Introduction to Micah Lowe and Ozone Therapy

– I'm really interested in having you all learn from our next guest. He's an incredible young man. I say young man because he is still a very young man but so impressed with him. I've had several conversations with him.

I am a user of his product and technology. So I'm a huge fan and I wanted to have him on because I think there's so many of you out there that can benefit from his knowledge and also the products that he has are just amazing.

They've helped me, my family, we use them so much. His name is Micah Lowe and we're gonna be talking about ozone therapy today. Now he had a brother that developed a rare brain cancer and he watched his brother go through all the different things where basically he became a guinea pig for medical institutions, all these things that that didn't really help him per se and probably created a lot of suffering. But it left him with a different way of looking at the world. And when he was in the middle of nursing school he came across the ozone therapy which is what we're gonna be talking about today and he got hooked on it, you know, he saw it working on things like gangrene, infertility strokes, Lyme disease.

But the challenge back then was there was research and there was a date on it but it was all over the place and so he made it part of his mission to go out and bring it together so that he could educate people on the benefits of ozone therapy and the many uses of it and how to do it in a safe way. And so I'm really excited to have you learn from him. This could be something that could really impact your life. So, Micah, welcome to our summit.

Really great to have you here. – Yeah, thanks for having me Tom I appreciate it. And all the kind words. – Yeah, So we're gonna be talking about ozone therapy and you know, people have heard the word ozone, they probably haven't heard it in a therapeutic way, they've heard it more like the ozone in the in in the air, right in the atmosphere. So tell us, how did you come to start, How did you even discover ozone therapy back when you did in the middle of nursing school?

How Micah Discovered Ozone Therapy

Like how did you even learn about it? – Yeah, well, it was actually because of my dad, he got involved with something called ultraviolet blood irradiation and he started to work with some of that equipment and you know, this is all coming on the heels of like you said, my brother going through the medical institutions becoming a stat line. So, hey, he's been living in oddly long time.

Let's try some experimental stuff and see if we can prolong that. And it was all just like very invasive, toxic, harmful stuff that they proposed with uh close to zero evidence that would work some of the time.

And some of the time there was a little bit of evidence, but not a whole lot. So you know, you really have to become an advocate in that. Not an advocate would actually say the medical people are your advisors, you have to become the captain, right. And so I think taking that kind of perspective is helpful. But at any rate, that brought my dad into this different way of thinking and subsequent. And I learned a lot from my dad because the way that he would engage with us as kids, I was um, you know, still pretty strongly in his influence and really admired him and that kind of stuff.

And he was working with something called ultra bloody radiation because a missionary came to a church and was like, hey, we're getting rid of stuff like like rabies and you know, not super common here, but out there.

In fact it's a few days in, it's like, you know, you're probably gonna die. So they're able to get rid of these really severe infections. Sepsis different stuff. So he became intrigued with it and I started to work with him on that. And then through that I was talking with doctors every day, you know, anywhere from like 10 to 15 doctors today was pretty typical and on the ones using U. Ei and the common thread was that most of them were using something called ozone therapy. And the thing that really stuck out to me is you would talk to a podiatrist that's using it for like

non healing wounds, diabetic ulcers.

Talk to somebody and Iran who's using it for like gangrene and then you talk to somebody in Connecticut who's using it for like Lyme disease or in Tijuana for cancer.

And so it was really just like, huh, like why are all these people using this thing in all these different applications and really praising it, saying it has all the success and how well it works.

And so that just kind of let me down the rabbit hole of like what is this thing? – Yeah. And the doctors you were talking about, they were doing it by because I've actually had that done before to buy taking blood and then passing it through ultraviolet and then ozone and then inserting it back in, which is one way to do it. And and and you're very familiar with that, but you also have other ways to do it. Like we don't do that at our house with, with with the, the technology that you have. You know, there's other ways to do it. So there's there's all sorts of cool ways to get the benefit and at a cost much less than going to doctors, even though that still is a good way for people to do it a cost.

