Ozone Therapy: Stimulate Homeostasis Transcript

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Introduction to Ozone Therapy

Welcome, everyone, to the Mycotoxins in Chronic Illness Summit. I'm doctor Christine Schaffner, and today our guest is Michael Lough. And we're going to be talking all about ozone.

Mica is the founder of simply oh three and also a sponsor of this event. And he has so much wealth of knowledge that I'm excited for you to learn the practical applications of ozone in this talk.

So welcome, mica. It's really an honor to have you on the summit. Thanks. I'm super excited to teach people about ozone therapy and how it can help with Lyme and mycotoxins.

Yeah. You know, it's been such an essential throughline throughout my career. You know, I've been on practicing about, I don't know, 11.5 years and ozone is just been a foundational tool.

It can help so many people who are struggling with, mycotoxins and illness, as well as slime and mold illness and everything in between. So I'm really excited to have you.

And, why don't we, as we, you know, start this conversation just to share a little bit about your background and how you, really found ozone as an, as a treatment.

You've obviously based your business and your life around. Yeah, it's kind of funny. I'm 28. I feel like I'm 40. Just kind of with where I'm at in life, having, you know, the business and all the experiences and and for kids, too.

But anyway, I started. Yeah. So, you know, you're an old soul, right? You start in life early. Yeah. Like that. But, yeah, I mean, I started having an interest in health care pretty young, so I wanted to go into nursing, become a doctor.

Going to mission work, mercy ships, that kind of thing. So, anyway, I was going through school. I was working for my dad at the same time, who was working with something called ultraviolet water radiation.

And, which is it really doesn't belong in the natural world. I think a lot of these things belong and and should be accessible to all people. But just because it doesn't fit in a box, you know, it is considered a natural treatment.

So ultraviolet body radiation is pulling out some blood, exposing it to UV light and putting it back into the body, which is great for infections and all sorts of stuff.

And at the same time that I was working for him, helping him to do that, I was working at a pharmacy, I was going to school, I was halfway through nursing school, and I was having these discussions with all these doctors that were working with Uvi, and they kept mentioning ozone this and ozone that.

And, you know, you hear it often enough and you start to ask them some questions. And it really piqued my interest. But what was more interesting to me was the paradigm difference between what I was experiencing.

They're talking to all these doctors, you know, probably ten dozen a day, something like that. And they didn't always have time to talk, but a lot of times they would, you know, be okay with me asking a bunch of questions and kind of help me along there.

But I noticed the paradigm difference between what they were talking about and what I was getting at school.

Micah's Background and Path to Ozone

The pharmacists I was talking to and some of the doctors I was talking to there, because I was also an EMT. So I had access to emergency medical doctors and that kind of thing that I was having conversations with.

And I really just noticed that this was really the symptomatic coverage. And this was like, hey, we want to get rid of root causes. And I know everybody listening to that has had their own journey into discovering, symptomatic care doesn't actually help, but I was just really blown away when I specifically asked, like, and I had just read doctor Frank Shalom Berger's book type two Diabetes Breakthrough.

I asked, one of the doctors like, hey, you know, we now know that type two diabetes lifestyle contributes hugely to that, right? So what you're eating, what you're doing and how you're living is going to be a huge indicator for type two diabetes.

Right now we're just giving people metformin and then titrating them up over the course of their lifetime. And then they're getting on all these other drugs to interact or whatever else they're dealing with.

But we're never actually dealing with the fundamental problem. Right. So I was I asked that question, why don't we give them like a program where it's like six months of metformin or something because they're here and they're here now, so we have to deal with it.

Right. At least according to the way that they did it and then work on lifestyle changes, work on these other things. And and the answer was, we don't have a pill that cures type two diabetes.

And that just shows you the mindset that is out there. Like, there's not this magic here. There's not this magic pill that we're always waiting for that never comes because our lifestyle is what is causing the problem.

