



OZONE ADMINISTRATION INSTRUCTION MANUAL

*Learn the basics of ozone
therapy at home!*

DRSOZONE.COM

CONTACT US

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TABLE OF CONTENTS

Quick Guide	4
First Things First	5
Getting Started	7
Rectal Insufflation	10
Ozone Water	12
Ozone Ear Insufflation	14
Making Ozone Oil	16
Breathing Ozonides Through Oil	18
Vaginal Ozone Insufflation	20
Ozone Limb Bagging	21
Ozone Cupping	23

QUICK GUIDE

Rectal Insufflation

Volume: 200-400mL

Ozone Concentration: 20-40 gamma (ug/ml)

Frequency: Every day for 3 weeks, 1 week off, repeat.

Frequency for general health: 2-3x week

Ear Insufflation

Duration: 4-6 minutes

Flow Rate: 1/4 LPM (Setting 5 for Ozone+ Regulator)

Frequency: As needed up to daily

Vaginal Insufflation

Duration: 10 minutes

Flow Rate: 1/8LPM

Frequency: 2-3 time per week or as needed

Ozone Water

Duration: 12 minutes per 8 oz. of water

Flow Rate: 1/4LPM (Setting 5 for Ozone+ Regulator)

Frequency: As needed up to daily

Ozone Limb Bagging

Duration: 20-30 minutes

Flow Rate: 1/4LPM (Setting 5 for Ozone+ Regulator)

Frequency: Daily or as needed

Ozone Cupping

Oxygen Flow: 1/8 LPM

Ozone Concentration: 40-90 gamma

Duration: 10 minutes

Frequency: Daily or as needed

FIRST THINGS FIRST...

How to Get an Oxygen Tank Filled

No matter who you buy from, oxygen tanks cannot be shipped full; they must be shipped empty.

You can buy tanks online, but it is generally cheaper to just purchase locally. This usually costs approximately \$100-\$120 to locally purchase an oxygen tank and get it filled.

The two most common options for purchasing are:

1. 870 Medical oxygen tanks, requires a prescription from your doctor (recommended)
2. 540 Industrial oxygen tanks, can be purchased at welding supply, Airgas, or Praxair



medical oxygen supply near me

For locating medical oxygen, Google this phrase:

“medical oxygen supply near me”

For locating industrial oxygen, Google one of these phrases:

“industrial oxygen supply near me”

“welding supply near me”

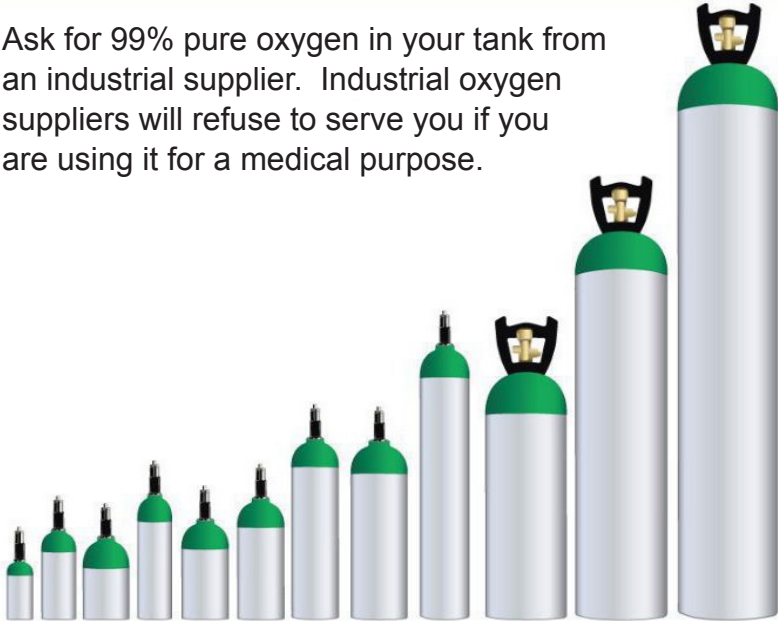
FIRST THINGS FIRST...

An 870 Medical Oxygen Tank requires a prescription first. Once you have a prescription you can go to a local home-care pharmacy and get an 870 Medical oxygen tank. Ask for a size between 20-40 cu/ft. An oxygen tank this size will be about 5"x18". We recommend the 870 tank over the 540.

A 540 Industrial Oxygen Tank does not require a prescription. You can find these at companies such as AirGas or Praxair. Simply request a new tank between 20-40 cu/ft.

Some locations, especially industrial, will make you swap out oxygen tanks. If you do not want to swap, call the location ahead of time and check.

