



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 O₃ /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 O₃ Insufflation

Rectal O₃ 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 O₃ is insufflated and held for about 30 seconds. Afterward, passing of gas or a bowel movement is normal.

Vaginal O₃ 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 O₃ is insufflated inside and held for a period of time.

Ear & Nasal O₃ 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 O₃ is placed in a syringe without the needle and is instilled into each ear/nostril. The amount of O₃ varies by patient need and their tolerability of the procedure.