

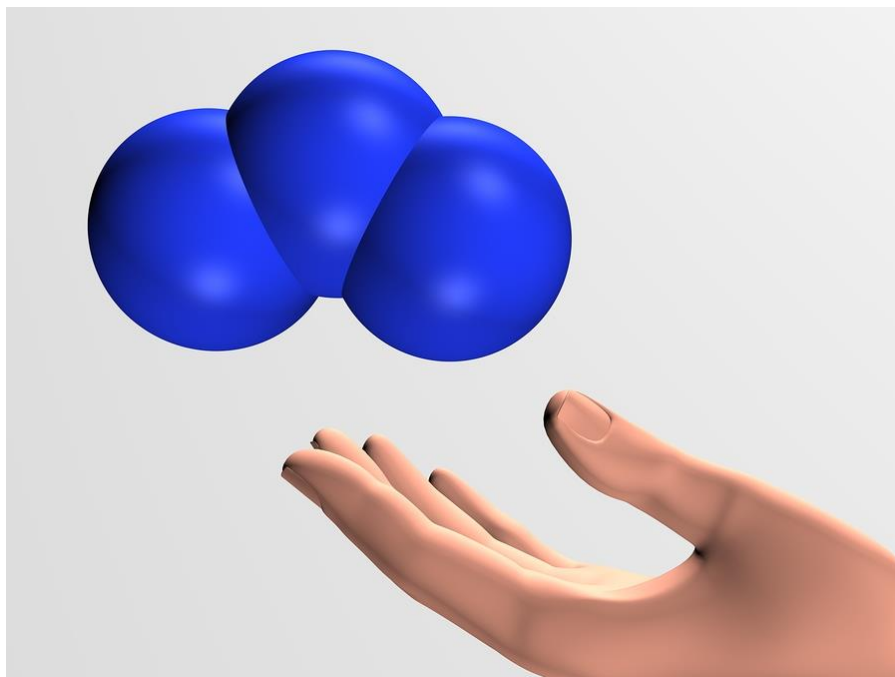
# The Basics of Prolozone Therapy



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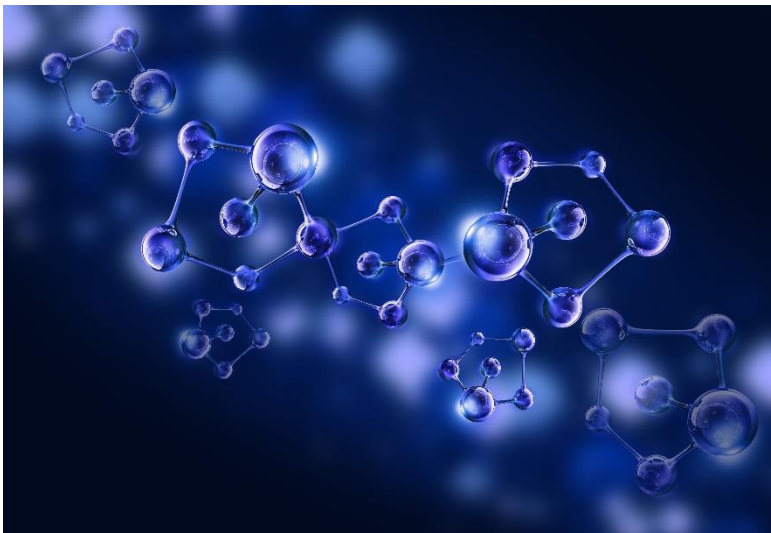
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# What is Prolozone Therapy?

Prolozone therapy is an injectable combination of natural anti-inflammatories, tissue regeneration homeopathics, nutrients, proliferants, local anesthesia followed by ozone into any affected area.

Prolozone is a treatment that immediately corrects the underlying pathology of the pain/spasm cycle in the musculoskeletal system. It uses a standardized homeopathic formula and ozone developed by Dr. Frank Shallenberger. We use it for chronic neck and back pain, rotator cuff injuries, degenerative disc disease, arthritic hips, knees, ankles and shoulders.



## What does Prolozone Do?

Prolozone therapy breaks the pain/spasm cycle of injury by:

- Improving oxygen utilization
- Stimulating good quality circulation in the blood and lymph
- Delivering mitochondrial nutrients, bicarb, dextrose, anti-inflammatories and oxygen to repair injured tissues, damaged cartilage and joints.

**Be permanently pain-free.**



Ozone promotes better quality of life and longer life because it delivers oxygen to your cells.

## What Does Prolozone Therapy Do? How Does it Work?

- Prolozone therapy regenerates damaged tissues. Ozone used in conjunction with homeopathic anti-inflammatories repairs damaged tissues, joints, ligaments and tendons for a complete healing. Our injections bring vitamins, minerals and oxygen to a damaged area so it can heal. Ozone brings oxygen into each cell and reduces the amount of lactic acid accumulation which causes pain.
- We increase blood and lymph circulation as we reduce inflammation and swelling. Ozone is injected in the homeopathic formula to heal damaged tissues.
- Unlike prolotherapy which uses inflammation to heal, ozone therapy eliminates pain immediately. Prolozone is typically not painful, patients see improved range of motion right away and you only need between 1-5 injections.
- Prolozone is the only therapy to regenerate damaged cartilage in knees and hips. Prolozone is not a quick fix; it is a permanent treatment.

## Is Prolozone Right for Your Condition?

This question is discussed during your first visit. We make sure that you don't have any medical contraindications.

