

Following are several methods in which to use ozone generated from the AquaLab Systems unit ONLY. The following statements are made solely for the purpose of education and disseminating information. Any inference as to the effectiveness of ozone therapies is purely coincidental. This information is not intended to treat, cure or diagnose. If you are ill, please consult with your health practitioner.

## **PEDIATRIC REGULATOR FLOW DESCRIBED:**

 **1/4 liter of oxygen to ozone mixture = approx. 42mcg of ozone per cc of oxygen.**

purification; dramatic, quicker detoxification

this flow rate is a very low flow of oxygen with a higher level of ozone

this flow rate saves on oxygen in the tank

 **3/8 liter of oxygen to ozone mixture = approx. 34mcg of ozone per cc of oxygen**

purification; detoxification

this flow rate is a medium flow of oxygen with a medium level of ozone

 **1/2 liter of oxygen to ozone mixture - approx. 28mcg of ozone per cc of oxygen**

relaxation, rejuvenation, purification

this flow rate is a higher flow of oxygen with a lower level of ozone

 **1 liter of oxygen to ozone mixture = approx. 22mcg of ozone per cc of oxygen**

rejuvenation, gentle purification

this flow rate is a very high flow of oxygen with a low level of ozone

## I. WATER PURIFICATION

**Flow Rate Setting: 1/4 liter oxygen to ozone mixture**

**Length of time: 12 seconds - 20 minutes**

- a) 12 seconds = purification, sterilization**
- b) 12 minutes = purification & temporary ozonation**
- c) 20 minutes = saturation point & highly charged water**

**1) Choose a well-ventilated area**

**2) Fill a one-gallon glass jug with distilled or ultra-pure deionized water**

**3) Set regulator to desired setting, turn ozone generator on**

**4) Unscrew glass 'bubbler' insert from optional aspirator bottle attachment and place gently into your one-gallon glass jug. OR place neoprene tube with kynar tip or catheter tip into your one-gallon glass jug.**

**5) Bubble for desired length of time. Remember that after 20 minutes the water has reached ozone saturation.**

**6) Tape a magnet to bottom of glass jug to increase longevity of charged water.**

**7) Cap jug tightly and refrigerate immediately. Charged water will last approximately one week**

## **II. RECTAL / VAGINAL INSUFFLATION**

**Flow Rate Setting: 3/8 liter oxygen to ozone mixture**

**Length of time: 30 seconds for vaginal**

**30 - 60 seconds for rectal**

- 1) Choose a well-ventilated area.**
- 2) Fill optional aspirator bottle 1/2 full with water.**
- 3) Set regulators to desired setting and turn generator on.**
- 4) Allow to run for a least one minute.**
- 5) Lubricate tip of catheter with own saliva or if preferred, with K-YÒ Jelly.**
- 6) Attach lubricated catheter to kynar tip at end of neoprene tubing.**
- 7) For vaginal insufflation: lay on back. For rectal insufflation: lay on left side.**
- 8) Insert catheter at least 4 inches into vagina or colon.**
- 9) Once catheter is inserted, count until your desired time has elapsed. The object is to hold the ozone/oxygen mixture as long as possible so the ozone absorbs into the tissues. If severe discomfort occurs, release gas.**
- 10) Remove catheter slowly and gently. Wash thoroughly. Sterilize the catheter by re-attaching it to the tubing while running the ozone/oxygen mixture through it.**

### III. AURICULAR (EAR) INSUFFLATION

Flow Rate Setting: 3/8 liter of oxygen to ozone mixture

Length of time: 3 minutes each ear

- 1) Set regulator to desired settings, turn generator on
- 2) Tilt head back slightly and to the side. ie: Tube in left ear, tilt head right
- 3) Place neoprene tubing into outer ear canal for 3 minutes each ear.
- 4) Itching, clear or white liquid, or wax discharge is normal as ear is cleansing

### IV. OPTIONAL BODY BAG - USAGE FOR SKIN

Flow Rate Setting: 3/8 to 1/2 liter to 1 liter oxygen to ozone mixture

Length of time: 20 to 30 minutes

- 1) Shower or take a bath. Pat dry so skin is moist and warm.
- 2) Wrap a towel around neck and use hair clip to secure.
- 3) Set regulator and turn on generator.
- 4) Get into bag and pull up to neck. Place neoprene tubing with kynar tip into bag and tighten drawstring. Make sure neck of bag is fairly tight and that towel is secured between bag and chin.
- 5) Relax in chair or lounger. Sitting is better than lying down. Ozone permeates throughout bag and absorbs through skin. If strong ozone smell exists, check that towel and bag is tight at neck.

## **VII. OZONATED OIL - MASSAGE OIL**

**Flow Rate Setting: 1/4 liter oxygen to ozone mixture**

**Length of time: 1 hour**

**1) Pour one cup of extra virgin olive oil into glass container or use one small glass bottle of olive oil, depending on much massage oil you desire.**

**2) Set regulator, turn generator on.**

**3) Place neoprene tube with kynar tip into container. Bubble for suggested time.**

**4) Use for rubbing on pain spots, body massage, or scars.**

## **VIII. OTHER USES**

### **VIII.a - STERILIZATION OF FOOD PRODUCTS**

**1) Sterilize - on contact - fresh fruits and vegetables, or meat, chicken and fish; from toxins, pesticides and bacteria.**

**2) Follow steps for WATER PURIFICATION and pour already charged water into glass bowl or glass pan. Place product to be sterilized into container. Leave product for 30 seconds or so, covering all sides of product. Cook or eat as desired.**

**3) OR choose a glass container, fill with distilled or filtered water. Place product into container and follow steps for WATER PURIFICATION to ozonate product directly. Cook or eat as desired.**

**TIP: consider a smaller sized ozonating counter-top water purifier for your kitchen faucet.**

## **VIII.b - BATHING SPA & STEAM**

**Flow Rate Setting: 1/4 to 1/2 of oxygen to ozone mixture**

- 1) Set up generator in well-ventilated bathroom or steam room.**
- 2) Start to pour bath water to desired temperature.**
- 3) Connect bath mate bubbling attachment to kynar tip or use a rubber band to secure a small stone or weight to the kynar tip.**
- 4) Set regulator and turn on generator. Place bubbler tip in bath water while tub is filling up. Or place kynar tip into steam room.**
- 5) Enjoy for at least 20 minutes. Bathing in hot ozonated water creates a steaming effect as well as a spa treatment. Great for skin and/or respiratory conditions.**

## **VIII.c - ENEMA OR DOUCHE**

- 1) Follow steps for 20 minute WATER PURIFICATION. Use the ozonated water to fill enema or douche bag. Use optional aspirator bottle in place of separate ozonation.**
- 2) Flush colon or uterus with ozonated water. Hold water as long as possible to allow absorption.**

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### **\* DISCLAIMER**

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