Ozone, Oxygen, and the Toxic-World Problem: A Conversation With Blake Miller Transcript

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Podcast Introduction and Guest Background

The black ooze would come out of her ears and nose at her pillow at night when she would sleep. And in six weeks, man, believe it or not, they did a sonogram and it was totally gone.

The higher level of oxygen you have in your system, the lower your viral count will be. Lower your mold count. Will be the lawyer oxygen level is the higher the mold cap, a higher, their viruses, higher.

It's almost like, you know, because it's the breath of life. This is two seven. We have way more forests. You don't have the plastics burning out, drowning out the final plate in the ocean.

Today, we're down to like 20%. We have to supplement with extra oxygen. It's only getting worse. Years ago, it was like one in 10, and now it's like, one and three, or whatever it is now.

That's our detoxification. Its not because we are missing the red light, not cause we missing a cold plunge or the methylated B vitamin. The fact that we've gotten so toxic that nothing we doing is expressing that.

Welcome to the TBD Fit podcast on Dr. Talks. I'm your host, Daniel Keeley, and I will be guiding you through this wellness journey in terms of optimizing health and longevity, where we unpack the science, the do's, and everything in between.

Come join us. Look forward to seeing you inside. Welcome back to the TBD Fit podcast. I am your host, Dr. D, and my goal is simple. Today is a very special episode.

I am in the humble abode of Blake Miller, who's been gracious to invite us into his science lab, if you will. He's the founder of Ozone for Life and OZONE Purity.

For more than two decades, Blake has been a pioneer in ozone therapy and regenerative medicine, teaching practitioners and individuals. How to detoxify and restore health at the cellular level.

He's an expert also in hematology and live red blood cell analysis, which is how I initially contacted with him. This is super powerful and it allows you to see kind of the health of your cells in real time, see kinda what's going on under the hood.

So we're gonna get into that later in the episode. Blake's mission is simple. He wants to help people achieve optimal blood and cellular health through hydration, mineralization, and oxygenation.

And so through these kind of three levers, he's able to change the outcome, certainly of myself, but everyone that he has been able work with for the last couple of decades now.

So in our conversation today, we're going to unpack some of the products that Definitely Ozone. It's going to be impeccable. So, um, I am super, super grateful to have the opportunity to, uh, for you to welcome us into your home and shoot today.

My pleasure. I love starting out every episode with allowing you guys to get to know the speaker. What is your kind of backstory? How did you get into where you are and what you're doing today?

Well, it all started back in 1997. That's when I was first exposed to ozone therapy. I live in a town called Denton, Texas. I was actually in the nightclub business at the time.

I wasn't like 23 years old and I vaguely heard of a man who had a machine who allegedly could cure all these crazy diseases and it obviously sparked my interest.

And I met this man, his name was Tom McHark and he was in Richardson, Texas and had an ozone or had oxygen concentrator, a big ozone generator, and then a sauna.

It looked kind of like an egg, this marine carpet inside, you know? So I totally knew this. And so I actually tried the treatment, I did about five sessions in a row.

I was so astounded by how I felt this, the energy man, in the electricity. And I ended up buying my own machine and that's where it all began. I knew it was my destiny when I found it.

And that was, you know, like I said, I was 23 years old.

What Ozone Therapy Is and How It Works

So I bought a system and I put it in my dad's house and debt and taxes. I started helping people. My second customer ever was a buddy of mine's mom who had a brain tumor.

He was Donna, Donna Jensen. They gave her six weeks to live. It was an inch size golf ball sized tumor on her pituitary. It was her second reoccurrence and they just sent her home.

It is inoperable. She wanted to try the ozone. I was still very new to ozone at the time. We did five days in a row with some of my mentors would teach me.

They also run the Ozone gas in her ear. And after about a week or so, the black ooze would come out of her ears and nose at her pillow at night when she would sleep.

And in six weeks, man, believe it or not, they did a sonogram and it was totally gone. She's still alive today, 25 years later. That's where it all began.

Since then, I've had clinics across the nation. Well, not necessarily across a nation, but mostly in the South area, in Texas area. we got involved in the manufacturing side of it as well.

So now we're selling the machine, making the systems for people. And the first ozone generators that we found were actually the replicas of the same machines that Tesla made from the 1900s.

There was a company called Plasma Fire International, and they actually found one of Tesla's old machine. How he created cold plasma and replicated it.

That's what we have today, is basically the old plasma design. So let's take one step back and let us first maybe identify what ozone is, right? So I think it's not the new kid on the block.

And I know we were talking about the world of biohacking. We'll get into that later. But this to me is this is old science. It's been around for a long time.

It is like 1800s stuff, believe it or not. But ozone is basically, it's oxygen that's exposed to a charge or been exposed a voltage. Okay, because it is odd that oxygen is the only gas in the world that can hold a voltage, that could hold the charge for just a bit.

When it does that, thats what ozone it. Its basically oxygen plus a boltage but it adds a third molecule or a third atom to the molecule. So now you have three molecules in a formation, but the behavior is much different.

