

paper

The challenges of ozone therapy and access to sources of information

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Abstract

Ozone therapy is today a general medical practice in various countries. A solid basic and clinical research supports the implementation of this procedure. However, for many professionals worldwide it is unknown, tending to classify it as a fraudulent therapy and sometimes dangerous. These comments are so lacking in argument that if they were not made by professionals one could argue that they are ' gossip '

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Ozone therapy is today a general medical practice in various countries. A solid basic and clinical research supports the implementation of this procedure. However, for many professionals worldwide it is unknown, tending to classify it as a fraudulent therapy and sometimes dangerous. These comments are so lacking in argument that if they were not made by professionals one could argue that they are 'gossip'.¹ So much so that recently a professional who intervened publicly, said he had doubts about the very existence of the ozone molecule. It is also surprising to see how Big Media USA have launched the slogan "Ozone therapy, medical fraud." But the media of that country have been commissioned to disprove that slogan and deepen the roots of the problem. The documentary "Ozone, A Medical Breakthrough?", made by filmmaker Geoff Rogers, shows how behind this campaign are the circles of power of Big Pharma whom would have large economic losses if ozone were introduced massively .

It is also true that ozone at high doses and depending on the route, by which it is administered, causes toxic effects. In particular the inhalation route is very harmful. Ozone produced by industrial machines, photocopiers and computers frequently cause headaches and other disturbances.²

Ozone generated during electrical storms and dragged to the lower layers of the atmosphere by strong winds are associated with the increase in frequency of hospital admissions for respiratory disorders. The fact is that at least for its toxic effects, ozone has gained fame and has been the focus of multiple investigations to elucidate its biological effects.

Undoubtedly, the effects of this gas at low doses have also been investigated and have been part of numerous scientific publications.³⁻⁷ In this way is that they have been able to explain the many effects of this gas on low back pain and all of its other applications. At this point we can say that ozone acts as a *hormetina*.⁸

One of the fundamental obstacles to the introduction of ozone therapy and other techniques in the U.S. and other Western countries is largely associated to the obstacles imposed by the big drug industry, enabling media campaigns against these procedures, to the point of pure scientific ignorance. For example, it is insisted that ozone is a poison, forgetting that in the case of ozone, as in almost all substances, effects are dose dependent. Used at appropriate concentrations it can activate antioxidant mechanisms that protect the body from the effects of free radicals involved in aging and many pathologies.^{1,9}

Other contemporary challenges of ozone therapy are : 1) Use of unfit generators 2) Lack of standardization of clinical protocols, 3) Ozone toxicity, 4) lack of robust clinical evidence for some applications, 4) Quacks or uninformed people, 5) Lack of regulations and lack of health authorities, 6) Lack of funding for research, 7) Skeptical doctors or just uninformed.

The field of information is complex, due to countries that have generated the greatest number of investigations (Germany, Italy, Cuba and Russia) have published the results in their original languages or in no visible means for the rest of the medical/scientific community. These challenges are being faced today by international scientific bodies such as the ISCO3 [International Scientific Committee on Ozone] that was created in Vienna on October 8, 2010

To learn how to use the tool created by ISCO3 see in the same issue of the short communication: MARTINEZ -SANCHEZ , Gregorio . Ozone therapy gains scientific evidence in the clinical field. Global Library of ozone, a tool for research.

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