And so it really just blew my mind when I was talking to these other doctors that are like, well, we want to get to the root of the problem. So, I mean, that was the big paradigm shift for me.

And then that added interest of ozone therapy was kind of how I got my start. And so working with my dad, he got really interested in it because I had a brother with, with a brain tumor who did unfortunately pass from.

But he was sent home from the doctors essentially to die. And we looked into naturals and and his life was prolonged greatly because of it. You know, hyperbaric oxygen therapy greatly improved his quality of life.

Ozone therapy uvi greatly improved his energy and different things like that. But I, I saw there there was an issue in the market, and this is how I got started with those in therapy, specifically that the equipment was super expensive for people who wanted to do it at home because the international literature was saying, hey, you can do rectal and suffocation.

Not quite as good as doing an IV, not quite as good as doing ten pass, but it's still really good. It's giving you a similar benefit, and you can only, and you can do it and only, three minutes a day.

So it's super accessible, super easy, that kind of thing. And the equipment costs about 3000 or $4000 to do that at the time. So I found an engineer to work with, and we essentially built this machine, solve some of the problems that was making it so expensive.

And at that time, we made it $650. So what that did is that introduced me to this market of all these people that are interested in doing ozone therapy at home.

And it was a lot more accessible because it wasn't so expensive. And that was kind of my start into ozone therapy. Wow. What an incredible story. And I'm so glad you're on this path.

This you know that is, you know, key differentiator with your company is the accessibility right. That more people can have this tool especially not only access to it but in their home, which, a lot of healing happens, at home.

For these patients, you know, we obviously, I see a lot of patients in person, and we have clinics that do all these, you know, fancy different treatments.

But a lot of the real healing is the day in and day out, what people are able to do, at home, as you mentioned, with lifestyle. So now I'm so, glad your path led you to this, you know, point and let's, you know, not make any assumptions.

I mean, there are talks about ozone in this summit. But, some people might still be a little new to this, concept or this idea. So just maybe I like really introduction really introductory overview of like, what is ozone?

You know, some basic mechanisms, especially when we're thinking about the, line and mole community. Yeah. I mean, most people have only heard about ozone through the ozone layer or ground level.

Ozone was which is pollution. But what we're talking about is medical grade ozone gas that is mixed with oxygen. So it's, it's a very pure form of ozone.

So 032 as a molecule, ozone is O3, which is very similar to oxygen being O2. It just has the extra oxygen atom on there. But what that does is that makes it actually very unstable, which is one of the reasons you can't breathe it, because there's no antioxidant defenses in the lungs, but we can safely administer it pretty much to every other part of the body, because there's antioxidant defenses there.

But that instability is what makes it so. It's called automatic therapy. So other forms of mimetic therapies would be like exercise, cold plunges, saunas, and I'm sure you know of a bunch as well.

But essentially it's a mild adjutant that stimulates a healing response. So ozone therapy is the application of a small amount of medical grade ozone gas somewhere into the body, usually through intravenous, at a clinic or at home.

It can be done rectally or vaginally. Okay. Awesome. And then, let's walk through like we talked a little bit about different applications. You know, other ozone, just now, but maybe differentiate, because of your experience, you mentioned hyperbaric uvi or UVB, and then homos and, like, what are the, different modalities that you're aware of that people can get like clinically versus home use of ozone, therapy at this point in time?

It's it's not therapy to me is one of the reasons I was really fascinated by it is because it's used in so many different applications. So I was learning about it.

I'm like, oh, it's used in winemaking and dentistry and cosmetics and dental and chronic disease and preventative care and biohacking. And it sounds a lot of times you hear those things and you're kind of like red flags.

This is a a panacea, a cure all that somebody is just trying to sell. But there's a ton of literature on this, which is what is really cool. There's over 11,000 research papers, studies, overviews, all those things that are going into ozone therapy and all the different applications of it.