The ozone molecule is aggressive at attacking infection, attacking viruses, and attacking all the disease and things we don't want. But it will not harm a healthy cell because the healthy cells have a protective cell enzyme that

protects it from it.

If it's a normal cell, if it is abnormal or if its a disease cell it'll be oxidized. But that's also how it's removing all the toxicity and all of the pollution in our body, the oxidation.

Oxidation is the key, but American doctors will tell you it is going to rust us, it will age us. But I am living proof that it just won't, that is just the opposite.

Yeah, we're all living proof, I guess. Yeah. I mean, diseases caused by inadequate electron movement, inadequate, electron transport, obviously to generate ATP through the mitochondria.

Ozone provides that. So maybe if we can dive into the weeds a little bit here. In terms of how it's made, how its produced, and how you're generating it.

I know that technology predates us and going back to Tesla, which is kind of what we're capturing today. But speak to that a bit. In terms of, I guess, the science behind ozone, you said, okay, so…

Right. Actually, why it works. Yeah. Well, once again, it's burning out. It's oxidizing all the toxicity, cancer cells, mold, yeast, all these things about plant physiology.

So these things can't live in a high level of oxygen, nor can a virus. All of these are anaerobic. We, being oxygen-breathing creatures, we love oxygen.

So we have something called protective cell enzymes that will protect us from oxygen damage. Plus we anti-oxidants in our diet as well. But funguses, viruses, cancer cells, all these do not have these systems.

They don't like living in high levels of So when we live in that, when you start raising the oxygen content, all those things start to leave you. In other words, the higher level of oxygen you have in your system, The lower your viral count will be, lower.

Your mold count. At the same time, your oxygen level is the, higher the mold, count the harder viruses, because all these things love low levels of. Okay.

So it's almost like, you know, cause it is a breath of life and this is two seven, but. It goes pretty deep because, you know, the oxygen level back then they say was much higher in the biblical times because it was, we have way more forests.

You don't have the plastics burning out, drowning out the phytoplankton in ocean. All these things are contributors for oxygen content. Today, where we're down to like 20%, so we had to supplement with extra oxygen we feel to get it back up to where it should be.

It's only getting worse. Years ago it was like 1 in 10 and now it's like one in three or whatever it is now. It is just a matter of detoxification. Not because we're missing the red light, not because you're losing the cold plunge or the methylated B vitamin.

The fact that we've gotten so toxic. that nothing we're doing is addressing that. So the impact I see is very much on the endothelium lining. This is where kind of all the action takes place.

And what ozone is able to do is impact its benefit to protect that in such a way such that we are able reduce the inflammatory burden caused by a high degree of toxicity, which is what you're alluding to.

The rise of cancer, the rise autoimmune diseases, neurodegenerative diseases. We are living definitely in a much more toxic world. How, I know you said ozone can come in and just kind of just wipe everything out, right?

So how does it do that? Well, through oxidation. I mean, toxins have to be oxidized before they're allowed to come

out of the body. But it's a little harder than just the ozone.

Detox, Oxygenation, and Circulation

You know, we would not use just ozone to clean someone's body, for example. We would get into some bentonite clays for the intestinal tract. We do a lot of capture pads for liver.

A lot things to relieve the congestion and open up the metabolic pathways. The ozone is used to clean the blood and the lymphatic fluid. the fluid of the body, right?

The hardened stones in the liver doesn't really do much with that. Those want to be flushed out. But because we're mostly lymphatic fluid, when they say we are two thirds water, you know, of that two-thirds, 90% is lymphatics and then 10% blood.

So it takes a long time to clean the lymphactic system. That's where the saunas come into play. We want to sweat out a lot of it. It's not just the ozone.

The ozone will stir up the toxicity, but we still want purge it out of the system, and that's why we love the sauna. because it'll get you that purge.

And you'll see the black come out of you, so you can verify it. It'll sometimes smell. Sometimes you have some odor come outta people. The IVs don't really get that kind of a purged.

They get the blood clean, but you're still left with the liver and the kidneys to metabolize it, So it's a blend of some things, if you will, with ozone.

One of the main tools though is the ozone, for sure. So you were speaking to that prior in terms of order of operations, say someone is presenting with some of these diseases, unfortunately, or toxic burden.

Is there an order operation of when you administer ozone or when start with a purge, when do the sauna, the sweat? And then generally we start with the colon first because that's where we're going to start dumping once we sort of detox the body as you know.

So we have a great part called the prithectic lens where they're gonna drink bentonite clay. They take another part it called Mag Ozone which is magnesium and ozone in a powder form.

It's been encapsulated. Then they'll take our ozone drops which they just drop that in the water. And those combined is a wonderful cleanse for the intestinal tract.

But it also not just cleans the intestine tract, but it gets your digestive ability back online as well. That's a whole other issue because people don't have digestion.

If you don't have good digestion, you're not going to get the minerals from your diet, which means you are not gonna regenerate like you should. So it's all parts of the puzzle.

