Ozone Therapy - Stimulating Homeostasis and Dumping Junk

Christine Schaffner, N.D. interviewing
Micah Lowe

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Welcome everyone to the Mycotoxin and Chronic Illness Summit. I'm Dr. Christine Schaffner, and today our guest is Micah Lowe, and we're gonna be talking all about ozone. Micah is the founder of Simply O3 and also sponsor of this event. And he has so much welcome knowledge that I'm excited for you to learn the practical applications of ozone in this talk. So welcome, Micah. It's really an honor to have you on the summit.

Micah Lowe
Thanks, I'm super excited to teach people about ozone therapy and how it can help with Lyme and mycotoxins.

Christine Schaffner, N.D.
Yeah, you know, it's been such an essential through line throughout my career. I've been practicing about, I don't know, 11 and a half years, and ozone has just been a foundational tool. It can help so many people who are struggling with mycotoxin and illness as well as Lyme and mold illness and everything in between. So I'm really excited to have you and why don't as we, start this conversation just to share a little

bit about your back around and how you really found ozone as a treatment you've obviously based your business and your life around.

Micah Lowe
Yeah, it's kind of funny. I'm 28, I feel like I'm 40. Just kind of with where I'm at with in life having the business and all the experiences and four kids too. But anyway, I started Yeah, so we're busy

Christine Schaffner, N.D.
You're an old soul, right? You started life early, yeah.

Micah Lowe
It feels like that. But yeah, I mean, I started having an interest in healthcare pretty young. So I wanted to go into nursing, become a doctor, going to mission work, Mercy Ships, that kind of thing. So anyway, I was going through school. I was working for my dad at the same time, who was working with something called, ultraviolet blood irradiation, which is, it really doesn't belong in the natural world but I think a lot of these things belong and should be accessible to all people, but just because it doesn't fit in the box it is considered a natural treatment. So ultraviolet blood irradiation is pulling out some blood exposing it to UV light and putting it back into the body, which is great for infections and all sorts of stuff. And at the same time that I was working for him, helping him to do that, I was working at a pharmacy. I was going to school. I was halfway through nursing school and I was having these discussions with all these doctors that were working with UBI and they kept on mentioning ozone this and ozone that, and you hear it often and often and you start to ask 'em some questions and it really peaked my interest. But what was more interesting to me was the paradigm difference between what I was experiencing there, talking to all these doctors, probably 10 dozen a day, something like that. And they didn't always have time to talk, but a lot of times they would be okay with me asking a bunch of questions and kind of helped me along there. But I noticed the paradigm difference between what they were talking about and what I was getting at school, the pharmacist I was talking to, and some of the doctors I was talking to there, 'cause I was also an EMT. So I had access to emergency medical doctors and that kind of thing that I was having conversations with. And I really just noticed that

this was really the symptomatic coverage. And this was like, hey, we wanna get rid of root causes. And I know everybody listening to that has had their own journey into discovering, oh, symptomatic care doesn't actually help. I was just really blown away when I specifically asked, like, and I had just read Dr. Frank Shallenberger's book, "Type 2 Diabetes Breakthrough." I asked one of the doctors like, hey, we know that type 2 diabetes lifestyle contributes hugely to that, right? So what you're eating, what you're doing and how you're living is gonna be a huge indicator for type 2 diabetes. Right now we're just giving people metformin and then titrating them up over the course of their lifetime, and then they're getting on all these other drugs to counteract interactions or whatever else they're dealing with, but we're never actually dealing with the fundamental problem, right? So I was, I asked that question, why don't we give them like a program where it's like six months of metformin or something, 'cause they're here and they're here now so we have to deal with it, right? At least according to the way that they did it and then work on lifestyle changes, work on these other things and the answer was we don't have a pill that cures type 2 diabetes. And that just shows you the mindset that is out there. Like there's not this magic cure. There's not this magic pill that we're always waiting for. That never comes because our lifestyle is what is causing the problem. And so it really just blew my mind when I was talking to these other doctors that are like, well, we wanna get to the root of the problem.

