Introduction to Autoimmune Detox and Dr. Judy Seeger

Welcome back to the reverse Autoimmune Disease Summit series. We are listening to the fourth iteration of the reverse Autoimmune Disease Summit series, where we are talking about autoimmune detox this time.

And my friend and colleague, Doctor Judy Seeger, is involved in the alternative medicine field and has been a doctor of Naturopathy medicine. I'm out 35 years, Doctor Judy.

Long time. Yeah. When her own health challenges overcame her after exposure to Lyme disease in 2010, she killed herself. And she learned which therapies work consistently for herself and her clients.

She went on to become a nutritionist, naturopathy researcher, author, international speaker, and was director of two holistic health clinics where she saw thousands of people's lives healed through her three step accelerated healing system.

Welcome to the seminar series! I am so excited to be with you, doc. This is like just so much fun to be able to help and teach everybody out there who really wants to get rid of this autoimmune stuff, right?

So yeah. Exciting times. You know, it's interesting because, I always say necessity is the mother of invention. So I, I'm not an MD. I'm a nurse practitioner and my PhD.

So my doctorate is a PhD is in sexology. So you know and it was investigating like what's the role. And trauma on human relationships and health and nervous system.

And then that eventually led to oh, this has a huge impact on autoimmunity. Hypervigilant nervous system leads to a hyper vigilant immune system, you know, and and so that was my, right pathway through.

And now you focus in a lot on ozone therapy. Yeah. Yeah. Well it's a it's A12 combination. So I love things that are simple. If it's more than three it's too confusing.

So I got I got this narrowed down to two steps. So that's like super easy. And the reason is because like you had mentioned in the introduction in 2010, I got Lyme disease.

And I knew, I mean, Lyme could lead to a million different things. Right? And I've struggled with immune issues my whole life. So I was like, okay, this is can't get any past that.

And so I talked to my colleagues and I, and I said, I don't know, man, I could do this, I could do that, I could detox all these different things. And I said, oh, no, you gotta look at ozone therapy.

And I said, ozone hole. And that's the start beginning of my journey in 2010. So here's, here's the jam is whenever, as you well know, the immune system goes down, you got to boost it up.

And there's a million different ways to do that. I mean, I'll share my story of how I did it, but it is one thing. But the other thing is, is as the the T cells, the immune system gets into getting rid of the stuff that's in there that needs to come out, all those pathogens, then it has to be able to detox on a regular basis.

And what I have seen as a natural path, and I'm sure you've seen this as well, is everybody's there.

How Ozone Therapy Supports Healing

Whole detoxification channels, you know, the kidneys, the liver, the colon, the lungs, all these things get blocked up. And so as you start doing all these really cool immune things, if your body can't detox it at the same time, you

get really, really sick.

It's called a prox Hymer effect. And it's not necessary to go through that. So we could get into all of that. But the jam is is that the ozone therapy? Yes.

It could definitely help the immune system definitely helps get rid of pathogens. Helps in just about everything I've seen from cancer to autoimmune and all these different thing.

But in combination with the detox that I've seen works faster. It works better. People say that they have more energy like the first week already after they haven't had energy for years.

So that's what excites to me is like 012 detox and do some ozone. Oh, this is fun. And and then people see the results. So that's that's where I started.

And that's when I heal myself. Here we are 2020 to 2021. And I have zero effects of Lyme disease. And all the people who have done it the way I've taught are saying the same thing.

It's like, oh, it's gone. And it doesn't come back. That's exciting right? I've had Lyme too. I haven't done ozone, but I've done, you know, the detoxification, rebuilding.

So let's talk about like for people that are also saying, oh who ozone who let's talk about what it is. So ozone therapy is actually naturally occurring in nature.

It has a bad rap because the media, of course, as they tend to do. Said ozone is dangerous. Well, yeah, if it's ozone is coming from cars and manufacturing plants and they pollute the, the pollution in the air, then the ozone, the layer around the earth, then now there's problems.

Right? But that's the bad kind of ozone. The good kind of ozone is one we're talking about, of course. And that's the one that as the ultraviolet rays of the sun comes down, it splits the ozone or the oxygen molecules all, all, all over the place.

And then they have to bind up. And so then there's O2 and there's O3. Right. So as the sun's ultraviolet rays come down and splits, then you're going to get those ozone molecules that bind together.

What's so great about that. Well it's three oxygen atoms together. So anytime you're increasing the oxygen levels in your body then your body is like, oh, I have more tools to work with.

