

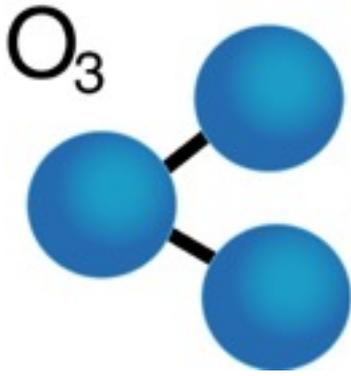
A quick overview to boosting performance the natural way.

Athletic Performance &

Ozone Therapy



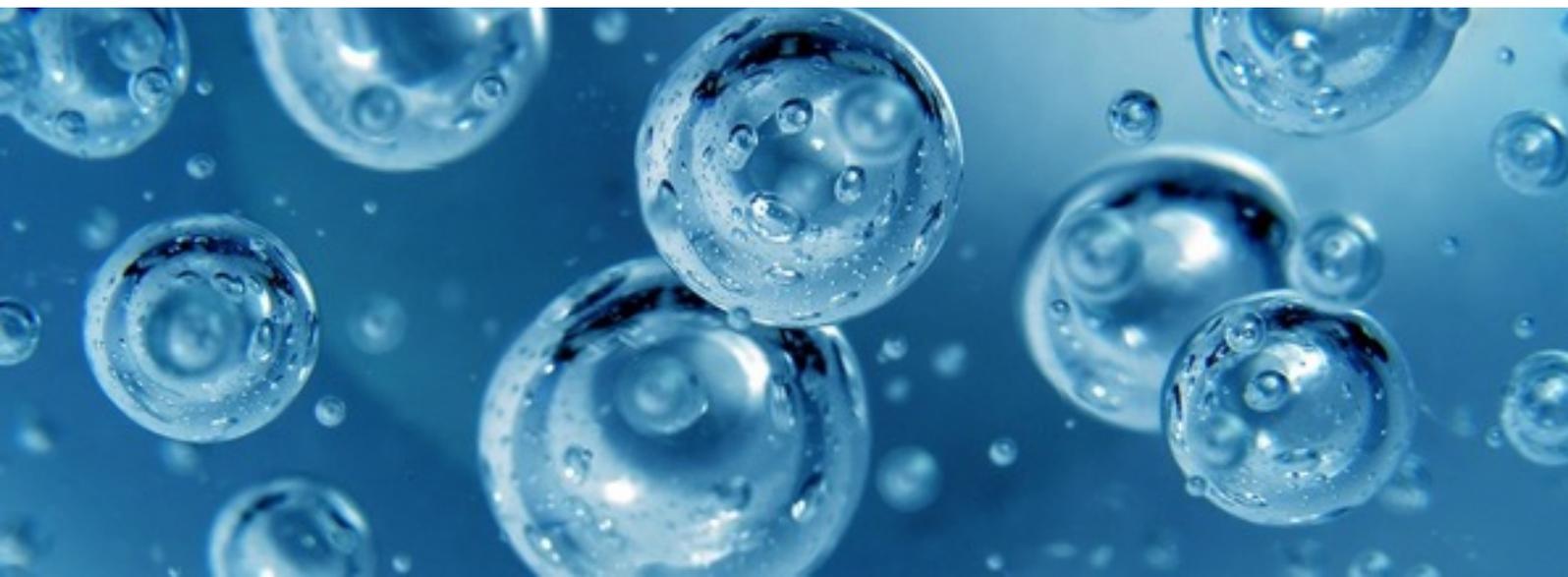
Dr Raoul
Goldberg, M.D.



The therapeutic value of ozone has been known for many decades and is widely used today in medical and dental practices. Intravenous ozone therapy has been used in our Integrative Health Centre for over twenty years.

One of its most effective indications is for the *performance and recovery of athletes*. Composed of three instead of two oxygen atoms, Ozone is super oxygen, and brings higher oxygen levels to specific organs like brain, kidneys and muscles. Athletic performance is enhanced by increasing the amount of oxygen to the tissues and boosting the body's production of the energy rich compound - adenosine triphosphate (ATP). Oxygenation also reduces the build up of lactic acid - a natural occurrence of overactive muscle activity - thereby preventing painful and strained muscles.