So I mean, that was the big paradigm shift for me. And then that added interest of ozone therapy was kind of how I got my start. And so working with my dad, he got really interested in it because I had a brother with a brain tumor who did unfortunately pass from it but he was sent home from the doctors essentially to die. And we looked into naturals and his life was prolonged greatly because of it. Hyperbaric oxygen therapy greatly improved his quality of life. Ozone therapy, UBI greatly improved his energy and different things like that. But I saw there was an issue in the market and this is how I got started with ozone therapy specifically that the equipment was super expensive for people who wanted to do it at home 'cause the international literature was saying, hey, you can do rectal insufflation, not quite as good as doing an IV, not quite as good as doing 10-pass, but it's still really good. It's giving you a similar benefit and you can only, and you can do it on only three minutes a day. So it's super accessible, super easy, that kind of thing. And the

equipment costs about 3000, $4,000 to do that at the time. So I found an engineer to work with and we essentially built this machine, solved some of problems that was making it so expensive. And at that time we made it $650. So what that did is that introduced me to this market of all these people that are interested in doing ozone therapy at home. And it was a lot more accessible 'cause it wasn't so expensive and that was kind of my start into ozone therapy.

Christine Schaffner, N.D.
Wow, what an incredible story. And I'm so glad you're on this path 'cause you know that is key differentiator with your company is the accessibility, right? That more people can have this tool, especially not only access to it, but in their home, which a lot of healing happens at home for these patients. We obviously, I see a lot of patients in person and we have clinics that do all these fancy different treatments, but a lot of the real healing is the day in and day out more people are able to do at home as you mentioned with lifestyle. So now I'm so glad your path led you to this point and let's you know not make any assumptions. I mean there are talks about ozone in this summit, but some people might still be a little new to this concept or this idea, so just maybe are like really introduction, really introductory overview of like, what is ozone? Some basic mechanisms, especially when we're thinking about the Lyme and mold community.

Micah Lowe
Yeah, I mean most people have only heard about ozone through the ozone layer or ground level ozone which is pollution. But what we're talking about is medical grade ozone gas that is mixed with oxygen. So it's a very pure form of ozone. So O3 too as a molecule or ozone is O3, which is very similar to oxygen being O2, it just has the extra oxygen atom on there. But what that does is that makes it actually very unstable, which is one of the reasons you can't breathe it 'cause there's no antioxidant defenses in the lungs, but we can safely administer it pretty much to every other part of the body because there's antioxidant defenses there. But that instability is what makes it. It's called a hormetic therapy. So other forms of hormetic therapies would be like exercise, cold punches, saunas. And I'm sure you know of a bunch as well, but essentially it's a mild agiten that stimulates a healing response. So ozone therapy is the application of a small amount of medical grade, ozone gas, somewhere into the

body usually through intravenous at a clinic or at home, it can be done rectally or vaginally.

Christine Schaffner, N.D.
Mhm, awesome. And then let's walk through, like, we talked a little bit about different applications of ozone just now, but maybe differentiate because of your experience. You mentioned hyperbaric, UBI or UVBI and then home ozone. And like what are the different modalities that you're aware of, that people can get like clinically versus home use of ozone therapy at this point in time.

Micah Lowe
It's, ozone therapy to me is one of the reasons I was really fascinated by it, is because it's used in so many different applications. So I was learning about it. I'm like, oh, it's used in wine making and dentistry and cosmetics and dental and chronic disease and prevented declare bio hacking. And it sounds a lot of times you hear those things and you're kind of like red flags, this is a panacea, cure all that somebody is just trying to sell, but there's a ton of literature on this, which is what is really cool. There's over 11,000 research papers, studies, overviews, all those things that are going into ozone therapy and all the different applications of it. So as far as ozone therapy and its medical use, there's four primary categories that can be used in which is the one we're gonna focus mostly on today is medical, which is like bio hacking and preventative disease. And then you have dental applications for tooth infections, which can lead to heart disease and other terrible things, but very, very useful for that. And they can actually, they're trying to replace the common use of bleach using ozone water instead. So it's actually making some great progress there. And I think we'll be a lot more common in the next 10 years in the dental world. Cosmetically, I have a guy in Beverly Hills that's treating like all the celebrities, he just to a video this week with like Kim Kardash, not Kim, one of those people.

Christine Schaffner, N.D.
Yeah.

Micah Lowe
But anyway, it's on my Instagram. And so I see all the videos he's doing and then the final category is injections. So it can actually be used for like joints, herniated discs, those types of things. But you are primarily asking about the medical application and then there's at home and then there's at the clinic. And the reason for that is because some administrations like doing an injection or an IV require a doctor. And there's a couple reasons for that one, just the technicality of applying ozone therapy and having access to like heparin and the drugs that you have to have. You shouldn't ever do an IV on your own, right? The doctor can do that. But the second thing is some of those forms are a little bit more potent. So it stimulates the body a little bit more strongly. So the practitioner is gonna be looking at your medical history, your sensitivities and preventing what's called a heartsun reaction, which is when we kick that immune system on and there's this big viral load or bacterial load, and it kills all the bacteria virus, and then you're left with all these endotoxins that make you super sick. So the practitioner is able to do that in the office and usually in IV, it's the standard format to applying that, it's called major autohemotherapy and it's most commonly used in combination with that machine I mentioned before, UBI, the ultraviolet blood irradiation.

