## Introduction and Dr. Shallenbergeru2019s Background

Well, Dr. Shallenberger, I'm so excited to have you on this segment of our summit. Cancer breakthroughs. You have revolutionized the practice of anti-aging.

I mean, you've been in practice since 1973. You developed methods to measure mitochondrial function and oxygen utilization. You've written two popular books describing this method, the type two diabetes breakthrough and bursting with energy.

Authored numbers of papers in a national peer reviewed literature on ozone therapy and oxygen utilization. Also, editor of Second Opinion Alternative Medical Newsletter developed a problem zone, which we use there.

I don't know how many times a day injecting technique that's been shown to regenerate damaged joints. Herniated disc two general joints, tendons and soft tissues.

Published first paper in protozoan therapy in the journal Proto Therapy entitled Protozoan Regenerating Joints and Eliminating Pain. And today, I don't think that it is fair to have a summit on cancer and not talk about ozone and the power of ozone and how to utilize that in that journey when people are dealing with cancer.

## Ozone as Support During Cancer Treatment

So tell me a little bit kind of what does ozone do in regards to cancer immune system? What's kind of the mechanism of ozone? Yes. Okay. Michael, good to be with you guys.

Let me just say that I've been treating patients with cancer for almost 30 years now. And in the first 20 of those years, I basically worked with oncologists for the most part.

So they're getting radiation or they're getting chemo or something like that, and I'm doing ancillary treatment in combination with that. Then for the last ten years, I've actually started doing the chemo myself.

Now I'm doing a version of the low dose version with the insulin, but nonetheless, it's it's still chemo. So I have some experience working and combining ozone with chemo.

So I guess maybe that's the first thing I want to adjust. And just and basically it's the same thing that I point out to my patients and that is that, you know, if you're getting radiation or you're getting chemo, we talk about other things in life.

But right now, if you're getting radiation or getting chemo, what we're doing is we're putting a toxic substance in your body. It's talk. It's going to go equally into every cell in your body.

Generally now it's a little different, but generally it's going to go that that that toxic substance is going to go into your healthy cells as well as your cancer cells in equal amounts.

The difference is that since cancer cells are extra sensitive to the chemo or the radiation, healthy cells can survive. They'll get sick, but they can at least not die.

Whereas the cancer cells are so sensitive they die. So the thing I want people to understand is that these treatments are toxic to healthy cells. So that's kind of where ozone can get first be applied is such that what you ideally want to do is for three weeks prior to the onset of any of these conventional modalities, three weeks prior, twice a week, you want to get a systemic ozone treatment, followed by about 25 grams of vitamin C, twice a week leading up to the onset of this.

Now, what that's going to do is that upregulates your healthy cells so that they can better tolerate the insult that they're going to be exposed to when they get these treatments.

And when you think about it, normally when patients are going to get these treatments, not always, but normally when they're going to get these treatments, they're not all that healthy to start with.

You know, their healthy cells are not in all that great of shape. And it just makes no sense at all to take a person who's in lousy shape and give them a poison as compared to a person who's in much better shape and give them a poison.

And that's where ozone is so valuable, I think, because it's going to strengthen the healthy cells. And we could talk about the mechanics of that if you want to get into that.

But it's going to strengthen the healthy cells and make them a lot more tolerant and a lot less affected by the toxicity associated with these treatments.

Yeah, please tell me a little bit kind of the mechanics of, you know, so the ozone, I mean, what does it do in and healthy cells and why is that beneficial?

And how does that make the healthy cells be able to withstand the assault of something like chemo better? Yeah. So so first of all, at the very basic cellular level, there's a system called the inner F two system.

This is the system that generates all the anti oxidant enzymes. And and so chemotherapy and radiation are basically oxidant therapies. They induce an accident, stress on the cells.

So they're going to do an oxygen stress on the cancer cells. You're going to put an oxygen and stress on the healthy cells. And that's what injures them.

Primarily. It's this oxidant stress. But the difference between healthy cells and cancer cells is healthy cells can activate what's called an NRF two system that drives the production of antioxidant enzymes, whereas cancers can't they can't drive that enzyme.

They don't have that enzyme.

## How Ozone Protects Healthy Cells

So so by administering ozone beforehand, what you're basically doing is you're revving up the antioxidant defense systems on the healthy cells, but you're not doing it to the cancer cells.