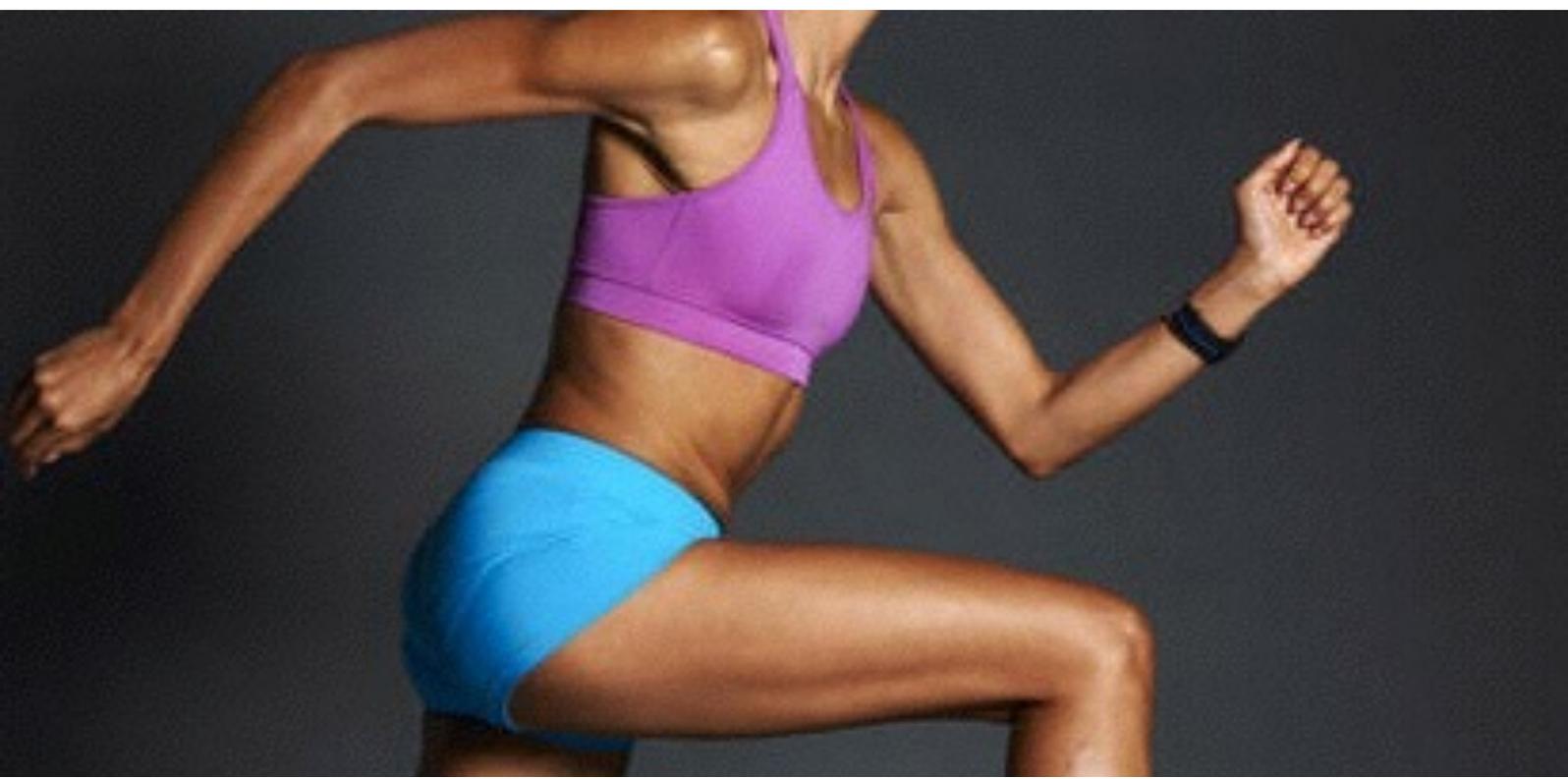
Strains and sprains that result from high performance activities cause tissue congestion, blood flow constriction and therefore diminished oxygen supply, all of which impede the healing process. The recovery from all sports injuries is speeded up by increasing oxygen to damaged tissues, improving blood supply and by actively detoxifying and eliminating waste products.



Ozone blood therapy also regulates and modulates hormone production, such as insulin, testosterone and growth hormone, eliminating need for artificial steroids.

It also protects the system against infections through eliminating microorganisms, by improving immunity through the production of peroxidases, as well as through its detox functions and scavenging of free radicles.

Ozone is generated by passing pure oxygen through an ozone generator. It may then be administered in a variety of ways according to indications or needs of the patients. We find that the *intravenous approach* is the most rapid and effective way of enhancing performance and improving recovery.



Intravenous ozone is also known as *auto-haemotherapy*. Approximately 100-150 ml blood is drawn into a vacuum sealed sterile bottle into which the same amount of ozone is pumped. The gas dissolves in the blood and is then returned by gravity directly into the blood circulation of the patient. The procedure takes about ½ hour and is the most common application for most indications. It cannot be done when veins are too thin or inaccessible.

Steps to Ozone treatment



Deoxygenated blood that has been drawn from the body



Injecting Ozone into the bottle of deoxygenated blood



Healthy Oxygenated blood to be recirculated back into the

body.

Syringa Integrative Health Centre

4 Wembley Avenue

Plumstead 7800

Cape Town

South Africa

Phone: + 27 (0) 21 762 2364

Fax: + 27 (0) 21 761 1973

Email: info@syringahealth.co.za