So it's two therapies done at the same time. You take out a small amount of blood, mix it with the ozone gas and then drip it back into the patient, through the IV lights. And then at home, you can still get those systemic benefits. And I'm sure we'll get more into like what ozone therapy is actually doing in a minute, but you can do rectal insufflation, which is a lot of people with Lyme, cancer, autoimmune, infectious disease, mold toxicity are using rectal insufflation as kind of the go-to method at home because it can be done in under three minutes a day, very easy to do, non-invasive and it's just the best way to apply ozone therapy. Well, vaginally is a really good route too. So I've heard some doctors say if men have vaginas, he would give them vaginal also 'cause there's the lymphatic system. There's all those things that it has access to that has a great systemic benefit on the body. But aside from sys, there's also local forms of administering ozone. So a systemic treatment means that it's benefiting the whole body. We're modulating the immune system,

increasing oxygen efficiency, doing those types of things. And then there's what are called local therapies. And that would be like, if you have MRSA like say an open wound on the skin, or you just had surgery, you can pour ozone water over it, or you can expose it to ozone gas. And what that does is that calls growth factor to the area. So it actually heals up faster and it's an antiseptic, so it can get rid of the hard to kill bacteria and virus. It might even be an antibiotic resistant. It's really, really good for that. So at home you can essentially do those systemic treatments, regularly or vaginally or the topical use or oral use for local infections.

Christine Schaffner, N.D.
Mhm, how about ear insufflation and nasal insufflation at home? Do you recommend that?

Micah Lowe
Well, I mean, you're the doctor, so you would have more of the recommendation than I would. I just kinda look at the literature and make conclusions based on what they put out there. But clinically people have experiences that venture beyond that. So as far as ear insufflation goes, that's generally indicated for head issues, being nasal infections, eye infections, ear infections, hearing loss, depending on the cause, it can be super helpful with macular degeneration, but that is essentially where we're fumigating ozone gas into the ears. There's a small enough amount. There's a small amount of ozone gas. So breathing it is not really a concern, but yeah, essentially it's really good for head indications and it's good for that. Nasal insufflation is a bit more of a direct route. We're on a summit. So I can talk a little bit more freely about that thankfully and thank you for putting it on.

Christine Schaffner, N.D.
Yeah.

Micah Lowe
But the reason if you look me up online, you won't see a of information on like nasal insufflation is because there is the risk of accidentally breathing the ozone. So you just have to find some videos online that walk you through how to do it. It's extremely safe if you know how to, but the reason I don't talk about it is because 999

people do it right and one person does it wrong. And then that's the person that kind of ruins it for everybody else. So I'm sorry, but those are COVID obviously covered the world recently, but really good for stopping that early on, that kind of thing so that the infection just doesn't get so bad, really any sort of nasal infection. The other cool thing about ear insufflation is if you do have chronic ear infections or kids with chronic ear infections, never gonna need antibiotics again, it's really that good. Like you just, you can go to ozone ear insufflations, it's natural, the ozone reverts back in oxygen ones it's done. So there's no toxicity to it, but you never need to do antibiotics again, 'cause it's just so effective at wiping out those infections.

Christine Schaffner, N.D.
Mhm, mhm, thank you for that overview. And I think, no, I totally understand the precautions around the nasal ozone. And I also think it's such a powerful tool, especially when people are, have had a mold exposure or mold colonization in their sinuses and this can become really what we would call a focal infection or interference field that really can prevent people from getting better. So I feel like the ozone in the sinuses can be a really great tool to add momentum for patients suffering with all of this. So, no, I think that's a great overview and let's just maybe circle back to some, you know, anything else that you wanna add to when we're thinking about mold and Lyme that you've come across of why this is an effective therapy. You mentioned too, that it breaks down to oxygen as a secondary effect, which I think is also part of the power of ozone therapy because a lot of our patients are, have the poor micro circulation or they're kind of like hypoxic or have low oxygen carrying capacity or anemic or, you know, so they're kind of in this low oxygen state to begin with, right? That's one of the other things that I think is going on with why they are feeling the way they do. So, but anything you wanna add, Micah around mechanisms or literature around the mold and Lyme community that you've learned over the years.