They still say everybody's vulnerable, but your healthy cells are much less vulnerable. That's sort of the major way it works. So that's why you want to kind of ideal do it for three weeks before you even start any of these other treatments.

And then while you're getting the treatment, you want to continue it not twice a week necessarily, but at least once a week. You continue that so as to keep the healthy cells not so sensitive.

And I can I can tell you that on occasion, while I've been doing this with people, sometimes my patient will come in and say, you know what? Last week something came up and I couldn't make it in here for my ozone treatment.

And I'm not going to make that mistake again, because what happened was I got sicker and heck from the treatment that really hasn't been making me sick.

All that sick while I was getting it. Yeah and that's the thing is that patient don't appreciate appreciate it until they feel the difference you know they they seen that they should just well I'm just kind of breezing through this this this chemo and recognizing the impact of what integrative therapies, you know, have in that process.

So what what what should be kind of because you have them patients tend to do chemo every three weeks or sometimes every two weeks. So should it be done also on the chemo week or is it best to kind of keep it separate away from the chemo.

The oncologists constantly insist that ozone and vitamin C is going to somehow undo what they do and that is absolutely not true. There is not one published information yet to state that in any way, shape or form.

So it's not true. So you could really you could do it on the same day. You could do it the day before. But what we like to do is straight through it. Like, if you like you say, if they're getting a treatment every three weeks, that's fine.

We do the ozone every week. If they're getting the treatments four days a week, that's fine. We do the ozone once a week. Either way, we're going to do it once a week.

That will that will keep those cells healthy. I'll tell you a good case example, and this is a dramatic one. I won't say that all my patients are like this, but I had a guy come up with the squamous cell carcinoma years ago and he went to V. A and the VA docs said, Look, we can radiate that and that'll take care of it.

That is actually the best treatment for squamous cell. And he said, unfortunately, those since we're going to shoot the radiation right through your neck area where the cancer was, we're going to cook your esophagus.

You might not be able to swallow. You might have permanent pain on swallowing. We're going to ruin your saliva glands so you won't have any more saliva.

And we could damage your teeth. You can lose some teeth. And so here's what happened. We did this protocol, like I just described. And about six months later, the oncologist calls the guy in name was Fred, calls him in and says, you know what, Fred, you have done so well with my treatment.

I can't believe it. You're saliva, okay? You never had any problems swallowing and none of your teeth fell out. And you've done so well that I actually want you to talk to a group of my patients who are about to get this treatment and explain to them how easy this treatment is on them.

They're, of course, that Fred said. Well, I have to tell you, though, I was doing this over here and the response was, well, I guess you'd better you better not talk to them then, because they'll get all upset because they can't get this treatment or something.

But that's it. That's a true story. But it really exemplifies how, how much, how in my world, somebody's getting chemo, radiation.

## Ozone With Chemo and Radiation

If they're not getting this ancillary treatment, it's just it comes under malpractise. It's just ridiculous. The other thing is that while the ozone is inducing in our F two systems in the healthy cells at the same time, that it's not doing that to the cancer cells, it's also also adding more oxidant stress to the cancer cells.

So it actually makes the chemotherapy work better and you have less side effects all at the same time. So it actually can support the body's ability to to kind of kill off cancer cells in a way as a treatment in itself.

Absolutely. Yeah. Now, you can you can harness this a little bit with with certain cancers, because if you can get the ozone gas actually in contact with the cancer, you can only do that with certain cancers.

But when we get the ozone gas in contact with the cancer, it will literally kill the cancer. So we see this especially with bladder cancers. So if I have a guy with a bladder cancer and the the cancers contained in the bladder, it may have gone into the wall of the bladder down or what we call the propria, in which case if it's into the propria, the the conventional treatment is to remove the bladder.

But but as long as it hasn't gone outside the bladder and not completely through the propria, we have reverse 100% of these just by injecting ozone into the bladder.

Because what'll happen is the gas gets in the bladder and is on contact with that cancer and it kills it. That's incredible. And how about I know there are a number of people that inject ozone kind of around the tumor or some even go inside the tumor, you know, like in a breast or even prostate or, you know, what what what can you say about that?

Oh, yes. So if you can get the breast tumor small enough, it's a real big one. If it's, say, greater than three centimeters, it's going to be very slow.

