



MAH & O<sup>3</sup>

(MAJOR AUTO-HEMOTHERAPY)

IV THERAPY

# MAH



## History

O<sub>3</sub> is a naturally occurring gas made up of three oxygen atoms. In the upper atmosphere, O<sub>3</sub> plays a crucial role in protecting us from the sun's ultraviolet radiation. **Medical grade O<sub>3</sub> has been in use for a 100 years or more.** *During World War I, physicians used O<sub>3</sub> for battle wounds as an antibiotic since antibiotics were not discovered until after World War I, and it was found to help stabilize patients.* In the early 1900s, most physicians used holistic and natural remedies for their patient's ailments including O<sub>3</sub> therapies with great success. *However, with the advent of the pharmaceutical age starting with the discovery of insulin and penicillin, medical care moved away from a holistic viewpoint and thus away from O<sub>3</sub> therapies.*



## Applications

For the past several decades, commercial O<sub>3</sub> is used in many areas such as water purification in more than 2000 municipalities including France, Los Angeles, and Montreal. Commercial O<sub>3</sub> is also used in a number of healthcare facilities and factories to **cleanse and sterilize but also breakdown potentially harmful chemicals.** O<sub>3</sub> is also used in home air purifiers. *Today a number of healthcare related therapies still rely on O<sub>3</sub> properties.* **Here at The Healing Sanctuary, we focus on using O<sub>3</sub> related therapies to aid you in your health and regenerative healing journey.**



## Health Related Applications

**Antibiotic**- O 3 has an **antibacterial, antiviral, antifungal, and an anti-parasitic affect that destroys the cell coverings or membranes of these particular germs.** *These germs cannot survive without their protective walls.* Additionally, these germs are destroyed in such a way that **they cannot develop resistance or immunity,** like pharmaceutical antibiotics can. *O 3 therapy is used effectively in holistic healthcare, dentistry, as well as in veterinarian medicine.*

**Anti-inflammatory**- Inflammation in the body can be caused by multiple sources of stress. *Trauma, infections, and toxins are a few of the common stresses.* When inflammation occurs, certain chemicals are released in the body to help it cope with stress. But when these chemicals accumulate or don't stop being released after the stress is gone, this can cause chronic inflammation. **O 3 therapy works to disrupt the stress chemicals in the body, thus breaking the cycle and helping the body heal naturally** and without the side effects from medications. *Thus, it reduces inflammation very effectively.*

**Pain relief**- Pain is caused by tissue damage such as an injury or infection as well as tissue inflammation. O 3 therapy works the same way as with anti-inflammatory medications by **altering and neutralizing the chemicals responsible for pain, thus decreasing or eliminating pain.**

**Detoxification**- Our bodies are exposed to many toxins throughout its life and our bodies strive to eliminate and keep toxins from building up. *However, our bodies can be overwhelmed by these toxins thus the liver and kidneys cannot eliminate them as efficiently as they should.* Over time, some of these toxins can accumulate in the body and be stored away adding to bodily dysfunction. O 3 therapy works to activate the body's own ability to **increase elimination of toxins as well as remove them from storage areas like fat cells and nerve cells.** *Detoxification is a deep body way of being cleansed of potentially harmful chemicals and restoring the body's own clean natural state allowing it to function properly and efficiently.* This **opens up pathways of healing.**

**Boost the immune system**- Our immune system sometimes needs a boost when ill. O 3 therapy affects a specific type of white blood cell in our blood to produce chemicals that increase the activity of other white blood cells. By doing this, not only does **O 3 therapy reduce the number of germs in the body when ill, but jump-starts the body into action against any remaining germs** *which in turn can be ready for the next potential illness.* O 3 therapy modulates our immune system. *Meaning it will boost it if necessary or calm it if it's overreacting.* Recent research has shown that our white blood cells that destroy bad invaders do so by making O 3 at the local area. So, using **O 3 is mimicking our body's own immune mechanism of defense.**



## HOCATT

Another O<sub>3</sub> therapy is the Hocatt Sauna. The Hocatt Sauna is our newest ozone therapy method. The Hocatt is a **full body sauna that uses the power of O<sub>3</sub> to surround your body and is allowed to be absorbed into the skin and tissues.** The Hocatt can be used for *detoxification, general illness and is an important component of The Healing Sanctuary's weight loss program.*

## Benefits Of O<sub>3</sub>

**Aging-** *decreases the risk of degenerative disease, prevents premature aging.*

**Athletics-** *quickens healing and recovery, boost energy, aids in muscle building, and removes lactic acid.*

**Cardiovascular-** *increases blood, destroys arterial plaque, improves circulation, improved heart function, improved oxygenation, decreases the risk of heart arrhythmias, and reduces the risk of heart diseases.* It also keeps blood cells from sticking together so they work better.

