

ozone steam therapy

SUPEROXYGENATION for health

About Oxygen. The most vital element required for human life is oxygen and it is the key to good health. We can survive without water for a week and go without food for a month, but we can only live a few minutes without oxygen. Oxygen is the life-giving, life-sustaining element. All body activities require oxygen.

The more oxygen we have in our system, the more energy we produce, and the more efficiently we can eliminate wastes. Good health is dependent on the production, maintenance, and flow of energy, which is produced by the oxidation of sugar. Oxidation is central to metabolism, circulation, respiration, digestion, assimilation and elimination. Oxygen purifies the blood, keeping it free of cellular waste buildup. A sufficient amount of oxygen allows the body to rebuild itself and maintain the immune system. Healthy cells are ones that possess the correct amounts of sugar, amino acids, minerals, hormones, enzymes, and oxygen.

What is Ozone? Chemically, ozone (O_3) is oxygen (O_2) with an additional atom. Electrically, ozone is oxygen with a higher energy level. The ozone that exists in the atmosphere is produced by nature and is attracted to pollutants because of its opposite charge – it attempts to oxidize them and clean the air.

What Does Ozone Do?

- Stimulates the immune system, speeds healing.
- Oxidizes bacteria, yeast, fungi, parasites, protozoa, and cancer cells.
- Cleans arteries and veins, improving circulation.
- Purifies the blood and the lymph.
- Oxidizes toxins, facilitating their excretion.
- Normalizes hormone and enzyme production.
- Stimulates production of protective cell enzymes.
- Reduces inflammation.
- Reduces pain, calms nerves.
- Reduces cardiac arrhythmia.
- Improves brain function and memory.
- Scavenges free radicals.
- Binds to heavy metals.

Steaming with Ozone. Using the steam sauna with ozone allows the steam to surround the body and ozone to be introduced through the skin. Humid heat opens the pores, which allows the ozone through the skin to the bloodstream, where it can travel to the fat and lymph tissue. It is very important to cleanse the lymph tissue in any detoxification program and the ozone/steam sauna is the easiest and most efficient way to accomplish this.

Through the centuries, men and women have used steam to purify the skin, soothe sore muscles, boost circulation, and to simply relax. The combined action of moist heat and ozone cleanses the lymphatic system, which carries 90% of the body's fluids. This in turn, relieves the liver from the heavy burden of detoxifying the body. Ozone brings oxygen to the tissues for enhanced health and vitality. This combination of steam and ozone is a natural and effective way to promote a refreshing sense of well-being.

ozone + steam = oxygenated cells for optimized health