

Portable Ozone Steam Sauna

MANUAL



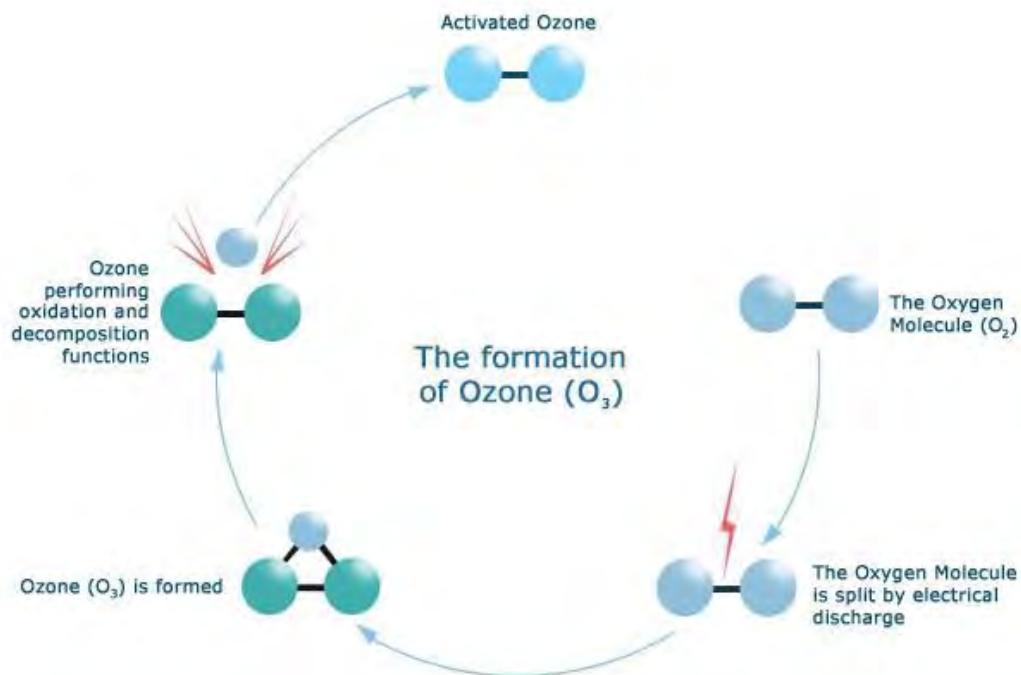
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1.1 About Ozone Therapy Ozone Formation



1.

1.2 Ozone Formation

The benefits of the infrared sauna on the immune system and disease processes have been well documented. In addition to being relaxing and soothing, a sauna and accompanying hypothermia on the body mimics the beneficial effects of a fever, without the discomfort.

In a 1959 Review of Studies on the effects of heat treatments the findings indicated that the number of white blood cells in the blood increased by an average of 58% during an artificially induced fever. Researchers also found increased activity of the white blood cells during the induced fever.

Apart from the immune system-stimulating effects of the sauna's sweat therapy, many have remarked that it is one of the most effective and painless detoxifying treatments available. Sweat contains almost the same elements as urine and, for this reason, the skin is sometimes called 'The Third Kidney'. It is estimated that as much as 30% of bodily wastes are eliminated by way of perspiration, and during a sauna, the body perspires profusely.

By adding Ozone into this environment, the ozone is easily absorbed into the skin and lymphatic system because of the opened skin pores.

It is very important to point out that the sauna used for this 'Ozone Sauna' treatment is of the type where the individual's head protrudes from the top of the sauna, and medical grade ozone is used, and the individual is therefore not breathing the ozone / heat mixture.

1.3 How Ozone Helps

The process aids in oxygenation of all the tissues, organs and cells of the body, in boosting the immune system, stimulating the release of anti-cancer substances from the white blood cells of the immune system, and enhances the blood and oxygen delivery throughout the body.

- Stimulates the Immune System.
- Reduces Carbon Monoxide Poisoning.
- Increases Oxygen, assisting the body's natural detoxifying process.
- Removes unwanted bacteria and viruses from the blood, as it does with water.
- Disinfects open wounds.
- Effective against cardiovascular problems and arteriosclerosis.
- Cancerous tumours, lymphomas and leukaemia may be eliminated without the use of surgery, radiation or chemotherapy.
- Effective against all forms of rheumatoid and arthritic disease.
- Relieves Allergies.
- Improves multiple sclerosis and other neurological conditions.
- External use of ozone is very effective in the treating of burns, acne, ulcers, open sores and wounds, fungus and skin disorders.
- Cirrhosis of the liver, AIDS, herpes and hepatitis have been successfully treated with ozone, without the use of other drugs.

