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Research Article

CONSERVE OZONE WITH HERBS

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ABSTRACT

Everyone knows that Ozone protects life on Earth by acting as shield against Sun's harmful UV rays. Nature produces ozone and has proved to protect humans from various diseases and disorders. There was a false allegation that Ozone is toxic and contains Carbon monoxide and was considered as smog. But it has been proved that it is health enhancer and harmless. Ozone is made up of three atoms of Oxygen and it has many pharmacological actions which will help human life to come over even the dreaded disease AIDS. The pharmacodynamics of Ozone is explained in detail. There are many herbs which will help to create a small ozone in our surroundings. This will help us to lead a healthy life.

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INTRODUCTION

OZONE is a term which came from unan (Greek), which means smell, even in German it means so. Ozone is a molecule discovered by German scientist Christian Friedrich Schonbein in 1839 which contains three atoms of oxygen and thus has the formula O₃.

Ozone protects life on Earth. High in the atmosphere about 15 miles (24 km) up ozone acts as a shield to protect Earth's surface from the sun's harmful ultraviolet radiation. Without this shield, we would be more susceptible to skin cancer, cataracts, and impaired immune systems.

Through the action of lightning, nature produces ozone which has a purifying effect on our air. Ozone has a proven oxidizing, antiseptic and germicidal effect and has been used for these purposes for many years. Ozone (O₃) is electrified oxygen (O₂) in an allotropic form and is the most active state is oxygen. It has been observed that it does the following:

- Inactivates viruses, bacteria, yeast fungi and protozoa
- Stimulates the immune system
- Supports and enhances the healing process
- Cleans arteries and veins
- Breaks up red blood cell clumping
- Purifies the blood and the lymph
- Normalizes hormone and enzyme production
- Reduces inflammation
- Reduces pain, calms nerves
- Stops bleeding
- Prevents shock
- Scavenges free radicals
- Prevents stroke damage
- Reduces cardiac arrhythmia
- Improves brain function, and memory
- Oxidizes toxins, facilitating their elimination
- Increases the amount of oxygen in the blood
- Stimulates production of all protective cell enzymes
- Prevents and reverses degenerative diseases
- Prevents and treats communicable diseases
- Prevents and eliminates auto-immune diseases

The therapeutic action of ozone is due to the oxygenation of the blood by the loose molecules ("free radicals") of oxygen in ozone. It is carried to the various organs and tissues of the body and absorbed, thus oxidizing the waste, and facilitating their elimination. In other words, Ozone increases the metabolism without the expenditure of vital energy.

False Information on Ozone

Recently the FDA, and other such suppressive organizations have been trying to destroy the beneficial and life sustaining qualities of ozone by telling the public that ozone is toxic and harms the body. Ozone has been blamed for smog. Carbon monoxide, a lethal toxin, is present in smog at about 3000 parts per hundred million. Toxic hydrocarbons are present in smog at about 100 parts per hundred million. Ozone is present in smog only briefly at around 25 parts per hundred million. Ozone has a half life of about 20 minutes.

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Ozone in smog is produced by the effect of the sun's energetic photons acting on polluting gases. Single molecules of oxygen are broken off these gases momentarily, but in seconds it reattaches itself to the other gases, which is part of nature's system for cleaning the atmosphere.

The problem is not one of too much ozone in smog, but *not enough ozone in the smog*. If sufficient amounts existed, the pollutants would all be oxidized and rendered harmless.

Ozone is easy to measure, so they use this deceitful tactic to smear the name of ozone. Carbon monoxide is a proven killer. Ozone is a proven health enhancer. Scientific studies have proven that Ozone, properly introduced into the body in repeated applications inactivates viruses, bacteria, fungi, protozoa and carcinomas in diseased cells.

Pharmacodynamics

Ozone therapy has been in use for many years by thousands of West German doctors who claim, in hundreds of scientific and clinical studies, that they are able to inactivate AIDS and other viruses and cancer through ozone therapy. They explain that diseased cells have a lowered enzyme count in their cell wall or 'lipid envelope'.

Ozone has been likened to some foreign element floating around covering the globe, or as a poison in smog. Actually, ozone is a natural product that, by surrounding the planet, makes our lives possible, by filtering out burning rays. Smog is created by chemical pollutants reacting as the ozone tries to oxidize them. The problem is the pollutants, not the ozone.

- O₃/O₂ mixture interacts with blood and immediately forms hydroxyperoxides.
- Hydroxyperoxides have no effect on healthy cells, except the rejuvenation effect of super-oxygenating their environment and enhancing circulation.
- Hydroxyperoxides invade diseased cells through their broken cell wall, exposing and destroying disease.

The sixth World Ozone Conference held in Washington, DC during May 1983, procured many astounding papers on the medical and therapeutic uses of ozone.

- OZONE removes unwanted bacteria and viruses from the blood, the same way it does with water.
- The possibility of becoming infected with hepatitis, AIDS virus, syphilis or other infectious disease through blood transfusions could be eliminated by the use of OZONE.
- OZONE is highly effective in peripheral vascular disease so that persons suffering from gangrene, or leg ulcers, may not have to have their limbs amputated.
- OZONE is effective in cardiovascular and cerebrovascular disease, arteriosclerosis in general, and hypercholesterolemia, and promptly restores circulation, relieves angina pain, and improves brain circulation and function.
- With OZONE, cancerous Tumors, Lymphomas and Leukemia may be eliminated without the use of surgery, radiation or chemotherapy.

- OZONE is highly effective for all forms of Rheumatoid and Arthritis Collagen disease.
- OZONE is very effective for Allergies of all types.
- OZONE improves Multiple Sclerosis, and other Neurological Diseases, ameliorates the loss of brain function in Alzheimer's Disease and senility, as well as in Parkinson's Disease, by reversing the aging process.
- External use of OZONE is very effective in treating ACNE, burns, leg ulcers, open sores and wounds, Eczema, fungus and other skin disorders.
- Rectal insufflation with OZONE is effective for Proctitis, Colitis, Prostatitis, anal fissure, Candidiasis; vaginal insufflation is effective for Candidiasis and other yeast infections, Trichomoniasis and other forms of vaginitis; bladder insufflation is effective for Cystitis and bladder fistulas, as well as cancer.
- AIDS, Herpes, Hepatitis Mononucleosis, and cirrhosis of the liver have been successfully treated with OZONE, without the use of any drugs or medicines.
- The application of OZONE is virtually painless, has no adverse side effects and is extremely cost-effective for both physicians and patients.
- As of 1985, over fifteen countries had allowed the use of OZONE therapy, and of all the thousands of patients successfully treated, there has not been one single death or serious reaction reported clearly related to the use of OZONE.

How Ozone Related With Indian System of Medicine

Most of the plants die due to the effect of harmful ozone but many of the flowering plants and aromatic plants like Rehan (*Ocimum basilicum*), afsantheen (*Artemisia vulgaris*) not only withstand the stress induced to them they also help in production of good OZONE, so lets cultivate more aromatic medicinal plants in our home and our surrounding to maintain health with nature. This will help us to breath pure ozonated air and healthy life.

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