But yeah, we start with the trifecta first, then we will start to go in with ozone water and maybe some saunas or IVs if they have access to that. I know when you had the liquid drops, if you will, that really hypercharged my red blood cells, or obviously removed some of the clotting, some the gunk, and we'll get into that more here, but so the process of hydration and remineralization, putting the salt in the water to replenish the mineral and electrolytes, then the oxygenation, so adding in ozone, The drops are actually just oxygen.

They're not technically ozone. We call them ozone drops, but it's just more for marketing. There actually is oxygen, uh, But it does add that last element for the cellular respiration.

So you get all the minerals from the salt plus the element of oxygen and then that's what that I do it. That's how you

switch the cells. What people I think don't realize, like, I, think all this time I'm asked about alkaline water that to me is elegant marketing, So when cells don't have the right polarity, they're going to clump.

They're not going move oxygen and nutrients throughout the body. And so when we start with all our patients, to be honest, that's probably the most overlooked component I find is taking blood pressure, which is fairly standard, but pulse.

When you're looking at your oxygen saturation as well, most people are hovering at a low level and the norm has become more and more expanded into what is actually acceptable.

But I see early on people that are struggling with lower kind of oxygenated states, you are not going to be able to heal tissue. Right. You're not going to be able to deliver oxygen throughout the body.

Or remove inflammation. That's why people can't lose, they stay inflamed. They can see them pull it out. that to me is layer one is you have to fix circulation perfusion.

And when I saw in real time, my blood cells change so fast in terms of, uh, with the formulation that you've made, I was absolutely astounded. I mean, this has been foundational with all my patients now, because again, circulation, perfusions is always phase one.

cornerstone of it for everything. For healing, detox, cell rejuvenation, whatever you want to do. You've got to have blood flow, but you've gotta have that micro circulation, aka the capillary flow.

That's what I like to call it. Where all your bloods could go through a capillary and have an exchange happen. Not just some of the blood, where part of it seems clumped.

And that's been the key, man. The problem with this is, this whole issue, is that the system has made it forbidden for MDs to use dark bill microscopes.

So nobody knows what we're speaking about. And it's a shame that not more practitioners are eating dark filled microscopes. They need to be, but there's very few of us out there.

And so that's why they don't know about this. It's the most overlooked one step that everybody's missing. Yeah, we're definitely be integrating one ASAP after this, but they're wonderful.

Yeah. The blood has to pull away the toxins, But if you have pull circulation, you're not doing it. That's why you said. So that's also why they do. Well, that also, why do they go into a detox?

So they start hurting out. I can't, I feel bad. Okay. Where are the, where are toxins? Yeah. And we're only getting more toxic, right? This is the world that we live in.

Um, as you said, you know, some of the cancers, obviously on the rise, uh, afflicting prostate cancer is an example. One in two men, I believe after the age of 65, are afflicted with cancer.

But in general, we see just a lot more people just don't feel well. Right? So when you mentioned digestion, toxic burden, inflammation is obviously at the root, which heightens this oxidative stress.

In general, I think the pushback with ozone people presume perhaps is that when introducing ozone, that increases the oxidated burden as well, right? It heighten oxidation, in turn, if someone is already in this high state, but yet you're introducing more of this But you were explaining to me that actually the opposite is happening, right?

And it helps relieve that inflammatory burden and allows us to heal as it completely kind of eradicates some of these toxic elements. The oxidative stress isn't always about you've had too much oxygen.

It's really, I guess, it's kind hard to explain because this is the American doctor's approach, if you will. None of the

doctors from Europe, they understand the process.

There's a good oxidation. There is a bad oxidation, so there's basically two. The bad oxidization is yes, when you've got the electron missing and it starts to oxidize, you know, certain tissues and cells and damage them.

But the good oxidation is what we have. That's what creates our ATP. That creates your body heat. How we create energy, for example, is through good oxidation.

So there's just a bit misunderstanding about it. But from all of the ozone that we've done, even to myself now going on 30 years, you never see oxygen damage.

If anything, ozone is actually a free radical scavenger. So it's actually going after the BAPI radicals, if you will. All you have to do is just throw in a little extra antioxidants in your diet and you're fine.

But we always recommend fruit, you know, a lot of fruit with our protocols.

Ozone Products and Gut Health Protocols

That's plenty of antioxidants right there. Or if want to give it even better, we can throw it in some hydrogen. It has its place, but you don't want do them together.

You know what I'm saying? So the hydrogen from hydrogen water. That's the best antioxidant in the world. But you don't want to do it at the exact same time with ozone.

You want an alternate them. Do you want use hydrogen in water about an hour after you did ozone? Don't have to. I mean, we've never used it before. And I love hydrogen and water, I like the ozone water better.

It's just got more benefit, but yeah. No, I think certainly both has its place. In terms of some of the products you formulated, so we have the liquid oxygen drops, if you will.