I could raise energy levels, I could increase the immune efficiency. Everything starts to increase because of that extra oxygen. So it first got, discovered in about 150 years ago by a German scientist that said, hey, you know, this is something that could possibly help with infections because back in the 1800s, lots and lots of infections were going on surgically.

People didn't know, but good hygiene. So he started using the ozone in the surgery room. And lo and behold, no infection started happening. So everybody got excited.

But it didn't really become more popular until the late 1800s, when this dude by the name of Nikolai Tesla, who of course is now very famous with his cars that he didn't even know it was going to happen.

But the guy was a brilliant, brilliant inventor. He made this generator that created ozone. So you didn't need the ultraviolet rays. You know how you're going to capture it and all that.

It he made a little generator. What's very interesting is JP Morgan. What a lot of people know about that company. JP Morgan comes along and says, hey, this is a great idea.

Let's put this on the map so we could help people with infections and all these sicknesses. And so Nikolai got really

excited is a great we've got an investor.

We got somebody to move this forward. JP Morgan got hooked in by these other dudes who said, hey, we're starting this whole pharmaceutical thing with pills that I think could take off.

And if we invest as a group. So Roosevelt, JP Morgan, a whole bunch of them got together and the pharmaceutical industry went a whole different direction.

Could you imagine if it went the other way with the ozone? It did it though. So that's what happened. So that was back on it. So, so here we are. Yeah.

A lot of people will say, well I've never heard of it. I was like, yeah, I've been around 150 years. But I got squashed because, you know, the pharmaceutical industry took off and they had a whole lot more money they put into it.

And Nikolai just left let it go because he was like, you know, you have to have money to manufacture these kind of things, right? But now there's thousands and thousands and thousands of studies done, about ozone and how effective it is has no side effects or very, very minimal, like.000 7% side effect.

And it actually helps all these different conditions from bad bacteria, mold to yeast, Candida, lots of lots of different pathogens by increasing the immune system.

So it's safe. It's effective is easy. And why are doctors not using it? Well, because it's, you know, not in the whole medical realm of things, unfortunately.

Can it be used? Absolutely. It could be used at home. It could be used in clinics, it could be used all over. But it works. And that's how I got rid of my Lyme disease by doing it is also legal.

Yes, it is totally legal. Here's the challenge is that the doctors who are functional medicine doctors who have a medical license and then they dabble in, you know, all these everything from supplements to doing blood work to help nutritional stuff that's not covered under the insurance programs.

Right. So then they come along and say, well, let me try using this ozone stuff. Well, unfortunately, the insurance companies are saying, well, this doesn't fall under the realm of our program.

So, you know, if you're a, medical doctor specializing in foot care, why are you using ozone? And I happen to know of the medical doctor in New York who's doing that and got slapped on the wrist for that.

And and it's like, well, yeah, but it's there's no there's no legal term. That said, it's illegal, but the health insurance companies don't like it because there's no protocol.

They can't make money off of it. Right. So can a functional medicine doctor use it? Yes. Are they going to advertise it? No. Because they're not going to say, oh, this heals or cures anything, which nobody should say anyway.

Right. But the bottom line is, is that they can use it. It's absolutely fine to use it. It's just oxygen. That's not a problem. You have to be a medical license person, but it's how you use it.

You can't say it's for this specifically. We could just say, oh, it's good for the immune system and leave it at that. I see. And then there's, I know some states have like certain things.

I the reason I'm asking this question is because in Washington state, I had, coal and hydro therapists who wanted to use as an therapy. And so I had to check into it, you know, and, and so rectal insolation is one of those.

Ways to Use Ozone at Home and in Clinic

So we could start talking about ways of using home, you know, ozone therapy now, that kind of segue into it and,

and I, I had to like, do a little bit of research to make sure that it was going to be okay in my clinic.

So I know that there is, like the FDA has an approved, so therefore insurance companies don't pay for it. So then everyone thinks that. Oh, but under the Health Freedom Act, I found that a lot of states actually, it's completely legal.

Yeah, totally. And so this segue into that, there's five different ways of using it. So when I first got my Lyme disease in 2010, I was told to use it in a sauna.

So that's simply going in a steam sauna. You know, where the where your neck is above and, and you sit in this. And so it creates a steam and it opens up your pores.

And your skin is the largest detoxification organ. Things, can transfer easily back and forth. It works really nicely. So the steam sauna was great because you're sweating, you're opening up your pores and then the ozone comes in. So the ozone comes in through your skin and then goes down into the cellular level.

