

Ozone rectal Insufflation instructions:

http://www.youtube.com/watch?v=j_QC3kUNVb0

Equipment needed:

1. Medical oxygen tank, an E-cylinder is preferred, with an 870 pediatric oxygen regulator purchased separately from www.simplyO3.com or from <https://www.vitalitymedical.com/cylinders-regulators.html> (Pedi O2 regulator for \$26-\$70) **OR get:**
2. Brand-new, never-been-used, welding oxygen tank, with 540 pediatric oxygen regulator purchased separately from www.simplyO3.com or <https://www.vitalitymedical.com/cylinders-regulators.html>
3. A Stratus 2.0 Ozone Generator, purchased from www.simplyO3.com , or O3Elite Mini Ozone Generator purchased from www.promolife.com
4. Clear plastic tubing to connect the oxygen tank & regulator to the ozone generator
5. At least 2 of the 750ml rectal insufflation bags and 10 of the rectal insufflation catheters, from www.simplyO3.com or <https://www.promolife.com/ozone-therapy/ozone-insufflations/>

After getting all the equipment set up in the bathroom as seen on the video AND after having a bowel movement, do the following:

1. Plug the 110 volt electric cord into the ozone generator & connect "O2 in" via the plastic tubing to the O2 regulator that is attached to the oxygen tank
2. Set the oxygen flow rate at 1/8 L/min (=0.12 L/min); this will produce 39 to 45 gamma ozone (which is about 2% ozone and 98% oxygen) & then turn on the large valve at the top of the oxygen tank
3. Push "on" the on/off button on the ozone machine
4. As soon as you smell a little ozone coming out of the ozone generator, attach the rectal insufflation bag to the ozone output & make sure the sliding clamp on the tube is open
5. On the first session, it is wise to pinch the bag to allow only the 200ml chamber to fill; on the 2nd session, the bag is pinched to allow only 400ml and, if tolerated, every session after that fill to 750ml
6. After the rectal insufflation bag is filled to the correct level, close the sliding clamp on the bag & disconnect the bag from the ozone output
7. Immediately turn off the ozone generator & turn off the big valve on the oxygen tank
8. Attach the ozone bag to one of the rectal catheters & lubricate the tip of the catheter with whole-leaf aloe vera liquid or gel or with K-Y jelly
9. While seated bare-butt over the toilet and holding the catheter about 3 inches from the tip to be inserted, carefully advance the catheter tip about 2 to 2 ½ inches into the rectum
10. Then, with one hand holding the catheter in place, use the other hand to open the sliding clamp on the rectal insufflation bag & slowly roll up the bag to push the ozone from the bag into the rectum
11. When the ozone is all in, remove the catheter & sit still, trying NOT to fart
12. After at least 3 minutes (preferably 6), you can get off the toilet & wash the catheter with soap & water

13. Then, using a large syringe full of tap water, flush any feces out of the catheter, then flush catheter with 3 to 5ml of 3% hydrogen peroxide without preservatives/stabilizers & finally rinse the outside with peroxide
14. Then shake the peroxide & water out of the catheter over the bathtub or shower
15. Wrap the catheter in paper towel & place in an open plastic bag with user's name on it for re-use the following session (sessions are once daily if illness is mild but 3-4x/day if severe)

IV ozone cured 4/4 men with advanced Ebola in Sierra Leone, Africa in 2016 (3 other men with Ebola who refused ozone all died). <https://drrowendrsu.com/wp-content/uploads/2019/04/126773-344695-1-SM.pdf>

Dr. Renate Viebahn in Germany says that rectal ozone is 95% as effective as IV ozone via standard Major AutoHemotherapy.