Podcast Introduction and Guest Welcome

Ozone is just an electrified version of oxygen. It's oxygen that's going to expose to a voltage or a charge. Oxygen is the only gas in the world that can hold a voltage for a short time.

And that is what ozone is. The big elephant in our room right now is we have gotten very toxic. There's not many things out there that could address this.

Red light doesn't do it. Cold plunge won't. Nothing out here is going start killing off these viruses and removing the heavy metals and all the mold and yeast and parasites and the crap we all want.

That's why ozone is the king that always will be a king. What if aging isn't about slowing down, but leveling up? I'm Dr. Isaac Jones. This is The Longevity Leaders Podcast.

Welcome The Long Jeopardy Leaders podcast. I am your host, Dr Isaac jones, and I m here with Blake Miller, the founder of Ozone for Life and OZone Purity.

Blake, we just had a fun time in Miami, Florida with some of the top longevity experts, doctors, functional medicine leaders, and you were there. And in fact, your booth was one of only booths that pulled the shark himself.

Damon John, who literally walked over to your booth and was blown away with the stuff that you're doing it looked like. I would love for you just to share a little bit about your story around ozone.

They call you the ozone god. It's probably because you know so much about it, you've developed and you run some of the best solutions for ozone that's on the market, which is literally right next to me, and I'm excited to talk about.

I just want to share a quick emotional story before we jump in. We were doing this fireside chat on Saturday night, and there was this doctor, Dr. Tran, who is this beautiful Asian woman who wanted to elevate her business and her life.

Blake Miller's First Ozone Experience

And she really felt like she was just giving away prescription medications and wasn't getting the root cause of her own health to people's health. And, she found ozone and the power of ozone.

She said, when I integrated a lot of business systems that you guys taught, I created a whole lot more freedom for myself. But because of the results ozone was getting for people, she's like, now I'm working way off into the evenings because she said, I am getting such great results.

I work with all the people that pay me during the day. And then for the People that can't afford ozone treatments at night, i'm focused on treating all of those people for free because She's so blown away with the result of ozone and she had fibromyalgia, and she completely reversed that through ozone therapy.

So what the heck is ozone? We'll get into that in this presentation. What can we do clinically to integrate it? But Blake, why don't you just first off share a little bit about yourself and maybe your own ozone story.

Yeah. Well, I'll tell you, it began for me in 1997. That's when I first heard about ozone and I was at a party and overheard a man who had this machine that could detoxify the body and rid it of all these special diseases and everything.

And I found out where this man was and he had an old ozone sauna in Richardson, Texas, in an abandoned church. I did five days, I had five sessions in a row.

Keep in mind I'm 23 years old, but I've found this. electrified and energetic that I knew I had to show this to everyone, had show it to the world. I was shocked that nobody even knew about this.

And I know it was my destiny right when I found it. and I bought one of the machines within five days of even being exposed to therapy. Then I put it in my dad's house in Denton, Texas and began helping people.

And my second customer ever, her name was Donna Jensen, and she had a knobbable brain tumor, a golf ball-sized tumor on a pituitary gland composed of a fungus, gave her six weeks to live.

We did ozone sauna five days a week and ozone in the ears three days week. On the third week, it began to bust the tumor up and leaked out of her nose and ears on her pillow where she slept at night.

And she did a sonogram after a month later and it was completely gone. And it's been gone now for 25 years. That's where it all began for me. It was in 1998, I believe, and I was 24 years old.

and I've just been refining my program ever since then. And that's when I knew I was onto something, that I had to show this to the world. That's what I have been on this mission, man.

I been doing this now, it's been my 28th year doing ozone. For the first 15 years, we even had the therapy. All I'd had for beings of living to make ends meet was giving ozone steam sauna sessions to people.

If I didn't sell a steam saunas session to someone with ozone, I don't make any money that day.

What Ozone Is and Why It Matters

So I was learning about only needs of income through like from mid 20s up until 35, I finally acquired some products that I started opening a couple of stores here and there.