And you don't want to inject into the tumor. You want to inject around the tumor. And I have not found that's particularly helpful except in the smaller breast tumors.

So you can put a needle in there and you can inject around the tumor. But the one that I have great luck with is prostate cancers because there's a simple little injection you can do.

Put the needle right up close to the prostate. You don't actually go into it, but right close to it. And then you infiltrate that whole area with with ozone, which is, by the way, so easy to do.

It's a simple little thing. And you do that once or twice a week. You I've not seen it fail to knock down PSA and knock down the growth of the cancer.

That's incredible. And in regards to then ozone administration, I mean, we talked a little bit about, you know, Ozone IV from from what I understand what and there are several different kinds out there.

You have the UBI, so you have the major out of human therapy. You have ten parts. You have Ebola. You know, but how what for a for a patient dealing with cancer, anything would be beneficial.

But what would be best? Yeah, all the time I've been doing this up until was say two or three months ago, I've been just doing your basic major auto therapy, which involves putting a needle into the vein, draining out something in the order of 226 of blood flows, and adding that blood in in a bag or a bottle and then running that back into the patient takes about an hour.

That's and then right after it's run back in, then we come up to a vitamin C I. V.

## Direct Ozone Applications for Specific Cancers

that up until but last August I got this IBU set up and you know at first you get a new set up, you're just sort of experimenting, playing with it, getting a feel for it.

And but I tell you what, I'm so amazed by this. Now, this takes it kind of to another level in the sense that it's a much more powerful ozone treatment.

And at the same time, it filters the blood of the toxins that are in the blood. And it doesn't take hardly any more time the doing it the way I used to do it with the bag.

So just Michael just just the last like last couple of months I started incorporating this instead of my old bag treatment. But they're all good. They're all good.

Either way, you do it the major auto or the EPO, you can do multiple multi passes, just major auto done quickly. That's all it is. You know, instead of taking 45 minutes to do it, it does it in 5 minutes.

So it's got that advantage. But between the two, I'm thinking Ibu might be the way to go now. Yeah, I love we have we have one as well and I love it. You know, it's really amazing to see kind of the blood that's coming out of one

arm and the blood that's going into the other arm that the quality is like beautiful and red, you know, going inside oxygenated.

Yeah. As is really cool. Yeah and you know we've done some analysis on what's in that filter because this blood gets for the people that don't know the blood's getting oxygenated ozone and it's also running through dialysis filter which pulls out it turns out there's a lot of biofilm pulls out clots, it pulls out bacteria.

What else is a pull out? Pulls out any kind of. Well, there's this material in there. We don't actually know what it is, but you can see it on the microscope and we can kind of guess what it might be.

But it there's just junk in our blood. And the ozone releases that junk. And then it's it's it's caught in the filter. So it makes it perfect for cancer because you're killing cancer cells.

And they got all this debris from dead cancer cells, not to mention the just toxicity of the chemo agents. It seems like it's going to be a perfect way to go.

So you I mean, with that, obviously here you're it's almost like your ozone eating oxygenating your your whole blood volume all the most if I remember right, is about four liters, which is almost your whole blood volume that gets treated.

Is there a kind of limitation or pattern or amount of treatments of that that is optimum in your mind? You know, I'm just playing with it. You know, I know what people have been doing this a lot longer than I have.

And I understand from them that, you know, somewhere around three or four treatments, you've done a pretty good job detoxifying people. I have found that it varies and I've used another cases.

I'm just kind of new and using it with the cancer. So I'm not really prepared to, you know, say that it works better than. But I'm pretty sure it does.

Yeah, yeah, that's that's and so some people then are they are remote. They don't have access to these type of clinics. I mean, obviously, they can travel to your clinic, my clinic, a bunch of other clinics that that have these type of tools available.

But they may not have that ability. So what are some options that they can do? I mean, I know that you've written a book about ozone administration like rectal ozone, how to do that.

So what what impact does that have and what's kind of the frequency should they do in those areas? A couple of things that come to mind when you say that.

One is for patients in a situation where they don't have anybody close to them that can administer this, I would definitely talk to their doctor and say, hey, look, go to the American Academy of Ozone Therapy website and learn about some training classes.

Learn about this. It will literally turn your practice around and make it make yourself way more effective. Plus, it'll help you out. So I would definitely tell the doctor, go to the American Academy website, which is aaot.us American Academy ozone therapy. US.

and learn about it. But I did write a book called The Ozone Miracle. You can get it on Amazon, you can download the Kindle version, whatever you want.