So as far as ozone therapy and its medical use, there's, for merit for primary categories, it can be used. And which is the one we're going to focus mostly on today is medical, which is like biohacking and preventative disease.

And then you have dental applications for tooth infections, which you know, can lead to heart disease and other terrible things, but very, very useful for that.

What Ozone Is and How It Works

And they can actually they're trying to replace the the common use of bleach using ozone water instead. So it's actually making some great progress there.

And I think will be a lot more common in the next ten years in the dental world. Cosmetically, I have a guy in Beverly Hills that's treating like all the celebrities.

He just posted a video this week with, like, Kim Kardashian, Nick Kim and one of those. One of those people. Yeah. You know, but anyway, it's on my Instagram.

And so I see all the videos he's doing. And then the final category is injection. So it can actually be used for like, joints, herniated discs, those types of things.

But you are primarily asking about the medical application. And then there's, there's at home and then there's at the clinic. And the reason for that is because some administrations, like doing an injection or an IV, require a doctor.

And there's a couple of reasons for that. One, just the technicality of applying ozone therapy and having access to like, heparin and the drugs that you have to have, you shouldn't ever do an IV on your own.

Right? The doctor can do that. But the second thing is some of those forms are a little bit more potent. So it stimulates the body a little bit more strongly.

So the practitioner is going to be looking at your medical history, your sensitivities, and preventing what's called a heart center reaction, which is when we kick that immune system on and there's this big viral load or bacterial load and it kills all the bacteria virus, and then you're left with all these endotoxins that make you super sick.

So the practitioner is able to do that in the office. And, usually in IV, it's the standard format to applying that. It's called major Autohemotherapy.

And it's most commonly used in combination with that machine I mentioned before. You buy the ultraviolet blood irradiation. So it's, two therapies down at the same time.

You take out a small amount of blood, mix it with the ozone gas, and then drip it back into the patient through the IV lights. And then at home, you can still get those systemic benefits.

And I'm sure we'll get more into like what I was on therapy is actually doing in a minute. But, you can do rectal and suffocation, which is a lot of people with Lyme cancer, autoimmune infectious disease, mold toxicity, are using are using rectal and suffocation is kind of the go to method at home because it can be done in under three minutes a day, very easy to do noninvasive, and it's just the best way to apply ozone therapy.

Well, vaginally is is a really good route too. So I've heard, some doctors say if men have vaginas, he would give them patch naloxone, because there's a lymphatic system, there's all those things that it has access to that it has a great systemic benefit on the body.

But aside from this, there's there's also local forms of administering ozone. So a systemic treatment means that it's benefiting the whole body or modulating the immune system, increasing oxidative efficiency, doing those types of things.

And then there's what are called local therapies. And that would be like if you have mersa like say an open wound on the skin or you just had surgery, you can pour ozone water over it or you can expose it, ozone gas.

And what that does is that causes growth factor to the area. So actually heals up faster. And it's an antiseptic. So it can get rid of the hard to kill, bacteria and virus that might even be an antibiotic resistant.

It's really, really good for that. So, at home, you can essentially do those systemic treatments rectally or vaginally or the, the topical use or oral use for local infections.

How about, ear installation and Mason civilization at home? Do you recommend that? Well, I mean, you're the doctor, so you you would have more of the recommendation than I would.

I just kind of look at the literature and make make, conclusions based on what they put out there. But clinically, people have experiences that venture beyond that.

So as far as ear installation goes, that's generally indicated for head issues being, nasal infections, eye infections, ear infections, hearing loss. Depending on the cause, it can be super helpful with macular degeneration.

But that is essentially where we're fumigating ozone gas into the ears. There's a small enough amount, there's a small amount of ozone gas. So breathing it is not really a concern.

But yeah, essentially it's it's really good for head indications. And, it's good for that, nasal lens inflation is a bit more of a direct route. We're on a summit, so I can talk a little bit more freely about that, thankfully.