That's that can be much less over time, which I'm really excited to dive into? So ozone gas? We hear a lot about what what is ozone gas? Like what what is it really?

You know, people have heard it on the news, the ozone layer and things like that, you know in the atmosphere. But what is ozone gas? – Yeah, so it's 03. So it is a gas.

You can't see it but you can smell it very distinctly as a very strong smell to it. You can detect at 30.

What Ozone Is and Why It Works

5 parts per million, which is one of the most detectible molecules by smell. But it's 03, whereas oxygen being 02, so it's like super charged oxygen. I didn't used to use that word because it sounded gimmicky but the more I've been getting into understanding like the scientific aspect, that's actually a pretty good term for it and how our body kind of responds to it is it really does respond to it. Like it's super charged oxygen.

So like you said, a lot of people are familiar with it because of the ozone layer. Ozone is a pollutant that's not what we're talking about. It's pure medical grades of oxygen and ozone mixed together that were, you know, pulling from a tank, have a special machine for it.

And then from there people are like well how is it safe to use if it's not something, you know that's good in the pollution like we can't breathe it. And yeah, we're not supposed to breathe it? That's the one thing you can't do and it kind of makes sense. Right?

So what's the stuff that we have to breathe all day oxygen? Right. So we're aerobic beings. So we don't have this thing in our lungs called the antioxidant buffering system and we don't want it in our lungs because if we had it in our lungs, we're not going to be taking and utilizing that oxygen and being aerobic beings, we need to use that to convert it into energy and all this kind of stuff.

But because of that, because we take the oxygen in through our lungs and use it in all sorts of areas throughout our body. All the other parts of our body have that antioxidant buffering system because once it uses the oxygen has to know how to be able to discard it, how to be able to convert it into energy.

And so it has this very robust system for dealing with oxygen. And so ozone can be applied into these other parts of the body due to this antioxidant buffering system. So how that works is essentially like say we took out blood or we did the rectal inflation, we're dropping that already, like into the colon that ozone interacts interacts with these antioxidants and doesn't harm like the cells or the cell walls or things like that and that creates a cascade or a domino effect of benefits from there.

– Yeah, so it and there's different ways, like I first actually heard about this fairly recently, I think it was over the

summer. I was I was speaking at a conference and they had a a doctor of Chinese medicine and acupuncturist and he had like a little thing in the back where you could go back there and he had an oxygen tank hooked up to a device that was converting it into ozone.

And he said, you know, you put this in your ears. And so I did it and I'm like, oh, this is interesting and it was really cool because it just sounded like a waterfall or something like that.

But I'm like, what is this doing? And and he kind of went through the process of telling me, but tell us what it does, like, you know, and there's different ways to do it in the ears, you can do it in water and drink the water and then you did drop the rectal in suffocation right?

Where, which at first was like, man, I don't know if I'm gonna do that now. I do, it's no big deal. I've never had, what's the thing that the other thing they do is where they uh what is it, where they put water in your colon and then it all comes out. I've never had one hydro colon therapy.

Yeah, I've never done that, but I have done, I put ozone into my you know, through the, through the rectal uh insert station and, and it is amazing like even before I did that, I was having, you know, like loose bowels and and stuff like that and since I've done that, like I, and again we're talking about some pretty stuff that you might not have been expecting to hear about so early on, but it's helped me with my digestion, all sorts of great things. But what is going on, like when we put in our ears, when we drink ozone water, when we apply it, oil, oil to our skin? What's happening?

Why is it so beneficial? – Yeah, so it is interesting because it's one of the most, I think it's one of the most versatile molecules because you can use it in so many different applications. So you can put it on the skin, there's even drops that you can get for it. Again, pretty much the only thing you can't do is breathe it.

So the ears, eyes, nasal passageways into the blood vagina onto the skin, through like a sauna or limping a lot of different ways to use it. And essentially uh depending on the route that it's applied, I used to say that hey either has a systemic effect, meaning it's benefiting the whole body or local effect, meaning that it's only benefiting a certain area and on the surface.