The BioPretty, which I really like as well, kind of knocks out some fungus and candida and some other stuff. Do you want to highlight some the ingredients that you chose in there for that formulation?

Oh yeah, the bio purity is a really good formulation for your candida, yeast, parasites, mold exposure, bad bacteria, uh parasites. You know, that's the one that Dr.

Artis is also selling. He renamed it under biodefense. But the black, it's black seed oil, spearmint and peppermint blended with a little bit of fern and some other esters that actually kick in, you know basically dialing the absorption.

That's been the fastest recipe we've used to kill parasites candida of course ozone also still kills parasites but it's very effective for like bad bacteria cleaning up the gut ozone has a tough time reaching the You can with ozone water, but a lot of the treatments don't really get into that gut wall as good as we'd like to.

So the bio purity is good for that. It goes right into the gut. Also, it's a prebiotic, so it is really good from the digestive system. We also have it for pets.

But black seed oil, with the two other oils, we feel it has been a really fast formula. A little faster than the green holes of black seeds, walnut, and all that, the clove and garlic formula, you've done that for a while, In terms of reaching the gut, what about rectal ozone, rectum insufflation?

It gets into the large, but we want to go from the top down. Ozone water would be probably one of the better things to do. We want stack it, do that with the ozone.

So let's address safety concerns, so ozone water, how much can you drink? How much should you? Yeah, well, if you've got one or machines, The waters are potent.

You don't need more than three liters a day max. I mean, two a days is our cancer protocol. They'll do one in the morning and one during their night session.

So two days really, I'm mean plenty. Like you will be, you won't want any coffee at all with that. I mean, you'll be electrified all day long with two.

So three is max though. And so in terms of preventative, say someone, this whole notion of longevity medicine, if you will, in term of prevented, what is some sort of a protocol that you adhere to?

For prevention, you know, once we've gotten yourself clean, which would take a, a series of ozone, probably once a week, twice a weeks, because then it can feel so good.

You know? That might even not, it probably wouldn't be, that probably would be overkill for prevention. We've had people who've got great prevention just from the water only.

They don't really do the saunas much anymore. But the sauna is probably the most important. That's what's cleaning the whole lymphatic system. It takes a long time to clean it.

One of my business partners, Artemis, he's been doing Ozone now for about four years. He's still having stuff come out of his body. So it takes some time.

I mean, we've been ingesting waste for, I don't know how many years you're old, so it took a while to clean it. So any safety concerns as a kid? Because if we can get our kids starting on this earlier, right?

No, they want to do just a, not as, if they did the sauna, just not that long, maybe 20 minutes, 15 minutes. It's great for kids. And so then going back to the cleanup phase, I know you said, so the lymph, toxins are sequestered off in tissue.

I don't know, you were talking about some viruses, HPV or herpesvirus, which you mentioned previously likes to kind of hide in the tailbone. Certainly other viruses will play in and around the limb by the thyroid.

And we see all the time patients with nodules and such. I know within your device you're kind of very targeted in your approach because you have the sauna, but with that you were showing me how it's kind cupped into a specific area you can go after.

Yeah. That's the proper way to do an ozone sauna. Most people don't know how to it. I came in here I was like my experience was with the hot kit and you like well I can improve that and then you are talking.

The problem with a hotkit is it is just blowing the ozone in there with heat. Like I said you want to direct that ozone into your body, so there's an ozone hose in there.

So you want the hose, ozone, hose itself with a funnel in the end and you can hold that funnel to your chest. We can direct it. If you've got a breast tumor, go around the tumor with it, you know what I'm saying?

So we can correct all the ozone into that entry point. So you can be very targeted with treatment when you're doing something like that. And so the ozone, no issue with penetrating, it goes deep and gets to kind of right where…

If the pores are open, if you get in there sweating, yeah it gets right in. So then what about topical? Because I know you have, which we're going to get into…

The ozone oil is our go-to for topicle. You know, I play around with the ozone glycerin. I don't know if you've heard of ozone Glycerine. This is the water based.

Basically, it's from coconut, but I didn't really feel it was as potent as the Ozone oil. The ozone is just more dense. But yeah, actually make the oil here and we'll bubble ozone for 45 days in the two gallons of oil with four of my

machines in a stack.

and it'll create where the oil is completely white and solidified. It's by far the best oil out there, it's super dense with ozone. And in your experience, how fast, like we have a lot of patients with eczema as an example, How fast is it remitting any sort of topical issues?

Nightly, you can see a change overnight with what you want, for sure. You also can eat it. We have people that will gel cap it and give it to their animals.

I'll have my oil in a gelcap soon, maybe next year, hopefully. So that's also really good for the gut lining, some issues. Most people have eaten so much acidic food, all the acid has destroyed their mucosal lining in their gut.

So this is a great way to regenerate that along with some aloe. Yeah, I remember you discussing when we met last time about the impact of aloe and how quickly that too can change the constitution of the blood.