Ask for 99% pure oxygen in your tank from an industrial supplier. Industrial oxygen suppliers will refuse to serve you if you are using it for a medical purpose.

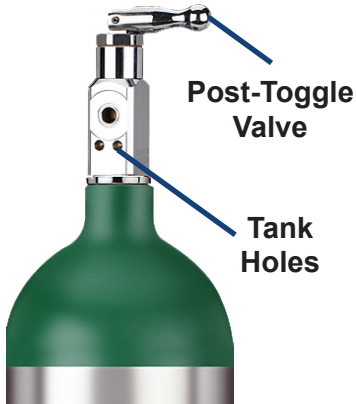


GETTING STARTED

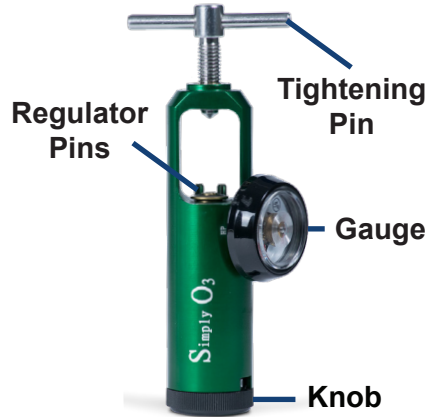
Connecting the oxygen tank, regulator, and ozone generator.

ANATOMY:

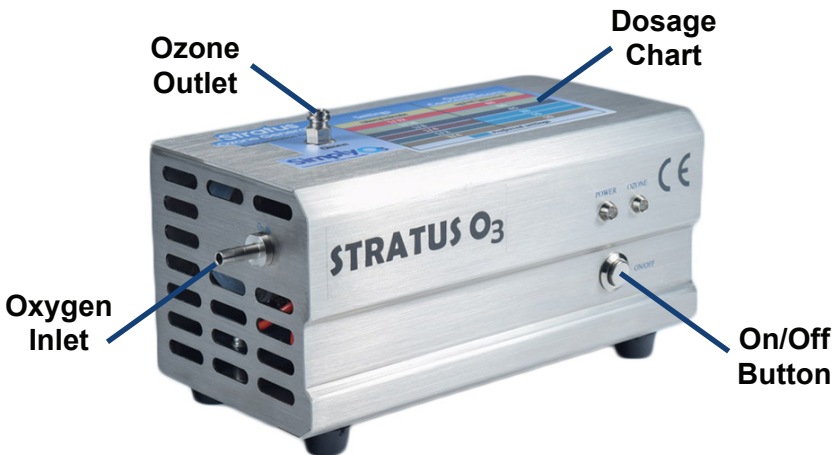
870 Medical Oxygen Tank



870 Regulator



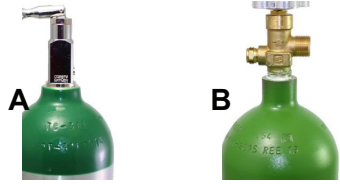
Stratus 2.0



GETTING STARTED

1. Determine which type of oxygen cylinder you have.

- A. 870 Medical
- B. 540 Industrial



2. Connect Oxygen Regulator to Oxygen Cylinder.

A. IF YOU HAVE an 870 Medical Oxygen Tank, start by sliding the regulator over the top of the tank.

- i. Insert the two pins on the regulator into the corresponding holes on the oxygen tank.



**Two pins on
regulator**

**Two holes
in tank**



- ii. Hold the regulator in place and turn the tightening pin to secure the regulator.



ii.

- iii. Open the valve by rotating the Post-Toggle Valve one half turn counter clockwise.
NOTE: If you do not have a Post-Toggle Valve, you will need an oxygen wrench, pliers, or something similar.



iii.

- iv. Ensure there are no leaks by listening for them.

GETTING STARTED

B. IF YOU HAVE a 540 Industrial Oxygen Tank, start by inserting the 540 regulator stem into the tank.

- i. Use fingers to tighten the nut.
- ii. Once finger tight, use wrench to tighten - this is necessary to prevent leaking.
- iii. Open the valve by rotating the handle counter-clockwise. You should see the pin move if the tank has oxygen.
- iv. Ensure there are no leaks by listening for them.



3. Connect silicone tubing to barb outlet of oxygen regulator.
4. Connect the other end of tubing to oxygen inlet of ozone generator.
5. Plug the ozone generator in.
You are now ready to make pure ozone!