Micah Lowe
Yeah, so this is getting into the benefits of ozone therapy or why would somebody would consider doing it. I think the first thing is immune modulatory. So what that means, if your immune system is too high, it can bring it down. If it's too low, it can bring it up. So immune modulation is really beneficial for people with autoimmune

cancer, mold toxicity obviously just 'cause it's gonna be able to enable that immune system to get into homeostasis so that it's more capable of getting rid of the things. One thing that I often see, and it's just not quite, maybe I'm being a little too nitpicky, not quite an accurate view of ozone therapy is like, I'll see like people say, hey, when I do an IV ozone treatment, the ozone gas goes into the system and it kills off all the bad bacteria and virus and those types of things. Albeit that might be a, it's not quite accurate. What it's actually doing is like I said, it's a hormetic therapy. So it goes into the body. It's a slight, mild acute oxidative stress. And what that does, the body essentially wakes up is slapped awake and is like, hey, I need to fix something here. So it creates a lot of antioxidants because of some of the reactive oxidants species that you created through the ozone. But that's essentially what it's doing is we're just waking up the body to perform better. So that's one of the reasons I also really like ozone therapy is because it's not like a drug that going into the body, flipping something on, flipping it off, not just boosting the immune system, not just suppressing it. It's just bringing, introducing the stimulant that says like you need to perform as you should. And we understand the biochemistry to a degree. I wouldn't say we understand all of it, but essentially yeah, it's just bringing that body into homeostasis.

And when it's in homeostasis, a healthy body is more capable of fighting disease, more capable of getting rid of mold toxicity and mycotoxins and that kinda thing. So that's kind of the first benefit of ozone therapy is immune modulatory. The second I would say is oxygen efficiency, so that you hit on like oxygenation in those types of things. There is a bit of oxygen that's going into the system, say we do a rectal or vaginal inflation or an IV ozone, but that's not really the prolonged or lasting effect like that oxygen is good, but what it's really doing is it's actually optimizing your body's ability to utilize oxygen. So Dr. Frank Shellenberger is one of the prominent names in ozone therapy, but he essentially correlates reduced oxygen efficiency with aging and essentially that if you can increase your oxygen efficiency, you're gonna age more gracefully, less likelihood of disease and those types of things. So oxygen efficiency just represent how well we're utilizing the oxygen. Whereas just like breathing oxygen is just talking about volume. So every breath we take when we do an ozone therapy is actually more efficient because it's being metabolized better. It's being utilized for the processes that are super important in the body, like creating

energy or whatever. What have you. So oxygen efficiency would be benefit number two, benefit number three would be micro circulation improvement. So this doesn't sound like a big deal, but it's bigger than you think in the sense that micro circulation is blood flow getting to areas that it needs to go to, right? So a red blood cells are actually bigger than some of the capillaries that they have to go through. So the red blood cells, you know, those red things that they actually need to be able to bend and fold to get to some of those areas that are very difficult to get to. And when your body isn't performing well, essentially you can sludge up and the blood just isn't flowing to certain parts of the organs or certain parts of the tissues that should be getting it. And the reason that's important is because those red blood cells are gonna be offloading oxygen. And then the blood's gonna be taking off any byproduct or any waste that was built up as a part of metabolism happening in that tissue. So micro circulation is super, super helpful. And that's why it's really useful. Like if you look at necrotic vasculitis, which is a circulation issue that causes cells to die in like the feet and in the hands, there's just not enough blood and not enough tissue there so it begins to die. If you do ozone therapy, it actually reverses that because of the micro circulation improvement. And then number four, it does have some detox benefits, so because of those three prior things, essentially your body is just working more optimally, and able to get rid of stuff that it wasn't getting rid of before.

Christine Schaffner, N.D.
Micah, that was an excellent overview and gives us a lot of understanding of why this is, I think of foundational tool for anyone who's struggling with a chronic illness out there. And also as you mentioned for anti-aging prevention, just global health and longevity. So I'm really, I'm so happy that ozone's getting more and more press, especially with, as you mentioned COVID and all of that. And so walk us through your equipment, 'cause I really want people to know about it. I've been recommending it to my community over the last few years. And it, as you mentioned, it just makes ozone way more accessible for a home use. And so just walk us through what it is, what you need to have in your home to set it up and then we can go from there.

