

Ozone Therapy with Detoxing

Dr. Keesha Ewers interviewing
Dr. Judy Seeger, N.D.



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Welcome back to the Reverse Autoimmune Disease Summit Series. We are listening to the fourth iteration of the Reverse Autoimmune Disease Summit Series. We are talking about Autoimmune Detox this time. And my friend and colleague, Dr. Judy Seeger is involved in the alternative medicine field and has been a doctor of naturopathic medicine. I'm out, 35 years, Dr. Judy?

Dr. Judy Seeger, N.D.

Longtime.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah, when her own health challenges overcame her after exposure to Lyme disease in 2010. She healed herself and she learned which therapies work consistently for herself and her clients. She went on to become a nutritionist, naturopath researcher, author, international speaker and was director of two holistic health clinics where she saw thousands of people's lives healed through her three-step accelerated healing system. Welcome to the Summit Series.

Dr. Judy Seeger, N.D.

I am so excited to be with you doc. This is like just so much fun to be able to help and teach everybody out there who really wants to get rid of this auto-immune stuff, so exciting times.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

It's interesting because I always say that necessity is the mother of invention so I'm not an MD, I'm a nurse practitioner and my PhD, so my doctorate as a PhD, is in sexology. So and I was investigating like what's the role in trauma on human relationships and health and nervous system and then that eventually led to, oh, this has a huge impact on autoimmunity. A



hypervigilant nervous system leads to a hypervigilant immune system. And so that was my own pathway through and now you focus in a lot on ozone therapy, yeah.

Dr. Judy Seeger, N.D.

Yeah, well, it's a one, two combination. So I love things that are simple, if it's more than three it's too confusing and so I got this narrowed down to two steps so that's like super easy. And the reason is because like you had mentioned in the introduction in 2010 I got Lyme disease and I knew, I mean, Lyme could lead to a million different things and I've struggled with immune issues my whole life so I was like, okay, can't get any past that.

And so I talked to my colleagues and I said, "I don't know, man, I could do this, I could do that, I could detox all these different things." And they said, "Oh no, you gotta look at ozone therapy." And I said, "Ozone who?" And that would start the beginning of my journey in 2010. So here's the jam, is whenever, as you all know the immune system goes down, you gotta boost it up and there's a million different ways to do that. I mean, I'll share my story of how I did it but it is one thing. But the other thing is, is as the T-cells, the immune system, gets into getting rid of the stuff that's in there that needs to come out, all those pathogens, then it has to be able to detox on a regular basis.

And I have seen as a naturopath, and I'm sure you've seen this as well is everybody's the whole detoxification channels, the kidneys, the liver, the colon, the lungs all these things get blocked up and so as you start doing all these really cool immune things if your body can't detox it at the same time you get really, really sick and it's called the Herxheimer effect and it's not necessary to go through that, so we can get into all of that.

But the jam is, is that the ozone therapy, yes, it could definitely help the immune system, definitely help get rid of pathogens, helps in just about everything I've seen from cancer to autoimmune and all these different things, but in combination with the detox that I've seen works faster, it works better, people say that they have more energy like the first week already after they haven't had energy for years. So that's what excites to me, is like, oh, one, two detox and do some ozone, oh, this is fun, and then people see the results. So that's where I started and that's when I healed myself and here we are 2021 and I have zero effects of Lyme disease and all



the people who have done it the way I've taught are saying the same thing. It's like, oh, it's gone and it doesn't come back, that's exciting, right.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I've had Lyme too, I haven't done ozone, but I've done the detoxification rebuilding. So let's talk about like, for people that are also saying, O who, ozone who? Let's talk about what it is.

Dr. Judy Seeger, N.D.

So ozone therapy is actually not naturally occurring in nature. It has a bad rap because the media, of course, as they tend to do, said, "Oh, ozone is dangerous." Well, yeah, if this ozone is coming from cars and manufacturing plants and they pollute the pollution in the air, then the ozone, the layer around the earth, then now there's problems, but that's the bad kind of ozone. The good kind of ozone is one we're talking about of course, and that's the one that as the ultraviolet rays of the sun comes down it splits the oxygen molecules all over the place and then they have to bind up, and so then there's O₂ and there's O₃, right. So as the sun's ultraviolet rays come down and splits, then you're going to get those ozone molecules that bind together. What's so great about that, well, it's three oxygen atoms together.

