



# Ozonetherapy

**Teampayer in treatment**





# Ozonotherapy

**Chronic disease**

**Acute problems**

**Ailments like cellulite**

**Teamplyer in treatment**



# Ozonotherapy

**in a treatment concept  
of a physician  
working with holistic medicine**

**Teampayer in treatment**



*Dr. med. Michael Schreiber*



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Naturheilverfahren**



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Specialist in Natural Medicine  
Board Member and Lecturer for the  
German Medical Ozone Society  
European Cooperation of Medical Ozone Societies  
Central Association of Doctors doing Integrated Medicine**



Specialists in holistic medicine  
Family doctors for parents & children

## PRACTICE FOR HOLISTIC FAMILY MEDICINE



### Hearty Welcome!

We are both consultants (in **Internal Medicine** and **Paediatrics**) with many years' professional experience. In our **Practice for Holistic Family Medicine** we combine our expertise as specialists with natural medicine, for the benefit of our patients.

In 1992 we founded our joint practice in **Aystetten**, an idyllic small town on the **outskirts of Augsburg**, within the "Nature Park of the Western Woods" ("Naturpark Westliche Wälder") in southern Germany close to the Alps. Since then we have specialized in the healing methods of natural medicine such as homoeopathy, Chinese medicine (TCM), acupuncture, and ozone therapy.

Over the past twenty years we have successfully treated patients of all age groups. Many families – from infants to their grandparents – have been under our care. This long experience of looking after patients and their whole families has shaped our concept of "**holistic family medicine**". Based on this, we gave our practice its present name when we reorganized and moved to new premises in 2010.

In our medical treatment we focus our attention on the patient as a whole and individual person. We take a lot of time to listen to the patient's worries and concerns. We always try to find the best possible solutions for the health problems of you and your family.

[Deutsch](#)

#### Clinic opening hours

Monday to Friday 09 – 12 hrs  
Monday & Wednesday 15 – 18 hrs  
And special appointments

#### CURRENT NEWS

#### NATURAL TREATMENTS

- Homoeopathy
- Microbiological Therapy
- Ozone Therapy
- Orthomolecular Medicine
- Bio-identical Hormone Therapy
- Autohaemotherapy
- Neural Therapy
- Biophysical Microcirculation Therapy Bemer
- Nutrition Therapy
- Detoxification
- Biological Tumour Therapy
- TCM Herbal Medicine
- Acupuncture
- Laser Acupuncture for children
- Moxibustion
- TCM Dietetics
- Qigong and Taiji