## Major Autohemotherapy and IBU Therapy

And in there that book is specifically written for laypeople to know how to use an ozone generator in their house for themselves, their children. It's great for viruses.

It's good for all kinds of detoxification, but they can also use it for cancer. And specifically they inject it into the colon the same way you would with an enema.

Only it's different than an animal gas goes in, then it comes out, doesn't have to stay in there. It went. That's particularly good, by the way, for obviously any intestinal cancers.

It's also very good for an anal cancer and is quite good for any kind of cancers that are in the liver because that the ozone induces these peroxides that go straight to the liver.

So it's good that way. Plus the peroxides that are induced by ozone also dump into the bloodstream via the lymphatics. And so you're getting an entire treatment throughout the whole body.

I don't think it's probably is quite as good as doing the blood things that we were just talking about, but it's pretty darn good. And the nice thing about doing it at home is you don't have to do it just once a week.

You could do it like two or three times a day. So you can even though it's not quite as powerful, you get more of it and sort of equalizes out. Yeah. And, and that's that's the thing is that it doesn't cost that much.

You can then buy an ozone generator and you know the equipment and then just do it in the comfort of your own home and really have powerful treatments along with what, what else you're doing there are.

So also there's a technique where that that we use for lung problems, lung cancers where you can double ozone. Again, this is something you can do at home.

You can double the ozone through some olive oil. And when it does when it bubbles through the olive oil, it releases substances in the olive oil called Terrapins.

And these Terrapins, you inhale them then and you're inhaling a mixture of turpentine and oxygen. It's going down into your lungs. And these Terrapins can be toxic to cancer cells.

So it's pretty. That's a nice thing you can do at home. It's way better than having to go to the clinic to do it, because if you go to the clinic, I do it three times a day.

And who's going to come down to the clinic three times a day? Every day? It's just not going to happen. So it's very nice to have that at home for yourselves.

And I think it'll be a great I think it'll be a great world if everybody out there had their own ozone generator knew how to use it, it would really be nice for everybody to see that.

I mean, that's one of the things that I tell my patients when they fly in and they ask you out, So what should I do? You know, after after we're done here, you know, having a tool like that at home, it becomes so powerful for so many different things.

Like, like you mentioned viruses, you know, any cancer, any kind of infection. But just for mitochondrial upregulate, lation, for antioxidant upregulation, just anti longevity.

You know, there's so many components that that's beneficial. Now, I have a guy right now that I'm treating that's got a squamous cell up in his nasal cavity.

It abuts the maxillary sinus. Hey, we can take we can take a syringe full of ozone, and it just it's a gas is I hope everybody knows it's a gas. You can inject that gas straight up into the nose and it will contact the tumor and it will start to shred that tumor.

If you have a tumor on your breast, you can access that and you can put a little a glass cone over the breast and then run the gas in that way. So there are certain special applications that you can do if you can just get to the

tumor easily.

Yeah, I love it. And one of the things with with cancer, we always go back to kind of the mitochondrial dysfunction, you know, the metabolic aspect. And you you talked about how ozone kind of upregulates the nerve to, you know, kind of antioxidant support, but it also, you know, tell me a little bit about the mitochondria, because the mitochondria plays such a huge role in regards to cancer and how what ozone does for.

## At-Home Ozone Options and Lung Support

Ed Yeah, so okay, so you know, what I like to explain to my patients is unless that cancer that you have can be completely, surgically removed, there's no way that you're going to cure it with just chemo or radiation or any other technique.

So a lot of cancers, you know, for whatever reasons, can't be completely, surgically removed, in which case you've got it. And there's no way you can get rid of it.

But that's not necessarily a problem because the reality is the cancers are only a problem for us if they continue to grow. That's the problem with cancers.

They don't have growth restraints like normal cells do. Normal cells won't continue to grow, but cancer cells don't do that. They will continue to grow. They have no growth restraints.

And at some point they're going to create a problem, going to get big enough. Are they going to spread? Are they going to do something that creates a problem?

So the idea is you don't necessarily have to get rid of a cancer to be healthy and. Well, you all you have to do is control the growth. And this kind of comes about what you're just talking about, because one of the big mistakes that a conventional technology makes is they make several.