I learned about direct IV. Learned about the microscope doing light blood work with a dark blood scope. And it's just been going crazy ever since. Well, let me just say that you did that for me.

So I did my blood draw before taking oxygenated water through the ozone machine that is probably the number one machine on the market, especially for at-home use and clinic use.

Long story short is I take the blood and it's all like reload and number one I was dehydrated, number two I've been pushing my body really hard last week and I took a drink of the water and, I'm not kidding, it was crazy because it within two to three minutes he took the next blood draw.

And you see under the microscope how my blood is like so much more energized and so more fluid and moving in beautiful different directions. I was just like, wow, the contrast from like stagnant blood and like it was all clumped up to blood that was like you know, you couldn't see like thunderbolts through the blood, but I assume that on a microscopic level there was probably some energetic like elements that the hyperoxygenation created that just made the blood flow and roll in a beautiful way.

So I'm certainly excited that I have solutions that can help me live longer and healthier. But why don't you just explain real quick, Blake, what is ozone and how does it impact the body?

Well, it's real simple. Ozone is just an electrified version of oxygen. It's oxygen that's going to expose to a voltage or a charge. Oxygen is the only gas in the world that can hold a for a short time, and that's what ozone is.

It can hold that voltage and it causes a third molecule to bond to it. Why do we use ozone? Because ozone, is extremely aggressive at purifying the body, detoxing kind, whether it be air or water.

Well, guess what? We're mostly water, it cleans us the exact same way, as well as flood us with oxygen. So the big elope at the room right now is we have gotten very toxic, And there was not many things out there that can address this.

The red light doesn't do it. The cold plunge won't it, the hydrogen water ain't going to do. Nothing out there is going start killing off these viruses and removing the heavy metals and all the mold and yeast and parasites and the crap we all want.

That's why ozone is the king. It always will be a king because we're running up a lack of oxygen. But ozone isn't just this oxygenator, but it's the cleanser.

Wow. Well, you know, just on that you said that it breaks down toxins. It can help kill parasites. It sounds kind of like too good to be true. You know, like, this is what billion dollar supplement industries have been built out of.

And, um, and so talk about how it actually interacts. Like how does oxygen, uh, say remove mercury out at the body? How does- There's oxygen won't do it.

Yeah. It has to, it has, to the ozone. Those two, these toxins have to oxidized before they're allowed to leave the. Okay, oxidation is what you need.

What that confuses a lot of American doctors, they think we're oxidizing tissue, we are oxidize healthy cells, those will not harm healthy cell, it only oxidizes an abnormal tissue cell or something that's been damaged or it's something foreign.

It can be an anaerobic something, could be a virus or could a cancer cell. Or it could something an inorganic compound like a pesticide or a heavy metal.

See, it'll remove these things from the water. Then even the FDA will tell you that.

Ozone Delivery Methods and Home Protocols

But we're the same with us. We're mostly water. You just have to infuse this in different ways. And we have go beyond just the intravenous ozone. That won't do it in itself.

Right. Unfortunately, that's the only method that most of the doctors know of is the Intravenious Methods. It won' touch your lymphatic system. and that is where most the poison we had was carried.

So we implement a blend of some of home applications with IV and it will address the entire body. Well, that's a good point. You said most supplements go throughout your body into your bloodstream, but ozone penetrates the blood, organs, the cells, and the lymphatic.

If we do it through a steam slug, we have to go transdermal with it. And Blake, tell me the difference between, say, blight ozone, where you get your blood ozonated and put back in your body, and then a steam sauna.

So, well, they're both using ozone. There's four ways to do intravenous IV ozone—they can pull out some blood, ozone that blood in the back, drip it back into you.

They can infuse it into saline and then drip the ozone salene back into you, which was the glass apparatus I had at the show. We have the direct IV where we can just infus a syringe like this.