HOME

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AND PRACTICE

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NATURAL  
TREATMENTS

CHINESE  
MEDICINE



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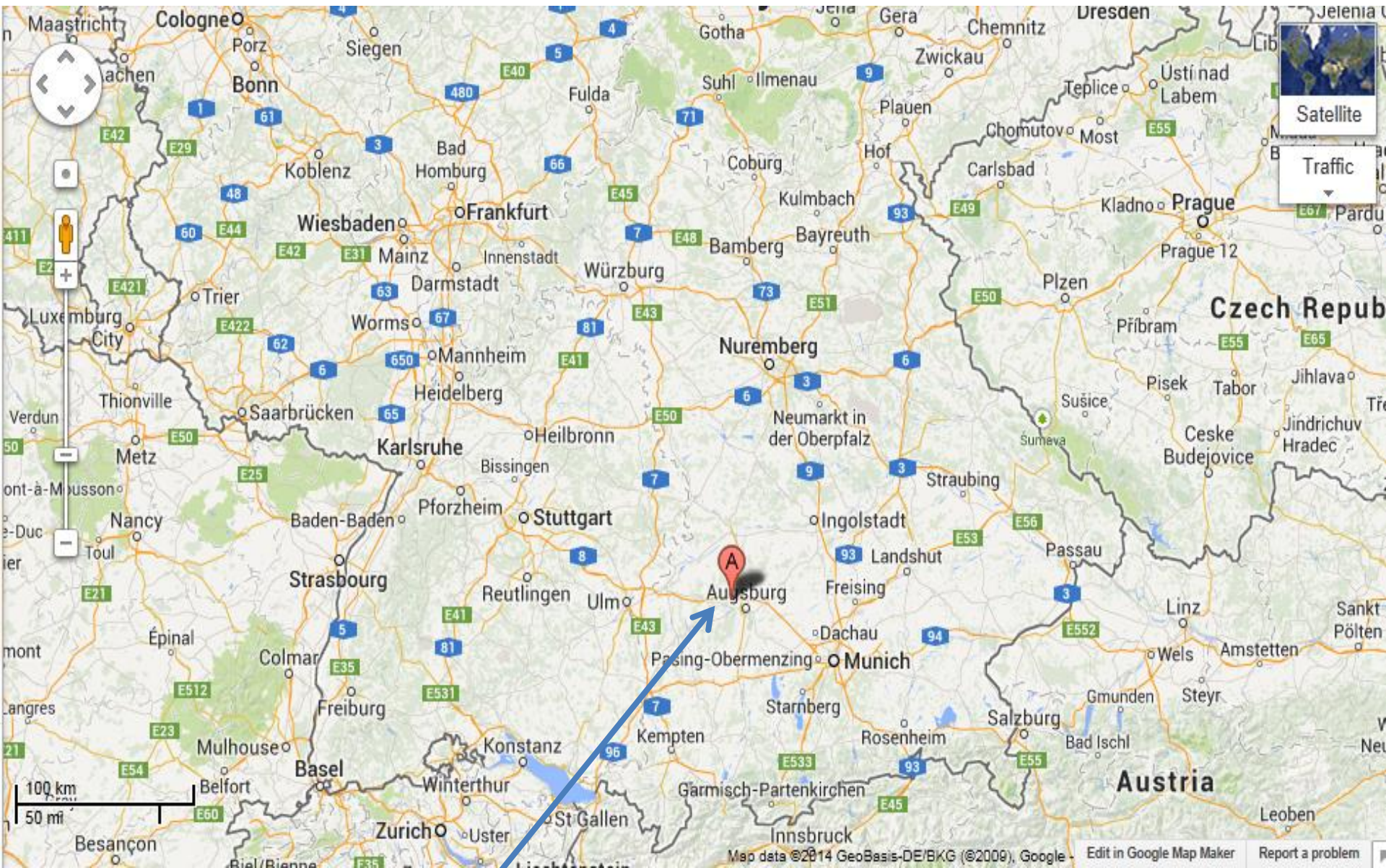
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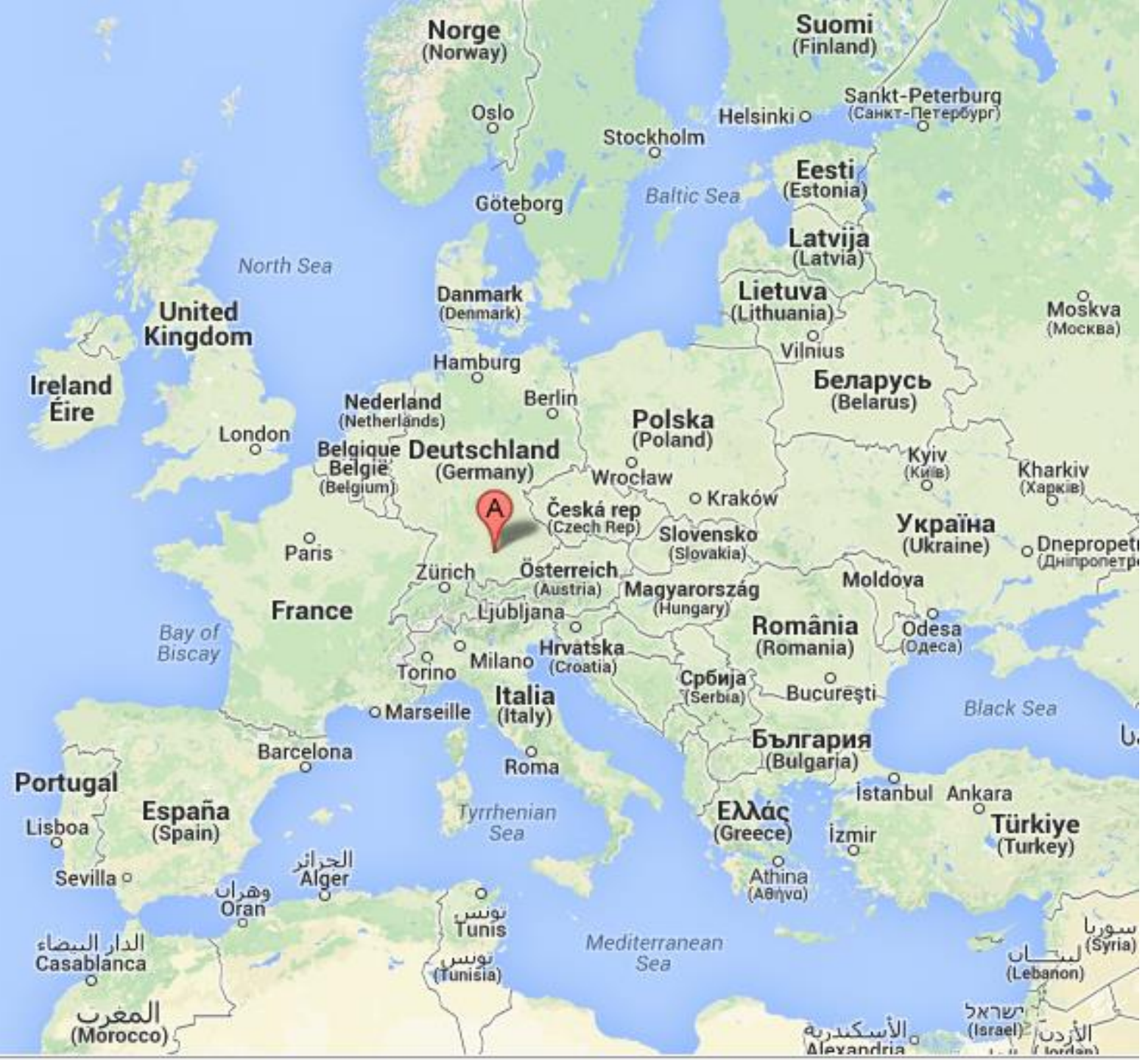
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Aystetten – Augsburg





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(Norway)

Suomi  
(Finland)

Oslo

Stockholm

Helsinki

Sankt-Peterburg  
(Санкт-Петербург)

Göteborg

Baltic Sea

Eesti  
(Estonia)

Latviija  
(Latvia)

Lietuva  
(Lithuania)

Vilnius

Moskva  
(Москва)

Danmark  
(Denmark)

Hamburg

Berlin

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Polska  
(Poland)

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Italia  
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Alger

وهران  
Oran

تونس  
Tunis

تونس  
(Tunisia)

Mediterranean Sea

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Casablanca

المغرب  
(Morocco)

سوريا  
(Syria)

لبنان  
(Lebanon)

إسرائيل  
(Israel)

الأسكندرية  
Alexandria

الأردن  
(Jordan)



# PRACTICE FOR HOLISTIC FAMILY MEDICINE

## Ozone therapy

Ozone, i.e. "active oxygen" as medication

Medical Ozone is always a mixture of purest Ozone (0.05 – 5%) and purest Oxygen.

