Summit Introduction and Ozone Overview

Welcome to the Reversing Chronic Crohn's and Colitis Summit. I'm your co-host, Dr. Christine Schaffner. And today we have a real treat. My dear friend and colleague who is the founder of simply oh three, Micah Lowe Oh, we're going to edit that Micah out and we're going to have a great conversation.

I use ozone in my practice clinically, and I think it's a really important strategy and tool and modality. There's many uses, but I think it has to be part of this conversation with autoimmunity and these inflammatory bowel, conditions.

So welcome, Micah. It's really an honor to have you on the summit. Yeah. Thank you. I'm excited to be here and to be able to talk with a fellow ozone expert.

So, you know, a lot of people are just getting their toes in the water, but you're you're really experienced and well versed in the subject yourself, too.

well thank you. And you know, when we you know, before we hopped on the call, you were saying, Mike, you know, you know, most of the population, you know, doesn't really know this is a really great, you know, tool.

So, I'm just excited to open more people's minds and just, give, you know, hope and confidence that there's so many paths to getting better and recovering from these conditions.

So let's just give like a 1 to 1 conversation to begin with. for those who need to get up to speed. So, what is ozone when we're talking about ozone as a, therapeutic strategy?

Yeah. So ozone is a gas, it's O3, whereas oxygen ion is O2. So O3 has three oxygen atoms that are combined together. And that makes the gas really unstable.

But it's very useful for a lot of things. A lot of people have heard about ozone because of the ozone layer or ozone and pollution. And so there are forms of ozone you don't want.

You don't want ground level ozone, which is associated with pollution. but that's an entirely different topic.

IV Ozone Methods and Core Mechanisms

You can't breathe the ozone gas, and that's why it has this big misnomer and misunderstand and why so many people don't know about it is because with pollution, basically Mother Earth provides ozone gas to help clean up that mixture.

however, that is a little bit caustic to our lungs. You don't want to breathe in large amounts over very long periods of time. So we're talking like years of breathing it.

but with the research of like ground level pollution and that kind of stuff, people have just looked at ozone as a pollutant and really haven't assessed it in all these other modalities.

So it's created this huge uphill battle for it. Despite having research and really good research going back to the 60s, which now is quite a long time, that 60 years of like high quality research that we have on it, and even before that it was used in World War One.

And that's kind of where it got its start. but anyway, so we're using this ozone gas as a therapeutic agent to apply somewhere into the body. So that can be done via rectal insulation, which is into the colon.

Not super glamorous, but it does work pretty well for a lot of stuff. And IVs, vaginal insulation into the ears, onto the skin. So there's a lot of different areas you can use it in the body.

That would not be the lungs. Yeah. No, that's a great overview. And, just to give a backdrop for the listeners, you know, there's, many uses as Mike said.

And that's why you want to work with, you know, someone like himself or a, clinician or a physician to really get that therapeutic strategy at the right time.

in the right kind of context of your treatment. and let's talk about, you know, I ask you to talk about rectal ozone. I know this is, an emerging topic, and we have a ton of clinical anecdotes.

And like a lot of the medicine we practice as the modern illnesses keep, evolving and challenging us to get better and better at our treatments. I'm always biased as a clinician and, physician to get people better.

Right? And so if I have confidence for safety and, you know, it's in the realm of the, toolkit that we're allowed to use, you know, the science catches up and, you know, that's why, you know, we need so much more, money, you know, in this research realm, I, I, you know, I always say, like, you know, if, clinicians and researchers and founders like yourself can have these conversations, we can make, like, quantum leaps in this, field of medicine that I think I think that is the future.

So I'm excited about that. So why don't we just before we get into kind of the installation route, let's talk about the different, IV strategies. that you are familiar with, with ozone.

As far as intravenous application of it. Yeah. So like I said, lungs don't have an antioxidant defense system, so that's why we can apply it. There. but in the blood in the colon and the other parts of the body, we have an antioxidant defense system.

And the reason we have it there is because when you breathe in oxygen, you have a type of metabolite rises into oxidants. So your body creates these antioxidants.

And that's not their only purpose, but this antioxidant defense system to be able to scavenge the, the, tomb, if we have too, too many accidents in our bloodstream, etc..

