

# OZONE OBSERVATION FORM



OZONE CUBA INSUFFLATION:	MEMBER NAME:				
	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Intensity</b>	Flow 1L / min Concentration 8mg/l Quantity 100 ml	Flow 3/4L / min Concentration 16mg/l Quantity 150 ml	Flow 1/2L / min Concentration 23mg/l Quantity 200 ml	Flow 1/4L / min Concentration 42mg/l Quantity 250 ml	Flow 1/4L / min Concentration 42mg/l Quantity 250 ml
<b>Day 1 observation</b>					
<b>Day 2 observation</b>					
<b>Day 3 observation</b>					
<b>Day 4 observation</b>					
<b>Day 5 observation</b>					

## OZONE OBSERVATION FORM

### CONTRA INDICATIONS

1. All cases with Blood Coagulation Failure
2. Bleeding Organs
3. Thrombocytopenia
4. Uncontrolled hyperthyroidism
5. Acute alcohol intoxication
6. Pregnancy
7. Ozone Sensitivity / Allergy (very rare)
8. Hemorrhagic or Apoplectic Stroke
9. G6PD (extremely rare)

***I hereby declare that none of the above listed contraindications apply to me. In case I am not certain I will discuss it with my health professional prior to starting this therapy.***

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### POSSIBLE SIDE EFFECTS

Individuals who react to ozone with a detoxification rash are individuals

- who have vastly depleted antioxidant levels in the body,
- who have a lot of toxic waste stored in fat cells,
- suffering from chronic/systemic infections (which results in the accumulation of toxic acidic waste build up from the pathogenic organisms).

Adequate forms of anti-oxidants are required. Individuals who experience rashes and skin itches could be low in Glutathione, SOD, Vitamin C and or Vitamin E. Please discuss supplementation with your health professional.

**Positive side effects:** more energy, clear head, energy, less stress, better skin, nails, hair, improved immune system, less rash, less itch, cleaner complexion, a.s.o.

***I hereby declare to watch carefully for any of the symptoms described above but not limited to them, stop therapy if anything unusual happens, notify the club leader and consult with my health professional.***

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