Medical Ozone has a **strong effect against bacteria, fungi and inactivating viruses**. For this reason it has a wide area of application in the disinfection of wounds, in treating fungal and mixed infections.

Its ability to **activate the circulation** is used in the treatment of circulatory problems and disturbances and in revitalization.

When used in low dosages, Ozone can **mobilize the defense force** of the body by activating the immune system. Immune cells respond to this activation from medical Ozone by producing specific messenger substances, the zytokins (such as Interferon or Interleukin) which inform the other immune cells and so initiate the whole cascade of immune response. In the case of poor immune state and immune deficiency of all types, the application of medical Ozone is thus indicated for the activation of the immune system.

Small amounts of Ozone – applied in the form of "Autohaemotherapy" ( treatment of blood with Ozone outside the body and immediate re-infusion) – activate the body's anti-oxidant agents and scavengers of radicals



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# Treatment strategies

## Chronic diseases:

**Major Auto Hemotherapy MAH**

**Rectal Insufflation RI**

**Combination of MAH and RI**

**Combination with other treatments**



# Treatment strategies in Ozone treatment

## Major Auto Hemotherapy MAH

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# Major Auto Hemotherapy MAH





- 1. Butterfly connection to the patient's vein**
- 2. Transfusion set with blood filter**
- 3. Microperl vacuum bottle**
- 4. Perfusion set with roller clamp and bacterial filter**
- 5. Siliconised 50 ml syringe with ozone-O<sub>2</sub>**





- The **Mikro-Perl-System** optimises the cell ozone contact.
- Thus the activation of cell metabolism with physiological low ozone concentrations is most effective.

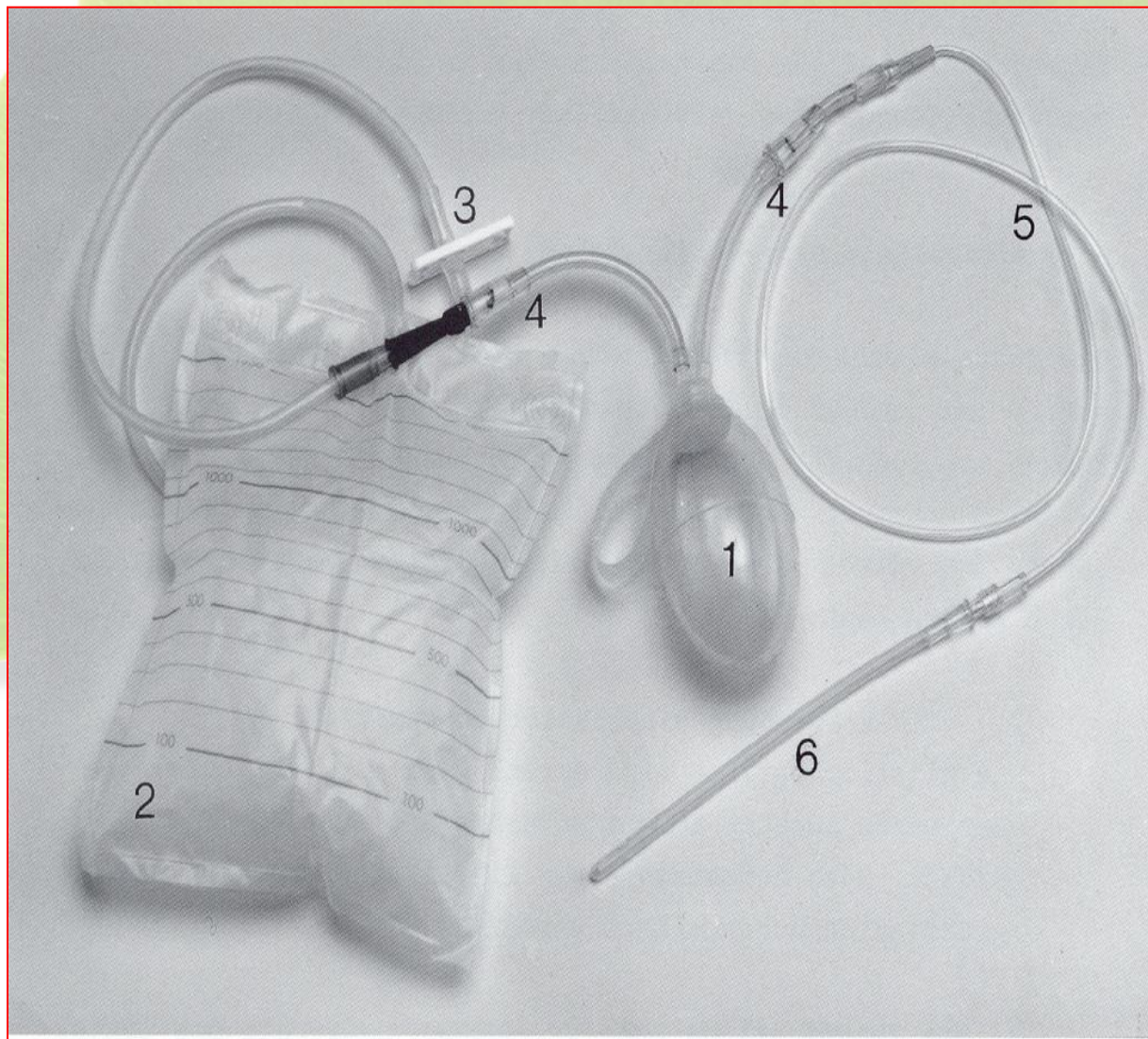


- All are one way articles to be thrown away after use.

