but it's one of those things where, especially on the ozone therapy side, I We have to be very mindful and very careful of how we treat people because you could have somebody who's treated with ozone and then they go home and maybe have an event later on that night.

Maybe it causes, maybe something bad happens to that individual. It doesn't necessarily mean the ozone caused it, but they might look and say that the ozone contributed to it because that's the closest thing that they could find.

I think we have to be very mindful. Ozone really doesn't have a lot of like negative interactions with people because our body naturally produces a small amount of ozone.

So our does know what to do with it.

Ozonated glycerin, pets, and delivery methods

You know, you have lot individuals who let's just say maybe they're going to have stroke or a heart attack and you know it was going happen regardless.

I mindful of how we treat people. And that's why I think it's so important to go low and slow with individuals because we really want to keep ozone therapy and these ozone-infused products.

We want people to realize that they are safe and we don't want it to get diluted with other potential issues that have happened to individuals. Yeah, yeah.

No, you have to keep all that stuff, everything in mind, especially as practitioners. And I think you mentioned it before, You don't have do it all at once, go big or go home.

It's just a little bit at a time is really, really helpful. I definitely agree. Yeah. You have some machines that you and I were talking about, and, I'm so interested, can you talk about those two?

Yeah, so I run another company called PromoLife and we do specialize in home ozone therapy. I think you just found this out. Yeah, so I think it's cool because we've kind of done things a little differently for people.

Because one of the challenges of doing ozone at home is you do have to have a 99% pure oxygen source. And you really want to use an oxygen tank. Interestingly enough, those are way harder to get than you would think.

You really have several options. If you have if you a prescription for oxygen that gives you an in, Or the other option is you can go out and buy a welding tank.

And so a lot of people do that, but a lotta people are very standoffish. It doesn't sit well with them when they think about a Welding Tank, because you're not gonna get the information that you were looking for when you are going to buy this tank, they're gonna tell you that it's pure, or they are not going tell anything.

I think it's fine. I mean, welding tanks are fine, but so what we've done is we created a program where we actually ship 99.999% pure oxygen in a tank to your door.

Oh, that's nice. With the kits, and so you can buy everything in the kit to do whatever you want to with it, whether it is insufflations. And then just so people aware, an insuflation is what you're doing.

It's basically a gas enema. So rather than using liquid for like a coffee enuma, And using it rectally, we're just using gas instead. And so we were letting that gas absorb into the body.

So we've set it up where you can actually do all this, you know, it can get delivered to your door so you could set up and use it. Yes. Shipping oxygen tanks to house is more expensive than buying a welding tank, but that is essentially the idea is to make it turnkey so it's easy for you to use.

Right, right. Because this can be makes such profound changes in your health. What are some of the craziest stories you've heard? Can you give us examples?

Oh man, it might take me all day. I may have too many. What I see more than anything is, I think people have a tendency to get overly excited on specific therapies.

So they find out that it's going to be, in their mind, they think it is going be the cure all to everything. And I always want to make a point and say that's never the case.

No therapy is gonna be a silver bullet, no matter what you think. And so you do see a lot of people who assume that it is going to be that way and they think right off the bat that they're going have all these amazing benefits.

But in reality, it's a combination like all the practitioners that I talk to, they always put ozone therapy in like their top three to top five. So they always add like, you know, hydrogen, PEMF therapy, other types of therapies, and it's all up there.

And so you have to really focus on the overall approach for the individual.

Safety, low-and-slow dosing, and home ozone kits

Like if you're treating a condition, You have look at exercise, die, supplements, You know, I'm a big believer in doing blood panels to figure out what's actually going on with you.

I think it gives you a much better window on what is going. And some people may have to take medication to address a situation. That's something that I, think the craziest thing that always hear is people think that they're going to do a therapy and they are going get off all their medication right off the bat.

Maybe, but maybe not. I think you have to take the approach of, let's let our body address it naturally and let us give it the tools that it needs to fight it and see what it can do.

Let us support our system in getting well. I love that. Love that approach. Is there anything else you want the listeners to know about ozone therapy?

It sounds weird, but it's really not. There are some, I would say, negative connotations that some people associate with ozone. Most of those are misleading, if that makes sense.

I think the thing that drives me more nuts than anything is If you go to Wikipedia and you type in ozone therapy, it says ozone, therapy has no medical benefit and is not approved by the FDA and it's viewed as a toxic gas.

And you're like, then why do all these countries, European countries approve ozone medically? Why is it approved in dentistry in like 20 or 30 countries around the world?

Why is it like, why are there CE medically approved ozone generators out there in, you know, Europe all over the place and, in Middle Eastern countries, like then why?

Like, that needs to be explained to me. And I always find it, I like to share with people, It's way more common than you think. There's a lot of people that do ozone therapy, like Shaquille O'Neal's into ozone therapies.

I think Kevin Olyria people, if you guys know who he is, he just, I thinks it was like three or three weeks ago, He was talking about getting Ibu ozone-therapy treatments.