Yeah. I love alo. Is that something you're drinking daily? Not right now, but I did for years. So I would just get the aloo gel and just a big sip of gel, and then just wash it back with some water.

You know, the whole leaf or something like that in the desert. But most people have got some tore up guts. from all the gluten and the bread and all that crap they've been eating forever.

So that's a great way to help replace that or help regenerate the mucosal lining so they get some good absorption. One of the things we see on the blood is undigested food.

You can see the cracks in the intestines. And you'll see that junk in their blood floating around. It's asking me to eat a meal and then it'll just be covered, all the blood, a lot of little particles.

They call them myelocrylons. But after we've done our trifecta cleanse, we'll have them do some aloe to kind of patch that gut up. We'll replace some colosal lining in the tummy.

So the trifacta cleans is the clay? Clay, magozone, and ozone drops. So for individuals who wanted to try that out, what is the kind of standard procedure?

Is that for a week? You'll drink the clay for 10 days. So you'll get about, you know, two tablespoons of the powder. Mix that with say 12 ounces of water.

And, um, make sure you never touch the play with metal, use plastic or water or glass. Then you drink that, that clay, for 12 days or 10, days, and you do the Mag Ozone with your meals and they'll do those on drops with water, Okay, and the MAGO zone with the meals, is that to kind of prevent some of the dead damage at the intestinal lining?

Once the clay absorbs the toxicity, we want to go ahead and pass that. We don't want any constipation coming from the play. So he just keeps that moving out of you.

And then I also saw a pine sulfur product. Yeah, it's for calcification. Arthritis, cardiovascular plaque, cysts, tumors, stones, scar tissue, you drink that, yeah.

And so how is that impacting, I know you said. Sulfur is a bad calcium dissolver. So it breaks down basically calcifications.

Topical Uses, Sulfur, and Blood Health

It does very quickly, it works very fast. That's a great product. So I know cardiovascular disease is the number one killer, obviously worldwide. Obviously with calcification of arteries.

Yeah. So all they need, if you've got that issue, I'll do a heaping teaspoon twice a day and about 12 ounces, 10 ounces of, or say four ounces water, little cup, heap a teaspoon, twice today and it'll dissolve it.

We also want to sac it with our ozone drops to make sure we address the clotting, but you address a clot and you can address any kind of blockage and that's your go-to for any of the cardiovascular diseases.

It doesn't matter where the plaque is. The ozone will also destroy cardiovascular plaque, but the sulfur does it quickly. And if you've got a hand, a joint, an issue that's very calcified, we can go topical with DMSO, which is also sulfur, also MSM, same thing.

So you're applying that topically to any sort of… If you got, you know, hand issue or elbow or wherever the issue is on the joint. Stack that with our sulfur.

I would suggest too, we do a lot of peptides as well. I love peptide. We got into that briefly last time and we can dive into the rabbit hole another time.

Topical, those two products. Would that be comparable for someone who has toenail fungus as an example? The biopurity would be our toenails from this go to.

Are you using that topical aswell or just oral? Oral only. Okay. Yeah, so you'll see the base of the toenail get nice and clear again. It takes about two months.

In terms of… What about ozone directly to the site? We want to do it to bloodstream because it's a blood stream thing, not just the on toenails, it is all over the body.

The toenailed is showing it because of gravity. To do it properly, once it doesn't come back again, you want to get all the clumps out of the blood. That's a little trickier, but that's our approach.

You know, that is the right way. The way we want it to come out. And you're doing that again with the… You want stack the ozone drops with it, so we're elevating oxygen level.

We're getting rid of all of clump with bio-purity. Those together is a really wonderful combo for that. So there's nothing that seems here can't be fixed?

We've beaten some of the nastiest stuff out there. I mean, stage four cancers, gangrene, really bad MRSA infections. The worst mold. It's all about oxygen, man, or really ozone, because that's what's taking us out.

All these anaerobic bacteria and funguses and viruses, they hate oxygen. You just have to apply it properly. This is the medical profession's gotten so one-dimensional with this auto-hemotherapy thing.

That's how they do. Go about it with more applications than just that. You've got to go more as a whole body approach. They just don't know how to do it.

There's still, you know, one dimensional IV and that's it, there's a lot of areas they don' hit with the IV, You know what I'm saying? So you've gotta do at all.

Do it properly. and I'm super excited to show you guys later on, because we did an IV a week ago, so I am eager to see kind of where my blood looks at today under the microscope and show guys how just from one pass here, one administration, I mean we are just supercharging things.

I think you referenced the superhighway last time. Which it was, my cells were bouncing around like they were a little baby boy again. Yeah, that's how you want it.

which is incredible but not only that just seeing some of what he alluded to before is like when after you apply it I mean you see some funky stuff in the blood so when you spoke about like food particulates I know you would call I

didn't even um I don't recall the remember the protoplast we saw bingo the proto-plus yes yeah tell people what the giant ball of heavy metals toxins and bat-bat all stuck together like an asteroid It's like a hot spot for positive charge.

