

"Hyperbaric Oxygen Therapy" or "Ozone Therapy" -- Which one is Better?

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I get asked many times "what is the difference between hyperbaric oxygen and ozone" and "which one is better". Let me first start off by saying that I have formal training in both applications, and can see the value of each within the medical field.

My initial practice offered both therapies individually and also in combination. After a few years, I was able to determine that the HBOT clearly produced significantly better effects within my patient database. I was able to observe a natural decline in those individuals adding ozone to their protocols and on a cost-benefit analysis, it was even more clear.

It is therefore my professional opinion that hyperbaric oxygen therapy should be encouraged when faced with the decision of 'Ozone or Hyperbarics'. I do however feel that Ozone can be an acceptable therapeutic intervention for those cases where hyperbaric oxygen therapy is not readily available,

To further support my opinion, I would like to cite a recent 2016 study which looked at the difference between hyperbaric and ozone therapy for the treatment of Infective Endocarditis (infection of the heart muscle):

*Researchers looked at standard antibiotic therapy combined with either hyperbaric oxygen therapy or ozone therapy for treating infective endocarditis. Note, this is a very serious and even potentially fatal condition where an infection has reached deep into the heart, causing damage to the heart muscle. The results of the study clearly demonstrated that "**Antibiotic therapy was shown to be more effective when hyperbaric oxygen therapy was added concomitantly**" Moreover, this combination was more effective than the combination of the same antibiotic regimen with ozone therapy. It can therefore be concluded from this study that hyperbaric oxygen therapy is more effective than ozone therapy for its antibacterial effects, and can enhance standard antibiotic therapy for Infective Endocarditis <[click to view study](#)>*

I hope that this article has helped you gain a better understanding of this hot topic in oxygen therapies.

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