

## BEFORE OZONE DETOX

The following conditions may preclude your use of the Ozone Detox Session:

Pregnant women should consult a physician before using the ozone steam cabinet because fetal damage can occur with a certain elevated body temperature.

Lactating women should not use the Ozone Detox because toxins being released into the mother's system can transfer to the baby.

If you are being treated by a physician for heart and or blood pressure conditions, written permission from your physician is required before using an Ozone Steam Cabinet. Individuals with cardiovascular conditions or problems (hypertension / hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

If you are being treated by a physician for Diabetes with Neuropathy, Parkinson's, MS or Lupus, written permission from your physician is required before using an Ozone Steam Cabinet. Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

It is important to prepare the body before ozone detox in order to achieve optimal results from the Ozone detox. These rules and tips to consider before the detox session can ensure pleasant, rejuvenating and a successful session. Once a session has begun, we will make sure everything is perfect, but clients need to play a role in making the body ready before the session begins.

Do not eat a large meal for at least one to two hours before ozone detox. But make sure that there is some food in your stomach. When heat is applied to the body, much-needed blood is diverted away from the digestive organs to the capillaries at the surface of the skin. Once this occurs, your food will tend to simply lie in the stomach and ferment. The conflicting agendas of digesting and perspiring help explain why many people do not feel hungry on very hot days. They also help explain why people who eat large meals before entering steam don't sweat as easily as those with emptier bellies. The body prioritizes its needs; so when food must be digested, it doesn't easily give up its blood supply to the surface of the skin.

On the other hand, it is common for one to feel faint (and even nauseated) if one uses the steam cabinet without having any food at all in the stomach, because blood sugar levels can dip too low. If you feel hungry just before entering the steam cabinet, eat a small amount of something that is easily digestible (generally a carbohydrate, such as fruit, raw vegetables, sprouts, nuts, or sprouted bread). Some health care professionals believe that faintness in the steam can be caused by electrolyte imbalance; so make sure your mineral intake is sufficient.

Do not consume alcoholic beverages before Ozone Detox Sessions.

Just as it is unwise to drive a car or operate heavy machinery when under the influence of alcohol, you should not drink before ozone detox sessions. Alcohol increases the concentration of stress hormones in the blood and urine. Since steam use by itself causes the body to increase its production of certain hormones, the higher hormone levels from the two sources combined can produce undesirable and unknown effects. The changes induced by alcohol in the balance of hormones, neurotransmitters, and other bodily substances alters the function of the entire cardiovascular system. This can cause elevated or low blood pressure, rapid heartbeat, and/ or irregular heartbeat. Whereas steam bathing is therapeutic partly because of its intensified effect on the cardiovascular system, when combined with alcohol consumption, the work load on the heart is so dramatically increased that rapid heart rate or even heart failure may occur. Finally, alcohol is a diuretic. The last thing you want to do before entering steam is deplete your body's water stores. If you have been drinking, wait at least 24 hours, until the effects of the alcohol have worn off-and then use the steam cabinet to detoxify.

Do not take "recreational" drugs. Tranquilizers, stimulants, and hallucinogens alter the body's metabolism and may not interact well with the heat of the steam. Also, your responses to both your inner and outer environments can be dangerously altered so that you are unable to respond appropriately. If you are taking prescription medications, consult your pharmacist and your doctor to make sure you can use the steam cabinet.

Do drink plenty of water beforehand. Don't wait until you're dehydrated before replenishing your bodily fluids. Begin before entering the steam cabinet. Studies have shown fluid loss of only 2 percent of body weight caused reductions in arithmetic ability, short-term memory, and the ability to visually track an object by 20 percent compared to their well-hydrated state.

Alcoholic, caffeinated, and carbonated beverages don't count as part of your fluid intake since they can act as diuretics and actually cause water loss. Naturally or synthetically sweetened juice doesn't count either, since it too is a diuretic. In addition, a high chemical or sugar content directs the blood flow to the stomach at the expense of lessening the blood volume to the muscles elsewhere.

Remove all jewelry: watches, necklaces, rings, earrings, body piercing metal. If metal gets hot enough, it can burn your skin. Also, tissues swell when the body is heated, so you may find that your rings will hurt or even become stuck on your finger.

Shower or bathe before ozone detox. Your sweating experience will not be optimal if your skin is already covered with a film of toxins.

Fragrance and Scent Policy:

Due to chemical sensitivities that clients and staff experience, kindly do not use fragrances (such as perfume, after-shave and cologne, essential oils), or strongly scented personal products (such as powder, hair spray, hand sanitizers, deodorant, essential oils, etc.) during the day prior to your session.

Thank you in advance.