So I did that in the very first time. I just never forgot that feeling. I felt so good. It was like, whoa, what just happened? It's like oxygen on steroids and your body just reacts to all that excess oxygen, right?

So as it goes into the bloodstream, it was killing off all these different things. And of course I was in during the detox. So sauna is one way that could be used.

Rectal and suffocation. Vaginal suffocation. So what that simply means is as the ozone generator creates the ozone and and a true ozone generator has an oxygen tank on the side because it needs that extra oxygen.

Some of these things like on Amazon, they're like Little Mickey Mouse $50 or they call ozone generators. They're really not, you have to have that oxygen tank on the outside to produce clean, pure ozone.

And so as, I was you doing the vaginal and rectal in my clinic, it's simply allowing a little bit of gas to come in rectally or Vaseline, whichever way it's going to be used.

And then that comes in through the system and up into the cellular level. I just got off the phone with somebody who's got, ovarian cancer and she's like, I cannot believe I'm using such a small amount of ozone.

How different I feel after just like five minutes of doing it, like it's super, super strong and you have to start out super, super slowly. So vaginal rectal ear is the other one.

I love doing ears with kids because kids are fidgety and you know, they're not going to sit still for long anyway. And it's super safe. So if they're having, thyroid issues or, headaches, sore throats, you know, whatever's going on, it's super simple to put a little stethoscope in there and let the ozone run for just a couple of minutes, and that saturates their upper body with a little bit of ozone on a cellular level as well.

And so we have skin, we have rectal, we have vaginal, we have ear. And then the other way that you could do that is super simple is the, ozone eating water.

So you just take a glass of water. You also need it for about five minutes and you drink it. I love oscillator water because there's so many people with adrenal fatigue or chronic fatigue or not sleeping well, they have digestive issues.

Just drinking that ozone water. It you know, we know gut health right? So anytime you have gut health issues and you get in there and you're doing something to rebalance that makes such a difference, but you just got to drink 2 to 3 glasses a day.

That's all in the jam, right? But drinking that can help to heal that gut health and get that back on track and everybody that I've ever put them on, when I have my clinic, I would give them a drink of water of the ozone.

They're like, oh my goodness, it feels so good. Like, I don't know what this is. I'm like, I know it's just extra oxygen. It's just crazy, right? But that works super, super well also.

So how do people start doing this at home if they want to do it at home? Yeah. So there's there's a few ways. So one there's actually three ways. So I used to tell people go find a doc who does ozone.

Go get some shots. It's called Major Autohemotherapy match. And it's simply, taking the blood, letting it run through a bag and ozone eating it, and then it comes back into the body.

Right. The challenge that I found, everybody was calling. This is I'm in Ohio. Where is the ozone, doc? I'm in Kansas. Wears an ozone, doc. I'm like, I don't know what to tell you.

So I started working with the ozone docs, and they were afraid to really put the word out. So I was like, okay, let's switch this around and help people so they could get an ozone kit at home.

I walk people through how to use it, how to set it up, how to use the right protocols. That's fine, but they could do it at home. The biggest fear, of course, and I always lay it on the table right, is that oxygen tank is like, oh my gosh, I have an oxygen tank in my house.

What if it explodes and I'm like, it's not going to explode. If that was the case, they wouldn't be selling oxygen tanks to people with COPD or, you know, whatever the issue is, it's fine.

It's just the fear is there, right? So then I'm like, okay, they're afraid to use it at home. What else can we do? That's really the best way. But then the other way is to use it as ozone kills or ozone suppository.

So what that means is ozone is a gas. And so you have to have something to stabilize the gas and olive oil is one oil. There's many oils you could use coconut oil, Hoba oil, all the different kinds of oils out there.

And it's infused with the ozone gas. So then they put it in a pill form, and then you could take it as a pill every day. I do see some people do well with it, but the suppository by far is one of the best ways.

Is that again, the ozone is stabilized in the olive oil, for example, and then you use a suppository every, every night. And as it dissolves, the the oil is dissolve, the ozone that's been infused in the oil goes into the bloodstream.

And people see the difference in their energy, how they feel and all that. It just takes a little bit longer. You have to be consistent like anything, and do it on a nightly basis.

That's the only difference. That's interesting because we used to do a colon hydrotherapy like I said in my clinic. And one of the things we would do that most colon hydro therapists don't is we added this elevated component on to it, which is sesame oil blasts, you know, rectally.

