

OZONE TREATMENT PROTOCOL FOR ASTHMA

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Nota Bene: The protocols are working guidelines that AEPROMO puts at the disposition of all its members, expecting that they will be references in the daily medical work whenever ozone therapy is used on patients.

It shall correspond to the health professional (physician, dentist, veterinarian, podiatrist in the areas for which their profession and current legislation allows it) to whom compete, with their studies, knowledge and experience to assume professionally how to apply ozone therapy to their patients. Although these protocols are referents and guidelines for its members AEPROMO invites them to base their daily practice on these protocols.

The protocols are based on the Madrid Declaration Ozone Therapy, ISCO3, 2nd. Ed., 2015, 50 pages.
<http://aepromo.org/en/madrid-declaration-on-ozone-therapy-2nd-edition/>

The content of the protocols and the items that they cover are subject of improvement based on the medical experience and scientific investigation. AEPROMO calls all its members to help to improve the protocols with their contributions, suggestions, experience and knowledge.

Taking into account that to perform continuously AHTmajor it becomes almost infeasible, both for the cost and the frequency of puncturing a vein, an acceptable option is the combination of the AHTmajor with other routes.

Treatment proposal in **Adults:**

- Select AHTmajor with a weekly frequency and in between alternate with rectal insufflations.

Major Autohemotherapy (AHTmajor)

| Treatment Week | Concentration O ₃ (µg/NmL) | Volume O ₃ (ML) | Doses (mg) |
|----------------|---------------------------------------|----------------------------|------------|
| First | 20 | 100 | 2.0 |
| Second | 25 | 100 | 2.5 |
| Third | 35 | 100 | 3.5 |
| Fourth | 40 | 100 | 4.0 |
| Fifth | 45 | 100 | 4.5 |

Combine, the previous one, with the systemic rectal route:

The concentrations administered by rectal route, more than 40 µgNnmL, could damage the enterocyte, we should get near the higher levels, without exceeding the limits.

Rectal Insufflation

| Week of Treatment | Concentration O ₃ (µg/NmL) | Volume O ₃ (mL) | Doses (mg) |
|-------------------|---------------------------------------|----------------------------|------------|
| First | 20 | 150 | 3 |
| Second | 30 | 150 | 4.5 |
| Third | 35 | 180 | 6.3 |
| Fourth | 40 | 200 | 8 |

Daily frequency, to complete 20 sessions, to repeat cycle each 4 months.

It can be used the scheme with Minor Autohemotherapy (AHTminor):

Minor Autohemotherapy (AHTminor)

| Week of Treatment | Concentration O ₃ (µg/NmL) | Volume O ₃ (mL) | Doses (mg) |
|-------------------|---------------------------------------|----------------------------|------------|
| First | 20 | 5 | 0.10 |
| Second | 30 | 5 | 0.15 |
| Third | 35 | 5 | 0.175 |
| Fourth | 45 | 5 | 0.225 |

Twice a week, till complete 15 sessions, to repeat each 3-4 months.