So anytime you're increasing the oxygen levels in your body then your body is like, oh, I have more tools to work with, I could raise energy levels, I could increase the immune efficiency, everything starts to increase because of the extra oxygen. So it first got discovered in about 150 years ago by a German scientist that said, "Hey, this is something that could possibly help with infections." Look who's back in the 1800's lots and lots of infections were going on, surgically people didn't know about good hygiene.

So he started using the ozone in the surgery room and lo and behold, no infection started happening so everybody got excited. But it didn't really become more popular until the late 1800's when this dude by the name of Nikola Tesla, who's of course is now very famous with his cars that he didn't even know it was gonna happen, but the guy was a brilliant, brilliant inventor. He made this generator that created ozone, so he didn't need the ultraviolet rays, how are you gonna capture it and all of that he made a little generator. What's very interesting is J.P. Morgan, a lot of people know about that company, J.P Morgan comes along and says, "Hey, this is a great



idea, let's put this on the map so we could help people with infections and all these sicknesses." And so Nikola got really excited, it's like, great, we've got an investor, we've got somebody to move this forward. J.P. Morgan got hooked in by these other dudes who said, "Hey, we're starting this whole pharmaceutical thing with pills that I think could take off if we invest as a group." So Roosevelt, J.P. Morgan, and a whole bunch of them got together and the pharmaceutical industry went a whole different direction. Could you imagine if it went the other way with the ozone? It didn't though, so that's what happened. So that was back on, so a lot of people-

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So here we are.

Dr. Judy Seeger, N.D.

Yeah, a lot of people will say, well, I've never heard of it. I was like, yeah, been around 150 years but it got squashed because the pharmaceutical industry took off and they had a whole lot more money they put into it and Nikola just let it go because he was like, you have to have money to manufacture these kinds of things. But now there's thousands and thousands and thousands of studies done about ozone and how effective it is, no side effects or very very minimal like 0.0007% side effect and it actually helps all these different conditions from bad bacteria and mold to yeast, to candida, lots and lots of different pathogens by increasing the immune system. So it's safe, it's effective, it's easy. And why are doctors not using it? Well, because it's not in the whole medical realm of things, unfortunately. Can it be used? Absolutely, it could be used at home, it could be used on clinics, it could be used all over, but it works and that's how I got rid of my Lyme disease by doing it.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Is this legal?

Dr. Judy Seeger, N.D.

Yes, it is totally legal. Here's the challenge, is that the doctors who are functional medicine doctors who have a medical license and then they dabble in all these different things from supplements, to doing blood work, to help nutritional stuff, that's not covered under the insurance programs, right. So then they'd come along and say, well, let me try using this ozone



stuff. Well, unfortunately the insurance companies are saying, well, this doesn't fall under the realm of our program. So, if you're a medical doctor specializing in food care, why are you using ozone? And I happen to know of a medical doctor in New York who's doing that and got slapped on the wrist for that, and it's like, well, yeah, but there's no legal term that said it's illegal, but the health insurance companies don't like it because there's no protocol, they can't make money off of it, right. So can a functional medicine doctor use it, yes.

Are they going to advertise it, no, because they're not gonna say, oh, this heals or cures anything which nobody should say anyway, right. But the bottom line is, is that they can use it, it's absolutely fine to use it, it's just oxygen is not a problem you have to be a medical licensed person but it's how you use it. You can't say it's for this specifically, we could just say, oh, it's good for the immune system and leave it at that.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I see, and then I know some states have like certain things, the reason I'm asking this question is because in Washington State I had a colon hydrotherapist who wanted to use ozone therapy and so I had to check into it, and so rectal insufflation is one of those so we could start talking about ways of using ozone therapy now that kind of segues into it. And I had to like do a little bit of research to make sure that it was gonna be okay in my clinic. So I know that there is some like the FDA hasn't approved it so therefore insurance companies don't pay for it, so then everyone thinks that, oh, but under the Health Freedom Act I found that a lot of states actually it's completely legal.

Dr. Judy Seeger, N.D.

