

Ozone Water - All bacterial pathogens, viruses, and parasites are anaerobic and thrive in the absence of oxygen. In fact, they are poisoned by oxygen. Even cancer cells perish with abundant oxygen. The most common and effective therapy for oxygenating is ozone therapy. The therapy that is recommend is Ozone Water. You can make Ozone water for drinking using a Ozone Generator, a link to where you get an affordable generator is below.

Just like with the foot baths, you want to go “low & slow”. So following this schedule should help with that goal:

Day 1 – 1 teaspoon

Day 2 – 2 teaspoons (1 morning, 1 at night)

Day 3 – 2 Tablespoons (morning only)

Day 4 – 1 ounce, twice a day (morning & night)

From Day 5 onward, start to increase the water by adding an ounce each day as long as you don't have any side effects.

Important Notes:

1. Use very cold water to make Ozone Water, you can even put a little ice in the glass if you want.
2. DO NOT use Tap Water, use a high-quality water like Essentia, Fiji or Voss
3. Ozonate the water in a glass vessel; never use plastic. This ensures that your water remains pure and uncontaminated
4. Bubble the Ozone Water for 5 minutes to start, once your system gets use to it, you can try 10 minutes.
5. DO NOT stand near the Ozone Generator while it's on and open a window near by if you have one to open.
6. Drink or use the Ozonated water as soon as you can after making it. The ozone will slowly revert back to oxygen over approx 15 to 30 minutes.
7. Swish the Ozone water around in your mouth before swallowing it, it's great for your teeth too.