

Ionized Oxygen Therapy

Ionized Oxygen Therapy (IOT) has been utilized and researched since the 1920's, with most of the work being done in Germany. IOT is a very basic and far-reaching therapy. It affects every aspect of physiology and metabolism, and can be used in any condition. IOT is an inhaled therapy using medical grade oxygen that has been treated to produce either a negative or positive charge on the oxygen. In general, negative ions have a relaxing effect; positive ions have a stimulating effect. However, both ions have a profound regulatory effect on the nervous, immune, gastrointestinal, intercellular matrix, and inflammatory systems of the body. They also act to change the body's "terrain", which refers primarily to the physical characteristics of the fluids of the body. These characteristics help determine what types of illnesses and infections a person is susceptible to, and changing these physical parameters helps to eliminate these susceptibilities and strengthen one's overall health.

Effects of IOT include increased mood and mental/cognitive functioning, increased energy and endurance, decreased healing time, decreased susceptibility to infections and illness, improved gut function, improved cell and cell membrane function, and normalization of gut flora. Although IOT can be used for any condition, it has been demonstrated to be particularly helpful in high blood pressure, low blood pressure, heart and circulatory disorders, migraine, dizziness, difficulty concentrating, all lung disorders (asthma, emphysema, etc.), [cancer](#), arthritis, allergy, general stress, and fatigue. The effects of IOT can be enhanced with medications administered simultaneously through the use of a special mask to produce a medicinal aerosol. This has a synergistic effect, improving the effect of both the medicine used and the IOT itself.

An important use of IOT is through the application of the ions to water. Ionized water provides energy directly to the organs of the body. It also helps augment the respiratory treatments, as it can be used on a daily basis at home. It can be used for any condition, or as a general health maintenance practice. Specific conditions require specific regimens, but for general purposes 0.5-1.0 liters of ionized water are drunk per day. Negatively ionized water is drunk for three days, followed by the use of positive water for 1 day. This cycle is continued for a total of 3-4 weeks. Then, no ionized water is drunk for 14-21 days, and the cycle is repeated. The water can also be used as an enema, which can be very effective for intestinal problems of all types. Water that is ionized will last for up to four weeks. Medications can be added to the water, providing enhanced effects.

The method used to produce the ionized oxygen is extremely important. The corona discharge method must never be used, as this produces a large number of toxic substances. The only accepted method of production is by pressure-impact technology, which was developed by the Biomed Company of Germany.

[top](#)

[back to therapies](#)

11974 Lebanon Road Cincinnati, OH 45241 - info@colecenter.com
Phone (800) 667-5395 or (513) 563-4321 - Fax (513) 563-3131

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