RECTAL INSUFFLATION

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- 3-Chambered Ozone Bag OR 200ml Ozone Bag
- 1 Catheter

Instructions:

1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Attach ozone bag to the top of the ozone generator.
3. Turn the ozone generator on by pressing the On/Off Button.
4. Turn the regulator knob to 1/4 LPM (Setting 8 for the Stratus 3.0)



RECTAL INSUFFLATION

5. Fill the bag to 200 mL

A. For 3-Chambered Ozone Bag, pinch your fingers where you see the “Ok” fingers.

B. For 200mL bag, fill until slightly rigid.

6. Turn regulator knob to “0” once bag is filled to 200mL.

7. Slide clamp shut to prevent gas from leaving the bag.

8. Unscrew bag from ozone generator.

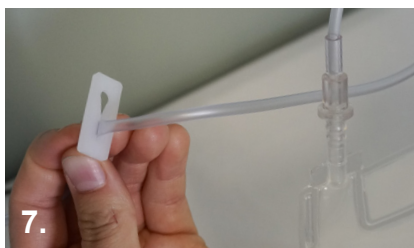
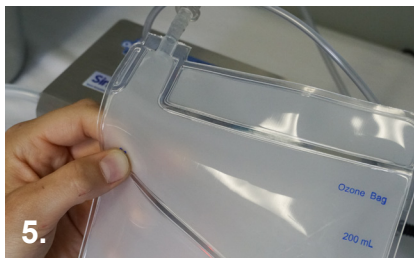
9. Connect catheter to ozone bag by screwing on.

10. Stand or lay comfortably with bag and catheter in hand and insert catheter 3 inches into rectum.

11. Unclamp the bag and roll down or squeeze the bag until all the gas is gone.

12. While still squeezing, remove the catheter.

13. You only need to hold the gas for 10-20 seconds and you are finished!



OZONE WATER

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- Ozone Water Bubbler System

Instructions:

1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Place flask next to the ozone generator on a level surface.
3. Fill the flask with distilled water, 12 ounces is typical.
4. Insert glass stem into the flask.
5. Grab the tubing marked with blue tape and connect to the ozone generator.



OZONE WATER

6. Grab the tubing with no marking and connect to the ozone destruct.
7. Turn the ozone generator on by pressing the On/Off Button.
8. Turn the regulator knob to 1/4LPM (Setting 5 for the Stratus 3.0)
9. Let run for 18 minutes.
(12 minutes per 8 ounces)
10. Turn regulator knob to 0 and use water as desired.



OZONE EAR INSUFFLATION

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- Ozone Water Bubbler System
- Ozone Stethoscope

Instructions:

1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Follow Steps 1-5 of “Ozone Water”.
3. If the destruct is already connected, disconnect it.
4. Grab the tubing with no marking and connect to the Ozone Stethoscope.
5. Place stethoscope comfortably in ears.



OZONE EAR INSUFFLATION

6. Turn regulator knob to 1/4LPM (Setting 7 on the Stratus 3.0)
7. Let run for 4-6 minutes.
 - A. Tingling, warmth, watering eyes, ozone smell, and slight pressure may be normal. If you feel discomfort or pain, discontinue.
 - B. If you feel that the ozone smell is too strong, discontinue. Some people use fans to blow over their face.
8. Turn the regulator knob to "0".
9. Turn generator off.



MAKING OZONE OIL

Our recommendation is to buy ozone oil or cream. Making ozone oil at home is not cost effective. Professionally made ozone cream will be stronger. See www.HonestO3.com

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- Ozone Oil Bubbler System

Instructions:

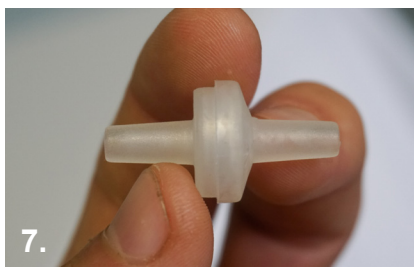
1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Place flask next to the ozone generator on a level surface.
3. Fill the flask with your preferred oil, 12 ounces is typical.
4. Insert glass stem into the flask.



WARNING: Making ozone oil can heat the oil up to dangerous temperatures, which may cause an explosive reaction. You alone are responsible for making ozone oil and the outcome. We do NOT recommend making ozone oil.

MAKING OZONE OIL

5. Grab the tubing with the blue tape and connect to the ozone generator.
6. Grab the tubing with no marking and connect to the ozone destruct.
7. Connect check valve (one way valve) into the tubing connected to ozone generator.
8. Turn the ozone generator on by pressing the On/Off Button.
9. **DO NOT LEAVE THE ROOM WHILE OPERATING.**
10. Turn the regulator knob to 1/4LPM (Setting 5 for the Stratus 3.0)
11. Let run for 4 hours, then turn off for 2 hours. Repeat until oil is white paste, 3-6 days.