And thank you for putting it on. Yeah, but the reason I ask you, if you look me up online, you won't see a lot of information on, like, nasal insulation is because there is the risk of accidentally breathing the ozone.

So you just have to find some videos online that walk you through how to do it. It's extremely safe if you know how to. But the reason I don't talk about it is because 999 people do it right and one person does it wrong, and then that's the person that kind of ruins it for everybody else.

So I'm sorry, but, those are, you know, Covid, obviously, covered I cover the world recently, but really good for, stopping that early on, that kind of thing so that the infection just doesn't, get so bad.

Really any sort of nasal infection. The other cool thing about ear installations is, is if you do have chronic ear infections or kids with chronic ear infections, never going to need antibiotics again.

It's really that good. Like, you just you can go to ozone ear and stuff. Lations. It's natural. The ozone reverts back to oxygen once it's done. So there's no toxicity to it.

But you never need to do antibiotics again because it's just so effective at wiping out those infections. Thank you for that overview. And I think you know I, I totally understand the precautions around the nasal ozone.

And I also think it's such a powerful tool, especially when people are have had a more exposure or mold colonization in their sinuses. And this can become, you know, a really, what we would call a vocal infection or interference spell that really can prevent people from getting better.

So I feel like the, you know, ozone, in the sinuses can be a really great tool to, add momentum for, patients, suffering with all of those. So, no, I, I think that's a great overview.

And let's, let's just maybe circle back to some, you know, anything else that you want to add to? When we're thinking about mold and Lyme that you've come across of why this is an effective therapy, you mentioned, too, that it breaks and oxygen, as a secondary effect, which I think is also part of the power of ozone therapy because a lot of our patients are, have poor micro circulation or they're kind of like hypoxic or have low oxygen carrying capacity or anemic or, you know, so they're kind of in this low oxygen state, to begin with.

That's right. That's one of the other things that I think is going on, with why they are feeling the way they do. So but anything you want to add, Mike?

Around, you know, mechanisms or literature around, the modern Lyme community that you've learned over the years. Yeah. So this is getting into the benefits of ozone therapy or why somebody would consider doing it.

I think the first thing is immune modulatory. So what that means if your immune system is too high, it can bring it down. If it's too low, a can bring it up.

So immune modulation is really beneficial for people with autoimmune cancer. Mold toxicity obviously just because it's going to be able to enable that immune system to get into homeostasis so that it's more capable of getting rid of the things.

One thing that I often see, and it's just not quite. Yeah. Maybe I'm being a little too nitpicky. Not quite an accurate

view of ozone therapy is like, I'll see.

Clinical and At-Home Ozone Applications

Like people say, hey, when I do an IB ozone treatment, the ozone gas goes into the system and it kills off all the bad bacteria and virus and those types of things, albeit that might be a it's not quite accurate what it's actually doing is like I said, it's a more medic therapy.

So it goes into the body. It's in a slight mild acute oxidative stress. And what that does the body essentially wakes up, is slapped awake and is like, hey, I need to fix something here.

So it creates a lot of antioxidants because of some of the reacted reactive oxygen species that you created through the ozone. But that's essentially what it's doing is we're we're just waking up the body to perform better.

So that's one of the reasons I also really like ozone therapy is because it's not like a drug that's going into the body flipping something on, flipping it off, not just boosting the immune system, not just, you know, suppressing it.

It's just bringing introducing the stimulant that says, like, you need to perform as you should. And we understand the biochemistry to a degree. I wouldn't say we understand all of it, but essentially, yeah, it's just bringing that body into homeostasis.

And when it's in homeostasis, a healthy body is more capable of fighting disease, more capable of getting rid of mold toxicity, mycotoxins and that kind of thing.

So that's kind of the first benefit of ozone therapy as immune modulatory. The second I would say is oxygen efficiency. So that you hit on like oxygenation in those types of things.

There is a bit of oxygen that's going into the system. Say we do a rectal or batch installation or an IV ozone, but that's not really the prolonged or lasting effect like that.