So that was pretty cool. And then I, think one of my favorite things is. I don't know if anybody's a Red Hot Chili Pepper fan. Yeah. It's that band. So there's this song and the lyrics go, it's like, taking me to ozone.

And they actually, he actually is talking about his nurse and ministering ozone to him because of his, I think it was because he has like hepatitis C or something like that.

That song came out in like the early, Like I think it was like the early 2000s and he's addressing his nurse, administering ozone for his medical condition.

I just thought that was the coolest thing in the world. That is really cool. No idea. Yeah. Anybody wants to go fact check me on that? Please do. You will hear taking me to ozone.

Wow, that's amazing. One final question for you. Post-COVID, I know there's a lot of people listening that probably have some post-covid issues. How can ozone therapy help post COVID?

We see a lotta people using it for post covid issues, ozone's really good for, think about it like this, it's electrically charged oxygen. It's essentially, i almost view it as like energy.

A lotta times you can have, from what I've really learned more than anything is, You can have a lot of situations in the gut that contribute to long COVID especially.

And sometimes you need to reset the system to a point. I think ozone does a really good job at that. Anytime you do ozone therapy, it really gives you energy.

Like you feel, you, if really amps up your energy, like you. Feel great. My mom does the Ibu ozone treatments and she's in her mid seventies and like, You speak with her afterwards, she's more mentally clear.

She's got more energy and you know, it may not last for like, you might last like four or five days, but you see like this turnaround in individuals who have been struggling and have not had the energy to do things.

And they start to, they, start using ozone therapy and there's, and their, their energy levels pick up.

Common misconceptions, history, and post-COVID use

They start feeling better. And I think that's the biggest contributing factor for so many people. If you can start. Feeling better, you, can then start exercising more.

You can, then, get the body moving more, getting your, like, uh, You know, essentially moving the, body getting the lymphatic system going more and I, think, that, is going to start contributing to overall better health.

Absolutely. And ozone has been, I mean, clearly it's been around since the beginning of time, but didn't Nikola Tesla kind of start harnessing this and exposing it, and then it kind got dampened down, kind like, well, with everything that Tesla did for a long time.

Uh, yes. So it's been around since the 1800s. They actually used to use ozone therapy to treat trench foot back in World War I. Oh, okay. It was widely used.

they actually use to sell ozone infused products in pharmacies back In the day. And then really what happened was like once you started, once we hit like the 19, late 1920s, early 1930s when the AMA came into existence, you saw like a big It kind of, it almost disappeared, if that makes sense.

Right. And so it was still around in like other countries and that it started to re-emerge back in the fifties and the sixties, especially in Germany.

and then really you saw like a, an emergence back. In like the early 1990s in United States, and it took a little bit of time, but as it's, It started a really pickup.

Then honestly, right now you're seeing there's you know, I would say, you probably a good three or four thousand clinics around the country that offer ozone.

Same with dental offices. And there's IV clinics popping up that provide ozone treatments. I mean, you're seeing a lot of people kind of getting into it.

You want to make sure that they're properly trained and they know what they are doing. Because you can see some people just like pop up out of nowhere.

But I would say that it's become a whole lot more popular. Where I live, I lived in Fayetteville, Arkansas, and I think I have like four or five people that provided ozone, so that's pretty awesome.

That is amazing. Yeah, it's definitely getting more popular. The hocket, hoquet, I don't know how you say that, has become more, we even have one here in Algona.

So yeah, a lot of people are seeing a a benefit from that. A lot glucose regulation has been happening with that and, you know, decreased inflammation and pain and those things.

Yeah, I think ozone is really good for that as well. I mean, i've heard countless stories on when you start adding ozone, it can actually really help regulate blood sugar levels as Well with individuals and it's you don't have to have a hocket to do it.

You can do a lot of the stuff on your own. It's super easy. Hockets are great. They're a really nice piece of equipment that you have To go to a spot to use.

And so if you like I said, all this stuff is easily accessible and you can easily do It in the comfort of your home. Right. That's what I love about your products because you can go on their website and you know, pick like three different things and just try it and to start implementing it in your life and it's going to help no matter what you do.

We can't hinder anything. It's definitely going help something. Where can they find you to buy us? So we have two companies. So our first company is Pure O3.

And that's the letter O. That's going to take you to our ozone-infused product line. We have tons of cool stuff on there. Topicals, dental products, suppositories, glycerin, lots of stuff.

The other company I work for is called Promo Life. which is P-R-O-M-L-I-F-E and we specialize in ozone therapy hardware products. And so if you've thought about ever doing it at home, honestly consider it.

I think it's super easy. Uh, I do it on my kids. So that's what they, they tend to whine a little bit, but they're fine. They're fine. And if you do them younger, you know, then they don't complain as much when they're older.

So that's true. Awesome. Well, this has been amazing to bias. Thank you so much for being here. I love your information, your products and all the wisdom you've been sharing.

Thanks so. Laura, I really appreciate you having me. Yeah. and thank you for listening. Thank you so much. powerful.