**Digestive tract-** *improves digestion, reduces stomach acid, decreases the risk of intestinal disorders including constipation.*

**Energy-** *increases vitality, combats chronic fatigue syndrome, aids healing and recovery.*

**Immune system-** *destroys harmful organisms, boosts immune system cells, decreases the risk of illnesses such as colds and Lyme's, reduces allergies. Defeats possible side effects of vaccines.*

**Metabolism-** *balances the pH system, breaks up cholesterol, aids in burning fat and excess sugar, boosts the function of supplements, improves vitamin and mineral absorption.*

**Neurological-** *calms nerves, reduces brain fog, combats depression, combats dizziness, combats memory loss, improves mood, improves brain function and mental agility, decreases the risk of shingles, and helps reduce the incidence of multiple sclerosis.*

**Organs/Tissues-** *cleanses and purifies the liver, detoxifies the lymphatic system, oxygenates the spleen and pancreas, improves emphysema and asthma symptoms, and purifies the skin.*

**Pain-** *helps reduce fibromyalgia, decreases the risk of angina, diminishes cluster headaches, and relieves muscle aches.*

**Stress-** *decreases stress and releases tension.*

**Toxins-** *detoxifies every cell in the body by removing harmful wastes, environmental toxins, and heavy metals.*

**\*\*Veterinary-** *same treatments can be applied to animals as well.\*\**



## Insufflation Therapies

For those without a lot of time or who do not wish to get an IV, there is insufflation therapy. **One of the best ways to resolve chronic pain patterns, increase circulation and nutrient distribution, and arrest the aging process is to restore oxygen levels.** *An excellent way to do this is through insufflation therapy.*

This painless, highly effective application of oxygen puts a potent O<sub>3</sub> /oxygen mixture (actually a gas) through a small catheter into a specific area of the body, delivering one of the most critical elements of life itself into your body.



### Rectal O<sub>3</sub> Insufflation

Rectal O<sub>3</sub> has been shown as a therapy for **various gastrointestinal illnesses, liver disease, colitis, immune modulating, and reduce oxidative stress.** A small catheter is inserted into the rectum much like an enema and a specific volume of O<sub>3</sub> is insufflated and held for about 30 seconds. Afterward, passing of gas or a bowel movement is normal.

### Vaginal O<sub>3</sub> Insufflation

Vaginal insufflation is useful for **vulvar problems, persistent yeast infections, herpes outbreaks, and as an alternative treatment for some STIs.** It is **successful for endometriosis, chronic pelvic pain, painful periods, interstitial cystitis, and other bladder issues.** A small catheter is inserted into the vagina and a small amount of O<sub>3</sub> is insufflated inside and held for a period of time.

### Ear & Nasal O<sub>3</sub> Insufflation

Use of ear/nose insufflation is for **infections of the ear, ear pain, throat problems, colds, sinus infections, and mold.** A small amount of O<sub>3</sub> is placed in a syringe without the needle and is instilled into each ear/nostril. The amount of O<sub>3</sub> varies by patient need and their tolerability of the procedure.

# MAH/UBI



## Ultraviolet Blood Irradiation (UBI): Sunshine In The Soul!

As most of us have experienced, people tend to feel extra well and happy in the summer months. Just like the sunshine, **UBI therapy also tends to lift a person's mood and give more energy to the body.**

*Ultraviolet Blood Irradiation (UBI) was discovered in America in the 1940's but was replaced with the discovery of penicillin.*

**One of the best ways to resolve chronic pain patterns is to increase circulation and nutrient distribution and to restore oxygen levels.** As oxygen is vital to the function of our bodies on many levels, contributing to the very core of each cell, *it is easy to see how the more oxygenated our bodies are the better we will feel.* Additionally, these same pathogens eradicated by UV are unable to thrive in an oxygen-rich environment.

**Most infections or diseases occur because of our body's lack of oxygen.** Lack of oxygen is due largely to polluted air, sedentary lifestyles, and poor diet. *Our bodies need oxygen to eliminate the toxins that we are constantly being flooded with.*

### How Is MAH/ UBI Performed?

This procedure withdraws a small amount of blood (about 120 ml of blood) and is run through a machine which infuses a small amount of O<sub>3</sub> and ultraviolet light to the blood. Once your blood is prepared, it is then reinfused back to you. *The entire process takes about 45 minutes.*

For moderate to severe symptoms, we recommend MAH/ UBI for 2 to 4 weeks being performed 2 times/week. A majority of patients will recognize a huge improvement by then. *Some patients feel better sooner while others need a few more treatments. For wellness maintenance, the average therapy is 1 to 2 times per month.*



# MAH/UBI



## Can O 3 Be Used Without The Ultraviolet Irradiation?

Yes, this is called Major Auto-Hemotherapy (MAH) Therapies. **The process is very similar to UBI, but without the ultraviolet irradiation.** MAH still provides all the benefits of O 3 therapy, just without the extra punch. **This is perfect for those people wishing to maintain their health and who are not necessarily acutely ill.**

Today we know Ultraviolet Light Blood Irradiation can be considered for a number of reasons:

- *Effective against diseases from the flu to Herpes, HIV to Rabies, Chronic Fatigue Syndrome to Rheumatoid Arthritis. From rashes of unknown sources to allergies and chemical sensitivities.*
- *Natural with almost no side effects.*
- *Simple and time efficient.*
- *Low cost.*

UBI is a process of exposing your blood to ultraviolet A, B and C rays to stimulate the immune system. **UBI therapy creates a strong immune response that is regarded as an “autogenous vaccine”.** *Meaning our immune system becomes stronger in order to prevent infections.*

**Sunlight or UV light kills bacteria, viruses, and fungi.** *This therapy stimulates the immune system to destroy any and all pathogens, no matter if they are viral, fungal or bacterial.* Immune system activation seems to be acquired as the **UV light simultaneously destroys pathogens** as well as some white blood cells. It may sound strange to be killing off something good like WBC's but when this happens, the body works very hard to replace them, quickly, thus **generating a new immune response.**

### A Message From Dr. Baker

I have been offering these therapies since 2017 and the number of medical miracles our staff has seen are beyond hundred and hundreds. There is never a week that goes by that we don't get patients who testify of the immense improvement in their health and resolution of fatigue, pain, headaches, arthritis, etc.. If all people did these therapies as a maintenance, there would be less visits to the doctor's office or hospitals and the quality and quantity of life immensely improved.

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