Yeah, totally, and so this segue into that there's five different ways of using it. So when I first got my Lyme disease in 2010 I was told to use it in a sauna. So that's simply going in a steam sauna where your neck is above and you sit in this and so it creates a steam and it opens up your pores, and your skin is your largest detoxification organ, things can transfer easily back and forth that works really nicely. So the steam sauna was great, 'cause you're sweating, you're opening up your pores and then the ozone comes in, so the ozone comes in through your skin and then goes down into the cellular level. So I did that in the very first time, I just never forgot that feeling, I felt so good and it was like, whoa, what just happened? It's like oxygen and steroids and your body



just reacts to all that excess oxygen, right. So as it goes into the blood stream it was killing off all these different things and of course I wasn't doing the detox. So sauna is one way that could be used, rectal insufflation and vaginal insufflation. So what that simply means is, as the ozone generator creates the ozone and a true ozone generator has an oxygen tank on the side because it needs that extra oxygen.

Some of these things like on Amazon they're like little Mickey Mouse \$50 and they call them ozone generators, they're really not, you have to have that oxygen tank on the outside to produce clean pure ozone. And so, as I was doing the vaginal and rectal in my clinic it's simply allowing a little bit of gas to come in, rectally or vaginally whichever way it's going to be used, and then that comes in through the system and up into the blood cellular level. I just got off the phone with somebody who has got ovarian cancer and she's like I can't believe I'm using such a small amount of ozone how different I feel after just like five minutes of doing it, like it's super, super strong and you have to start out super, super slowly.

So vaginal and rectal. Ear is the other one, I love doing ears with kids because kids are fidgety and they're not gonna sit still for long anyway and it's super safe. So if they're having thyroid issues or headaches, sore throats, whatever is going on, it's super simple to put a little stethoscope in there and let the ozone run for just a couple of minutes, and that saturates their upper body with a little bit of ozone on a cellular level as well. And so we have skin, we have rectal, we have vaginal and we have ear.

And then the other way that you could do that is super simple as the ozonating water. So you just take a glass of water, you ozonate it for about five minutes and you drink it. I love ozonated water because there's so many people with adrenal fatigue or chronic fatigue or not sleeping well, they have digestive issues, just drinking that ozonated water, we know gut health right, so anytime you have gut health issues and you get in there and you're doing something to rebalance that, makes such a difference but you just gotta drink two to three glasses a day that's the only jam right. But drinking that can help to heal that gut health and get that back on track. And everybody that I've ever put them on when I had my clinic I would give him a drink of water of the ozone and they're like, "Oh, my goodness it feels so good like I don't know what this is." I'm like, "I know it's just extra oxygen and it's just crazy, right." But that works super, super well also.



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So how do people start doing this at home if they wanna do it at home?

Dr. Judy Seeger, N.D.

Yeah, so there's a few ways. So one, there's actually three ways. So I used to tell people go find a doc who does ozone and go get some shots, it's called Major Auto-Hemotherapy, MAH. And it's simply taking the blood, letting it run through a bag and ozonating it and then it comes back into the body. The challenge that I found everybody was calling me and says, I'm in Ohio where's the ozone doc, I'm in Kansas where's an ozone doc. I'm like, ah, I don't know what to tell you. So I started working with the ozone docs and they were afraid to really put the word out. So I was like, okay, let's switch this around and help people so they could get an ozone kit at home I walk people through how to use it, how to set it up, how to use the right protocols, that's fine, but they could do it at home.

The biggest fear of course, I always laid it on the table is that oxygen tank. It's is like, "Oh my gosh, I have an oxygen tank in my house, what if it explodes?" And I'm like, "Ah, it's not going to explode. If that was the case, they wouldn't be selling oxygen tanks to people with CLPD or whatever the issue is, it's fine." It's just that fear is there. So then I'm like, okay, they're afraid to use it at home, what else can we do? That's really the best way but then the other way is to use it as ozone pills or ozone suppositories. So what that means is ozone is a gas and so you have to have something to stabilize the gas and olive oil is one oil.

There's many oils, you could use coconut oil, hohobo oil all the different kinds of oils out there. And it's infused with the ozone gas, so then they put it in a pill form and then you could take it as a pill every day. I do see some people do well with it, but the suppository by far is one of the best ways is that again the ozone is stabilized in the olive oil, for example, and then you use a suppository every night, and as it dissolves, the oil is dissolved, the ozone that's been infused in the oil goes into the blood stream and people see the difference in their energy, how they feel and all that. It just takes a little bit longer, you have to be consistent like anything and do it on a nightly basis, that's the only difference.



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

That's interesting because, we used to do colon hydrotherapy like I said, in my clinic and one of the things we would do that most colon hydrotherapist don't is we added this iron Vedic component onto it, which is sesame oil besties rectally. And that helps reduce Vada, which is that energy that's all air and space in and it just can create like space headed ness, decreased memory, any kind of air filled spaces can become disrupted like, I'm sorry, tinnitus, vertigo, asthma, constipation like any of the air filled spaces, right, sinusitis. And so doing a sesame oil enema at night can help reduce that Vada.