And we just go right IV this right in the vein, but it's scary but very aggressive. Dr. Howard Robbins does 80 of these a day up in New York. He's been doing ozone over 40 years.

So he's the OG of OGs of ozone, even beyond me. And this is probably one of my personal favorites. It's just, we use this with a syringe pump to make it before safely.

And then the fourth would be Ibu, which is one the most popular ones. Yeah. So talk to me about ebu. Like what? Well, ebus is taking out all the blood.

So it's got it out. It gets the, blood is taken out, ozone, micron filter, then goes back in the other arm and just keeps you circulating on this for an hour or so.

Very effective, but it is expensive. Its evasive. And it can only do it, you know, periodically, say once every couple of months. That's not really enough.

You want to be applying ozone almost on a daily basis if you really want Yeah. Interesting. So this is, so the goal that you would say have is to build an ozone lifestyle.

Yeah, yeah. This is the sawdough. Or this was one of my hard shell sawdas. We don't have the hard shells available yet. They're coming soon, but we had this in a soft shell.

But the difference is we would just sit in there, hold on and go here. We just sit inside here, or back here. What he's showing for those that are audio only, he is showing this hard shell ozone sauna case, that's this white case.

He's just opening up a door, holla your head out the top, you sit down, get up top. And we pipe in the ozone with a mose. and then we will, and there we'll funnel cup that.

So this is the proper way to do a sauna is you want your ozone hose into a funnel. Then we're going to hold this to the body while we are in the sauna.

Okay. We don't just let it blow all over the sock. That's not correct. Unfortunately, that's the way the HOCAD does it, which I'm not a fan. This is going give you 10 times the results with a final cup inside the liver.

Her woman has a breast tumor right in her breast. Tumor. They have an intestinal problem right on the tummy, et cetera. But now, do I have to buy those cups separate?

Because when I go with the Alphafax machine, I don't have these. This is taken from a, like for a muscle, for funnel cups with a muscles. I just took out the inside.

It's kind of a homemade one. The funnels, people just get some from the kitchen, like from, the Kitchen section and wall line. You can just run it through the side.

Just get your funnel, at the distilled part, into the funnel. I'll just hold this. Uh-oh. What'd I do? There I go. Put that through this skinny part and just pull this open part to your body.

And you bring your Yeah. Yeah, and this is the primary. This is a favorite way to do it right here with this one. I love this. My permazing. That way you sweat and get ozone together.

Wow. So that's a true. Good. Tell me that the ideal ozone, well, actually to finish out, although you answered that pretty good. What is the idea ozone total call, right?

People get sick, they go get Ibu done, and they're doing Ibo for quite a long time. And then they stop doing ozone after that, typically when they start feeling better.

But it sounds like to me that Ibu is good for a short period of time. Hawket is just a good machine, but it's not great because you want to get the ozone transdermally through your skin through cupping.

Right. And I assume that even if you didn't have a cup and the ozone was just leaking into the sauna, that would be a Good thing too, right? Oh yeah. If you don't Have a funnel, what you can do is put the hose right here in your armpit and then put your arm down.

You don't have a funnel. But the waters, you got the water is better or also one of the premier ways that all my people do it is the Water. Like the wand you just had, the little glass bubbler, those waters are magical.

It's beyond, beyond my drops, but you gotta have the machine. So I'm showing it right here in my, I literally like turned it on during the call. So this is the wand.

I am putting it in the water. And it's just, you know, if you could look down this water bottle, it is like just bubbling the And so, I've been doing that probably for five minutes.

How long do you leave it there for? Fifteen minutes per liter. Yeah, you're not going long enough. Okay. You got to go 15 minutes, per litre. And make sure you put a, if you go one, fifteen minutes at one eighth.

One eighth, alright. And so talk about the ozone lifestyle. What would be ideal? And I'm assuming this is something that people could sell in their practices to their patients as well.

Of course, absolutely. that the patients could go home with an Alpha-X ozone generator and utilize this every day. So you've got the steam sauna, you got ear insufflation, right?