And that helps reduce Vada, which is that energy. You know, that's all air and space in. And it just can create like space headedness. You know, decreased memory, any kind of air filled spaces can become disrupted, like, little like, I'm sorry.

Tinnitus, vertigo. Asthma. Can constipation like any of the airfield spaces. Right. Sinusitis. And so doing a sesame oil enema at night can help reduce that virus.

So I'm just, like, picturing this. Oh, ozone plus oil at night rectally. Right as the oil dissolves and soaks into your intestinal tract. That's actually really nourishing.

So I just wanted to point that to people like, that's actually really good for you. From ancient times. Right. And you could use it with any oils. That's a great point because ozone increases the, the, potency of any oil.

It's you sweat. So I hadn't thought about sesame oil. That's a great idea. But, typically they make it with coconut oil,

Hoba oil, olive oil, hemp oil, sunflower is very potent.

A lot of people don't know about using it with sunflower oil. All these different things that can be used with each oil has a little bit different component, as you well know.

But it is it works synergistically. That's what's cool about it. And it can't really hurt you. Like of course we'll just put a disclaimer on there. Everybody's different. Everybody's unique.

You should work with the practitioner. But what I have seen in my last ten years of doing the ozone with everybody is nobody gets the side effect of except feeling better.

And that is a very cool thing. Yeah. How does this compare to hyperbaric oxygen treatments. Yeah. So hyperbaric is is a completely different type of therapy.

And I love hyperbaric oxygen as well because it has its place in healing. So hyperbaric was found about 300 years ago. And it was because of the scuba divers.

Right. So if you remember, Diver Dan, this is really aged us, right? You know, the big helmet and the big boots, and they're going on the bottom of the ocean floor.

Well, as they were coming up, the the blood couldn't equalize and they would get something called the bends. And so then they created and found that if they could, balance the blood, then the bubbles wouldn't form and then the divers wouldn't die.

And that's where hyperbaric oxygen first started. So what happened was, as it got very popular and the scuba diving areas, especially down here in Florida, that they were starting to find, oh, it helps the divers with the bends.

Oh look, people are starting to say that it's helping with wound care. Oh it's helping with carbon monoxide poisoning. Oh it helps people with stroke.

Oh wow. And that's where I started getting into it in my clinic is all different kinds of stroke. Now, what it is is hyperbaric is oxygen under pressure.

So it's pushing oxygen down to the plasma level of the blood, which again enriches the plasma to get that blood in there. And then it equalizes it and it spreads it out.

Very different than ozone, which is a gas that comes in and has the three oxygen atoms together. Right. So it's a different, different, format of how it's used in the body.

What I love about hyperbaric is that there are two different kinds. There's a low atmospheric pressure for those that are having mild issues like inflammation, chronic fatigue.

Issues with, rashes and skin disorders. Anything that's an inflammation type, it works very well. But then there's something called a deep dive hyperbaric oxygen deep dive are the ones for the more serious things like, something is gangrenous or getting to be gangrene is that I've seen that turn around or different types of stroke.

There's mild stroke and there's, you know, the Tias that are way more so, all these different types. What's it doing to help stroke? Oh well, so so hyperbaric with stroke.

So there's many different kinds of types of stroke. Right. So there's a milder versions, right. Tias that are that affects a small maybe have a small blood clot or a small blockage.

Right. A mild chamber could help that. What it does, is it like a vessel dilator opens up the blood vessels. The oxygen is pushed down into the blood and just helps to disperse it.

Ozone vs. Hyperbaric Oxygen Therapy

Right. That's the mild chamber. But the larger chambers, which means more atmospheric pressure. It has more pressure. Almost feels like when you go in, it's like, oh my gosh, it's so much pressure in my brain.

It's a very odd feeling. But that higher pressure is actually saturating the blood and getting the viscosity opened up so that it's allowed to move through.

It feels a little bit a lot like this. There's some pressure going through there, but it's actually opening, enriching the blood and moving it, and it actually heals it.

Now it takes time. One, the challenge hyperbaric it. One treatment just is never enough, right? It has to be multiple because it takes time for that oxygen to get down to the plasma level and rigid and open everything up and heal that whole process.

It just I've never seen it work like maybe like in five days. I see people getting better, sleeping better, feeling more energy as they're absorbing the oxygen on the plasma level.

But it still takes time and that's a challenge. It's expensive. So then I say, listen, go find yourself a mile chamber. Go get it. Use it at home. I have seen people infertile get fertile.