So I'm just like picturing this, oh, ozone plus oil at night rectally, right, as the oil dissolves and soaks into your intestinal track that's actually really nourishing. So I just wanted to point that to people like that's actually really good for you from ancient times, right, we're adding in-

Dr. Judy Seeger, N.D.

Yeah, exactly, and you could use it with any oil so that's a great point. 'Cause ozone increases the potency of any oil it's used to with. So I hadn't thought about sesame oil, that's a great idea, but typically they make it with coconut oil, hohobo oil, olive oil, hemp oil, sunflower is very potent a lot of people don't know about using it with sunflower oil all these different things that can be used with each oil has a little bit different component as you well know, but it works synergistically that's what's cool about it. And it can't really hurt you like, of course we always put a disclaimer on there, everybody's different, everybody's unique, you should work with a practitioner. But what I have seen in my last 10 years of doing the ozone with everybody is nobody gets a side effect except feeling better, and that is a very cool thing.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah, how does this compare to hyperbaric oxygen treatments?

Dr. Judy Seeger, N.D.

Yeah, so hyperbaric is a completely different type of therapy and I love hyperbaric oxygen as well because it has this place and healing. So hyperbaric was found about 300 years ago and it was because of the scuba divers, right. So if you remember Diver Dan, this is really aging us right the big helmet and the big boots and they're going on the bottom of the ocean floor, well, as they



were coming up their blood couldn't equalize and they would get something called the bends and so then they created and found that if they could balance the blood then the bubbles wouldn't form and then the divers wouldn't die, and that's where hyperbaric oxygen first started.

So what happened was, as it got very popular in the scuba diving areas and especially down here in Florida, that they were starting to find, oh, it helps the divers with the bends, oh, look, people are starting to say that it's helping with wound care. Oh, it's helping with carbon monoxide poisoning, oh, it helps people with stroke, oh wow. And that's where I started getting into it and my clinic is all different kinds of stroke.

Now what it is, is hyperbaric is oxygen under pressure, so it's pushing oxygen down to the plasma level of the blood, which again enriches the plasma to get that blood in there and then it equalizes it and it spreads it out. Very different than ozone, which is a gas that comes in and has the three oxygen atoms together. So it's a different format of how it's used in the body. What I love about hyperbaric is that, there are two different kinds.

There's a low atmospheric pressure for those that are having mild issues like inflammation, chronic fatigue, issues with rashes and skin disorders, anything that's an inflammation type it works very well. But then there's something called a deep dive hyperbaric oxygen and deep dive are the ones for the more serious things like something that's gangrenous or getting to be gangrenous, I've seen that turnaround. Or different types of stroke, there's mild stroke and there's the TIAs that are way more, so all of these different types of-

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

- What is it doing to help stroke?

Dr. Judy Seeger, N.D.

Oh, well, so hyperbaric was stroke. So there's many different kinds of types of stroke, right, so there's the milder versions like TIAs that maybe you have a small blood clot or a small blockage, right, a mild chamber could help that. What it does is it's like a vasodilator opens up the blood vessels, the oxygen is pushed down into the blood and just helps to disperse it, that's the mild chamber, but the larger chambers which means more atmosphere pressure, it has more



pressure, it almost feels like when you go in and it's like, oh, my gosh there's so much pressure in my brain it's a very odd feeling. But that higher pressure is actually saturating the blood and getting the viscosity opened up so that it's allowed to move through. It feels a little bit a lot like there's some pressure going through there but it's actually opening it, enriching the blood and moving it and it actually heals it. Now, it takes time.

The challenge, however, one treatment just is never enough, it has to be multiple because it takes time for that oxygen to get down to the plasma level, enrich it and open everything up and heal that whole process. It's just I've never seen it work, like, maybe like in five days I see people getting better, sleeping better, feeling more energy as they're absorbing the oxygen on the plasma level, but it still takes time and that's a challenge. It's expensive, so then I say, listen go find yourself a mild chamber, go get it, use it at home.