That is kind of what it looks like because like appearance inflation is indicated for like head issues, ear infections. I infer actions throughout infections.

But then anecdotally you're getting all these uh an anecdote just means people's experience, right? And I have thousands of them for each therapy. So you get a lot. But you're you're getting all these people saying it helped with my brain fog and it's like well but it doesn't pass the blood brain barrier, it doesn't go past the year, john so how would it help with brain fog?

And so as I've been researching it more and getting a better understanding of it based on the place that you apply it in the body. It's more like a continuum where sometimes it's not as readily accepted to the whole body and to benefit the whole body and create that domino effect. But it does help the area.

Benefits, Uses, and How It Supports the Body

And then there's other applications like doing the ivy that really is a powerful full body treatment or the rectal inflation or the vaginal inflation.

Those are the three best to get that systemic effect. But there's pretty much there's over 100 and 50 indications. It's been studied for four. There's over 2500 medical studies on ozone therapy and the top five that it's clinically used for.

I'm not saying like the most effective or it's gonna wipe these out but that it's clinically used for is cancer, lime, auto immune infectious disease and mold toxicity and those are five pretty big ones today. And it's really helpful for those things and all the other indications because it's very fundamental and how it acts on the body.

So when I rub it onto, let's say the skin, like, so I had a cat bite a couple of years ago and I didn't think much of it. I grew up with cats and this cat was harassing my toddler and it was my neighbor's cat. So I was like, oh, I'll just take the cat and bring them home and it'll be fine and it'll get away from my toddler. Well, he had other ideas.

So he didn't really like that. So he sunk his teeth into my arm and I didn't think about it much, you know, a couple of days go by and my arm is starting to swell up past my elbow, like really swollen up. And so I started to research this thing and be like, oh, this can actually get to your heart and cause like systemic, you know issues and you need surgery and end up in being a life threatening situation which you know, I probably wasn't that severe in the first place, having a good immune system and all that. But um still, you know, it makes you think about that. But in that instance, all I had to do was put a bag around my hand where the bite was and infuse the ozone gas in and it dismantled and killed the infection. So on the skin it's really good for getting rid of infections in the body. It does a similar thing in getting rid of infections, but it's not quite a direct action. And what I mean by that is the ozone isn't going through your body and killing all the bad stuff.

But the ozone does is it turns on your body on these very fundamental levels like oxygen efficiency, the immune system, the micro circulation, it gets rid of oxidative stress, which is also so really interesting and it helps our body to fight off infection and at a base very base level, what it's doing is causing homeostasis.

So there's all these very complex systems in our body that are always running right. So between our genetics and all these molecules and things and you never wanted to get too far out of balance. So what your body is always trying to do on the inside is keep this very tight loop and this very uh this very balanced system because it's really complex and that's called homeostasis. So when things in our body like oxidative stress gets too high or our immune system isn't working quite right, We're not in homeostasis. So ozone therapy is essentially this like small stressor to the body and when you put it onto the body, the body like overreacts a little bit like and you know, it's like we need to fix some stuff up but it's it's not a like it's not there there really isn't a reason, there's no reason for it to have that reaction from a toxic standpoint. But it kind of confuses your body a little bit.

So it really creates this robust system to balance out all these complex systems in your body. And I can go deeper into like actually what it's doing in the body. But I think homeostasis is probably the best word for it because once you get your body to correct it auto corrects a lot of other things in the body like brain fog like fatigue like creating a better terrain so that they're more capable of handling cancer. And it has research on like uh cancer patients undergoing chemotherapy have like as high as like a 74% increase in quality of life, reduced toxicity. And they have better antioxidant protection which means that their cells are less likely to degrade and all that and that's on top of the oxygen efficiency. So doing some pretty cool stuff.

