Protocol for Ozone Rectal Insufflation
for intestinal detoxification

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Ideally you should be taking Homozon 1 - 2 weeks before beginning ozone enemas as this facilitates the process of detoxification.

The day before your ozone enema, eat foods which are easily digestible such as fruits, salads, steamed vegetables, and cooked grains. Avoid heavy foods such as meat, eggs, and cheese.

The evening before your ozone enema, take 1/2 teaspoon or more of Homozon followed by the juice of 1/2 lemon. This aids in evacuating the bowel in the morning.

Do not take any anti-oxidants for at least 12 hours before your ozone enema. These include such neutriceuticals such as Vitamin C, Vitamin E, Bioflavinoids, Selenium, Ginko Biloba, Alpha Lipoic Acid, SOD, Reduced Gultathione, and Catalase. These may, however, be taken after your ozone enema.

On the day of your ozone enema, one or more hours after your normal bowel evacuation, take one or two high enemas with warm water to wash all the fecal matter from the colon. In this way, the ozone enema will be more beneficial and cause less discomfort.

Eat a light breakfast and/or lunch so that your stomach is partially empty.

Using the vaginal syringe which is provided with most enema kits, inject 1-3 liters of ozone into the colon in 30 second bursts at one liter per minute of flow (or less). When cramping begins and the abdomen feels full, discontinue the injection of ozone. Ozone is effective in the colon for up to ten minutes before it is absorbed. Try to retain the gas for this length of time.

Immediately after your ozone enema, you will likely experience discomfort as unwanted fungal colonies in your colon die off and create gas. This process may continue for several hours if you have
excessive Candida overgrowth. Another warm water enema is useful in purging these fungal colonies from your colon.

A combination of activated charcoal, acidophilus-bifidus capsules, and other gut friendly bacteria can help reduce gas production and normalize gut flora after an ozone enema.

Depending on bowel toxicity, ozone enemas may be given 1-3 times a week.

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Scientific investigation has verified that ozone has the following properties:

- it decreases susceptibility to infection
- it causes the inactivation of unwanted bacteria, viruses, and fungi
- it destroys infected cells
- it improves immune function, and activates phagocytosis
- it increases cytokines, activates gamma-Interferon, activates Interleukin-2, and activates Tumor Necrosis Factor
- it has a synergistic effect with cellularly formed hydrogen peroxide and transduces short lived peroxides into the cell
- it exerts influence on cellular metabolism via the glutathion system
- it increases the rate of glycolysis
- it causes a positive change in the flexibility of red blood cells

Source: *The Uses of Ozone in Medicine* by Renate Viebahn; 1994, Haug Verlag, Heidelberg
Octozone is a polyatomic allotrope of oxygen. It is believed to be more effective than ozone alone because it contains aggregates of 8 - 20 oxygen atoms arranged in a "Bucky ball" configuration.