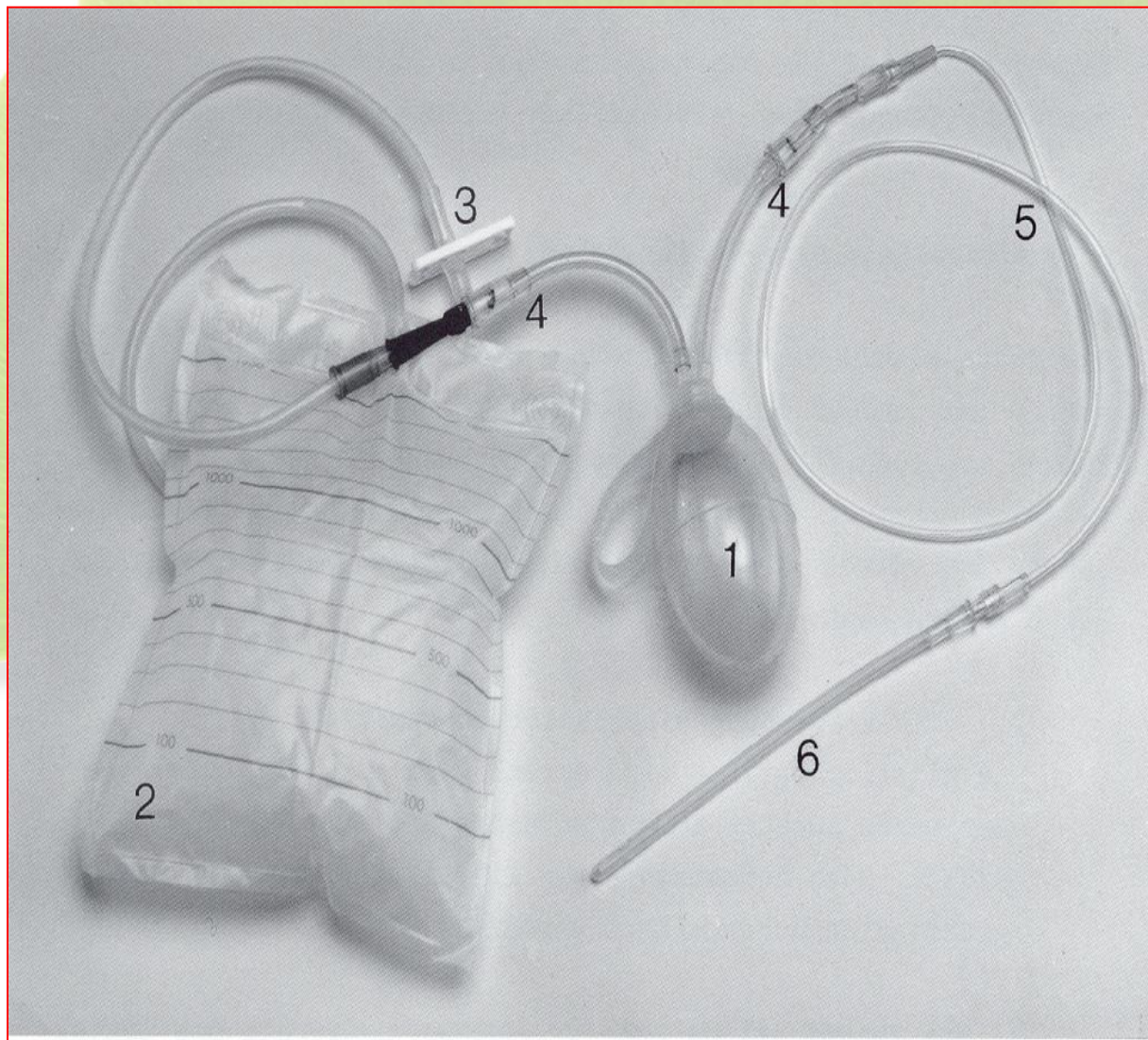


# Treatment strategies in Ozone treatment

- **Rectal Insufflation RI**



1. Dosage ball of 150 mls
2. Ozone storage bag
3. Closing clamp
4. One way valves steer the direction of ozone flow
5. Connective tubing
6. Rectal Catheter