That's why they've all come together it's all the junk from the You know the all charge they evolve a magnet for them People have people have all got them You know what I mean?

That's why I do ozone. It's just they've never seen the blood at the serial level before. So they'd never see these rocks and all this shuck in there.

That to me is what's most powerful, right? Because we do a lot of blood testing, but we don't actually kind of see. And remember we saw that after we did your IV too.

Yeah. The ozone broke it up. 100%. And most people know me, how myopic I live my life. It's everything organic, grass fed, wild caught, pasture raised, et cetera.

I even refuse to go in chlorine, chlorinated pools. But needless to say, it's world toxic. That's the reality because there's 2 billion pounds of chemicals in circulation here in the US.

Unfortunately, this is the reality we're living in. So the prudence is upon us to do something like this to maintain a clean bill of health. And that to me is epitome of practicing preventative health instead of reactive medicine, trying to fix something when it's too late.

I appreciate the level of experience you brought, but in addition to that, the products that you've been able to formulate, which I think And of one, I mean, i saw instantaneously the benefit.

It's not like you have to, you know, just here's the medication. This takes some time. No, this is like an immediate response. Yeah. Five minutes. That's, that's true biohacking right there.

Yes, and we were talking about the details of biohacking now are quite far-fetched in some degrees. People are looking for the latest and greatest, the shiny new toy and Ozone's been around for so long here.

In the couple of decades that you've been doing this, have you ever had an adverse incidence with the use of OZONE? No. No, I don't remember. I mean, any reaction people have had, it's all, even if it has been a bad reaction, its just a detox reaction.

It's just the waste coming out of the body. Might be a rash because they got sick for a day or two. But if you understand detoxification, that's a part of a game.

That's the only bad part about it. Some days you might not feel real good as you're going through your process, but you must go through that process. You cannot sidestep it Yeah.

You can minimize it with, with some things, but, uh, that's the only side of it is you will come like, so say you've done say 15 saunas in a row. I was also in the row, you'll get this red rash or it's very itchy.

It's uncomfortable. So at that point you want to stop doing saunders. Your skin a break, let your body metabolize. The talk is on its own. Then, it'll come back at it for a little while.

And then eventually it will go away. But this, stuff like that. Well, certainly too much of anything is. Yeah. But the toxins coming out of you can just be not so pleasant as it comes out.

It'll smell as well. You have some funky odor come out here, you know, so, or people will, will be doing ozone. They get an infection. And, for the newbies, they don't understand that it's really, that didn't give them an, infection has really brought the infection out, of them that they've had the whole time.

So people get bronchitis twice a year. Well, you don't catch it twice a year. It just comes back out of your system twice years. You just got buried with mucus.

But the ozone will break that infection up and cause it to come out to people. So it's just a little education, basically, is the key. I know you mentioned the consumption of fruit previously and improving antioxidant status.

MSM, DMSO, so sulfur-based compounds, which broccoli, cauliflower, Brussels sprouts, getting in good fiber. Are there other things that can enhance the effect of ozone?

I know certainly there's an order of operations. Glutathione seems to be one of the better things to sack with it. That seems one the most beneficial because of its antioxidant, but not just that.

The glutathion opens up all the metabolic pathways. too, so it's a great combination. Even though it is an antioxidant, they do go very well together.

Glutathione. And all your minerals as well. So in terms of glutathion, then are you having someone or suggesting someone to take like a liposomal or the glutthione after?

Whatever you have. You can do it after, you can write it in the middle. One of the best ozone dogs out there, Dr. Robbins up in New York, has been doing direct IV for 40 years.

Safety, Antioxidants, and Daily Protocols

One of his favorite things to do, he says, is he'll inject 30 cc's of ozone gas in the vein, and then he will also put glutathione right in middle of it, then do another 30 C's ozone of gas after the glutothione.

So he kind of do a little sandwich in a middle. That's interesting. Yeah. Okay, try to yeah, but I'll make us to give it a shot. So improving the efficacy of and he even said to you actually can even do vitamin C with ozone.

He said it doesn't. negate the ozone. In a test tube, yes, but in the human body, it's not the same. The ozone is absorbed pretty much instantly, right, and put it in your system.

So to do vitamin C after an ozone, they found out that it actually can do it if you wanted to. That can also help repair the epithelial lining from doing direct IV because it does harden the vein a little bit.

Minimize that because of the collagen production as it promotes the college of production That's the only catch with direct IV hardens the veins Temporarily, but vitamin C you suggested is buffering against that Yes, if it's a good stuff, preferably the good so not you know, ascorbic acid fruit-based perhaps Yeah, I'm a camera, you don't kiwi Yeah, buffer to scorbate.

Okay. Yeah. Kevin, Kevin. Boy, that's one I used to drink diligently in my smoothies. I just like the fruit, man. If we can get rid of the raw fruit. Sometimes it's the best.

You get so many other components besides just the vitamin C versus like a raw kiwi, for example, versus a powder. Are you eating the skin of kiwis? I don't do a lot of Kiwies, but no, I should cut that off, right?