The application of Ozone is painless, has no adverse side effects (if used correctly) and is extremely cost effective for both physicians and patients.

As of 1985, more than 15 countries have allowed the use of Ozone Therapy, and more than 18 000 medical ozone generators have been sold in Europe alone. Of the thousands of

successfully treated people, there has not been one serious adverse reaction related to the use of ozone.

1.4 Period of Treatment

A usual and normal course of ozone therapy takes 6 – 10 treatments, given to a patient two times a week. Most patients start to feel better after the 2nd or 3rd treatment. This therapy does not have to be constantly repeated, as all nutritional and toxic factors are removed and replaced as well. A 'touch up' treatment is recommended at least every 4 – 8 weeks, especially in the case of chronic illnesses or diseases.

2. Ozone Therapy & Heart Disease

Ozone therapy is the fastest known method of treatment for patients with heart diseases like cardiovascular complexities and fatigue. It is less expensive and takes less time in comparison to the invasive procedures such as heart bypass surgery or angioplasty. Ozone therapy has amazing records of successful use in heart disease treatment.

Use of Ozone for cardiovascular diseases (especially angina) and chronic fatigue / pain has shown significant results in relief and operation success. This simple naturopathic medical procedure improves oxygen circulation and utilization of the heart tissues.

Medical Ozone can decrease the thickness and viscosity of blood that would make it easier for circulation, also stimulating dilation as well as relaxing the artery walls. This can help recovery of the inner arterial space from fats that create blocks in the arteries (athermanous plaques).

This therapy works as a strong stimulator for proper circulation (oxygen delivery to cells) and proper energy generation (oxygen utilization by cells). The human body's cells, including the heart and muscles, generate their own energy for use. Oxygen plays a key role in this process. If the amount of appropriate energy is generated by the cells, pain and fatigue will not occur, or occur less than before.

Ozone helps both with the supply of oxygen as well as the use of oxygen by the cells after the ozone-blood mixture has been delivered to the veins.

The Patient Experience:

Heart disease patients who have received the therapy expressed positive recommendations. A short medical survey based upon the patients' opinions shows positive testimony. The treatment requires less time, so it saves both on time and on expenses for higher priced procedures. Physical movements and activities become easier, so patients can walk, exercise and do regular activities without any kind of tension or pain. They think more clearly, and so the therapy assists with creating a more normal lifestyle and increases quality of life.

3. Ozone and Illness, Disease and Cancer

Ozone and Cancer: Dr. Joaquim Varro of Germany reported a discovery (the third in this field) in 1974 – it proved that ozone inhibits the growth of certain types of cancer cells. In more recent studies at the University of California, the ability of Ozone to kill cancer cells associated with Hodgkin's Disease was demonstrated.

Cancer cells ferment the sugar in the cells. This is a wasteful and energy poor process, producing only 150k/joules of energy. Normal cells burn their sugars which produces 2870k/joules of energy for good cells to use. Therefore, cancer cells are perpetually underpowered. This lack of energy means that, among other things, they cannot form the protective enzymes that they need. Without this protection, the cancer cell is susceptible to cell lysis (hole in the membrane) which destroys it. Oxygen on its own, even pressurised, has too little oxidising power to perform this cell lysis. Ozone has much more oxidising power and can thus do it better.

Ozone and Allergies: Ozone stimulates the production of white blood cells. These cells protect the body from viruses, bacteria, fungi and cancer. Deprived of oxygen, these cells malfunction. They fail to eliminate invaders and even turn against normal, healthy cells (allergic reactions). Ozone significantly raises the oxygen levels in the blood for long periods after ozone administration; as a result, allergies have a tendency to become desensitized.

Interferon Levels are Significantly Increased: Interferon are globular proteins that orchestrate every aspect of the immune system. Some interferon are produced by the cells infected by viruses. This interferon warns adjacent healthy cells of the likelihood of infection; in turn they are rendered non-permissive host cells, inhibiting viral replication. Other interferon is produced in the muscles, connective tissue, and by white blood cells. Levels of gamma interferon can be elevated by 400-900% by ozone. This interferon is involved in the control of phagocyte cells that engulf and kill pathogens and abnormal cells.