## What can I expect at my first visit?

You'll fill out our medical history and consent forms first before you meet with our board-certified prolozone therapy practitioner to discuss your case.

Once we decide on an individualized treatment you will receive your injections to your affected areas.

You can get immediate decrease in pain and localized pain can improve for several hours after your injections. Soft and hard tissue is regenerated. There is no pain and all gain with zero side effects. Prolozone is a true cure for chronic injuries and degenerative processes

## What is the Post Care after the first injections?

We recommend to use mobilize your joints normally. Stop any aggravating activities and continue to move the affected joint for several minutes after the 1st injections. You can apply ice to the joint or affected area for 10 minutes on and off for the first 48 hours. Do not apply heat.

Most patients experience some stability with a 20-80% reduction of joint pain and improved range of motion during the first 48 hours. You should notice significant improvement after your injection.

We monitor your case over the next two weeks. If any original pain returns our patients call us as you will need another set of injections either in the same area, a different injection formula or injections in a different area.

The second visit is recommended in two weeks after the first session, the third if needed in 2 weeks after the second visit and the fourth visit in 4 to 6 weeks. Chronic cases may require a booster treatment every 3-4 months.



## Which conditions respond well to Prolozone Therapy?

Chronic neck and back pain  
Degenerative arthritis in the hips, knees, shoulders and ankles  
Degenerative discs  
Plantar Fasciitis  
Carpal Tunnel Syndrome  
Scars older than 3 months  
TMJ  
Sciatica  
Heel Spurs  
Neuromas  
Tennis Elbow  
Sinus Infections  
Dental Complaints  
Pelvic Disorders including:  
Endometriosis, Fibroids, surgical adhesions, Pelvic Congestion, Infertility, Interstitial Cystitis and Pelvic Floor Syndrome

### **We offer pelvic injections with guided Ultrasound for precise placement:**

Post-surgery non-union fractures  
All sports injuries



### How can I pay for treatment?

We accept all major credit cards and cash for services rendered. We only take personal checks if we have an established history with you.

Ozone therapy is not covered by insurance companies at this time. We do not provide assistance with insurance claims for Ozone therapies.

We use the most advanced equipment, sterile preparations and provide you with a private room. We individualize your treatment based on your condition, constitution and availability. Everything is centered around you.

We offer add-on's - Meyer's cocktails, glutathione pushes, ozone chelation, amino acids and more.

## Why should I go to Piermont Gynecology and Second Nature Care for Ozone and Prolozone Therapy?

We are the **first and only** Ozone and Prolozone Therapy Clinic in Rockland County serving the Tri-State Area.

We are board-certified in Ozone Therapies and fellows in The American Academy of Ozone Therapists. This means we passed our clinical competency exams, written exams and presented ozone and prolozone cases that were accepted by Dr. Frank Schallenberger. We practice accepted standard-of-care treatment methods with an emphasis on patient safety at all times.

Patients enjoy coming to our beautiful Piermont office along the waterfront because they get a private room and a 2 to 1 ratio of practitioners to patient. We monitor your safety at all times and we make sure that you are comfortable.

Treat your neck, back, dental and pelvic pain with great results. We're ready to rock ozone on the East Coast. Our equipment is portable so we can bring our expert staff to your corporation for on-site treatment.

CEO's and employees can benefit from I.V. ozone and prolozone therapies during their lunch break. Give us 1/2 hour and we can change your life. It's worth it to be pain-free not to mention experience improved productivity immediately. Our patients tell us that their brain fog disappears in the first 15 minutes of treatment.



Over the past twelve years, I have seen over 5000 patients. I used my environmental medicine lens to focus on reversing chronic autoimmune disease. My typical patient has seen 6 to 7 well-trained physicians who could not figure out the disease pattern. I practice foundational medicine. I call it foundational because I am like a private detective. I turn every stone to find the underlying root cause of disease. That has allowed me to successfully treat neurological disorders, Parkinson's, MS, inflammatory arthritis, Hashimoto's, thyroid conditions, erectile dysfunction, cardiovascular disease, allergies, ADD/ADHD, infertility, asthma mood disorders and hormone imbalances. Treating autoimmune conditions as a sub-specialty led me to become an intestinal microbiome expert. I have personal experience with an inflammatory autoimmune disease so I know the pain, progression and the tools needed to fight and overcome disease. I've been there. I've felt the fear. I am on a mission to prevent and reverse the ravages of autoimmune disease.

**What makes you the practitioner that you are? Do you practice medicine differently?**

I listen. And then I listen again. I let the patient's story unfold. From the beginning I accept someone from where they are and I nurture mechanisms to empower the patient. I validate their story. We work with respect, trust and integrity. I tell patients that I am a paid guide, but they are the keeper of their keys. They alone hold the power to unlock their story.

**In vibrant health, Isadora Guggenheim, ND, RN, MS, CNS, LMT**

The Second Nature Care practice incorporates several natural therapies to re-balance the body:

- Clinical Nutrition, Food allergies
- Homeopathy - Constitutional and Complex
- Colonics and Environmental Detoxification
- Physical Care - Medical Massage, Neuromuscular Therapy, Hydrotherapy and Naturopathic Manipulation
- Lifestyle Counseling and Stress Management
- Pharmaceutical grade Vitamins and Minerals
- I.V. Therapies for heavy metal chelation, phosphatidyl choline, Meyer's cocktails, sports recovery, healthy heart, general detoxification, immune support
- I.V. Ozone Therapy
- Injectables - vitamins, minerals, amino acids
- Specialty and blood baseline labs

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