– So would it be fair to say that what it really helps the body do is is just be more efficient in healing and and keeping the systems running well. I mean it's it's it's stimulating the body to do what it naturally does when it's healthy and functioning. Is that correct? – Yeah.

If I had to say one word to describe it, I would say balance – Because we're in balance, the body can fight off infections, it can, you know, you're just you know, it can it can fight disease, things like that when we're out of balance then, you know, it's it's a crapshoot right, you know, it's it might be trying, but it doesn't it's not as efficient, it's not doing the job quite as well.

– Yeah, and it's even on a biochemical level, so it's not even just this idea of like balance and having work life balance and all that kind of stuff, very biochemical level, that's what it's doing. So if you're Nrf two is out of line, if you're free radicals are out of line, the reactive oxygen species um if your antioxidants are out of line, that's what it's bringing into balance.

And so that's why I say that. – So does it with the immune system, does it? It can stimulate the immune system if it's a little bit too low, can it also bring it back down if it's over overactive?

– Yeah, that's called an immune modulator and it's really potent at doing that. So, you know, your immune system, like an autoimmune disorder is when your immune system is essentially attacking your own body, so you want that it's it has a hard time identifying who's the bad guy and who's the good guy, so it just starts killing everything

essentially.

And on the other side of that, if you don't have a properly properly functioning immune system, it doesn't do anything, it's just kind of lazy, so it just kind of rolls over and let the bad guys take over and then you have a burdened immune system, a high pathogenic load. So you don't want it to be too high, you don't want it to be too low and it's a very potent immuno modulator, so it's really effective at doing it. That even I've had a number of people that have gotten rid of sepsis um Lyme disease, it's really common for, because it helps get rid of the pathogenic load. So even in the case of really severe infections, it can be tremendous at hoping. – Yeah, so you said Lyme and mold or two big uses that, that people are using this for already out there.

How does it, how does it help people start to shed Lyme and mold and things like that. What's going on? What is that reaction that it's creating? – Yeah, well, I would first say that like if you are just finding out that you have lime or mold and it's a recent diagnosis and you're like bedridden.

And you're like really sick with it, it's probably not the time to start ozone therapy because you can get again, it's really strong, it's really good at what it does.

Applications at Home and in Practice

But if your immune system is down here and you have a lot of bad guys, a lot of pathogens in your body and you turn your immune system on uh well it starts to kill off all this all these bugs essentially and that releases a lot of endo toxins which creates a reaction, which can make you feel more sick.

So usually if somebody's doing ozone therapy, it's after they've made some lifestyle adjustments, like they've gotten out of the mold exposure. They've started to do some of the detox pathways, you know, getting good sweat going to the bathroom, well that kind of thing because you don't want to activate that immune system too early on and make them feel more sick.

So that's the first thing I would say. But secondarily, yeah, it's improving micro circulation. And it's so effective at doing that. I can reverse something called peripheral vascular disease which is when like blood flow is getting to areas. Micro circulation doesn't sound like a very cool thing. It's just like blood flow, right?

But it's actually really, really important because what needs to happen on the cellular level is nutrient and gas exchange, right? So even our fingertips, all of our organs, all the, you know, every nook and cranny of our body needs this nutrient and gas exchange. So and red blood cells are so are the capillaries that red blood cells go through are so small that the red blood cells actually have to be able to bend and fold to get through them, which is really incredible what our body can do.

But it also means there's a lot of stuff that can break down in that capacity. So when we improve prove micro circulation and blood flow, we're getting better nutrient exchange, better gas exchange things are getting to the areas that they need to. The immune system is more robust.

We're offloading toxic byproducts, build up the cells, the pathogens, the immune system, whatever it is, and starting to discard that from our body. But the second thing is kind of what we already covered is that it's helping with the immune system. The third thing I would say is the oxygen efficiency, that's our ability to metabolize oxygen.

And so a lot of these disease states are anaerobic meaning that they're not getting oxygen that's needed. So when we improve oxygen efficiency, that essentially means that all the cells in your body are not necessarily getting access to more oxygen, but the oxygen that they do get access to is more efficiently used.