Stimulation of Production of Tumour Necrosis Factor: TNF is produced by the body when a tumour is growing. The greater the mass of the tumour, the more the tumour necrosis factor is produced (up to a point). When a tumour has metastasised, cancer cells break off and are carried away by the blood and lymph, allowing the tumour to spread throughout the body.

These lone cancer cells have little chance of growing due to the TNF produced to inhibit the original tumour. When the tumour is surgically removed, TNF levels drop dramatically, and new tumours emerge from seemingly healthy tissue.

Stimulation of IL-2 Secretion: Interleukin-2 is one of the cornerstones of the immune system, secreted by T-helpers. In a process known as auto stimulation the IL-2 then binds to a receptor on the T-helper and causes it to produce more IL-2. Its main duty is to induce lymphocytes to differentiate and proliferate, yielding more T-helpers, T-suppressors, cytotoxic T's and T-memory cells.

4. Ozone and Detoxification

Oxygen therapy plays vital roles in maintaining your well-being. Oxygen, along with food, is the primary nutrient that cells use to generate energy. With oxygen therapy, the energy production is boosted through the oxidation of the unhealthy cells. As with any kind of fire, the 'burn' of nutrients not energy cannot be completed without the main fuel, oxygen.

While the oxidation process takes place throughout your system, anti-oxidants are protecting the cells. Antioxidants also act as your cooling, or regulating, system for maintaining the metabolic temperature at constant levels, which prevents over-oxidation from occurring. Your system then must remove the debris left behind from the oxidation process. Normal cells must have the proper nutrients for them to perform properly.

To maintain wellness and any healthy immune system, homeostasis must be achieved. Good food and nutrition habits aids the natural process of eliminating the waste products through the body's natural detoxification system. While aging we fill up with toxins and other by-products, and we lack the ability to create energy to burn up the waste from the oxygen and foodstuffs. Cells work by burning glucose in the oxygen to provide energy, and the waste products are carbon dioxide and water. With insufficient oxygen at the cellular level, the burn will be incomplete, resulting in the carbon monoxide and lactic acid formation.

The build-up of carbon monoxide prevents haemoglobin from picking up fresh oxygen and lowers our temperature. Excess lactic acid in the system will clog the nerve pathways eventually calcify and cause degeneration. If there is insufficient oxygen, toxins will build up and the bloodstream will

carry the heavy load of sludge and toxins with the build-up of fat deposits. Degenerative disease results.

We must absorb the nutrients and utilize the oxygen for proper performance. We revert to lower function levels when lacking in oxygen. At this level, it also causes the breakdown of cell tissues, sickness and other related conditions. Insufficient oxygen also causes subnormal temperatures.

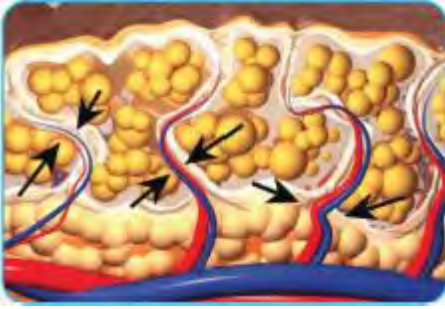
The abundance of oxygen creates better wellness.

Antioxidants are free radical scavengers and enzyme enhancer. Free radicals are atoms or molecules with unpaired electrons. The production of free radicals occurs by normal respiration and the assimilation of sugar. Free radicals are an unavoidable occurrence in biochemical reactions. Free radicals are the natural product of any chemical reaction. They fit into our bodies overall balance. White blood cells use free radicals in hydrogen peroxide to destroy invading bacteria and viruses.

Atoms normally contain an even number of paired electrons. During chemical reactions, electrons become unpaired momentarily, allowing the reaction to occur. If for some reason an electron becomes separated, it causes an imbalance and becomes one free radical. The unbalanced free radical can damage cells that do not have sufficient enzyme coatings.

O₃ can distinguish between friend and foe and attacks only invading pathogens and damaged or infected cells. Oxygen starvation at the cellular level is what causes cells to be too weak to manufacture the enzymes that protect them. The oxygen starved cells are vulnerable to invasion by the always present viruses and pathogens.

5. Ozone and Weight Loss



What does excess body fat, fatigue, degenerative disease and cancer all have in common? Lack of oxygen the root cause of many of our modern-day diseases. What is the solution? For many people, it's a total lifestyle change. Just like the natural food supplements that most of us are willing to take as a preventive of nutritional deficiency, ozone therapy is in

effect an oxygen preventive supplement that helps to assure our health.