I have actually started doing that now. Really? I mean, I think… I'll do a grapefruit in the morning, a whole grape fruit, an orange, and apple and maybe a mango with six eggs in a morning.

That's my breakfast every morning without fail, seven days a week. Yeah. That's interesting. Yeah, it's gonna be 180 eggs a month. You need to have your own pasture bag here.

I know, I have my fruit trees. That is what I love here in Florida. But that's, interesting because I mean fruit has now somewhat become demonized. We're most insulin sensitive in the morning, so it makes sense to, and a good source for that.

Fruits has more life force energy than any food we have available, way beyond vegetables. If you're listening to the work of Dr. Robert Morris, he'll tell you, stay away from vegetables and just focus on fruit.

Fruit's way more digestible, there's more life force energy in fruit, you get all the fructose, which is healthy from fruit and there is going to be more minerals in it than vegetables.

Vegetables are tough to digest because they've got salos. Animals that are eating vegetables like gorilla, they usually have a separate digestive belly that they use to ferment that.

break it down. So yeah, we just go all fruit. And I am pro meat, by the way. You know what I'm saying? All my people who've gotten their amazing results were all meat eaters.

It's just a matter of having good meat. Next, importantly, is having a good HCL production. Most people don't have good production, so they eat meat then they're just right.

They think it's the meat's problem, but it is really their problem. That goes back to what you were speaking about earlier is compromised digestion. And that's kind of in my wheelhouse for the last 10 years.

I've been going very deep in microbial medicine and looking at your microbiome and the bi-directional nature and how it impacts every biological system of the body.

Yeah. People get really down the rabbit hole with it when really all they need is more minerals and be more alkaline and you can instantly have more HCl production.

All you got to do, man, is just take sodium bicarbonate. Sodium bcarbonate, twice a day. You do a half a teaspoon in the morning and half teaspoon at night.

And you will not have any heartburn and you'll make all the HDL you can, you need. If you're pulling like you were a 12 year old kid again. It's solid.

Baking soda. Yeah. But not Arm and Hammer. Get the good stuff. That's from heavy, titanium, I think, or some heavy metal, but the organic one. Oh yeah, it works instantly.

If you've got heartburn, oh it'll lock it right out. But not because it's neutralizing the stomach acids, actually kicking in your own production. So I'm by a chemical process, man.

I don't know, I really don' know why it does it, but it doesn't. Sodium bicarbonate. Which stimulates your endogenous production of HCl. Yeah. It also kills all kinds of bad microorganisms as well.

One of the things we did in our blood class when I got trained in hematology is they had a dental part to it. A dental section. So we would take a swab of some of your plaque when you're off your dumb line, slap that on a slide and put that over a microscope.

Oh yeah, man, you'll see the spirochetes in a little spiral shape. Fucking snakes on there and just all kinds of funky stuff. And you can kill them instantly.

All of it with sodium bicarbonate. Would it not be doing the same? It knocks it right out like gone in seconds. When you're drinking ozone, is it to some extent?

Same. But I like the sodium bicarb because you can brush it into the gums, you know, with a brush. You can always rinse it in ozone water too or put ozone in the water pick.

After you've cleaned the, there's a whole issue with the whole war with ozone and dentistry. It kills all the infection and also can regenerate. They can use ozone to save the root canal.

this injected gas and the root three ccs. Easy. Yeah, I know a lot of biological dentists are, that becomes a staple naturally. Again, often overlooked.

In terms of the sodium bicarbonate, you said just one teaspoon twice a day? Half a teaspoon. Half teaspoon, twice today. That's all you need. It's also a great pre-workout.

Start pre workout, it'll give you a, great, and it's performance. it will give energy and gives you good muscle pump. Really? Yeah. Yeah, yeah, man. The powerlifters taught me that.

They would take that before powerlifting me. That's interesting. So I would use it with our athletes in terms of buffering. Just get you a Ziploc. Take some with you in your gym bag, ZiPloc bag.

Pour you some in you hand. Put your tongue on it and just go for it. Wash it down. It's healthy, but it's a great pre-workout. Which is great for pumps.

Again, very, low cost, natural. Oh dude, five bucks or something, whatever it is. That's interesting. Any other tips? What word am I looking for? Tricks to the trade here.

Oh man. I've given so many already. Can't give everybody all my tricks. Anything else in the pipeline? I know you said… Man, we're going to have our own ozone sauna.

We're gonna have her own hard shell sauna that we are going manufacture. That's going be on deck soon. make it after the right way. We'll have access to the actual ozone machine so they can do all the other ozone applications.

They can make ozone water, do ozone vaginally in the ears and etc. That and of course we're launching over into Saudi Arabia and in Dubai here sometime this quarter.

So there's a big huge movement of health and wellness over there in Saudi Arabian and then UAE. Uh, so we've got a been invited to go out there basically.

And they don't have an FDA out there, so don'r risk anything putting them in jail, trying to help people. So yeah, that's next on the radar here coming up.