Oxygen is good, but what it's really doing is it's actually optimizing your body's ability to utilize oxygen. So doctor Frank Shellenberger is, one of the prominent names in ozone therapy, but he essentially correlates reduced oxygen efficiency, with aging and and essentially that if you can increase your oxygen efficiency, you're going to age more gracefully, less likelihood of disease and those types of things.

So oxygen efficiency just represents how well we're utilizing the oxygen. Whereas just like breathing oxygen is just talking about volume. So every breath we take when we do an ozone therapy is actually more efficient because it's being metabolized better.

It's being utilized for the processes that are super important in the body, like creating energy or whatever, what have you. So oxygen efficiency would be benefit number two.

Benefit number three would be micro circulation improvement. So this doesn't sound like a big deal. But it's it's bigger than you think in the sense that micro circulation is blood flow.

Getting to areas that it needs to go to. Right. So a red blood cells are actually bigger than some of the capillaries that they have to go through. So the red blood cells, you know those those red things that they actually need to be able to bend and fold to get to some of those areas that are very difficult to get to.

And when your body isn't performing well, essentially, you can sludge up and the blood just isn't flowing to certain parts of the organs or certain parts, the, the tissues that should be getting it.

And the reason that's important is because those red blood cells are going to be offloading oxygen, and then the blood is going to be taking off any byproduct or any waste that was built up as a part of the metabolism happening in that tissue.

So micro circulation is super, super helpful. And that's why it's really useful. Like if you look at necrotic vasculitis, which is, circulation issue that causes cells to die in like the feet and in the hands, there's just not enough blood and not enough tissue there.

So it begins to die. If you do ozone therapy, it actually reverses that because of the micro circulation improvement. And then number four, it does have some detox benefits.

So because of those three prior things, essentially your body is just working more optimally, optimally and able to get rid of stuff that it wasn't getting rid of before.

Make it. That was an excellent overview and gives us a lot of, you know, understanding of why this is, I think, a foundational, tool for anyone who's struggling, you know, with a chronic illness out there and also, as you mentioned, for, anti aging prevention to global health and longevity.

So I'm really, so happy that, ozone is getting more and more, you know, press, especially with, as you mentioned, Covid and all of that. And so, walk us through your equipment because I really want people to know about it.

I've been recommending it to my community over the last few years, and it as you mentioned, it's just, makes ozone way more accessible for home use. And so, just walk us through, you know, what it is, what you need to have in your home to set it up.

And then we can go from there. Yeah. So, I mean, the cool thing is, for about 1000 bucks, you can get a therapy that is really multi dimensional, can be used for the skin infections, the oral infection and acne, as well as these chronic diseases or just general optimization.

So you really get a lot out of one thing. And the reason is because I was on acts differently on different tissues. So that's why it's so versatile in that respect.

But essentially you need, how the ozone is made is there's pure oxygen, which is 99.9% oxygen. So you need a tank and those are pretty easy to get if you just go to like a commercial oxygen supplier.

Yeah, that is the easiest way to get it. I mean, you can go get a medical tank, but you need a prescription for it. And if you want to do that, great.

But they're rated for the same grade of oxygen between commercial and industrial. But you can go to a weld supply shop, a commercial oxygen store and just buy an oxygen tank like you would a coffee.

So it's it's pretty easy. Unfortunately, we can't ship a full oxygen tank. So that's why we recommend people get it locally. We can ship them empty, but, that way you don't have to pay me.

You can just save a little bit of money and get it locally. But you need the oxygen tank, and then it goes into what's called the ozone generator. And this is not like the ones that you see for air purification or like, water purification or, anything like that.

It's like there's only three companies in the US, there's, simply oh three. There's pro life and longevity. Those are the only three that I would recommend buying for, buying from.

Because any others, they just don't have ozone compatible materials. They cut corners, all that kind of stuff. So I just want to see this market grow, and it doesn't matter to me that if you buy from me or the other two, I just want to see you buy from the right company and be comfortable with what equipment you have.