Aside from drugs and fast foods, other oxygen robbing food includes processed sugar, white flour products, alcohol, coffee, colas, hydrogenated fats and fried foods. These food-less foods require a tremendous amount of oxygen to metabolize, more than most toxic, under active, nutritionally deficient obese people have available, the result is the sick get sicker and fat get fatter.

Because the oxygen reserves of most people are so low, the junk food consumer must divert, beg, borrow, and steal oxygen from primary metabolic functions. Such primary functions as blood flow, heartbeat, brain functions, immune response, pancreas, liver, spleen, colon, functions, digestion, bio-energy production, healing and many other vital functions must suffer to oxidize and metabolize the devitalized garbage we call food.

- As a side benefit to those of us who have put on too much fat, ozone therapy serves as a catalyst to the Permanent body fat loss process.
- In conjunction with a total lifestyle program, ozone will help convert your body from a fat storing depot to a fat burning dynamo.
- Ozone is a practical, preventative and healthful alternative for most people intelligent enough to understand the cause/effect relationship between high level wellness and disease that are willing to become more proactive in their own health care process.

6. Portable Ozone Steam Sauna Setup

6.1 The Sauna Kit



1. Sauna Sleeve
2. Steamer
3. Foot Massager
4. Pipes and Fittings
5. Diffuser
6. Ozonator
7. Chair

6.2 Setting Up the Frame



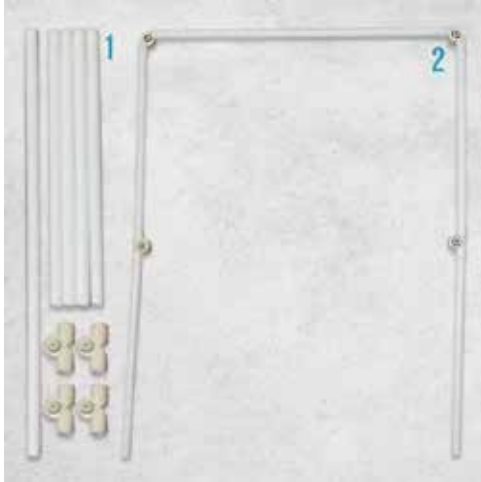
NOTE: Ensure all the connectors face inward, as shown above.

1. Collective base assembly pieces:

- 4 shorter pipe pieces
- 2 long pipe pieces
- 6 connectors

2. Assemble the 4 short pipes by connecting two together using the connectors, creating two extended frame sides.

3. Put the remaining connectors on the ends of the longer pipe pieces. Pressing the button on the connectors to release the mechanism, create the required corners, and then connect the long pipe pieces to the assembled shorter pieces to create the base of the sauna frame.



NOTE: Ensure all the connectors face inward, as shown above.

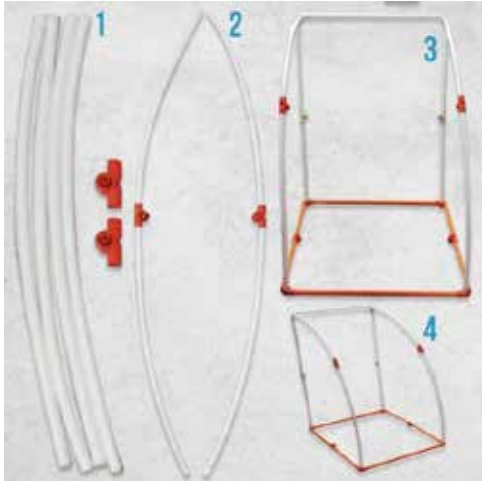
1. Collective back of frame assembly pieces:
 - 4 shorter pipe pieces
 - 1 long pipe piece
 - 4 connectors
2. Assemble the 4 short pipes by connecting two together using the connectors, creating two extended frame sides.

Put the remaining connectors on the ends of the longer pipe piece. Pressing the button on the connectors to release the mechanism, create the required corners, and then connect the long pipe piece to the assembled shorter pieces to create the back frame of the sauna frame.