I have seen people in wheelchairs get out of wheelchairs. But they had to do a lot of them, right? I mean, you're talking about 40, 50 sessions, which could get cost prohibitive, right?

But if you have a serious autoimmune issue going on. I had an M. S. patient once she was in a wheelchair. She got one for herself. She hadn't had a baby in nine years.

Not only did she get pregnant, she got out of that wheelchair. She went all out. Right. And that was just she was very, very consistent in her hyperbaric and her diet and all these other things.

It that's what it takes, right? So that's the challenge of using some of this stuff. Ozone on the other hand, it's like that. It's like you see the effects immediately like within seconds, like seconds because it the the way the gas works is very different.

Whereas hyperbaric it takes time for the absorption of that oxygen go into the bloodstream. So it's a, it's a different type of fat. But they each have their place.

So what's the impact on cancer of using therapies like ozone. Yeah. So I've been in working with the cancer for over 30 years. And I always tell them anything and everything.

You can get oxygen into your body, do it. Because, of course, cancer hates oxygen. So hyperbaric I if people could do that, it comes down to what can they afford?

What's the insurance for that? But the one thing I tell them is go do hyperbaric write the ozone. Now we're not making any claims, but the ozone kills pathogens, right?

I'm going to wink at everybody. You know what I mean? That's my wink signal. Yeah. Because we know we're being watched. So. So I say it kills all pathogens.

I could say it kills mold and bad bacteria and yeast and all that and other pathogens. Right. I can't think very well. But, you know, so it gets in there and it actually boosts that immune system.

So you're getting the hyperbaric that is is saturating the blood with, with the oxygen. But when you have the ozone that actually could go in there and disperse the rest of those pathogens and detox, that's the winning combination, right?

That's that's the one that I have seen help the most is all autoimmune, all cancers, the most. But again, it's being being very consistent with it. Right.

Because as you're detoxing and get rid of the poisons, all this the hyperbaric and the ozone, all that gets to do what it's supposed to do, and it has room to do it without worrying about all the toxic levels in the body.

So how do people get set up if they want to do any of this. Call me. All right. We have Doctor Judy Seeger's contact I mean go on my YouTube channel. I have literally hundreds and hundreds and hundreds of videos that explain ozone and explain how it works and what is for and just short, quick videos to educate people.

It's go on YouTube, look up my name, Judy, Secret Detox, and everything is on there to teach people what they need. It's it's all there. It's all educational, you know, it's just to learn it and to see if it's a good fit. Right.

Because people have to understand. So do I need hyperbaric? Do I need ozone? And I'm certainly welcome everybody to come and talk to me and say, hey, let's just get on the phone and see what's a good fit.

Doesn't take long to figure out the game plan and decide, should I get a hyperbaric oxygen? Should I go to a place that has hyperbaric? Should I go do ozone or should I?

You know, there's there's many, many ways of doing this. It's just a matter of talking to somebody who's been there, done that and knows what it could take to help so that you're not wasting a whole lot of time and getting up an atom way quicker than you normally would.

Right. Is there anything that we have not touched on that you would wish to talk about before we go? Yeah. So the combination, we didn't really get into a whole lot about the detox part.

It is so important, like everybody that I know who does ozone or hyperbaric gets. Horkheimer and I have been on Facebook, so many groups and they just don't listen.

And they keep saying, I'm getting sick, I'm getting sick, I'm getting sick, and I'm like, you don't have to get sick, all right? At 30 years ago when I started this, everybody was getting sick.

I used to get sick and I just didn't know. And now, 30 years later, I do my detox program. It's a three day program I created. I figured it out four times a year.

I never get sick, I never get sick, and I always feel good. And everybody that follows the program, it's so, so important. Clean out your liver, clean out your colon, get your skin sweating.

Make sure that your your kidneys, your lungs, everything is open on a regular basis. Detox on some level, needs to be done a few times a year. I'm not. I'm talking about the deep dive detox.

Not just, you know, every day of having a juice or whatever. Okay, do a good deep dive. Four times a year. What I tell people I Ayurvedic medicine 10,000 years ago.

So this is one time the season changes, right? And that's exactly what I see because we've been at this we know about. Yeah, yeah. Yep. All right. Doctor Judy, thank you so much for joining us and sharing your wisdom with us.

Thank you. And I and I hope everybody not only listens, but takes something and does it and moves on to take action. That's the best advice we could give you.

Take action my friends. Take action. Thank you. All right everybody, until next time, be well.