**5. Connective tubing  
6. Rectal Catheter  
are one way articles to  
be thrown away after  
use.**

**All the other materials  
can be reused up to  
250 times.**



# Treatment strategies in Ozone treatment

- 
- 

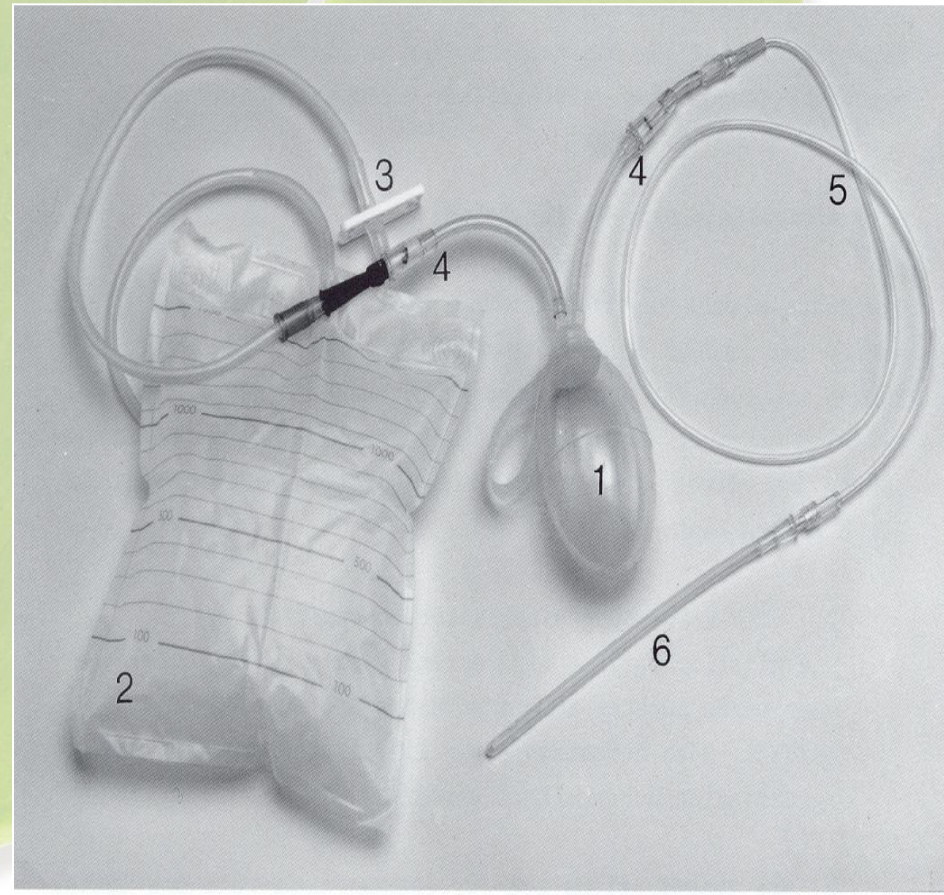
## Combination of MAH and RI

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# FIRST MAH

# Then RI

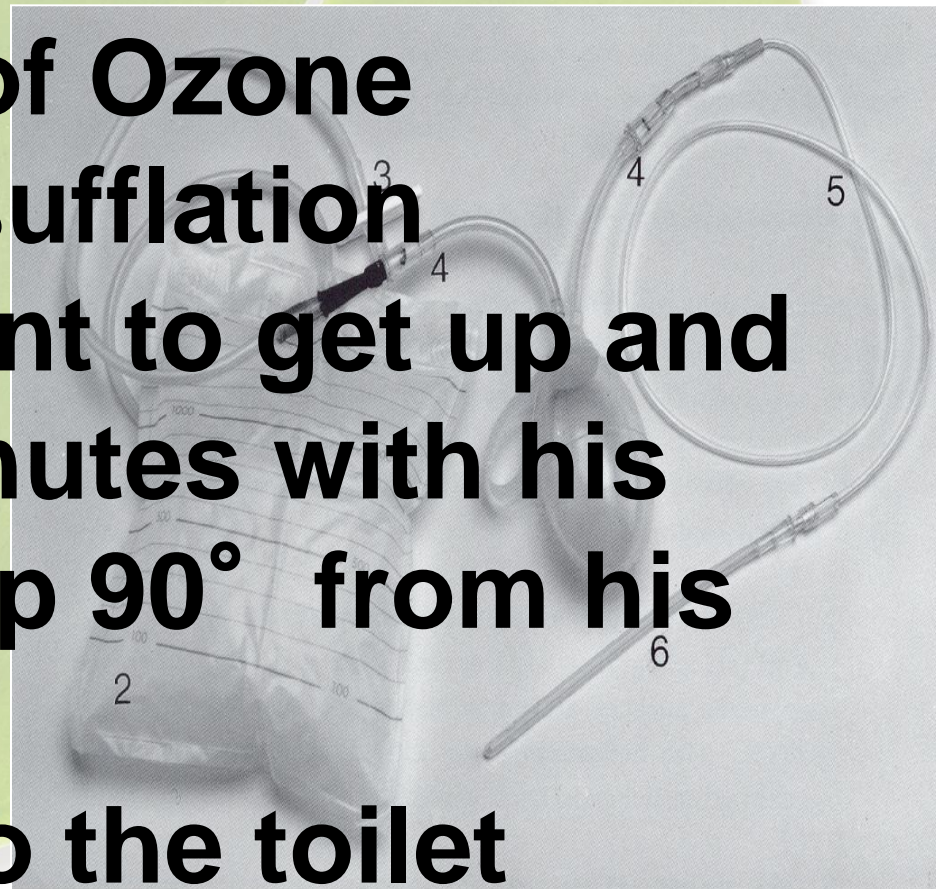
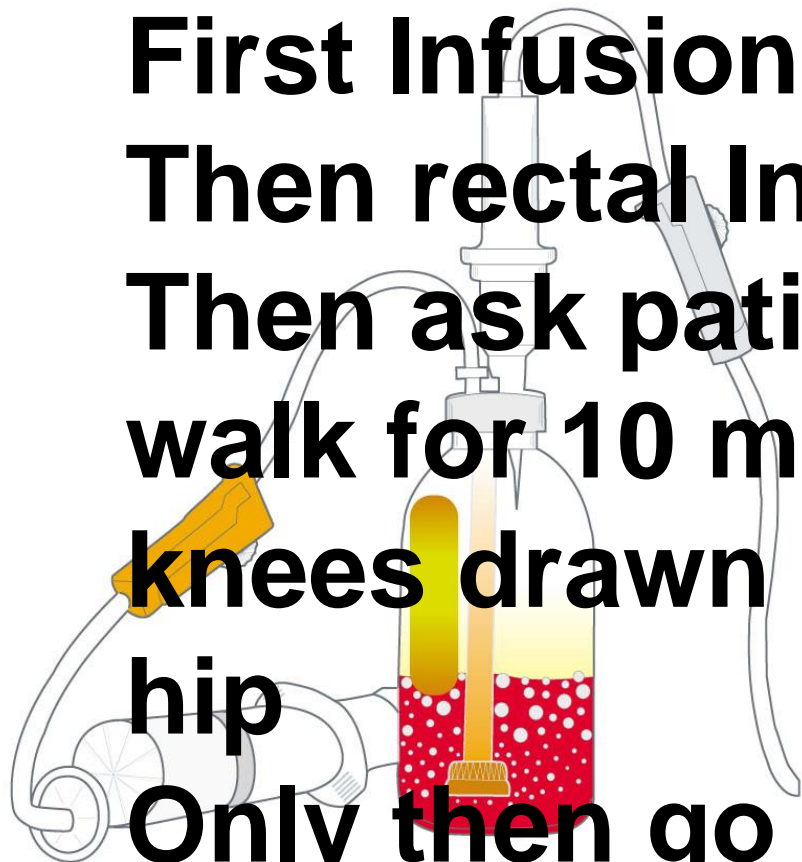