So anyway, with intravenous ozone, you can take out, some blood, you can mix in ozone gas and then put the blood back into the body. And there's a number of different protocols that physicians to the gold standard, bar none, is called major Autohemotherapy.

And that's where they pull out 200 cc's of blood mix in the ozone gas and then put it back. And the reason I say it's the gold standard is because it has the most credibility in terms of research.

It has the longest history of usage, and it has the best research in terms of clinical outcomes, whether that's for athletes, people who are sick, etc..

So it has a really wide breadth that it covers. But there's other forms of intravenous ozone that are a little bit newer, and they're a little bit more, I wouldn't say aggressive necessarily, but it's a much higher dose.

So there's like high dose ozone, there's ten pass and there's IBU would be kind of the other ones that are becoming a bit more popular. And the reason that physicians like those is because they're really helpful in working with infection.

So it's a larger dose of ozone. So rather than just pulling out 200 cc's, for example, in ten pass, they'll do that ten times in a row. So they'll pull out 200 cc's, mix in the ozone, and then IBU is kind of similar except it's continuous.

So there's, one needle in one arm and a needle and the other arm, and there's this continuous flow of blood as it's

being ozone aided and so those are the different forms of IV ozone.

So what it's doing in the body, though is the important thing. So there's primarily four mechanisms with ozone gas. and that would be mitigating chronic oxidative stress which is kind of confusing to people.

The reason it mitigates chronic oxidative stress is because we apply this ozone gas that does in and of itself, create a small stress. It's called a mild acute oxidative stress.

What that does though, the body recognizes that and goes, oh, I need to create a bunch of Antioch's evidence. So it's kind of a catalyst to enact the intelligence of our body in that respect.

So our body starts to create all these antioxidants and then lower our burden of oxidative stress. So it's really counterintuitive and that's helpful for a lot of stuff.

there's really great research on its use as an adjunct for people going through chemotherapy, where it like diminishes the negative side effects really effectively.

Do you want me to keep going on this? Yeah, please. This is awesome because it's a great, summary of why it works. Yeah. Thank you. Yeah. And then there's so that's mitigating chronic oxidative stress.

the second thing I would say is that it is improving circulation and micro circulation. That sounds kind of benign. It's just like blood flow, but it's actually really important.

It's kind of the chicken and the egg thing where it's like, does blood flow get bad because you're unhealthy or does bad blood flow cause, dis ease. And it's probably a bit of both, but, you know, you want your blood flowing really well.

You want good circulation, because all the tissues in our body, no matter how small, need nutrient and gas exchange. So your fingertips need it, your organs need it, etc..

And so if you have good blood flow, good delivery of nutrients, good gas exchange on the cell level, you're you're getting rid of toxic byproducts product better and you're giving it the nutrients it needs better.

so it even works with pretty severe things like peripheral vascular disease, arterial disease, etc..

Rectal Ozone for Gut Health and Home Use

So, it's it's really, really effective that, that it's kind of a next level circulation treatment. the third thing is it improves oxygen efficiency or delivery.

So that's our ability to utilize oxygen which is really important. So that's why a lot of athletes use that. And I'm not just saying a lot of athletes use it.

Probably about half of the professional sports teams across hockey, baseball, football etc. have done IB ozone. They don't really advertise it because they try to keep some of the stuff they do secret.

But we've worked directly with a lot of the sports teams. but that oxygen delivery that they get is a big improvement because they can essentially work out for longer without tiring as quickly.

But for people that are not feeling well, a lot of times oxygen is this really, really important nutrient to our body. It helps with the immune system, helps with inflammation, etc..

And so if we're delivering it to the right places at the right times, our body is running really well and the fourth thing I would say about it is that it's probably the most important for how a lot of clinicians use it is the immune modulation.

So that's balancing the immune system. If you take an immunosuppressant, that's just lowering it. If you take, something to increase the immune system, that's just boosting it.

an immune modulator is more of a treatment where it balances out the immune system. So if it's too high, it brings it down. If it's too low, it brings it up.

So it's it's really helpful for modulating out the immune system. And that's important because like you don't necessarily just want a boosted immune system or a suppressed immune system based on the symptoms that you're having or autoimmune disorder or cancer suppressed or whatever, you want an immune system that can self and act the balance that it needs so that it's more effective at dealing with the issue at hand.

so that's that's really helpful. But basically like ozone, if I had to summarize it into a couple words, it's a catalyst to enact the intelligence of your body.