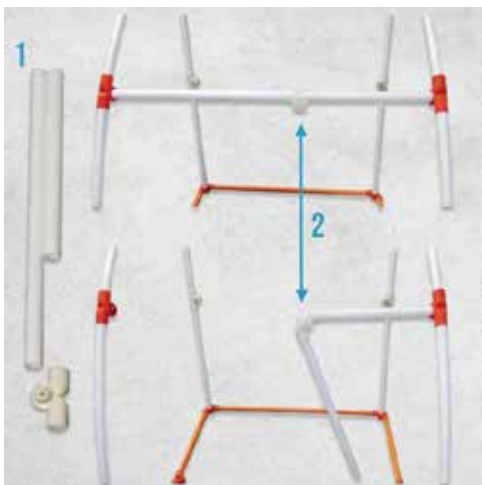
Take the previously assembled base frame (1) and connect the assembled back frame (2) to the two connectors to the back of the base by placing the open parts of the pipes over the connector openings.

Make sure that the pipes from the back frame are firmly secured before moving on to assemble the rest of the frame.



1. Collective side assembly pieces:
 - 4 long curved pipe pieces
 - 2 connectors
2. Assemble the 4 curved pipe pieces by connecting two together using the connectors, creating the two extended curved frame sides of the sauna.
3. Connect the curved pipes to the top corners of the back frame of the sauna, as well as the bottom front corners, forming the sides of the sauna frame - see side view (4). Make sure the pipes are firmly secured at both ends before continuing.

NOTE: Some of the pipes may pull out of the connectors when installing the curved sides – always ensure that the pipes are firmly secured in the connectors to avoid this.



1. Collective front assembly pieces:
 - 1 longer pipe piece
 - 1 shorter pipe piece
 - 1 connector
2. Assemble the 2 lengths of pipe to create the front part of the sauna, and make sure they are firmly secured in the curved frame connectors to steady the front of the Sauna.

To enter the fully assembled sauna, disconnect the longer piece of pipe from the side connector and, by pressing the button in the middle of the connector, fold it open to create an entrance. **Always** secure it back again once inside the sauna.

6.3 Setting Up the Tent



1. Unzip both the front and the back of the sauna tent. Lay the tent out on the floor and spread it open so that you can see the square of the base. Carefully place the frame inside the tent, making sure that the bottom corners of the frame line up with the inner corners of the sauna tent.

It is a Rectangular Shape - place in long direction.

Note: If you struggle getting the frame into the tent after assembling it, try setting up the bottom part of the frame inside the sauna tent, and then installing the rest of the frame from there.



2. Begin covering the sauna frame with the tent, first pulling up the one side, then the other. Always make sure that the corners of the material align with the corners of the sauna tent.

Note: When pulling the material of the sauna tent over the frame, always start at the front and work your way back.



3. Once you have covered the frame with the sauna tent material, pull the ends together and zip up the rear of the tent, leaving the front open for entering and leaving the tent.

Note: When pulling the material of the sauna tent over the frame, always start at the front and work your way back.



4. With the tent assembled, take the chair that comes with your sauna and unfold it. Place the chair into the sauna tent so that it is under the hole in the top of the tent. This will allow you to sit comfortably while keeping your head outside the tent.



5. The fully assembled tent and frame.

Note: Before zipping up the tent, remember to install the diffuser. You can also use the optional foot massager – place it in front of the chair in the tent, where you can comfortably rest your feet on it.

6.4 Setting Up the Steamer & Ozonator



NOTE: Make sure that the steamer lid is properly twisted back into place, or the sauna will not work.

1. The Steamer Equipment:
 - 1 Steamer
 - 2 Rubber tube lengths
 - 1 Diffuser
2. Remove the steamer lid (by pressing down and twisting). Attach one end of a rubber tube to the steamer lid. Make sure that it is securely attached.
3. Reattach the lid (by pressing down and twisting it into place), and then attach the other end of the tube to the inlet point on the side of the sauna. Hold the inlet inside of the tent with one hand to make attaching the tube easier.
4. Attach the end of the second tube to the diffuser. (Aromatherapy Oils can be placed in the diffuser - **NEVER IN THE STEAMER**)

5. Again holding the inlet firmly, securely attach the other end of the tube to the inlet and place the diffuser inside the tent. DO NOT place the diffuser directly under the chair, as this will cause the chair to heat up rapidly and may scald the skin.



1. The Ozonator Equipment
 - 1 Ozonator
 - 1 Tube
2. Attach one end of the tube from the inside through the inlet at the back, top corner of the sauna. Make sure that it is firmly secured to the inlet. As per image 3
3. Attach the other end of the tube to the Ozonator. Make sure that it is securely in place.