Micah Lowe
Yeah, so I mean the cool thing is for about out 1000 bucks, you can get a therapy that is really multi-dimensional, can be used for the skin infections, the oral infections, acne as well as these chronic diseases or just general optimization. So you really get a lot out of one thing. And the reason is because ozone acts differently on different tissues. So that's why it's on that respect. But essentially you need, how the ozone is made is there's pure oxygen which is 99.9% oxygen. So you need a tank and those are pretty easy to get if you just go to like a commercial oxygen supplier. Yeah, that is the easiest way to get it. I mean, you can in a medical tank, but you need a prescription for it. And if you wanna do that, great, but they're rated for the same grade of oxygen between commercial and industrial. But you can go to a weld supply shop, a commercial oxygen store and just buy an oxygen tank like you would a coffee. So it's pretty easy. Unfortunately you can't ship a full oxygen tank. So that's why we recommend people get it locally. We can ship 'em empty, but that way you don't have to pay me. You can just save a little bit of money and get it locally, but you need the oxygen tank and then it goes into what's called the ozone generator.

And this is not like the ones that you see for air purification or like water purification or anything like that. It's like there's only three companies in the US. There's us Simply O3, there's Promolife and Longevity. Those are the only three that I would recommend buying for, buying from, because any others, they just don't have ozone compatible materials. They cut corners, all that kind of stuff. So I just wanna see this market grow and it doesn't matter to me that if you buy from me or the other two, I just wanna see you buy from the right company and be comfortable with what equipment you have. But the ozone generator has ozone resistant materials, especially made for medical ozone application. It's hooked up to the oxygen tank. And what that does is it pulls through this reactor piece that has a high frequency and that pulls apart the oxygen as it's going through it. And then it recombines and can control the rate at which that happens into O3 or ozone. So once it goes through that generator, it comes out of this port. And to that port, you have connected like a bag or an accessory, maybe a water bubbler if you're making ozone water, but it's just this little screw on port and you put your accessory on there and then you just

time it for however long you need. So it's really quite easy. You set your oxygen tank, turn on your generator, screw on your thing and that's how you get your dose of ozone. And of course the equipment comes with like instructional videos, protocols that walk through everything. Sometimes people have a different one from their doctor, but we really pride ourselves on making it easy 'cause that was the biggest gap coming into the industry as just the general education around ozone therapy and a lot of those hurdles and obstacles that people were facing because at the time there just wasn't a ton of education about it. So we really went and worked really hard to make like these instructional videos and these protocols super duper easy. And they'll only get easier with time. But essentially now the learning curve is, if you spend 30 minutes and sat down, you would know what you need to do. It's just kind of that mentally having an oxygen tank, a generator and something else sounds like a lab experiment almost. But like I said, if you download the guide, which I think will be on the summit within 30 minutes, you'll have a pretty good idea of how it operates. So it's really pretty simple.

Christine Schaffner, N.D.
Mhm, yeah, no, you have done an amazing job around the education 'cause as you mentioned, all these things can feel overwhelming and really new, but once you get in front of you, it's really user friendly your system. And you mentioned too that you have different accessories. So like all the different types of applications at home, whether it's like rectal or vaginal or ear insufflation or under provider supervision, nasal insufflation, there's different types of either bags or syringes or even like the stethoscope, right? To be able to get the ozone to where it needs to go. You've done a great job about that. Any comments on the accessories or anything I missed?

Micah Lowe
Yeah, I mean, once you get your generator and your tank, you can get whatever accessories you want. So you can get like seven of them or you can get one of them. Totally it's all modular. So you can just use whatever you want to use with it. But people usually get the ear insufflation the ozone water and the rectal insufflation supplies. And the reason is because those are kind of like they cover the most bases of ozone therapy with just a few things. So like ear insufflation indicated for head issues, sinus infections, throat infections, ear infections, people even say it helps with

my brain fog or it helps with this, that or the other, that's a little bit more anecdotal, but there does seem to be some pretty good benefits to ear insufflation. So you kind of cover your head with that or kids, ear infections or what have you. And then you have ozone water, really good for dental and oral issues, going on receding gums, whitening teeth, infections can be really help for those. You can drink the ozone water. People will drink like four to 16 ounces a day typically. There's not a ton of research on how, what that's doing in the body. We know it's safe to do, but essentially they say that it's good for helicobacter pylori, which is a stomach bug, but it's really good for getting rid of that. Beyond that, people have anecdotal experiences, meaning that they did it and then they say what their experience was. So I've heard people say it helps with my migraines, helps with some of the gut health. I don't know about all of that. I think that's great that they're getting those benefits, but the research isn't quite there to back it up. So I just talk more from the research standpoint because I don't wanna tell people it does this, unless I know for sure that it's doing that. But I also wanna mention the anecdotes because if you're dealing with some of those things, it might be worth a try, but there's not just like, hey, this is definitely gonna help with that kind of thing.