But one of the worst ones is they treat the patient. If they get a good response, you know, they'll go to the patient, say, you know what, you got a very good response.

Your tumor, either we can't see your tumor at all on the scan. There's no evidence of it. Doesn't mean it's not there. It means you just can't see it.

Or, you know, we've shrunk it down to a very low level and you're looks pretty good right now. And they do that and then they just say, okay, patient, we'll see you later when it gets to be a problem.

Well, that's ridiculous. So after after the treatment that you've had that hopefully is successful, either reduce the cancer to the point you can't even see it on the scan after that treatment.

Now's the time to really get to work. Now's the time you want to start doing the ozone treatments and the vitamin C treatments and all the other kinds of things you guys are probably going to talk about on the summit.

You're going to want to start doing those proactively. And and the mission is to stop it from growing. Cancer cells do not grow well in the presence of oxygen.

That's just that they don't do well with oxygen. So if we can upregulate the amount of oxygen in the environment of that cancer cell, which we can do with ozone therapy and other therapies, that is going to, if not stop their growth, will certainly slow it down in a significant way.

Yeah, because you have the if you're looking that the question is always, you know, why does a cancer cell or why does a normal cell shift to a cancer cell type of behavior?

And there we're looking at the mitochondrial activity and the signaling coming from the mitochondria and the the

ozone and the oxygen really helps to keep that that shift in the know to favor normal cellular behavior versus and cancer like behavior.

Yeah, that's a great point. Another thing patients want to be aware of here is that cancer cells are very selective where they can grow. And, you know, if if if if a researcher wants to culture a cancer cell, he's got to do it in a very special conditions.

Is the environment that he grows the cancer in has to be just perfect. Temperatures got to be right. It's got to be a low oxygen tension. There's got to be a high PH, low PH There's got to be the right nutrients in there, everything to make that cancer cell grow or won't grow.

## Mitochondria, Cancer Growth, and Long-Term Control

So the point is, if you make the environment of your body not suitable to the cancer cell growing, you could probably stop it from growing. You won't go away. It'll just hang there.

But you probably stop it from growing. And that's a lot of the idea about what we want to do once we've gotten that cancer down to a say, a tolerable level.

Yeah. And after kind of to your point in regards to after the chemo and radiation and all those traditional which are mentioned as just ridiculous, where you're saying, let's just watch and wait, you know, here you're destroying the immune system.

And and so the person has less of a defense and now we're just going to watch and wait while are cancer cells there doesn't make any sense. So it becomes so important because it is the the chemo is not going to kill all cancer cells.

There's nothing that's going to kill all cancer cells. So now you have to have the immune system step in and be kind of the watch guard. And so you need to really lean and hard at that time with therapies, you know, like you mentioned, the ozone and vitamin C.

Yeah, there have exactly. There have been some in vitro experiments where they've taken cancer cells in on culture, not in people, but they've taken cancer cells on cultured and expose them to ozone.

And a certain number of them become non-cancerous. They don't actually kill them. So what we're learning about cancer cells in a tumor and I like to explain to my patients, look, you've got a tumor there, but all the cells are in that tumor and they're not the same.

It's a big mixed bag of cells in there. And some of them are like highly cancerous cells and some of them are just sort of minimal cancer cells. And some of them are cells that are just starting to turn cancerous.

And if you get the environment just right now, what these in vitro experiments show is you can take some of the cells that are not strongly cancerous, that are sort of just sort of turning cancerous, if you will.

And you can turn right back to healthy cells. Yeah. Yeah, it's it's fascinating. I know there's a lot of research showing how a tumor cell can shift from being a cancer stem cell then to just a regular tumor cell when it's just inert to just kind of hanging out there doing nothing.

And then by shifting the environment like you're saying, that tumor micro environment, you can then shift it towards that. The tumor cells just being inert, tumor cells just hanging out.

So it's just a just a tumor there versus then having that growth signaling metastasis signaling that takes place with the cancer stem cells. Yeah, absolutely. Yeah.

Well, Dr. Shallenberger, I so appreciate everything that you do in this field. I mean, what you have done in the area

of cancer, integrative cancer care and and ozone and all the different therapies is, you know, it cannot be expressed enough.

So thank you and thank you for for coming on to this summit. Okay, Michael, thanks for having me on. I just hope it helps a lot of people out. Thank you so much.