So but yeah, I think on the surface level though, what I would say is, yeah, it's killing off the bugs. And then if you go deeper than that while it's really doing modulation oxygen efficiency and micro circulation.

– So it's great to have this for me in our home because well, first of all, I do it on an ongoing basis anyways because I think, you know, you're talking about, you know modulating the immune system.

Micro circulation. I mean these are things that contribute to longevity and and so just doing it as a way of life, in terms of the same way that we take supplements is probably a good idea for people to right? – Yeah, I think so.

Just in terms of I don't know, we have just so much environmental toxicity. Our air quality isn't as good, our water quality isn't as good. There's a lot of issues just that we're facing in our environment today and it's very difficult to re create an environment that is natural for us and that our body can can thrive off of, right? So, and myself included, right? Like I try to be healthy, but I'm still staring at a screen a lot of the day because I work on the computer, I'm still sitting a lot of the day, I'm not going to happen like I want to be, but you know, like all that kind of stuff. So I think, yeah, that's why I like a lot of, we have a lot of professional teams that use a professional athletes. Number the NFL teams NHL MLB and the reason is is because of that oxygen efficiency. It helps get oxygen to areas of the brain that needed, so it reduces brain fog. And it really helps with stamina, actually. So, endurance athletes especially, I mean, even if you're an anaerobic athlete, like a weightlifter, it's still helpful, but endurance athletes notice it the most and what happens is you fatigue less quickly.

So if you do ozone therapy prior to an event, you're not going to fatigue out as fast. So let's say you have a 20 minute workout that Tom does every three weeks.

So he's pretty familiar with it and normally you have this sensation of severe fatigue at minute 12, but you have eight minutes ago. Well, if you did ozone therapy prior this time, you'll have that same experience of fatigue, but it might not have until minutes 17.

So you're gonna fatigue a lot less quickly. And so that's essentially if I do it, like before I go play basketball or workout, um you almost just don't even notice it because you just keep on going and going and going. But then when you're kind of done, you're like, man, I'm not even that tired yet. And that's due to the cells using the oxygen more effectively. So lactic acid build up, less anaerobic cycles have been used and it's just more aerobic all around – Yeah awesome.

Let's talk about the application, the different ways to apply ozone therapy. So one way you said was putting a bag around your limits called limb bagging, I think, right, when you had that scratch that became this infection that started coming towards your heart, what what's going on there, like you, I mean, you need and again, there's some things you need, which you make available to people, but uh it's it's it's a you fill up a bag with ozone. How is that getting even on the skin or limb?

I've not done that yet. So is it seeping out, or is it just that ozone through the bag is being in contact with the skin? Is is helping? How how does that work?

– Yeah, so there are these special bags and you just put them over. So it's sealed tight. So there's like, air that's getting out, and we have tubing that comes from the machine to the bag, pumping the gas into the bag and it's exposing, like, so if you have an open one, it's not going to have all those systemic benefits we talked about – Right this is for.

– Yeah, so, but it's a very, very strong antiseptic when it's used on a surface. So it's really good at like directly killing bugs. And on the skin, it actually stimulates growth factors.

So you get more growth factor release, which means cuts and wounds are going to heal up faster. Even diabetic ulcers and non healing wounds that have been around for like a year. It can be hard to clear those up, which is pretty wild because there's a whole lot of things that can do that.

Most podiatrists don't believe you when you say that, but it actually works. But yeah, we're taking that bag and just pumping the gas into the bag and exposing the area to the ozone gas and it's magic from their – Awesome then we have Aaron stuff elation which you have a stethoscope that you offer people that is connected to the machine. I've done that before.

So now the gas is going in the air and you said this is great for ear infections, sinus infections, you know called things like that. But then you're also getting uh stories of people going in my brain frog cleared up so that's the

second way that we can use ozone And that's more systemic too.