7. Using the Sauna

7.1 Preparing the Steamer

Once the steamer and the diffuser has been installed as per the instructions in Section 6, follow the steps below to prepare for your Sauna Session:

7.1.1 Pour water into the steamer to the standard line mark on the inside. (Approx. $\frac{3}{4}$). DO NOT LET THE STEAMER OPERATE WITHOUT WATER! Check regularly that there is still enough water in the steamer.

7.1.2 Close the steamer lid COMPLETELY. Make sure that it is turned into place.

7.1.3 Connect the power plug and turn on the steamer power.

7.1.4 Adjust the time to 30 minutes. A single session should not be more than 30 minutes at a time.

7.1.5 There are 1 – 9 default settings for the temperature. ALWAYS start on the lowest temperature settings and work your way higher. Adjust the temperature so that it is suitable for you.

7.1.6 Setting 1 - 2 is low temperature (27C° - 31C°), 3 - 5 is medium temperature (35C° - 43C°), 6 - 7 is hot (47C° - 51C°), and 8 - 9 is very hot (55C° - 59C°).

7.1.7 It will take 5 - 10 minutes for the sauna to start generating enough steam.

7.1.8 As soon as the sauna is generating enough steam, you can switch on the Ozonater.

7.1.9 The steamer will switch off automatically once your time has run out, or when the water level is too low.

7.1.10 It takes the body 10 sessions to Detox. After that the sauna will prevent and rehabilitate various conditions.

7.1.11 Frequently clean the inside of the steamer with vinegar. The element is protected by the silver tray.

7.2 Preparing the Ozonator

7.2.1 **IMPORTANT: PRESS THE LEFT GREEN BUTTON 2 TIMES FIRST!**

7.2.2 This is the time setting for 20 minutes.

7.2.3 Press the right button marked ON/OFF.

7.2.4 NEVER USE THE RED BUTTON IN THE MIDDLE, IT IS FOR INDUSTRIAL USE!

7.2.5 There should be an additional hose and an 'air stone' with your ozonator. Connect the hose to the ozonator as you usually would, and attach the air stone on the other end.

This is for purifying drinking water.

- For a glass of water – 5 -10 min.

- For 10 liters - 30 min.

7.2.6 **The extra connectors are not for sauna use, only industrial!**

7.3 Important Notes

Every case is different. If at any point when the pulse is taken, it shows signs that it is decreasing and not increasing, the treatment should be terminated immediately for that session.

7.3.1 Make sure to keep hydrated during the session – keep a glass of water or a cup of herbal tea within reach.

7.3.2 When the session is finished, drink at least another two glasses of water or herbal tea.

7.3.3 Always keep a bucket of ice water and a cloth nearby to cool your face and head, and to wipe away sweat. (Only initiate this if your heartrate has increased at least 8 beats higher than your resting pulse. Beginning too early can stop the detoxification process.)

7.3.4 IMPORTANT: If you feel dizzy at any point, terminate the session. Relax for two minutes, and drink at least one glass of cold water. If dizziness persists, take a cold shower and relax for at least one hour.

7.3.5 DO NOT start a session within an 1 hour of having had a meal, or within 4 – 6 hours of taking prescription medication (Take your sauna session before taking your medication, to avoid detoxing set medications). If you feel hungry, drink carrot juice or eat an apple – avoid sugars.

7.3.6 DO NOT USE FOR:

- The very frail
- Person has a pacemaker (Must use Heart Rate Monitor)
- Pregnant Women
- Children under the age of 6

8. Technical specifications

Voltage	110V / 220V / 24V
Power	1000W
Highest Temperature	58 °C
Dimensions	87cm x 77cm x 101cm

9. After-Sale Service & Maintenance

We guarantee the quality of our equipment:

- If an error occurs during treatment, please email or call us regarding the error, instead of arranging a call out. This is because many errors are often caused by incorrect use of the machine.
- Please submit photographs with your query – this is so that our technicians can assess the error and respond with a solution within 1 – 7 working days.
- If an electrical or mechanical part of the machine proves to be faulty, supplier will provide a quote for a replacement, unless the fault proves to be on the manufacturing end.

NOTE: Your WARRANTY will not be paid out when Aromatherapy Oils are used inside the Steamer (Causing the lid to crack).

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If you have any queries, please feel free to contact us.

Portable Ozone Steam Sauna Instruction Manual
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