You got this thing right here. This is what it looks like. I don't have a coke job, but I just wanted to show you what is looked like, so it's essentially like a stethoscope.

a kind of ear thing that connects to the ozone. So there's ozone that goes into your ear. And then there is the steam sauna or the water, if I already said steam saunas.

How often would you want to drink the, water do the steamed sauna, do ear insufflation? Yeah. But we've also got catheters at the enter pack too, so they can do ozone rectally and vaginally.

I know it doesn't sound like the most appealing way, but they're very powerful methods. And for those who've got lung conditions, we do have a breathing apparatus.

They can inhale ozone through oil and that'll address the COPD, the bronchitis, emphysema or asthma. So we got those available here too. To answer your question, man, let's pretend they have the system.

Ozone water first thing in the morning upon waking is going to get your day started out right. When everybody else is getting dehydrated with the coffee and they're getting acid acid, you're going the other way.

You're growing hydration, alkalinity, mentalization, oxygenation to begin your with. That already right there is gonna set your adrenals, your brain, and your whole physiology on a whole upward spiral versus the downward spiral when capping.

That's the first step. Depending on what we got going on, some people will do a rectal interflation for like five minutes right after that. This will flow the intestinal tract with ozone.

Sorry, did you say do rectal or five minutes after you drink water? You can. Yeah, that's a really popular way just to flood the entire intestinal tract with ozone, but not just that, put a lot of ozone in your bloodstream via rectil.

This takes five or so minutes with a little catheter. Generally, and then we would do the drops, probably midday, because you're on the go, that way you can just drop this in your water.

And these will not lose strength because it's bonded to sodium. So that will stay in water permanently. Now, of course, there's just oxygen. Then later that night or earlier that afternoon is when we will do this sauna portion.

with an additional ozone water, always. Always make a water as, so you bubble your water first, as your waters bubbling you would prep your sauna. So when you're getting hot in your a sauna, you can reach under one of the zippers, get your hand out, give yourself some ozone, water get a big gulp of that and then your zip back up and

you'll right back in for another, if you get hot.

The idea is to keep that ozone cooling you off and just another inlet of ozone as you are sweating and that will keep the purge coming out of you more.

That's amazing.

Clinical Uses, Detox, and Research

Wow. So you've got the water first thing in the morning. Then you got. The rectal ozone, which floods the TI track with, with oxygen. Go ahead. That was it.

Yeah. We've, we've probably the sauna that I would usually do the ears or the breathing treatment after the saunas is the best time to do that. And that will make you feel incredible.

All that in one day? Oh yeah, you're going to be levitating. Your blood will look beautiful under my microscope if I looked at your blood after all that.

How often? Every day, but not sauna every day. Three days a week on the sauna is really good for seven, eight, 10 weeks. If someone's got something more terminal, our cancer people, they'll do it five days on, two days off until it's gone.

how long you stay in the Sauna for? Half hour. An hour? No, 30 minutes. 30 Minutes? Uh huh. Okay. Got it. And um, see you've got the, you got The sauna, ideally, three times a week.

And then the water every day. Every day? The reticle every. It could be every, or at least 100 days in a row. He just seemed to do retical for five minutes.

Five to 10 minutes at 1 32nd. So that's going to be one of the lowest flow rates we have. And that is the proper way to do rectal. People have these bags of ozone that squeeze a big bag of gas.

That's a no-go. You want to have to go very slow with the gas, if you don't, you're going create a bunch of pressure in your colon. It's gonna feel like you have the fart.

So you want avoid that by going slow. We still have that same sensation, but we want give you a lot of space in the intestines and mostly ozone. Yeah.

That's very interesting. All right. So now that we've got the kind of protocol down, tell me about what is happening for people. What are you seeing clinically?

I assume you could use this in your clinic as well. Absolutely. Talk to us about how we use it in the clinic. And then talk to about, what kind stories you're starting to see with this.

