

PRICE 10¢

# OZONE



## *Therapy*

by

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## OZONE THERAPY

The purpose in writing this little booklet, is to assist the user of Ozone Generators to get the maximum benefits from this very valuable assistant to health.

I think it pertinent to describe briefly, its therapeutic value. Like many other treatments, the reason for so many wonderful achievements derived from this simple aid, is that it consists of nothing more nor less than **activated Oxygen**.

We all know that Oxygen is positively necessary to the existence of not only animal life, but of plant life as well.

As a consequence, **nobody can deny that activated Oxygen must be very essential, not only as a preventive of disease, but, a great aid in the supplemental treatment of ailments of all character.**

It is a well known fact and subscribed to by all Medical men, that **there is no Panacea for all ailments.**

It is also understood that medicaments per se, do not cure diseases, but, render the body itself, able to disperse and to dispense with infections of all types.

I am inclined to believe that the discovery of the Antibiotics and the Antihistamines entitle us to think that we are approaching at least, some Specifics in the treatment of certain ailments. I am very much impressed with the use of Ozone. We definitely are on the threshold of another medicament which seems to be a Specific in many diseases. At least, we are justified in saying that there is no contra-indication in the use of Ozone for any ailment of the human body. On the contrary, I consider it a good medicament in most instances, and it surely is not detrimental when used as directed.

I feel that while these statements may be considered fantastic by some; they are constructive and true and easily understood. The simple fact is, that Oxygen is not only neces-

sary for our very existence, but, no human being or plant can survive without it.

Notwithstanding the attributes of this important medicament, it must be conceded that to procure the best results, this Therapy must be intelligently used. Therefor, I suggest that you adhere as closely as possible to the following instructions, re the ailments listed.

**ADENTITIS:** Or the swelling of any glands such as exist in the breasts and other parts of the body. Turn Generator on midway between medium and high. Place Applicator to swollen glands for thirty minutes. Repeat three or four times daily.

**ANGINA PECTORIS:** Pain over the region of the heart. Turn Generator on to the center or medium position. Place Applicator over the painful area for fifteen minutes. Repeat every two hours.

**ALOPECIA:** Falling of the hair. Turn Generator on to high position. Gently massage scalp with Applicator for thirty minutes at a time. Repeat each night and morning. Also massage scalp with finger tips after each treatment.

**ARTHRITIS:** Ozone Therapy is very important and should be used in the following manner. If your condition confines you to bed, place the Applicator in your bed. Turn the volume low, and at intervals, apply the Applicator directly to the joints affected. It is well not to use too high a potency at first.

**ASTHMA:**

Turn the Generator on low. First, place it in an adjoining room. Allow it to run continuously. Upon retiring, place the Generator in your sleeping room. While in recumbent position, place the Applicator to the chest for short periods of time. If you find that this is activating your disturbed breathing, discontinue the inhaling for short periods of time, until you are oriented, after which, you may resume.

**ARTERIO SCLEROSIS:** Hardening of the arteries. Turn Generator on medium or center position. Massage the body with the Applicator for thirty minutes each time. Repeat three or four times daily.

**BACKACHE:** Turn Generator on to full volume. Place Applicator to aching area for thirty minutes at a time. Repeat three to four times daily.

**BILIOUSNESS:** Turn Generator on to medium or center position. Place the Applicator over the liver and gall bladder, for thirty minutes each time. Repeat, three to four times daily.

**BRONCHITIS:** Turn Generator on medium. Place Applicator over chest while in recumbent position. It will be necessary to accustom yourself to breathing the Oxygen, or Ozone.

**BURSITIS:** Turn Generator on medium. Place Applicator to painful area for thirty minutes each time. Repeat, three to four times daily.

**COLITIS:** Turn Generator on to medium or center position. Gently massage the lower abdomen with the Applicator for thirty minutes. Repeat, three to four times daily.

**COMMON COLD:** Keep the Generator running in your house, day and night. Generator turned to low, as a preventative. If you have become afflicted, go to bed. Place your Generator near your bed. Inhale the Ozone.

