Prolozone Therapy for Lower Back Injuries: Dr. Rimka's Healing Journey Transcript

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Prolozone Injection Begins

Hey, it's Dr. Rymka and here I am getting a prolozone injection with Dr Frank Matalon at his office. I use ozone to help repair a back injury. So he ends up doing four injections and he's going to explain it a little bit.

We ended up talking about carnivore, so I hope you enjoy. And yes, It does hurt a bit looking at this or the whole thing holding the red color is B12.

That's why this solution looks red. for those wondering. Procane is in here, arnica, bi ocean minerals and B12. How's it doing with that? Okay.

Carnivore Diet Basics

You're okay so far. It's warm in the ozone. Ozone, yeah. Is the pressure. I'll go slow. All right. The ozone gas, I will just slowly pulse it in. Distraction technique here, see if that helps.

Just let me know when you start feeling the pressure. It's starting. Already? Because I've hardly put much in there. You're just super sensitive. So tell me about this carnivore diet thing.

Oh boy. What are the parameters of that? Just all meat? Any animal? So any flesh food? Anything. There's a lot to be said for going nose to tail. Organ meats and stuff.

You felt that one? Yeah. It's okay.

Who Can Do Carnivore

I prefer people absolutely add that in, even if they have to use the pill for them, you know, because they're being wussies. So you can do it very short term to deal with, it's the ultimate elimination diet, unless they had the tick-borne meat allergy, without all that rotation diet crap and everything.

SIBO, and so as you're treating stuff, you just get rid of every plant toxin and every allergic autoimmune trigger. So some people, we just do it four weeks.

Some people we go for three months, six months. And it's strictly meat. No… So everybody's a little bit different. Like, technically eggs and cheese would be on their elax kind of carnivore, but that's cheese.

Cost of Eating Carnivore

Because it is derived from Yeah. And I'd prefer they have an A2 raw, you know, casein. Sure. But, everybody's different. Like, again, a Hashimoto's patient, I won't allow dairy at all.

You know what I mean? And have steam bar. I would say no chicken, no eggs. Just to carve my bases out a little bit. Right here, Dr. Madeleine asked me about if everybody can afford carnivore, and we start having a discussion about expense.

Everyone can't afford that. It's, right. It saves so much money. Me eating carnivore, I don't know if anybody would say it's more expensive, it is not.

Because that other process. You're not eating the other stuff. I know. So it, oh god. Right there that oh God was because it really hurt going in on the nerve.

That's my carbon footprint only. that's all you're eating. i mean it it' really cost effective. I mean, I save money, Frank, and I eat filet mignon most of the time.

Like, that's my preferred. I could be hungry now. Yeah. Filet Mignon with some chicken wings? Shit. That's the best.