Yeah, well, your clinic methods are going to be obviously IV, of course, so they always can blend some of the home applications with that. But the main go-tos for IV would be, obviously, auto-hemotherapy, which isn't my personal favorite, I'll be honest.

Saline drip would probably be the next best, and then above that would direct IV. And above, that will be your eBoo machines. So those are your top four IVs, but what we're seeing immediate immune system stimulation.

So ozone will stimulate the production of gamma interferon and interleukin-2 almost immediately. They get major immune stimulation, just one treatment.

It's got potent analgesic effects, so it's excellent for pain. But more importantly, we see is that it has a massive ability to just rid the body of infections.

And the cleaning of the bioterrain, which has caused the disease in the first place, is an exit cleanser. You know, I see a lot of these infectious disease specialists have problems with all these infections.

I can't get rid of this staph. They can get you rid the MRSA. And we over here, with no antibiotics at all, get of every, all of it. Especially when we've learned to separate blood structure and you have every single red blood cell is separated.

Now you get in perfect circulation to the wound with the ozone. And I mean, it's we're literally almost have a hundred percent success rate with it. It's, you know, pharmacists in this country try to control the narrative, but, doctors still have choice.

This is something that's truly, truly cutting edge and I don't think there'll ever be a replacement for it, Wow. That is so cool. And tell me, you know, clinically, how do you, integrate this?

Is it, yeah, and I assume you don't have people coming in three times a week to do steam moson or do? Not at my place, our locations we did. You know, I don't have a location right now, just working out of my house, but I'm just mainly more into manufacturing right.

Now, me and Eric Stoller, we're probably going to be opening up a storefront here in the Aventura-Hollandale area. So we are actually looking at locations right, now.

Um, but no, you know, that's the catch with the steam sauna is it's very effective, not many doctors want to implement it. It just takes time to do a treatment.

You got to mess with towels and everything. What we tell the doctors is you guys, provide your patients with our home system and they come to you for the IV.

That way they get the benefit of both. Yeah. All right, so it's probably been around 15 minutes. I would say this has been in the water. Yeah, but before you drink that, make sure you blow the ozone out of that air gap, because you're going to inhale that and it is going make you cough.

It's really strong. So kind of blow in there, Isaac. Kind of give it a… I'm going pull this out. Pull it out and kind blow it in. And blow on there.

Yeah. Cause you won't, you'll do that one day and you forget about it. You'll inhale that and it'll get you. Yeah, so careful. Careful. He probably felt that.

The ozone that's sitting on the top of the wall. Right. It's building on top that water. Because ozone is heavier than air. So it drops. Now you're good.

And now do I just chug this whole thing? Yeah! I mean, kill the whole day at Will Gold. How long will it last if I wanted to drink this over four hours?

We know. Fine. That's no go. No, You want to take that within half an hour. You want to drink it what? Within half an hour. Or less. Within a half hour?

Yeah, you drink like half now, just down it, and just do the other half in a few minutes. That's how I do it. Talk about what you've seen in lab work or longevity, methylation, biomarker tests, pre and post, using longevity if you have any data on that.

On the methylation of the people, is that what she asked about? Yeah, and methylation as well as the… Man, I get that question a lot, you know, whether we methylate or not.

And I'll be honest with you, people that are going to detox in these saunas whether they methylated or no. You will have black ooze come out of your body regardless and you'll smell it come outta you.

I really haven't done too much with the whole methylation thing is because people purge anyways from it. Wow. Yeah. I mean, it's, I don't know if you've seen the work with Dr.

Edward Group, Dr Brian Artis, but they actually did test on sweating and then proved that you can actually test sweat out some of this nanotech and the graphing oxide and all this other junk that we're getting hit with.

Sweating is the ultimate. It's the ultimately cleanser. And always has been, always will be. So that's why I love the ozone sauna combined. You know, the fastest, safest, probably wait just to detox everything out of their body.

If somebody is heavy metal toxic or if they have parasites, how many ozone treatments do they need in this sauna typically? I mean, I would See, it depends on how much they have, right?

