

## HOT REMEDIES

YOUR AT-A-GLANCE GUIDE TO  
ALTERNATIVE THERAPIES  
THIS MONTH: OXIDATION THERAPY



**What's oxidation?** It's the process of getting oxygen into the cells. We do this when we breathe in, but, owing to pollution, we don't do it very well. Every cell in the body needs oxygen to function.

**What does the therapy do?** The therapy (new to Britain but big in Hollywood, where it's used by doctors) introduces oxygen right to the body's cells. As the body is thus working at optimum level, oxidation (or ozone therapy as it's also known) helps the body access anything else you give it, from vitamins to other therapies.

**What happens?** Therapist and ex clinical scientist Steve Karim feeds medical

grade oxygen through a machine that mimics a lightning effect and changes oxygen ( $O_2$ ) to medical grade ozone ( $O_3$ ). This is a supercharged, reactive oxygen that readily penetrates cells. It is then suspended in olive oil for use in massage.

**What happens?** From a treatment range, I chose a detoxing lymphatic massage. Steve massaged oxidated oil along the lymph channels and nodes. (Be warned, the groin is one of them.) Massage makes ozone more reactive and creates a fab heat.

**Side effects?** It can stimulate a 'healing crisis' (a detox rash, for example) as the body throws off toxins. Healthier types

may simply feel energised. I also felt more flexible and my skin was baby soft.

**What can oxidation therapy treat?** Allergies, depression, exhaustion, IBS, infections, ME, PMS, stress and trauma. It aids detoxification, the immune system, repairs skin and tissue and has been shown to help cancer patients.

**And the cost?** Steve works at three clinics and treatment costs £60-£80 for 90 minutes, depending on the clinic. He also does home visits. *Call Steve Karim at Farmacia on (020) 7404 8808 or on 07798 861406; or visit [www.oxidation-therapy.com](http://www.oxidation-therapy.com)*