

OZONE THERAPY

Ozone therapy refers to the process of administering ozone gas into your body to treat a disease or wound. Ozone is a colorless gas made up of three atoms of oxygen (O₃).

Some research Trusted Source has found that ozone may be used to treat medical conditions by stimulating the immune system. It may also be used for disinfection and to treat a range of diseases.

Ozone therapy gas is made from medical-grade oxygen sources.

How it works

Medical ozone has been used to disinfect medical supplies and treat different conditions for more than 100 years. It may also help prevent infection in wounds.

According to research from 2018 Trusted Source, when ozone comes into contact with body fluids, the resulting reactions form more proteins and red blood cells. This increases oxygen supply in your body.

Ozone therapy may also disrupt unhealthy processes in your body. Research has shown that ozone therapy can inactivate:

- Bacteria
- Viruses
- Fungi
- Yeast
- protozoa

Ozone activate the body's immune and antioxidant systems and reduce the inflammation.