Although you are getting your getting stories of people that are feeling you know better in in other areas other than just ahead, correct? – Yeah. And there is a little bit of research on it showing that oh well this actually does affect the other side of the er jump.

So it is making some effect further than we have but a lot of the research still needs to be done and how systemic it is. And again, that's kind of why I've changed some of my thought process and how ozone works is that rather than saying some are local, summer systemic is it's more of a continuum and how the body and kind of knowing a little bit more about the biochemistry, it kind of makes sense. Like just a continuum of how readily available the body is to utilize the reaction that's caused by ozone.

But yeah, we're putting it into the ear.

Systemic Methods: Rectal and Vaginal Insufflation

So it's like the stethoscope, the thing that the doctors used to listen to the heartbeat, except it's hooked up to where ozone gas is going into the ears.

And yeah, and there's all these little tubules as well. So the ears are actually connected to the nasal passageways, connect eyes connected to the throw. And so the ozone is actually able to dissipate and get into all those areas without breathing it too.

– And then the two that are more systemic that you can do at home, which some people may be a little bit concerned about because it's the rectal and separation and the vaginal in suffocation. So why should people consider doing that?

I mean, you know, I'm sure a lot of people aren't like I'm not gonna stick that thing up, my blah blah blah, but why is it a good idea for them to rethink that?

And and I did I re I rethought it now. It's not a big deal to me, but it did take a little bit of like, do I really want to do this? Right? Why should people think that? Yeah. – Yeah.

What does this mean about me if I do that identity things that we've got going on. But yeah, and again, my job isn't to make people think that they need to do it or have to do it. My job is just to educate on it.

That's what I really like to do. So for anybody listening. I mean I think it's totally up to you what you want to do. My job is just to provide information. But those are at home, the two best ways to do ozone therapy just across the board, they're the two most effective ways they readily accept the ozone, they're very receptive to it and uh like in the case of rectal inflation which is even a little bit better than vaginal and inflation.

And everybody can do it, you know, only 50% of people to do vaginal inflation. So that's a limiting factor. But it's right next to the portal vein which is a very large vein in the body that goes directly up to the liver.

So when you do a rectal inflation and it's like what, half the size of a pencil and it goes in three inches. So it's – Yeah very very very small tube.

Yeah. – Yeah. And then you just roll down a small amount and there's like this little bag and you just roll it down, it's a very small amount that goes into the colon.

But um essentially interacts with the mucosa wall. And those properties are absorbed into the portal vein and that goes up to the liver and is distributed throughout the whole body. So that's why you can have like a brain effect despite it being done into the colon. And they are just the best ways to do it.

It's like a counterpart to doing an I. V. In the office. Probably not quite as good in terms of efficacy. So if you're

really sick it's nice to be able to do both. I understand that can be a little bit cost prohibitive because the I. V. S. Can be expensive can be time constraining to have to go into do those but you can get not quite to the same degree but you get the same benefits from doing rectal insulation.

And so that total body oxygenation is going to be happening, that micro circulation is going to be happening. The immune modulation that mitigating of chronic oxidative stress and just decide no chronic oxidative stress is theorized to be the leading cause of aging and disease like at the base level of what's happening in our biology.

So if you can mitigate that or reduce it um theoretically you're going to live longer and you're gonna age slower and um you have less likelihood of disease.

So I see it as you know it's not like I like rectal insulation but it's a means to an end of living better. So that's why I do it right. – And honestly it's really no big deal once you start to do it how can people access these great tools and products that you have and then there's you also if you're a practitioner you also work with practitioners also right to be able to use this and you were telling me that you're in March because we were invited you to come to an event, you're helping someone open a clinic, you know, for this type thing.

But so it's not just for home use. If you're practitioners, please check out what mike is doing. But how can people find out more about what you have to offer them in terms of ozone therapy, where can they go?

– Yeah, it's simplyo3.com is the equipment we have to separate out the equipment from the education. So there's another website called Drsozone.com Drsozone.com. And that has a lot of the information about ozone therapy, you know in today's world you just can't mix those things.