FIRST MAH

Then RI

**First Infusion of Ozone**  
**Then rectal Insufflation**  
**Then ask patient to get up and**  
**walk for 10 minutes with his**  
**knees drawn up 90° from his**  
**hip**  
**Only then go to the toilet**







# Treatment strategies in Ozone treatment

- 
- 
- 

## Combination with other treatments

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# Example: Chronic inflammatory bowel disease



## Treatment options in natural med.

- Ozone therapy
- Mikrobiological therapy
- Orthomolecular therapy
- Phyto therapy
- Homeopathy



# Chronic inflammatory bowel disease

## Treatment options in natural med.

- Ozone therapy **in combination with:**
- Mikrobiological therapy ✓
- Orthomolecular therapy - **careful**
- Phyto therapy ✓
- Homeopathy ✓



# Example: Hepatitis

## Treatment options in natural med.

- Ozone therapy
- Mikrobiological therapy
- Orthomolecular therapy
- Phyto therapy
- Homeopathy



# Hepatitis

## Treatment options in natural med.

- Ozone therapy **in combination with:**
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- Phyto therapy ✓
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# Chronic inflammatory bowel disease

## Treatment options in natural med.

- Ozone therapy **in combination with:**
- Mikrobiological therapy ✓
- Orthomolecular therapy - **careful**
- Phyto therapy ✓
- Homeopathy ✓



# Chronic inflammatory bowel disease

## Treatment options in natural med.

Ozone therapy **in combination with**  
Orthomolecular therapy – **careful:**

- **FIRST** Ozone therapy
- **THEN** infusion or oral antioxidants



Remember the  
**Effect of medical Ozone:**

- 1. Activation of immune competent cells.
- 2. Activation of erythrocyt metabolism
- 3. Activation of intracellular antioxidants and scavengers





Remember the  
**Effect of medical Ozone:**

- 1. Activation of immune competent cells.
- 2. Activation of erythrocyt metabolism
- 3. **Activation of intracellular antioxidants and scavengers**



# Ozone therapy **in combination with** Orthomolecular therapy:

- **FIRST** Ozone therapy
- → For the **Activation of YOUR OWN intracellular antioxidants and scavengers**
- **THEN** infusion or oral antioxidants to replace to replace the level of antioxidants like vit. C,D,E, Selenium



# The complementary concept –

## THE IDEA:

***O3 plus any other therapy?***

***Yes – but in the correct order***

***First Ozone therapy, then xyz:***

***Ozone is an ACTIVE therapy***

***Ozone is the strongest possibility to activate the cell's scavenger mechanism.***

***Therefore:***

***Any passive scavengers***

***like vitamins and trace elements have to be given***

***AFTER the ozone treatment.***



# The complementary concept –

## THE IDEA:

***Indication “xyz”: O3 plus ...***

***First Ozone therapy, then:***

- Orthomolecular medicines
- Other natural remedies
- in Ringer or NaCl 0.9%
- Then if necessary
- Extra at the end: Vitamin C 7,5 g
- plus i.m. if necessary



# Guidelines of Ozonetherapy

for safe and competent treatment in medicine

- W W W
- W W O G
- **World Wide Ozone Guidelines**





# Guidelines of Ozonotherapy

for safe and competent treatment in medicine

- Dosage: low dose concept
  - 10 – 20 – max 30  $\mu\text{g}/\text{ml}$
- Major Auto Hemotherapy MAH
- Rectal insufflation
- Local therapy
- Normobaric
- Hygiene Guidelines



| Concentration                                  | Application   | Indication  | Effect   |
|--|---|---|--|
| <p>100 µg/ml</p> <p>90</p> <p>80</p> <p>70</p> | <p><b>ONLY</b> topical treatment</p>                        | <p>Infection</p> <p>Superinfected wounds, bleeding</p> <p>Colitis</p>         | <p>Bactericidal</p> <p>Fungicidal</p> <p>Wound cleansing</p>   |
| <p>40 to 70</p>                                | <p>None</p>   | <p>None</p>   |  |
| <p>30</p> <p>20</p> <p>10</p> <p>5</p>         | <p><b>Systemic treatment</b></p> <p><b>MAH &amp; RI</b></p> | <p>For example</p> <p>Hepatitis</p> <p>or</p> <p>Inflammat. bowel disease</p> | <p>Immune modulation</p> <p>Activating of Erythrocytes metabolism</p> <p>Induction and Activating of Antioxidant.s</p> |

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# MAH

## How often? How many? Combination?

- 1st week 2-3x, 2nd week 2x,  
from 3rd week 1-2x/week
- Alltogether min. 10x, ideal 20-25x,  
in chronic disease many many ...
- **FIRST Ozone**, then infus. with ...