WARNING: Making ozone oil can produce fumes that travel back into the ozone generator, and this could potentially cause a fire. You alone are responsible for the outcome of this process.

BREATHING OZONIDES THROUGH OIL

WARNING: You should **NOT** breath ozone. When ozone is adequately bubbled through oil it is no longer ozone; now, it becomes ozonides. Do not perform this therapy unless under supervision of a doctor.

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- Ozone Oil Bubbler System
- Nasal Cannula

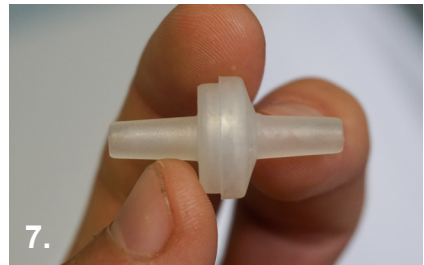
Instructions:

1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Place flask next to the ozone generator on a level surface.
3. Fill the flask with your preferred oil, 12 ounces is typical.
4. Insert glass stem into the flask.



BREATHING OZONIDES THROUGH OIL

5. Grab the tubing with the blue tape and connect to the ozone generator.
6. Grab the tubing with no marking and connect to the nasal cannula.
7. Connect check valve (one way valve) into the tubing connected to ozone generator.
8. Turn the ozone generator on by pressing the On/Off Button.
9. Place cannula prongs in nostrils and tighten.
10. Turn the regulator knob to 1/4LPM (Setting 5 for the Stratus 3.0)
11. Let run for 30-60 minutes. if you feel discomfort or pain, discontinue.



WARNING: Making ozone oil can produce fumes that travel back into the ozone generator, and this could potentially cause a fire. You alone are responsible for the outcome of this process.

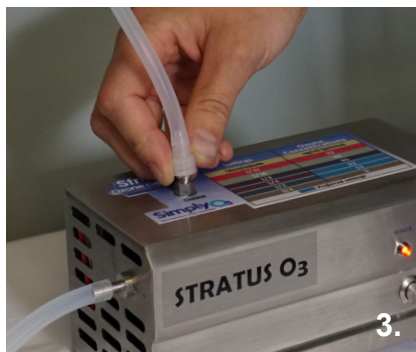
VAGINAL OZONE INSUFFLATION

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- Vaginal Insufflation Kit

Instructions:

1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Place flask next to the ozone generator on a level surface.
3. Take silicone tubing from vaginal kit and connect it to the top of the ozone generator.
4. Generously lubricate insert with KY gel or other.
5. Get in a comfortable position next to the ozone generator.
6. Fully insert white piece into vagina.
7. Set knob on regulator to 1/8LPM (Setting 8 on Stratus 3.0)
Operate for 10 minutes or as directed by doctor.



OZONE LIMB BAGGING

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- Ozone Limb Bag
- 5 ft Silicone Tubing
- 2 Male Luer Locks

The bag that you will receive for the limb bag is not pre-assembled. This allows you to determine the best use of the bag. You will need to cut small holes (about 1-2mm) into the bag using scissors. One will be for the ozone going in, the other will be for the ozone going out into the destruct.

Instructions:

1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Place limb into bag.
3. Determine inlet/outlet port placement and take limb out of bag.
4. Make 2 small (2mm) incisions in bag where you will place inlet/outlet ports.
5. Connect the bottom part of the ports through the incisions. Take the top part of the ports with the barb outlet and connect to the bottom piece.



OZONE LIMB BAGGING

6. Take the two pieces of silicone tubing and connect the male luer locks into one end of them.
7. Take the other end of the silicone tubing and connect it to the ports on the bag.
8. Connect one silicone tubing to the ozone generator and the other to the ozone destruct.
9. Place limb into bag and tighten with tourniquet to create seal.
10. Turn ozone generator on and set regulator knob to 1/4LPM (Setting 5 for the Stratus 3.0)
11. Run for 20-30 minutes. Discontinue if necessary.



OZONE CUPPING

You will need:

- Stratus 2.0 Ozone Generator
- Oxygen Tank
- Oxygen Tank Regulator
- Ozone Cup

Instructions:

1. Prepare ozone generator, oxygen tank, and oxygen regulator (refer to “Getting Started”)
2. Connect tubing from cup to top of ozone generator.
3. Turn ozone generator on.
4. Use warm wet towel, apply to location to be used.
5. Place cup on skin.
6. Turn regulator to 1/16LPM (Setting 9 for Stratus 3.0 or Ozone+ regulator)
7. Operate for 4-7 minutes.
8. Turn regulator to “0”.
9. Turn ozone generator off.

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