And so we have to do that because it's – Drsozone.com – Yeah. Sorry – Drsozone.com. – Yeah so we call it doctors ozone but it's Drsozone.com And then the product side is simplyo3.com – So that's like people like me that want it. We go to simplyo3 And then doctors Ozone is for more practitioners, right?

– It's the split between the education and the product, Doctors ozone is the product and then simplyo3. we supply stuff for everybody. So on both websites at the top there's like click here for the guide to ozone therapy and if you opt in for that, you get a guy that walks you through a step by step, everything that's needed, what's required.

Where to Learn More and Get Started

And we set it up in a way that if you just want the quick start guide, you can do that if you want, you can do that and if you want videos, you can do that.

So you get access to all that stuff totally free. And it's a really good resource and um on that, if you, if you go to that, you just select, I'm a doctor or I just want to do it at home and it sends you different stuff based on what you select.

So um that, that's really the best way of getting started is because we've condensed a lot of the information that's required and tried to make it as easy as possible.

You know, I think to people like once you do it, it's like, oh that is pretty easy, but it's so different to what people are used to, to work with a gas. You know, we're used to taking like a supplement or a pill or laying on a mat or you know, doing something that's, that's not utilizing like al actual gas. So once, once you kind of see it, it is pretty, it is pretty simple, but it'll probably take an hour learning curve. I would say to get your feet under you, would you say that's accurate or how long did it take you?

– Yeah, just a little bit of time, but I do love the way that you educate people, you really do educate in an unbiased way, like you're very factual, you're not, you know, ra ra pro pro without any research, you've done your research and, and where you don't have evidence, you say, hey, you know, we don't have evidence or the evidence is not, not, not strong enough yet in this area.

So I love the way that you guide people on that, which is fantastic. So I would encourage everybody, you know, even if even if you're just a little bit curious, like go check out what Micah has on the different sites and read what he has, read the guide and if it makes sense, like if you are struggling with something where it could help try it out, you also have a guarantee with your, with your products, is that correct? Where you give people a guarantee?

– Yeah, so there's six months to try it essentially or a full refund if you want by the end of that. But the reason for that is just, I want people to use it that love it. So like if you're like, hey this isn't my thing or I just never used it or whatever, they can just send it back for a full refund and I think everybody feels better that way.

Like I feel better, like not feeling like, oh somebody, I bought it and there was a one week return timeframe. They didn't even try it or see if they have benefits from it. So it gives time gives time to people to see the benefits from it, believe in it and buy it. And we have an extremely low refund rate.

So I think that speaks to it because for six months, that's a long time. And then there's a lifetime warranty on everything. So if anything ever goes wrong, we just fix it for free.

– Yeah. Now you've got such a big heart. You really do care about people and you want to serve. And so that's why I wanted to have you on, getting to know you has been amazing. And I bought it actually with, before I knew you, I bought the ozone device and you know, the stethoscope and the tubes and the bags and things like that because I met this one guy that did it down when I was in Tampa speaking at a conference.

I'm like, this is really interesting, this is cool, but I got great results from it and then I got to know you afterwards and I saw the person behind it and I was even more impressed.

So I hope everybody checks out what Micah has to offer. He's been doing this for a while. He's got, you know, thousands and thousands of practitioners and, and, and non practitioners that are using this and he makes it so easy to use. You have great little videos on how to use it.

You really help educate people, you have incredible customer service and it's been a, it's been a really impactful tool for me and my family. So thank you so much for all the great work you're doing and educating people with this.

Any parting words? Any final words you have for everybody. – I just, yeah, I love doing this. I'm super passionate about it. I hope it helps other people. And yeah, I kind of view myself as like, I take a lot of pride in it, so it's very rewarding for me to be in this.

And yeah, if you try it out, I hope it helps a lot. And if you guys need anything, we're happy to help along the way. – Outstanding. Thanks again for being with us, Micah. – Yep, Absolutely.