# Rectal RI

## How often? How many? Combination?

- 1st week 2-3x, 2nd week 2x, from 3rd week 1-2x/week – **like MAH**
- Alltogether min. 15x, ideal 30-40x, often 20x. – **approx. 1,5x as often as MAH**
- In Hepatitis or chronic bowel inflamm.: many many ...
- **FIRST Ozone**, then Infus. with ...
- After Rectal: For 15 min walk about lifting your knees 90° high up to level of abdomen –  
→ colonmassage!



# MAH and rectal

## Indications? Sequence? How often?

- ALL indications of hepatitis and chronic bowel disease profit from parallel treatment of MAH and rectal → best treatment,  
→ better than MAH alone or rectal alone.
- First MAH then rectal, so that patients can walk about with „abdominal massage“ after rectal.
- MAH ideally as often as rectal



# Complementary Oncology

In day to day general practice  
Complementary biolog. Therapy



# Complementary biological tumor therapy

## The 8 essentials

1. Human spirit
2. Balanced nutrition
3. Vitamins and trace elements
4. Microbiological therapy
5. Ozone therapy
6. Mistletoe
7. Enzymes
8. Thymus and spleen peptides



# Complementary biological tumor therapy

## The 8 essentials

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2. Balanced nutrition
3. **Vitamins and trace elements**
4. Microbiological therapy
5. **Ozone therapy**
6. Mistletoe
7. Enzymes
8. Thymus and spleen peptides



# Pharmacological effects of low dose ozone



- **Improvement of oxygen supply to all cells by activating the erythrocyte metabolism**
- **Immunomodulation by activation of the immune competent cells**
- **Regulation of biological antioxidants like**
  - **G-6-PDH, GSH-Px, GSH-red, SOD...**
- **Bioregulation of angiogenesis**

# Pharmacological effects of low dose ozone



## Science

- Improvement of oxygen supply to all cells by activating the erythrocyte metabolism
- Immunomodulation by activation of the immunocompetent cells
- Regulation of biological antioxidants like
  - G-6-PDH, GSH-Px, GSH-red, SOD...
- Bioregulation of angiogenesis





My dear **patient**:

How does ozone do s.th. good to YOU?

- **Red blood cells**
- **White blood cells**
- **Enzymes**



# My dear patient:

## How does ozone do s.th. good to YOU?

- **Red blood cells**
  - **Activation of Oxygen supply to all cells in the body**
  - **In short – O<sub>3</sub>-RBC**
- **White blood cells**
- **Enzymes**



# My dear patient:

## How does ozone do s.th. good to YOU?

- **Red blood cells**
- **White blood cells**
  - **Activation of immune system**
  - **In short – O<sub>3</sub>-WBC**
- **Enzymes**



# My dear patient:

## How does ozone do s.th. good to YOU?

- **Red blood cells**
- **White blood cells**
- **Enzymes**
  - **Controll of inflammation and radicals**
  - **In short – O<sub>3</sub>-inflammation/against radicals**



# My dear patient:

## How does ozone do s.th. good to YOU?

- **Red blood cells**
  - *Activation of Oxygen supply to all cells in the body*
  - *In short – O3-RBC*
- **White blood cells**
  - *Activation of immune system*
  - *In short – O3-WBC*
- **Enzymes**
  - *Controll of inflammation and radicals*
  - *In short – O3-infl*





# My dear patient:

## How does ozone do s.th. good to YOU?

- **Red blood cells**
  - *Activation of Oxygen supply to all cells in the body*
  - ***In short – O3-RBC***
- **White blood cells**
  - *Activation of immune system*
  - ***In short – O3-WBC***
- **Enzymes**
  - *Controll of inflammation and radicals*
  - ***In short – O3-inflammation/ against radicals***



# The complementary concept –

## THE IDEA:

***Indication “xyz”: O3 plus ...***

***First Ozone therapy, then:***

- Orthomolecular medicines
- Other natural remedies
- in Ringer or NaCl 0.9%
- Then if necessary
- Extra at the end: Vitamin C 7,5 g
- plus i.m. if necessary



# The complementary concept – THE IDEA – please note:

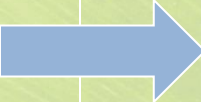
***I never mix ozone –MAH – with ANYTHING else***

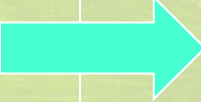
- Keep to the proven recipes,
- If not – sometimes medicines react with each other leading to crystal formation and side effects
- Antioxidants AFTER the MAH with Ozone
- Give extra at the VERY END: Vitamin C high dose
- plus i.m. injections if necessary




# Ozone supportiv in addition to chemotherapy and radiation?

 Preventative to activate the immunsystem

 Preventative to improve oxygen supply and regulate angiogenesis

 Protectiv BEFORE and parallel to chemotherapy and radiation by activating the healthy cells' antioxidant pathways (which most tumor cells do not posses)

 To protect from excess of free radicals created by and used in radiation and chemotherapy – i.e. protecting selectively the healthy cells, leaving most of the tumor cells accessible to radical therapy because of their bad antioxidant system

# Practical Ozone therapy in complimentary oncology



## Systemic applications

- Major Auto Hemotherapy MAH: Best therapy as extracorporal blood treatment for reinfusion of activated own blood
- Concentration 10 to max 20  $\mu\text{g}/\text{ml}$  gas
- 2-3x/week, first treatment number 10-15 x minimum. Later continous therapy MAH 1-2x/month, 5-8 years after the initial diagnosis