But the ozone generator has a ozone resistant materials that's specially made for medical ozone application. It's hooked up to the oxygen tank. What that does is it pulls through this reactor piece that has a high frequency and that pulls apart the oxygen as it's going through it, and then it recombines, and we can control the rate at which that happens into O3 or ozone.

Ozone Benefits for Lyme, Mold, and Chronic Illness

So once it goes through that generator, it comes out of this port. And to that port you have connected like a bag or an accessory, maybe a water bubbler if you're making ozone water.

But it's just this little screw on port and you put your accessory on there, and then you just time it for however long you need. So it's it's really quite easy.

You set your oxygen tank, turn on your generator, screw on your thing. And and that's how you get your dose of ozone. And of course, the equipment comes with like instructional videos, protocols that walk through everything.

Sometimes people have a different one from their doctor, but we really pride ourselves on making it easy because that was the biggest gap coming into the industry is just the general education around ozone therapy.

And a lot of those hurdles and obstacles that people are facing, because at the time, there just wasn't a ton of education about it. So we really went, and worked really hard to make like these instructional videos and these protocols super duper easy, and only get easier with time.

But, essentially now the learning curve is if you spent 30 minutes and sat down, you would know what you need to do. It's just kind of that mentality, having an oxygen tank generator and something else sounds like a lab experiment, almost.

But, like I said, if you if you download the guide, which I think will be on the summit within 30 minutes, you'll have a pretty good idea of how it operates.

So it's it's really pretty simple. Yeah. I know you have done an amazing job around the education because as you mentioned all these things can feel overwhelming and really new.

But once you get it in front of you it's really user friendly. Your system. And you mentioned too that you have different accessories. So like with all the different types of applications at home, whether it's like rectal or vaginal or ear installation or under, provider supervision, nasal, installation, there's different, types of either bags or syringes or even like the stethoscope, right.

To be able to get the ozone to where, it needs to go. And you've done a great job about that. Any comments on the accessories? Is there anything I missed?

Yeah. I mean, once you get your generator in your tank, you can get whatever accessories you want so you can get like seven of them or you can get one of them.

Totally. It's all modular, so you can just use whatever you want to use with it. But people usually get the ear insulation, the ozone water and the rectal installation supplies.

And the reason is, is because those are kind of like the, the, they cover the most bases of ozone therapy with just a few things. So like Aaron's inflation indicator for head issues, sinus infections, throat infections, ear infections, people even say it helps with my brain fog or it helps with this, that or the other.

That's a little bit more anecdotal, but there does seem to be some pretty good benefits to ear installation. So you kind of cover your head with that or, you know, kids ear infections or what have you.

And then you have ozone, water, really good for dental and oral issues going on. Receding gums, whitening teeth, infections can be really helpful for those, you can drink the ozone water.

People will drink like 4 to 16oz a day.

Home Equipment and Accessories

Typically there's not a ton of research. How what that's doing in the body, we know it's safe to do, but essentially they say that it's good for Helicobacter pylori, which is a stomach bug.

But it's really good for getting rid of that. Beyond that, people have anecdotal experiences, meaning that they did it and then they say what their experience was.

So I've heard people say it helps with my migraines, helps with some of the gut health. I don't know about all of that. I think that's great that they're getting those benefits, but the research isn't quite there to back it up.

So I just talk more from, the research standpoint because I don't want to tell people it does this unless I know for sure that it's doing that. But I also want to mention the anecdotes, because if you're dealing with some of those things, it might be worth a try.

But there's not just like hey this is definitely going to help with that kind of thing. And then the rectal insulation really is the best way to systemically apply ozone therapy.

So that's what I personally do. Just as like general health I do like three times a week. If I'm doing, like, what I know is going to be a difficult workout, I do a prior and I usually do it in the morning, because if you do it in the evening, quite a few people will get, wide awake.