If your chest is sore and if there is a cough present, place the Applicator directly to the chest at frequent intervals.

**CONSTIPATION:** Turn Generator on medium. Gently massage the lower abdomen with the Applicator for thirty minutes. Repeat, three to four times daily.

**DANDRUFF:** Turn Generator on medium. Massage scalp, gently, with Applicator. Massage with finger tips after each treatment. Repeat night and morning or more often, if possible.

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**DEAFNESS:** If due to acute infection, turn the Generator on low. Place the Applicator over ear and on throat at frequent intervals for fifteen to thirty minutes at a time.

**ERESIPELAS:** Turn Generator on low. Hold the Applicator three or four inches from the infected area. Use for thirty minutes each application. Repeat, every three to four hours.

**EARACHE:** Turn the Generator on low. Apply the Applicator more or less continuously, directly to the ear involved.

**ECXEMA:** Turn Generator on low. Hold Applicator close to the infected area three times daily.

**HIGH BLOOD PRESSURE:** Turn Generator on low. Place Applicator to the back of the neck, one hour at a time. Repeat three or four times daily.

**INDIGESTION:** Turn Generator on low. Massage the stomach gently with the Applicator.

**JAUNDICE:** Turn Generator on low. Place Applicator over the gall bladder for periods of an hour each. Repeat three or four times per day.

**LEUCORRHOEA:** Turn Generator on high. Place Applicator over uterus area three or four times daily. One hour for each treatment.

**MUMPS:** Turn Generator on low. Hold the Applicator close to the swollen area not less than thirty minutes at a time. Repeat three or four times daily.

**NERVOUSNESS:** Turn Generator on low. While in recumbent position, lay back of neck Applicator over painful area for thirty minutes. Repeat three or four times daily. during day.

**PLEURISY:** Turn Generator on low. Place Applicator over infected area for thirty minutes. Repeat three or four times daily.

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**PROSTATIC TROUBLES:** Turn Generator on full strength. For one hour each morning and each night apply Applicator close to skin between legs while in recumbent position.

**PNEUMONIA:**—All types—Turn Generator on high. Place in patient's room.

**PELVIC DISTURBANCES:**—Women—Turn Generator on low. While reclining in bed, hold Applicator over area for thirty minutes at a time. Repeat this procedure three or four times a day.

**PSORIASIS:** Turn Generator on low. Hold Applicator close to the infected area for thirty minutes at a time. Repeat three or four times daily.

**QUINSY—SORE THROAT:** Turn Generator on low. Hold Applicator close to throat for one hour at a time. Repeat this treatment three or four times daily.

**RHEUMATISM:** Turn Generator on low. Keep Applicator on effected area almost continuously.

**RECTAL DISTURBANCES:** Turn Generator on high. Apply Applicator to the effected parts for one hour at a time. Repeat night and morning.

**SLEEPLESSNESS:** Turn Generator on low in the sleeping room. Lay back of neck on Applicator for thirty minutes. Repeat as often as necessary.

**SINUS TROUBLE:** Turn Generator on low. Use Applicator, sparingly at first, close to infected area. After becoming accustomed, increase potency and inhale through nostrils. Repeat two or three times daily.

**TUBERCULOSIS—Incipient:** Turn Generator low. Keep instrument in room with patient. After becoming accustomed, inhale the Ozon at frequent intervals.

**VARICOSE VEINS:** Turn Generator on low. Place Applicator directly to varicose veins. Gradually increase potency and use as often as possible.

**WRINKLES:** Turn Generator on low. Massage wrinkles with Applicator two or three times daily.

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### MESSAGE

Obviously, this short thesis relative to the treatment and use of Ozone Generators is addressed to people without medical knowledge. Therefore, I have endeavored to make it as simple and understanding as possible.

I repeat, this method is no Panacea, but, that it is in no wise detrimental to any type of treatment subscribed by your Physician.

I am available for consultation by appointment.

O. M. Justice, M.D.

For Appointments, Telephone  
Los Angeles ST4-0459

Bet. 8:00 to 9:00 A.M.

or

Bet. 7:00 to 8:00 P.M.