And it's really, really good at doing that I. Love that, I love that, you know, description. That's a great, summary. And I love everything you shared.

And that's what I experience clinically. We have, Doctor Patel on the summit, and he talks about like, mitochondrial health and, looking at the test he developed and there's, one kind of marker called Ros, which is reactive oxygen species.

And that's a natural production of, you know, when we make ATP and metabolic water and all the things mitochondria make that we offshoot, you know, reactive oxygen species, and we have melatonin in our, mitochondria to quell that.

But many people, as you know, antioxidant systems are impaired. So that's, you know, there's so many, reasons why that oxidative burst can help people get better.

and then I wanted to come in on the blood flow for this community who have inflammatory bowel, when there's active bleeding or active inflammation, clotting can occur, in the body as a, you know, homeostatic mechanism.

but it can create, thromboembolism and other, clotting issues that can be severe, you know, if left untreated. So, this could be a modality to help with the micro circulation in the coagulation and, you know, with, you know, spike protein and Covid in the train now, more and more, I look at blood coagulation and run coagulation panels on all my patients to see their propensity for clotting.

And then, obviously all these terrain things, you know, can exacerbate that. So, ozone is an awesome tool. I use a lot of ozone when we think about, blood coagulation.

And that's what got me. I haven't EPO, in my office. I have, major auto game, of course. UVB, Tim Pass and then, EPO. And so we use it in all these different modalities and, you know, it's just very individual who needs what.

But I think that, all ozone helps blood flow, but in these times or people's bladders. So, you know, sticky and the blood vessels are so inflamed, I find that really help with that.

I see that inflammation markers go down in the lab. So that's kind of cool. and then, you know, we have a doctor Stephanie canister. Oh. Who, treats a lot of, NHL players, you know, the, athletes.

And, you know, she has her own story with lime, and she loves, ozone and neural therapy and all of that. and, yeah, I think, there's just, you know, so many aspects and there's immune.

I, I see that all the time. And in one patient, they can have a new suppression and hyper vigilance and their immune system. Right. So we have to kind of change both of those.

So I'm just sharing kind of my agreement. And then also what I see clinically. So people can kind of see this, come

to life for maybe their picture. okay.

So then, you know, we have these IV strategies. so, Micah, tell me about, in suffocation, like, what does that mean? And kind of, what are the areas you mentioned a little bit already?

But where can we put the ozone gas? outside of an IV strategy. Yeah. So the the reason I'm on this summit is because there are ways to be able to administer this directly into the colon.

Like I said, it's called a rectal insulation, which isn't the most fun terminology, but it is really good. So it's like, you know, you have your IVs, which are a systemic reaction that that benefits the whole body.

And then you do have a couple other forms of systemic ozone, and that would be vaginal or rectal and suffocation. And so those are the three that do cause a systemic effect.

There's other applications, but those are more like if I have a skin infection, I can put it under the skin. and so it's a counterpart to the IVs. So if you, you know, don't have the money or the time to go into the clinic all the time to get an IV, rectal installation is a good runner up.

It's not going to be probably as effective for a systemic reaction, but it does have some other benefits to it where it's like we're applying it directly into the colon.

And so it does have some homeostatic effects there with people who have Crohn's colitis, for example, Dwayne Johnson with the Crohn's Institute, Crohn's Colitis Institute, they have a protocol for Crohn's colitis that is for people that are more sensitive to it.

So they do have to start off slower. They have to progress slower. but it does have a positive homeostatic effect in that it's modulating, the inflammation that can be going on through that oxygen efficiency, through that circulation improvement, and, and helping to eliminate some of the inflammation, the antioxidant defense, is really important to that.

so but it can also be helping with the microbiome, which a lot of people don't consider, which is again, kind of counterintuitive. And also I've gotten really into panels and testing, and we even work with Doctor Patel.

So we run, some, some tests for him, for. Yeah. And Joe Dispenza and all them. So, so I'm not saying this from a point of not understanding him, but we're rolling out a microbiome test soon.

But what you see with, with insofar as you would expect to see the microbiota not do so well for them to go down in their populations, for them to go down in their density, because you're putting an oxygen into an anaerobic environment, meaning it doesn't like oxygen. Right?