And how long they've been exposed to it. I would probably do a series of three to four a week and then get tested every 30 to 60 days. And just to see where they're, well, first you want to get testing first and see what your baseline is on all the levels, heavy metals, et cetera.

Let's do this series. four days a week and after 30 days get checked and to see how much is dropped. That's going to kind of tell you how long it would take that individual to remove it.

But I would say, man, three times a weak for just a few weeks or just few days, they're going feel better. And also too, we'd also, would have them drink some bentonite clay with that.

Some clay is excellent for absorbing a lot of the heavy metals and a little junk that's in the gut. You know, so the clay thing, we can help minimize some of that HercSync.

Yeah. Or Clare zeolite, bentonite. And I'm all fan of all those. Charcoal. Another good one too, to help absorb some. Okay, great. Wow. So tell me, what are the best technologies out there?

You talked about eBoo. Is there any other ones for your home or for you clinic that you would recommend above and beyond anything else? The biggest thing is sticking with the cold plasma generators.

There's two styles out there, there's corona discharge where they have basically metal arcing between two plates and then it gets hot and there is a fan inside and they've got cold plasmas where it's basically created between an anode and a cathode.

And it is high voltage but with no current. That's what creates this cold electrostatic plasma field. that's the best way to make it, that is how Tesla did it.

And we copy Tesla's design. That's why our machines can last and literally can be on every day for 45 days in a row and they won't overheat. It's the only machine on the market that will do that, I promise you.

None of these could stay on that long. You know, with no fan on it. So all of our actual… Yeah, that's the best. Plus there's bi-product produced where they use the other technique.

There's acidic vapors and also nitric oxide, which is toxic. Um, so a lot of the companies out there, I don't want to say I'm on the podcast, but American and they're rebranding China machines.

Someone got his American made ozone machines and their using corona discharge. So you've got to be careful of that. All of ours are manufactured in America, right here in good old Bayettville, Arkansas.

That's great. Yeah. I love Made in American, that's for sure. Totally. Well, tell us some research behind ozone. Well, man, ozone's been done now medically since the 1930s.

The Germans were the first to use it medically. Russia's picked it up in the 60s, there's now over 3,000 ozone clinics just in Russia. It's all over South America, heavily done in Cuba, has been since 80s Yeah, there's a

massive amount of research.

Products, Training, and Where to Learn More

I'm not a huge research, I guess, source of knowledge, but if people want to get a source, uh, i've got a really good ebook. This is a good book, of course I tore the cover, this is flood your body with oxygen by Ed McCabe.

It's is great source to read. He has probably more research than anybody. What's the title again? Flood your Body with Oxygen. Oh, wow. By Ed McCabe. This is the best book out on ozone and oxygen.

He's a journalist worldwide and discuss all the different clinics, different modalities, testimonies and everything. Wonderful source on Ozone. Wow. That's really good.

And give us a quick summary of what you feel like the Best Takeaways from that book are. Man, it's just a good, for people who are new to ozone, is going to just give them a background primer on it.

Explain how it works in nature, you know, how that works and water, and how works on the body. But it has got the most research in terms of someone who has traveled to every country out there worldwide that does ozone.

He goes to all the clinics and the Osmond hospitals in Indonesia and India. Pretty much global with it. So when you see like all these other countries using it, it's like, you know, how could we be wrong?

Yeah. You know. But we've got, let's see. My website has got a good history background on it though. If you go to my site on ozonepurity.com. That's great.

Well, uh, sounds like there's, um, The core idea of the book and just in general ozone is that it really helps to detox the body, helps get rid of toxins, it increases energy, mental clarity, accelerated healing, and helps enhance longevity.

In fact, when I talked to Mercola. Dr. Mercola.com, I asked him what are the top solutions for toxins and longevity and all this. He said the best one that he's been looking at and he has been integrating into his life is ozone.

which is really cool. And so most people, they breathe too fast, their mouth breathe, They're using shallow breathing versus deep diaphragmatic breathing.