I have seen people infertile get fertile, I have seen people on wheelchairs get out of wheelchairs but they had to do a lot of them. I mean, you're talking about 40, 50 sessions which could get cost prohibitive, right. But if you have a serious auto-immune issue going on, I had an MS patient once, she was in a wheelchair, she got one for herself, she hadn't had a baby in nine years not only did she get pregnant she got out of that wheelchair and she went all out and that was just she was very very consistent in her hyperbaric, and her diet, and all these other things that's what it takes right.

So that's the challenge of using some of this stuff. Ozone on the other hand, it's like that, it's like you see the effects immediately like within seconds, like seconds because the way the gas works is very different. While as hyperbaric it takes time for the absorption of that oxygen go into the bloodstream so it's a different type of effect but they each have their place.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So what's the impact on cancer of using therapies like ozone?

Dr. Judy Seeger, N.D.

Yeah, so having and working with the cancer for over 30 years and I always tell them anything and everything that could get oxygen into your body, do it because of course cancer hates



oxygen. So hyperbaric, if people could do that, it comes down to what could they afford, what's the insurance on that, but the one thing I tell them is go do hyperbaric the ozone, now we're not making any claims, but the ozone kills pathogens. I'm gonna wink at everybody, you know what I mean, right? That's my wink signal, yeah, because we know we're being watched. So, I say it kills all pathogens.

I could say it kills mold and bad bacteria and yeast and all that and other pathogens, right, I can't wink very well, but you know . So it gets in there and it actually boosts that immune system. So you're getting the hyperbaric that is saturating the blood with the oxygen but when you have the ozone that actually could go in there and disperse the rest of those pathogens and detox that's the winning combination. That's the one that I have seen help the most with all auto-immune, all cancers the most but again, it's being well consistent with it, right. Because as you're detoxing and getting rid of the poisons, all this, the hyperbaric and the ozone all that, gets to do what it's supposed to do and it has room to do it without worrying about all the toxic levels in the body.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So how do people get set up if they wanna do any of this?

Dr. Judy Seeger, N.D.

Call me,

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

All right, we have Dr. Judy Seeger's contact information here.

Dr. Judy Seeger, N.D.

Yeah, I mean, go on my YouTube channel I have literally hundreds and hundreds and hundreds of videos that explain ozone and explain how it works and what it's for, and just short quick videos to educate people. It's go on YouTube, look up my name, Judy Seeger Detox and everything is on there to teach people what they need. It's all there, it's all educational, and it's just to learn it and to see if it's a good fit, right. Because people have to understand, see do I need hyperbaric, do I need ozone and I'm certainly welcome everybody to come and talk to me and say, hey, let's just get on the phone and see what's a good fit. It doesn't take long to figure out the game plan and



decide should I get a hyperbaric oxygen? Should I go to a place that has hyperbaric? Should I go do ozone? Or should I, there's many many ways of doing this, it's just a matter of talking to somebody who's been there, done that and knows what it could take to help so that you're not wasting a whole lot of time and getting up and adam way quicker than you normally would.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Is there anything that we have not touched on that you would wish to talk about before we go?

Dr. Judy Seeger, N.D.

Yeah, so the combination, we didn't really get into a whole lot about the detox part, it is so important. Like everybody that I know who does ozone or hyperbaric gets Herxheimer and I have been on Facebook, ugh, so many groups and they just don't listen. And they keep saying, I'm getting sick, I'm getting sick, I'm getting sick.

And I'm like, you don't have to go sick, all right. At 30 years ago, when I started this everybody was getting sick, I used to get sick and I just didn't know and now 30 years later I do my detox program, it's just three-day program I created, I figured it out four times a year, I never get sick. I never get sick and I always feel good and everybody that follows the program doesn't get it's so so important. Clean out your liver, clean out your colon, get your skin sweating, make sure that your kidneys, your lungs everything is open on a regular basis, detox on some level needs to be done a few times a year. I'm talking about the deep dive detox, not just every day of having your juice or whatever. I'm going to do a good deep dive detox.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Four times a year is what I tell people. Ayurvedic medicine 10,000 years ago said every time

Dr. Judy Seeger, N.D.

This why we get along.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

The season changes, right, you need to be doing it.



Dr. Judy Seeger, N.D.

I mean, that's exactly what I see because we've been at this, we know what works.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah, yeah, yeah up All right, Dr. Judy thank you so much for joining us and sharing your wisdom with us.

Dr. Judy Seeger, N.D.

Thank you, and I hope everybody not only listens but take something and does it and moves on it. Take action, that's the best advice we can give you. Take action my friends, take action.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Thank you, all right, everybody until next time be well.

