Ozone Therapy Explained: How Extracorporeal Blood Ozonation Really Works (Science-Based) Transcript

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Introduction to ozone therapy

What if oxygen could become medicine? What if oxygen could become medicine? What if your blood could be treated What if your blood could be treated outside your body and come back more outside your body and come back more efficient, calmer, and more resilient?

efficient, calmer, and more resilient? And what if much of what you've heard And what if much of what you've heard about ozone therapy is only part of the about ozone therapy is only part of the story?

Analyzing the science

Today I want to walk you through a Today I want to walk you through a scientific article that quietly explains scientific article that quietly explains why extraapore ozone therapy works. Not why extraapore ozone therapy works. Not opinions not marketing biology. This opinions not marketing biology. This article is titled extracaporeal blood article is titled extracaporeal blood oxygenation and ozonation clinical and oxygenation and ozonation clinical and biological implications of ozone biological implications of ozone therapy. It was written by Dr.

therapy. It was written by Dr. Bachi and colleagues, researchers who Bachi and colleagues, researchers who have published extensively on ozone have published extensively on ozone biology. This paper is foundational. If biology. This paper is foundational. If you follow this channel, you know I talk you follow this channel, you know I talk a lot about ozone therapy. Ibu, mah, a lot about ozone therapy. Ibu, mah, multipass ozone, bioxidative medicine.

multipass ozone, bioxidative medicine. But today, we're not talking protocols. But today, we're not talking protocols. We're talking mechanisms. Because if you We're talking mechanisms.

Ozone as a modulator

Because if you don't understand what ozone actually don't understand what ozone actually does, you'll never use it. Well, here's does, you'll never use it. Well, here's the first myth we need to clear up.

the first myth we need to clear up. Ozone therapy is not about flooding the Ozone therapy is not about flooding the body with ozone. Ozone never circulates body with ozone. Ozone never circulates as ozone in the bloodstream. It reacts as ozone in the bloodstream. It reacts instantly. What matters is what comes instantly. What matters is what comes after that reaction. This paper makes a after that reaction. This paper makes a critical point. Ozone acts as a critical point. Ozone acts as a biological modulator not as a biological modulator not as a disinfectant. This single idea explains disinfectant. This single idea explains why ozone can improve oxygen delivery, why ozone can improve oxygen delivery, modulate immune function, reduce chronic modulate immune function, reduce chronic inflammation, and support mitochondrial inflammation, and support mitochondrial activity. This is signaling biology.

activity. This is signaling biology.

Physiological mechanisms

Let's walk through it step by step. Step Let's walk through it step by step. Step one, plasma reactions. When blood is one, plasma reactions. When blood is exposed to a precise oxygen ozone exposed to a precise oxygen ozone mixture outside the body, ozone reacts mixture outside the body, ozone reacts with plasma lipids and antioxidants.

with plasma lipids and antioxidants. This creates secondary messengers, not This creates secondary messengers, not damage, signals. These signals are damage, signals. These signals are short-lived but powerful. Step two, red

short-lived but powerful. Step two, red blood cell function. One of the most blood cell function. One of the most important sections of this paper focuses important sections of this paper focuses on red blood cells. After ozenation, red on red blood cells. After ozenation, red blood cells become more flexible. They blood cells become more flexible. They release oxygen more efficiently.

release oxygen more efficiently. Microirculation improves. This matters Microirculation improves. This matters in conditions like chronic fatigue, long in conditions like chronic fatigue, long COVID, neuroinflammation, vascular COVID, neuroinflammation, vascular disease, and mitochondrial dysfunction.

disease, and mitochondrial dysfunction. You're not forcing oxygen in. You're You're not forcing oxygen in.

Immune balance and hormesis

You're restoring the blood's ability to deliver restoring the blood's ability to deliver it. Step three, immune modulation. it. Step three, immune modulation.

Here's where ozone gets misunderstood. Here's where ozone gets misunderstood. Again, ozone does not stimulate the Again, ozone does not stimulate the immune system. It modulates it. That immune system. It modulates it. That means overactive immune systems calm means overactive immune systems calm down. underperforming immune systems down. underperforming immune systems wake up. This helps explain why ozone wake up. This helps explain why ozone has been studied in chronic infections, has been studied in chronic infections, autoimmune conditions, cancer support, autoimmune conditions, cancer support, and postviral syndromes. It nudges the and postviral syndromes. It nudges the immune system towards balance. This immune system towards balance. This paper draws an important distinction.

paper draws an important distinction. There is oxidative damage and then There is oxidative damage and then there's oxidative signaling. Lowdose there's oxidative signaling. Lowdose controlled oxidative signals activate controlled oxidative signals activate antioxidant pathways, improve redux antioxidant pathways, improve redux balance and increase cellular balance and increase cellular resilience. This is hormesis, a small resilience.

Extracorporeal advantages

This is hormesis, a small intelligent stress creates a stronger intelligent stress creates a stronger system. Now let me explain why system. Now let me explain why extracorial methods matter. The authors extracorial methods matter. The authors emphasize that treating blood outside emphasize that treating blood outside the body changes everything. Why?

the body changes everything. Why? Because dosing is precise, exposure is Because dosing is precise, exposure is uniform, the lungs are bypassed and uniform, the lungs are bypassed and systemic effects are predictable. This systemic effects are predictable. This is the biological logic behind Ibu is the biological logic behind Ibu modern mah protocols and multiass ozone modern mah protocols and multiass ozone strategies. This paper explains why strategies. This paper explains why those methods work. From a clinical those methods work. From a clinical standpoint, this helps explain why ozone standpoint, this helps explain why ozone therapy may support patients with therapy may support patients with chronic inflammation, poor oxygen chronic inflammation, poor oxygen utilization, immune dysregulation, utilization, immune dysregulation, neurodeenerative processes, and cancer neurodeenerative processes, and cancer related fatigue. It also explains why related fatigue. It also explains why dose and timing matter. Ozone is not dose and timing matter.

Clinical conclusions

Ozone is not generic. It is contextual. This article generic. It is contextual. This article isn't new, but it is foundational. It isn't new, but it is foundational. It helps shape modern bioxidative medicine helps shape modern bioxidative medicine and many clinicians still use ozone and many clinicians still use ozone without understanding this biology. When without understanding this biology. When you understand the mechanisms, you dose you

understand the mechanisms, you dose differently, you combine therapies differently, you combine therapies differently, and you choose patients differently, and you choose patients more carefully. That's how outcomes more carefully. That's how outcomes improve. So, I'll leave you with a few improve. So, I'll leave you with a few questions. What if chronic illness is questions. What if chronic illness is less about deficiency and more about less about deficiency and more about failed sinkling? What if oxygen delivery failed sinkling? What if oxygen delivery and oxygen utilization and not oxygen and oxygen utilization and not oxygen supply is the real bottleneck? What if supply is the real bottleneck? What if controlled oxidative stress is not the controlled oxidative stress is not the enemy but the teacher? And what if enemy but the teacher? And what if extraoreal ozone therapy is less about extraoreal ozone therapy is less about killing disease and more about restoring killing disease and more about restoring intelligence to biology? If this helped intelligence to biology? If this helped you think differently, share it with you think differently, share it with someone who's curious but skeptical. And someone who's curious but skeptical. And if you'd like a followup on Ibu versus if you'd like a followup on Ibu versus MAH versus 10pass ozone from a clinical MAH versus 10pass ozone from a clinical decision-making perspective, let me know decision-making perspective, let me know in the comments because the future of in the comments because the future of medicine isn't louder, it's more medicine isn't louder, it's more precise.