

# Ozone Joint Therapy

## A TUNE-UP FOR YOUR JOINTS



Let me ask you something, do you know anyone who has not recently experienced joint pain? It could be knee pain from running 50 miles a week, back pain from a 20-year-old work injury, or osteoarthritis from age. Unfortunately, the answer is probably no, because most of us put a lot of stress on our muscles and joints with little to no effort in prevention or maintenance.

Scientifically we know that our bodies begin to age or degenerate somewhere between 15 and 21 years of age. Our nutritional foundations should be consumed and built before those ages. After that, our primary defense against “falling apart” is to do our best at preserving optimum levels.

Let's compare our bodies to new a car. Right after you drive it off the dealership lot, those first few months of ownership come with renewed pride and little obligation. Outside of a little gas and probably many washes (need to keep a new car looking good all the time), our cars are maintenance free. However, it doesn't take long before the oil needs changing, the tires need rotating or replacing, the paint gets chipped by road pebbles, and on it goes until the car reaches an age and condition where the maintenance costs may outweigh the invested value of the car. If we do not heed the advice and warning to continue regular maintenance, the vehicle soon falls apart prohibiting its function and purpose.

Similar to parts on a car, if our joints lose enough nutrition and oxygen simultaneously experiencing stress, abuse, and neglect, we feel stiff and sore and are prone to injury, often leading to physical therapy, meds, and possibly surgery. Sadly, we don't always have the option of trading in body parts or ordering a customized new one from a mechanic.

### **Is it time for a tune-up?**

Ozone Joint Therapy (OTJ) is a natural, non-surgical, minimally-invasive, regenerative therapy used for many kinds of joint pain or injury. Due to the nature of ozone, it can work synergistically with the body; providing nutrition and oxygen supply to a particular area or joint. We know that the main cause of degeneration or aging is a lack of nutrients and oxygen, caused by overuse, improper nutrition, or poor circulation — since red blood cells are responsible for transporting nutrients and oxygen throughout your body. As with any living organism, if the necessities of life are not available, it will die. Can we stop the aging process? No. However, we can slow it down and make it more enjoyable.

OJT consists of two phases: the first is adding proper nutrients to the injured area (i.e., vertebrae, ligament, tendon, muscle, connective tissue, joint space, etc.) by injecting a solution of liquid vitamins, minerals, and homeopathics. The homeopathic aid controls



inflammation and swelling, allowing better circulation vital to the delivery and assimilation process.

The second phase is where the magic happens! The ozone is given right after the vitamin and homeopathic solution, infiltrating the area and spreading the solution further than the injection alone would. It's like blowing air on fire. The ozone is truly magnificent as the treatment becomes far-reaching — not only impacting the bone structure (joint) itself, but also all the muscles, tendons, cartilage, ligaments, and tissues surrounding and attached to it. What does this mean for you? Enhanced, effective healing!

The combination of these two elements causes the proliferation, regeneration, and rebuilding of new ligament and cartilage tissue in areas where they have become weak and unstable. Did you hear that? Unlike steroid injections, which only lower inflammation for a short time, OJT has been proven to regrow new tissue, making it not only a pain management option but also an alternative to surgery — saving you time, money, and let's not forget the pain.

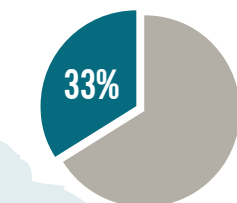
### How many treatments will I need?

Clinical experience shows that the average degenerated or injured joint will need between three and five injections, ideally spread over 8 to 10 weeks, with an expectation of 15-25% improvement each time. Your improvement may come in the way of decreased pain level, more mobility, more flexibility, or a reduction in popping or grinding. Regardless, there should be an expected change from treatment to treatment.

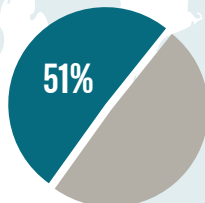
### Am I bed-ridden after treatment?

Unlike surgery, OJT should not affect your physical activity. However, it would be wise to listen to your body and ease from your every-day routine and refrain from activities to which you are not accustomed. Driving or going back to work immediately following OJT is usually a non-issue, but does depend on the seriousness of the injury or condition.

## CHRONIC PAIN ON THE RISE



AMERICANS WHO SUFFER FROM CHRONIC PAIN



FEEL THEY HAVE NO CONTROL OVER THEIR CHRONIC PAIN

## TOP FIVE AREAS OF CHRONIC PAIN

1. LOW BACK	27%
2. NECK	25%
3. JOINTS	19%
4. HEADACHES / MIGRAINES	12%
5. FACIAL	10%