

# What is Ozone Therapy? (+ How is Ozone Used in Dentistry?)

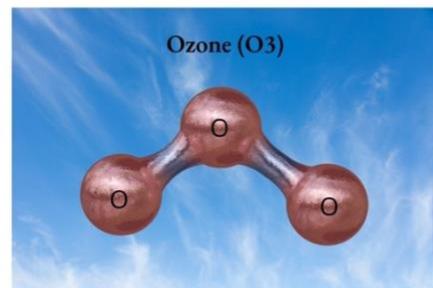
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From the dawn of humans walking the planet, infectious germs have been a nemesis to staying *alive*—much less remaining healthy. These invisible buggers played havoc with our health until we discovered their presence and learned to combat the infective pathogens. Heck, they still mess with us on a routine basis. This is where ozone therapy comes to our rescue.

## What is Ozone Therapy?

Ozone is a supercharged, highly disinfectant, and immune-boosting oxidant treatment used in holistic healthcare. It's a naturally occurring gas in the earth's atmosphere. Use of this gas in integrative medicine is called ozone therapy, sometimes referred to as "*Oxygen/Ozone Therapy*," because the process to make the medical-grade ozone starts with a 95-99% concentration of oxygen ( $O_2$ ).

The oxygen goes through a specially designed ozone generator machine, causing a reaction and adding an extra oxygen atom to each molecule. This makes three oxygen atoms per molecule, creating ozone ( $O_3$ ). This, in essence, supercharges the oxygen into a super antioxidant germ-fighter—ozone gas.



## Is Ozone Therapy Effective?

Yes. Ozone therapy as a form of medical treatment first began in the mid-1800s. It's been used as a disinfectant and medical treatment, worldwide, for over 150 years with great success. Ozone therapy treats specific areas of the body and then, essentially helps the immune system do its job better—fast tracking healing, without negative side effects.

## Research About Ozone Therapy

Research on this powerful antimicrobial has been growing for over fifty years. Research in oxygen/ozone therapy is surging forward even faster these days as more holistic practitioners are adding this treatment to their list of available services.

Such a promising form of treatment needs as much research as possible—to support both the experiences of cutting-edge practitioners over decades, and anecdotal claims since the 1800s.

Fortunately, there is now an organization dedicated to promoting more research into oxygen/ozone therapy—also called "*ozonotherapy*." This organization is called the *American Academy of Ozonotherapy (AAOT)*. They are one of the few premier institutions supplying the increasing demand for training and certifications for the proper use of oxygen/ozone therapy.

## How Does Ozone Therapy Work?

A qualified, trained, and certified clinician, like Dr. Jeffrey Supple, administers the ozone in a precise dose. The infecting microorganisms (such as viruses, bacteria, fungi, mold, yeast,

parasites, and other microbes potentially living in the mouth) have no defense from the super powerful antioxidant disinfectant action of ozone, while healthy cells thrive in it.

Once the ozone is administered to the area, it does its work quickly, losing the extra atom in what is called a “transient oxidative burst.” This process overstresses the microbes, breaking them down, and killing the pathogens.

What’s left reverts into oxygen. This left-over oxygen bathes and nourishes the remaining cells—enhancing the immune system and speeding up healing.

This biochemical, physiological reaction causes the newly disinfected cells to experience:

- improved blood flow
- increased oxygenation
- detoxification
- decreased inflammation
- immune modulation (boosts immunity for those with a weak immune system, and down-regulates for those with an over-active immune system—like autoimmune disorders)
- facilitates accelerated healing of the area (enhanced cell metabolism)
- reduced acidity (also facilitating healing), . . . among other positive effects.

## **Do Medical Practitioners Using Ozone Therapy Need Training or Certification?**

There are a limited number of organizations worldwide who train professionals on ozone therapies. In America, we have only a few integrative medicine leaders offering quality training.

Dr. Philip J. Mollica, (who trained Dr. Jeffrey Supple) offers such training. He is the president of the American College of Integrative Medicine and Dentistry (ACIMD). We also have Dr. Frank Shallenberger offering ozonotherapy trainings. He is the president of the American Academy of Ozonotherapy (AAOT). Dr. Shallenberger is sometimes referred to as “the Godfather of Ozone,” due to his 25+ years of experience with ozone therapies.

In America, the AAOT and ACIMD are the premier training institutions for certifications in oxygen/ozone therapies. Several times each year, these organizations offer training seminars which lead to testing and certifications for medical professionals.

## **There You Have It: Ozone Therapy Use in Dentistry**

Now you have a better understanding about ozone therapy, how it’s used in dentistry, and some of its great benefits.

Call and schedule an appointment with Dr. Jeffrey Supple to see if ozone therapy might be a good fit for your health care journey.

Thanks for visiting. We hope to see you soon.

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