So, you know. Yeah. So you don't want to do it, like, before going to bed because you might not sleep for a while. Just really can kind of have that sudden boost in energy.

And interestingly enough, they actually have done studies where they show that immediately after an ozone therapy, there's an immediate uptick of of oxygen in the body.

So there there is more oxygen. They're creating more energy and wouldn't necessarily want to do it right before bed. So those are the three big ones is that it's called the complete ozone kit that has those three.

It's rectal Erin suffocation. And then the ability to make ozone water. Beyond that there's like a vaginal installation kit which like I said, is probably better than the rectal installation.

I just don't have access to that or personal experience. So I can't really talk too far on that. But but it does seem to have a really good systemic benefit.

You know, there's my lymphatic system that it's working with as well, which is another side benefit to it. There's breathing ozone nights. So that would be indicated for lung issues, especially lung infections.

So earlier I mentioned you can't breathe ozone gas. And the reason is because it's an oxidant. So when it goes into the lungs and there's no antioxidant defenses it interacts directly with the lungs.

Now that isn't likely to cause permanent damage. You would actually have to consistently breathe in a high volume of ozone to cause some sort of permanent damage, but it can be uncomfortable cause some coughing in that kind of thing.

But there is, something called an overnight which you are able to breathe and that isn't going to interfere with the lung tissue negatively. So if you bubble ozone gas through oil, it creates ozone ions.

And there's there's zero trace of actual ozone gas. I mean, we can very easily test that we have equipment that goes through that. But you can't test you can't get any ozone gas if you put in the right amount of oil and and breathe it, it's all over the nines from there.

So that's indicated for lung issues, begging, cupping. So if there's skin infections, wounds, diabetic ulcers, sores, you can essentially put your hand or limb into a bag expose of the ozone, like I said, cause growth factor to the areas antiseptic so kills it up, kills up any sort of bad infection.

And then there's cupping, which would be the same thing, except you can't put a bag in the torso. So there's like a little cup. You can do that for that.

So that that pretty much covers the bases with what you can do at home. Some people talk about, like ozone saunas and stuff. The only thing I would recommend with that is if you're going to do an ozone sauna, which might be good for like skin issues.

And that kind of thing is to, get a generator that puts out a high concentration of ozone because I've seen where, essentially there's generators out there that just like people will ask if I buy this on Amazon, does it work for it?

And the answer is no, because I was only has a very short half life. It breaks down extremely easily. It's very unstable. Right. So the two biggest factors to that are heat and humidity.

So in testing that we've done where you're not actually able to detect any ozone at the skin level if you're ozone generator is not strong enough. So if you're going to do when I was on so on, I just make sure that use a stronger ozone generator.

And that's a pretty simple test to do. I'm surprised that more people haven't done that. To show it, all you need is an ozone analyzer. And, and you can essentially test it, but.

Yeah, that's I think that covers the basics on ozone therapy at home and equipment. Yeah. No. And then great tip at the end. But I know that that's such a, versatile.

And there's so many applications. And I know anyone who's listening if they haven't thought about how to integrate ozone into their life, I hope that they're inspired after this conversation.

And Mike, is there anything else you want to share? With the audience as we wrap up our interview? Just thanks for listening. If you want to check me out on Instagram, Micah for health.

Not the number four, but spelled out. So Micah for health. I'm posting twice a day there right now. Videos.

Final Tips and Resources

So check that out and hopefully you'll find some helpful content. But beyond that, I don't think there's anything else. I think there's a free guide you can get through the summit as well.

So it's the guide to getting started with ozone therapy. So even if you don't know anything about it. So. Yeah. Well, thank you so much for being part of the summit and sponsoring the summit.

And just thank you for all of your, experience that you shared. And I'm super excited that, to continue the conversation with you, I know that you've helped a lot of my patients, so thank you.

Micah. Yeah. Thanks, Christine. I appreciate it.