So what we want to do is we wanna breathe better, more diaphragmatic deep breaths. But the other goal is to use a lot of healthy oxygen. And one of the best ways to do that is ozone, right?

Oh, yeah. I love this. Where can they get access to this? Like what is the best source? Where could they go to? Is there any website or anything? As far as for a source just on Ozone or my website?

Yeah, what's your website. My website is ozonepurity.com. That's got all my products and all the equipment on there. And of course on school.com forward slash ozone for life, that's our, our online school that this shows you how to use or how do these applications.

So if you bought a machine from someone else and that the problem too, these other people who sell machines, they don't train anybody. They don' teach how you use it.

So that's very frustrating. So, that is why I wanted to create school. For anybody who has an ozone machine, you know how to use it, get up into my school, I'll show you how do you water, how you do ears, have these saunas, et cetera, the proper way.

Wow. And then what about the… What about the creams, like the ozone oil? I have somebody that said that ozone took away their athlete's foot. Yeah, so that's something called ozonated olive oil, and we make it probably some of the best one on the market.

The oil is very unique because it's one of the only ways to hold ozone on a shelf and keep it pretty much permanently because he creates something called an ozonide, which is like a donut of just ozone molecules in a formation and it keeps it stable.

So they learned you can bubble ozone into olive oil. And if it's done properly, it'll turn the olive oil white and it will solidify it where it is straight ozone in a hard white form.

And we create that. That's also on our website. We are the only ones that do a full 45-day saturation. So because my machines last can stay on so long, I can literally do so a slow saturation where I've got four of them.

And they'll saturate in the oil for 45 days and it comes into a salve. Then we can use this to address any kind of skin, burned, neuropathy, tumor, cyst, wart, acne, but also too, ozone is a powerful regenerator as well.

It regenerates tissue. So it's excellent for a wound or if you've had an injury or you have pain. And we also have that in suppository, rectal vaginal.

What does it do? How does that help vaginally? So if a woman's got cervical ovarian cancer, cervical ovarian cysts, precancerous cells, abnormal tissue cells a yeast infection, UTI, fertility problems as well, they can pick the suppositories and just put one in vaginally, do it every day.

Not as good as the equipment, but next best in line, you know? But say if a guy's got prostate cancer, colon cancer we can do it, can absorb it rectally.

Wow. Blake, thank you so much for all this amazing information. Give me a website again. You know, I think it's ozonepurity.com. Ozonep purity. com. And I'm known as TheOzoneGuru on TikTok and Instagram if you want to see more of my videos.

We've got YouTube channels, OZonePurity is our YouTube channel as well. Excellent, excellent. Ball. Amazing stuff. Well, thank you again for everything.

I personally, just so you guys know, I'm using this at my house. Just down an entire liter of hallucinated- How'd you kill from that, by the way? Water?

You like that? Yeah. It's great. Yeah, I just finished it and I've got my oxygen right under my desk. The ozone generator is right next to me because I want to use it on a regular basis and proximity is power.

But it sounds like I need to move it outside of where I am into more of a an area where I can steam sauna as well. Well said. The sauna going, man, you're gonna love the sauna, Isaac.

I'm gonna tell you right now, I've done every bowel hacking therapy modality out there. the ozone sauna is still my overall favorite modility of all. But I still do it, probably do today.

It's probably three times a week. Do you use sauna still three time a weeks? Yeah, do you see my skin? That's ozone, sauna. 51 years old. How old are you?

51. Wow. Get it. Yeah, man. I was born in 1971. People were complimenting how you were looking. Well, congratulations again, Blake. Thank you so much for this, and please check out ozonepurity.com.

Really appreciate your time today, Thanks for listening to the Longevity Leaders podcast. A Lungevity leaders community is on mission to transform a hundred million lives by 2040. If you enjoyed the show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button.

Until next time, stay strong and live long.