And then the rectal insufflation really is the best way to systemically apply ozone therapy. So that's what I personally do just as like general health. I do like three times a week, if I'm doing like, what I know is gonna be a difficult workout, I do it prior. And I usually do it in the morning because if you do it in the evening, quite a few people will get wide awake. So, you know, yeah. So you don't wanna do it like before going to bed because you might not sleep for a while. Just, it really can kind of have that sudden boost and energy and interestingly enough, they actually have done studies where they show that immediately after an ozone therapy, there's the immediate uptake of oxygen in the body. So there is more oxygen there creating more energy and wouldn't necessarily wanna do it right before bed. So those are the three big ones is, it's called the complete ozone kit that has those three. It's a rectal, ear insufflation. And then the ability to make ozone water, Beyond that, there's like a vaginal insufflation kit, which like I said is probably better than the rectal insufflation. I just don't have that access to that or personal experience. So I can't really talk too far on that but it does seem to have a really good systemic benefit. There's emphatic system that it's working with as well, which is another side benefit to it. There's

breathing ozonites. So that would be indicated for lung issues, especially lung infections. So earlier I mentioned, you can't breathe ozone gas. And the reason is because it's an oxidant. So when it goes into the lungs and there's no way antioxidant defense, is it interacts directly with the lungs. Now that isn't likely to cause permanent damage, you would actually have to consistently breathe in a high volume of ozone to cause some sort of permanent damage, but it can be uncomfortable, cause some coughing and that kind of thing. But there is something called an ozonide which you are able to breathe and that isn't gonna interfere with the lung tissue negatively. So if you bubble ozone gas through oil, it creates ozonides. And there's zero trace of actual ozone gas. I mean, we can very easily test that. We have equipment that goes through that, but you can't test, you can't get any ozone gas. If you put in the right amount of oil and breathe it, it's all ozonides from there. So that's indicated for lung issues, bagging, cupping so if there's skin infections, wounds, diabetic ulcers, sores, you can essentially put your hand or limb into a bag, expose it to ozone. Like I said, calls growth factor to the areas antiseptic.

So kills it up, kills up any sort of bad infection. And then there's cupping, which would be the same thing, except can't put a bag in the torso. So there's like a little cup you can do for that. So that pretty much covers the basis with what you can do at home. Some people talk about like ozone saunas and stuff. The only thing I would recommend with that is if you're gonna do an ozone sauna, which might be good for like skin issues and that kind of thing is to get a generator that put out a high concentration of ozone, because I've seen where essentially there's generators out there that just like people will ask if I buy this on Amazon, doesn't work for it. And the answer is no, because ozone has a very short half life. It breaks down extremely easily. It's very unstable, right? So the two biggest factors to that are heat and humidity. So in testing that we've done where you're not actually able to detect any ozone at the skin level, if your ozone generator is not strong enough. So if you're gonna do an ozone sauna, just make sure to use a stronger ozone generator. And that's a pretty simple test to do. I'm surprised that more people haven't done that to show it all you need is an ozone analyzer and you can essentially test it. But yeah, that's, I think that covers the basis on ozone therapy at home and equipment.

Christine Schaffner, N.D.
Yeah, no, and then great tip by the end, but I know that's such a versatile and there's so many applications and I know anyone who's listening, if they haven't thought about how to integrate ozone into their life, I hope that they're inspired after this conversation. And Micah, is there anything else you wanna share with the audience as we wrap up our interview?

Micah Lowe
Just thanks for listening. If you wanna check me out on Instagram, micahforhealth, not the number four, but spelled out. So Micah for health, I'm posting twice a day there right now videos. So check that out and hopefully you'll find some helpful content, but beyond that, I don't think there's anything else. I think there's a free guide you can get through this summit as well. So it's the guide to getting started with ozone therapy. So even if you don't know anything about it, so.

Christine Schaffner, N.D.
Yeah, oh, well, thank you so much for being part of the summit and sponsoring the summit and just thank you for all of your experience that you shared. And I'm super excited to continue the conversation with you. I know that you've helped a lot of my patients, so thank you, Micah.

Micah Lowe
Yeah, thanks Christine. I appreciate it.