Your gut isn't supposed to have a lot of oxygen in it. and on the flip side, that's also why doctor McCall has been talking about CO2 therapy. But yeah, yeah, my friend, Sinclair, who's, hosting this, she's a big advocate for, carbon dioxide therapy.

I saw it, and you're, more for esthetics and pain, but there is all sorts of interesting uses for it now, so that's cool. Yeah. These therapeutic gases, there's there's a lot to, I mean hydrogen, CO2 now it's becoming bigger ozone.

And so, you know, they're doing very different things. But I'm interested to see how the therapeutic gas, in medicine evolves because it really just has been under utilized for such a long time.

And it's, you know, it's a single molecule, it's very clean and it doesn't have all these additive issues. And so it's like really exciting to see that growing.

but but so you don't want a lot of oxygen in the gut necessarily. Right. Because it's an anaerobic environment. So but what ozone does is we're doing a small amount.

So it's not big like 200 cases, which might be a couple of syringes. and so you're doing a relatively small amount, but what we've seen in studies is there was one where they did it on dysbiosis and they saw a resolution of dysbiosis, I think in 68% of the participants.

And they had a control. They were also drinking ozone water, which I wish they wouldn't have because that added a little layer of confusion. It'd have been nice to have another group that's just ozone water, just insolation.

but 68% had a pretty good resolution of their dysbiosis, through doing the installation. And so I think what's going on with ozone into the colon is that it does kill off a small population, but it's only in a like really small targeted area.

It's not like going throughout the colon and leaching into ozone is used immediately within Milicic bonds. It's gone. And it basically absorbs into the into the mucosal wall, into the portal vein.

And that carries up to the liver and gets distributed throughout the body. So it probably does kill a very, very tiny amount in a very localized area of the colon.

but then what you see there is I think that creates a platform for the other microbiota to flourish. And so it causes that homeostasis. So again, it is a stress response therapy.

Ozone Equipment, Setup, and Product Options

And that we are trying to induce a small amount of stress. so that's why it's important to start with the protocols and follow them. because what could happen is like if you stress too much, you could feel fatigued, you could feel a little bit of discomfort in your colon, that kind of thing.

Nothing too crazy, but, you know, just like exercise, you don't want to overdo it. Yeah, yeah. No, definitely. And, you know, I, I've seen a lot of patients I advocate, I see patients that, live often outside of where my clinic is.

And so it's a lot of, like, what can they do at home on a regular basis to move their health forward? especially if they're not close to a clinic that has all these I. V.

ozone routes. And so I, recommend your system a lot. And, patients love it. You know, I've seen, you know, amazing things. the for overall health, for gut inflammation.

you know, we also use it, as you mentioned, bladder or vaginally. I've had people use it. that really is easier to do at home. like HPB, shift. you know, obviously it's a multi-pronged approach for that, but I think it was a contributing factor.

I also, you know, we haven't mentioned the ears. The sinuses have to be done with great care, but they, can be very helpful, as well, if you want to comment on ears or sinuses, because I think a lot of people have gut issues, have sinus issues as well.

so yeah, anything that you want to share about that. Yeah. So like I'll describe the setup real quick and, and yeah. So essentially you have an oxygen tank which you do have to get an oxygen tank, but it's pretty easy to acquire.

You just have to go into, air gas praxair and ask for an oxygen tank. But most people have never done that, so they get intimidated by it. Seems like a crazy thing.

Thing. But once you overcome that, it's doable. Yeah, yeah, literally just pull up Airgas on your phone. give them a call, see if they have oxygen available, and drive over there and say, I need an oxygen tank and you're all set.

So you need the oxygen tank. And then that's connected to what's called the ozone generator. And that it takes the oxygen. decon, structure it and recombines it into ozone.

And then that's the gas that we're using. So you attach different things on to it, like your bag for collecting. gas for

the ozone enema or like the, the headset that you can put around your ears.

And the headset has this destruct built in where you put it into the head and then it puts gas into the ears, and then the excess gas just gets neutralized.

So there's no gas just for free flowing into the room or anything like that, which I don't know if you've seen that. That's, that's a newer one that we have.

but at any rate, this, this can be really helpful for sinus issues, like you said. So if there's sinus infections, recurrent infections, etc., because the ears are connected to the nasal passageways through these little tubules, even connected to the eyes in the throat.

