



# Medical **Ozone** Therapy

## Do's and Don'ts

### THE DO'S OF OZONE THERAPY:

#### 1. PRE-HYDRATE AND REHYDRATE:

- DRINK A LOT OF WATER BEFORE AND AFTER AN OZONE SESSION.
- THE MORE YOU SWEAT THE MORE EFFECTIVE THE TREATMENT IS

#### 2. TAKE IT EASY

- LIE DOWN FOR 20 MINUTES AFTER AN OZONE SESSION IF POSSIBLE TO GIVE THE ORGANS MORE TIME TO ELIMINATE TOXINS LEFT AFTER DETOXING

#### 3. BOOST

- TAKE A GOOD MULTI VITAMIN ON A DAILY BASIS
- TAKE SUPPLEMENTS WITHIN ONE HOUR AFTER A SESSION: OZONE PROMOTES VITAMIN AND MINERAL ABSORPTION (EXCL VITAMIN C)

### THE DON'TS OF OZONE THERAPY:

1. DO NOT DRINK VITAMIN C 1 TO 2 HOURS BEFORE, OR AFTER, A SESSION. VITAMIN C AND OZONE NEUTRALIZES ONE ANOTHER

2. WAIT AT LEAST 2 HOURS BEFORE YOU TAKE A SHOWER AFTER YOUR SESSION TO GIVE THE OZONE LEFT ON THE SKIN TIME TO WORK

3. GIVE YOUR BODY A CHANCE TO REPAIR AND BUILD BEFORE YOU TAKE A LARGE MEAL AFTER A SESSION

4. DO NOT HAVE OZONE THERAPY DURING PREGNANCY OR BREASTFEEDING