Yeah, they're open to natural medicine treatment. That's exciting. Now, in terms of when you're going to do the hard chamber, the one reason, not to highlight the Hocket, but why I did like it is the PMF component that's layered in there.

Is that something that you are going be able to integrate or is that necessary? I would recommend that, yeah, I love PMT. It's a great thing to after Ozone, You're better off just saving that money and buying your own PM, like a really good PMF mat, your old PMM mat and doing that PMO session after your sauna session.

That's how I like to do it. Get myself, my blood totally saturated with ozone, okay, where my system is still wide open from the sauna as well, then go do a PME mat.

But a good one where you can, you know, we can spend some money on it, I don't, there is some question on how good those components are in the HoCat. I know the ozone component isn't very strong.

It's a really small little generator. But the PMF has come a long way. They've got some really strong devices out these days. Now they're better off just getting another ozone and just buying your own PMT after, I feel.

Mixing it all together kind of feels a bad idea. There's been some issues with the HOCAT. A couple of them have caught on fire before, believe it or not.

We start mixing electronics with steam, you're gonna have some things short out on you eventually. You know what I mean? It's just a bad mixture. That's why on ours, we're going to have our steamer on the outside of the sauna,

not inside the Sauna.

Future Plans and Where to Find Ozone Purity

So, for that to be serviced, You can send in the steamers, and you'll have to send the whole sauna. And that's what you have do now, if it has to service, which is a giant pain in a butt.

Sending in that whole Saunas, it's expensive. Yeah. A thousand bucks to ship that bad boy. All right. So to recap and kind of come full circle here. In terms of how you're stacking, because I know you said going back to order of operations, the biggest takeaway, so for patients and clients, anyone who's just looking to pursue obviously optimal health, which is generally all of us.

Let's go back your quick playbook here to kind reduce the toxic burden and then just maintain that new bill of health. What does that look like? Um in terms of what like how many sessions or what do you mean?

Yeah, so we start with like the trifecta cleanse as an example, right? So you're doing that for 10 days then you you and then another 10 more days, Right?

Well, it depends if they have their own machine if They have the own equipment that's going to be the ideal situation. You know, they really need every home needs their Own ozone system that way the whole family can be using ozone kids the wife the dogs mom and dad grandma If they have their own system, they want to obviously do the cleanse first.

They want be doing two or three salons a week for a long time. You know what I mean? It takes some time to get it all out of your system. But just getting a little bit out, you feel tremendously better.

It's the key for anti-aging is removing that jump from the body. That's what's causing us to age prematurely. So I know I didn't do the sauna here with you.

I did the IV. IV, yeah. Yeah. still do some IVs here or there, but mostly people would do a sauna. But not everybody has access to the IV in terms of the home applications.

So home use, sauna based, you're doing that? Yeah, saunas, water, they can do ozone in the ears and in rectally and vaginally. Okay, and the frequency again with that is?

It depends on what you are doing with. A good round number is around two to three times a week. Something more terminal, you know, like some cancer people, they might do it five days on, two days off, Monday through Friday, take the weekend off until it's gone.

And then consistent with the ozone water as well. Every day. Oh yeah. That's part of it. And how much you're drinking every day of those in water? A liter in the morning and a liter at night.

Okay. And is that suggested for most individuals? Yeah. Kids included? Not quite a kid. Maybe half that for a kids, depending on how old he is or how easy way.

A woman might not need that much, but around there. Then the MAG ozone caps? Yeah, I mean those are great to take if you don't have equipment. Just pop those with your meals, maybe two or three per meal, somewhere around there.

Perfect. I know that we discussed the biopurity and the pine sulfur. Anything else that you kind of want to highlight? Oh man. We've been going over a lot.

Super thorough. Yeah. Now I think we're good. Okay. Cause I knew you were showing me last time in the book, the Oh, everybody watching, they definitely get the flood your body with oxygen book by Ed McCabe and read the at least the first two, 300 pages.

So you'll get an understanding of what all this is about. It's about education. And so people need to realize that's just the, you know, that it's a good, it'a good background.

That book is. This has been certainly incredible. I genuinely appreciate your time, your expertise. More importantly, the products you've created, they work.

We're looking forward to integrate that with all our patients and anyone again who's looking to just really optimize their health and longevity. Thank you again for your time.

Where can people find you, your company, purchase products? OzonePurity.com. That's for our equipment and products. If you want to see more of my videos, the OZONE Guru on TikTok and Instagram, and of course our online O-Zone University is on school.

And that's school dot com forward slash O zone for life. S-K-O-o-l. But that is where we do all of our education at. Perfect. This has been a genuine pleasure.

We're now going to move on to touring around his lab, if you will, with the ozone generator. Thank you for tuning in to the TBD Fit Podcast on Dr. Talks, where we unpack all things health and longevity.

If you enjoy the show, like, review, and subscribe. This allows us to have a greater reach and help others on their health & wellness journey.