# Practical Ozone therapy in complimentary oncology



## Systemic applications

- Rectal insufflation of Ozone
  - possible in all patients who cannot do MAH
- Concentration 10 to max 20  $\mu\text{g/ml}$  gas
- 2-3x/week, first treatment number 10-15 x minimum. Later continuous therapy MAH 1-2x/month, 5-8 years after the initial diagnosis



# Practical Ozone ther. in complim. oncology

## How to combine with chemotherapy:

### Ozone and chemotherapy:

- Most tumor cells have a bad scavenger system which makes them susceptible to therapy using radicals → therefore chemotherapy using radicals is being used in many conventional tumor therapies.
- Healthy body cells possess a scavenger system which can be – selectively – activated by ozone.
- This is the reason for selectively protecting the healthy cells from radical effects – side effects – of chemotherapy by using ozone therapy FIRST.
- Therefore:
- When chemotherapy is being planned, ideally the patient should FIRST have 10-15 MAH to protect the healthy cells before the start of chemotherapy
- During chemotherapy MAH always on the day BEFORE Chemotherapy – e.g. MAH on Wednesday, Chemotherapy on Thursday, MAH on Friday, Chemotherapy on Monday.
- MAH minimum 1 month longer than chemotherapy 1-2x/week



# Vitamins and trace elements:

## **Vitamin A and C, D and E**

Vitamin A caps 30.000U/d

Vitamin C 100mg 5-10x1/d

Vigantol Oil 20.000 15-20drops = 7.500 – 10.000 U/d

Vitamin E caps 500mg 1-2/d

Q10 1x1

## **Selenium and Zincum**

Selen 300 2 (-4) in the morning

Zincum 40-60mg in the evening

**Infusions are very good!**





# Infusion for tumor patient:

- Magnesium Diasporal a 4 mmol 2 Amp
- VIT B1 INJEKTOP 100MG 1 Amp
- VIT B2 INJ HOM ALL 1 Amp
- VIT B6 INJEKTOPAS 25MG 1 Amp
- VIT B12 INJEKTOP 1000UG 1 Amp
- FOLS INJEKTOP 5MG 1 Amp
- Cefasel 300 1 Amp
- Ubichinon comp Amp
- Coenzym comp 1 Amp
- Catalysators of Cytric Circle 10 Amp
- Ringer infusion 250 ml 1 p
- Infusion set and butterfly 1 p each
  
- **AFTERWARDS as extra Infusion:**
- Vitamin C 15g à 2x50ml 2 p



# Infusion for tumor patient:

- **EXTRA:**
- **Zink Inject (Wörwag) 2ml in 100 ml NaCl**
- **Vitamin E i.m. 500 mg from compound Pharmacy 5ml i.m.**

# Ozone, Antioxidants and other natural remedies



- Where to get medicines when the national factories do not produce them any more
- → Go to a compound pharmacy and send them a doctor's prescription – then this compound pharmacy will be able to produce it specially for you



# Ozonetherapy

Teampayer in treatment



# Ozonotherapy

**Acute problems**

**Teampayer in treatment**



# Treatment strategies

**ACUTE problems:**

**Major Auto Hemotherapy MAH  
Rectal Insufflation RI**

<sup>71</sup> **Combination with other treatments**



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# MAH

## How often? How many? Combination?

- 1st week DAILY till acute problem is solved
- Alltogether 3-5-8, seldom more for the acute effect
- **FIRST Ozone**, then infus. with ...





# Ozonotherapy

**Ailments**

**Teamplyer in treatment**



# Treatment strategies

**Ailments like cellulitis or wrinkles:**

**Local gas injection**

**Small amounts, min. concentration**

**Possible combination with**

- **Major Auto Hemotherapy MAH**
- **Rectal Insufflation RI**



| Concentration                                  | Application   | Indication  | Effect   |
|--|---|---|--|
| <p>100 µg/ml</p> <p>90</p> <p>80</p> <p>70</p> | <p><b>ONLY</b> topical treatment</p>                        | <p>Infection</p> <p>Superinfected wounds, bleeding</p> <p>Colitis</p>         | <p>Bactericidal</p> <p>Fungicidal</p> <p>Wound cleansing</p>   |
| <p>40 to 70</p>                                | <p>None</p>   | <p>None</p>   |  |
| <p>30</p> <p>20</p> <p>10</p> <p>5</p>         | <p><b>Systemic treatment</b></p> <p><b>MAH &amp; RI</b></p> | <p>For example</p> <p>Hepatitis</p> <p>or</p> <p>Inflammat. bowel disease</p> | <p>Immune modulation</p> <p>Activating of Erythrocytes metabolism</p> <p>Induction and Activating of Antioxidant.s</p> |

Medical C

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# Local treatment

## How often? How many? Combination?

- 1-2x/week till effect is reached
- Alltogether 5-10x, depending on location and seriousness of problem
- **Combination** with ozone gel or ozone olive oil.





# Contra Indications and Contra Applications

## Contra Indications

1. Glucose-6 Phosphat- Dehydrogenase-  
Deficiency (Favism)
2. Uncontrolled Hyperthyroidism

## „Contra Applications“

- Intravenous Gas Injections
- Intraarterial Gas Injections
- Hyperbaric Reinfusion



Dr. med. Michael  
**Holistic Family**

*THANK YOU for your kind attention*



*And have a lots of joy and success with **OZONE !!!***





**Merci  
beaucoup !**