So all of that does have connection. but yeah, if there's recurrent and infections, if there's inflammation, it can be really good to do, ear installation.

And that's about a 2 to 5 minute process where you just sit there with this thing on and pretty easy. Yeah. Nice. No, I my patients love it. Like, if they're, in my office and I'm seeing them and they don't have time for an IV, I'll just have them go to and separation in their sinuses, in their ears.

And some people, when they really need it, starts sneezing a lot. You know? but it really clears things. and people feel really good. you just have to do that, you know, with the provider and teach you, not to get them in, your lungs.

but, Yeah. I love your equipment. can you tell anything else about, kind of, you know, how to, like, if you have a couple different options to purchase.

But if people are listening, are like, okay, I'm going to try rectal ozone, what would be the best way to get started as far as what equipment you have online?

Yeah. So I guess the goal of this conversation is if somebody has some issues, I would highly recommend looking into ozone. I know you're learning about a lot of different stuff, but you know, my goal isn't to sell you as much as just provide education.

And so the goal of this is just to pique your interest and say, is this something that would be helpful for me? You know, that's something you have to decide.

But what we've done to help people along with that process is we have guides that layout everything, where it's like the protocols, the overview of ozone, the mechanisms, how it works.

So you can do pretty much as much reading as you want, between mediskill.com and simplyO3. So the easiest way to go about if this is pique your interest and look into a deeper is go to simplyo3.com Click on the top bar where it says download the guide and just down enter in your email.

It'll send you a guide and then you'll get another email from MediSkill that they have their guide in there. And that's more like the protocols and things.

and so that'll really give you a full bodied understanding of ozone, how it works, how to set it up and all that kind of thing. but people can generally expect to, spend between 1200 and $2000 on an entire home setup that's going to last a lifetime.

and we have a six month return policy on everything, so, and I don't know of any other company that does that. But the reason that we do that is because we and it's like there's no fine print or anything like that.

If it if you use it for five months and want to send it back, you can. The reason for that is because we only want people using it that it's been helpful for.

so I really encourage people like we want to lower like the the perceived risk to it. Right. So in terms of like, oh, I don't want to buy another thing and then it's not helpful, but you can buy it, try it for five months. And if it's not helpful send it back.

so so we do have that in there. And we have guides and education and everything, but you can expect 1200 to $2000. The best way to get started is go to simplyo3.com, download the guide right on the front page and then start to learn about it and you can peruse the website to see the home kits.

There's one called the 3.0 complete kit that probably 80% of people end up buying. Yeah, no, my patients love it. how about I saw, that you have capsules and oils and things, so people want to, try those too.

Any, feedback or anything for this population that you want to. yeah. I can't believe I forgot to talk about that. So we developed a new one that's not quite ready yet.

So there's ozone oil capsules where you take the ozone gas and infuse it into oil to create peroxides. And those have positive effects on the stomach.

But the issue with all the products on the market currently is how do you get past the stomach acid, right. So it's helpful for Helicobacter pylori parasites.

It's maybe a little bit into the upper intestine, but I mean not a whole lot. So but what we did is we developed a way to micro encapsulate the peroxide in the oil so that it can make it past the stomach acids and get into the lower intestines.

And that's like directly made for Crohn's colitis. so we'll have that coming out probably in like three months. And it's This comes out in September. So yeah, I think right around this time.

Oh, perfect. Yeah. So, they'll be it'll say like immune caps or stomach caps or something like that, and it just has this ozone oil, that's been micro encapsulated so that I can make it past the stomach acids, get into the lower colon and help with inflammation and help with infections, etc..

So those, those, are wonderful. They're really, really good. Yeah. Nice. I want to check those out for sure. well, great. Well, anything else, Micah, that you want to share before, we wrap up?

No, I appreciate everybody listening. You know, I'm here to educate and, teach people about ozone. So I hope this has piqued your interest. I can encourage you guys just to continue looking into a deeper.

It's really fascinating. There's a lot of stuff with it. Keeps has kept me very intellectually engaged for ten years. and I'm still learning new stuff, so it's a lot of fun.

I echo that. Yeah. So. Well, thank you so much for being on the summit. And, thank you for educating all of us. So thank you. Yep. Thanks.