

# Ozone Generator Health Kit



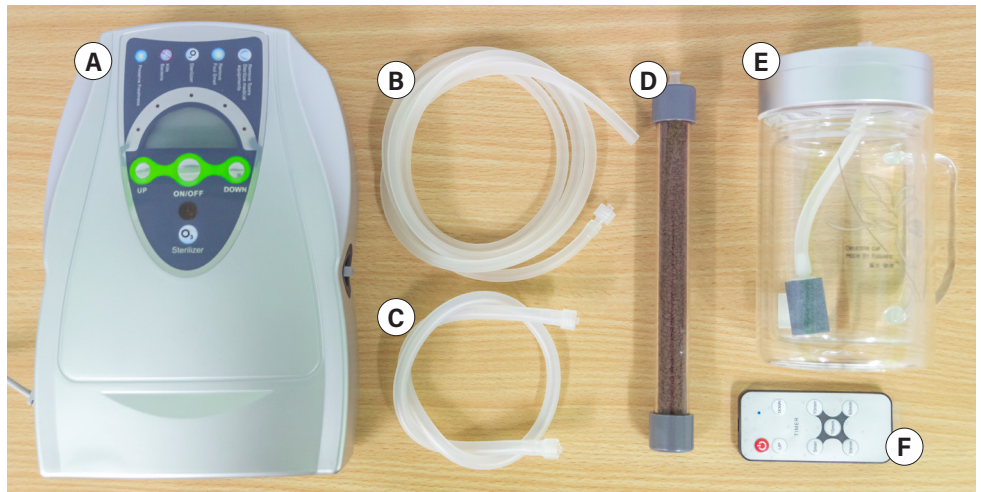
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**CABOT HEALTH**

*Your health is your greatest asset*

## Ozone Generator Health Kit includes



A. Ozone Generator

B. Long Silicone Hose

C. Short Silicone Hose

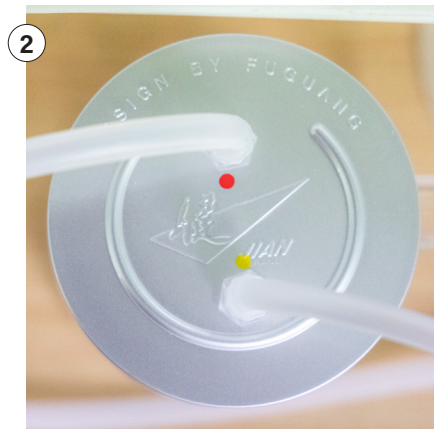
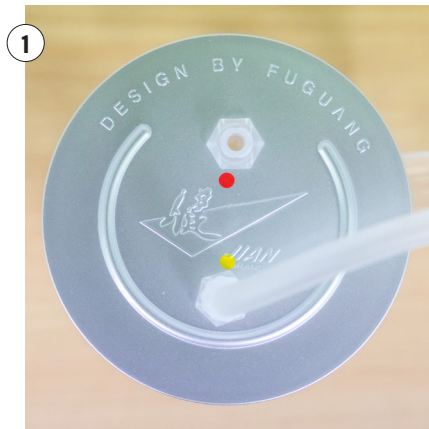
D. Ozone Destructor

E. Glass Cup

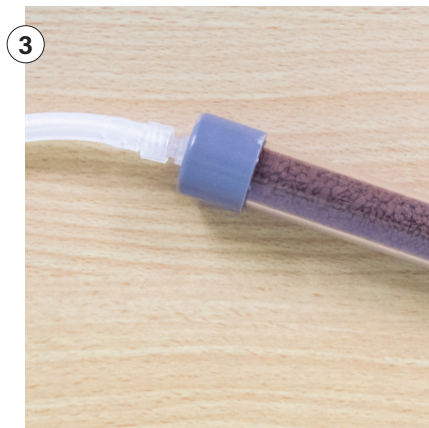
F. Remote Control

## Assembly Instructions

1. Connect the long silicone tube that comes from the ozone machine into the connection with the yellow dot on top of the glass cup's lid. Turn until finger tight (approx. 1 to 1½ turns) until it stops. This tube supplies the ozone to the stone bubbler at the bottom of the glass cup.
2. Connect one end of short silicone tube into the connection with the red dot on top of glass cup's lid and turn until finger tight (approx. 1 to 1½ turns) until it stops.
3. Connect the other end of short silicone tube to the connection on the end of the ozone destructor tube and turn until finger tight (approx. 1 to 1½ turns) until it stops.



Glass Jar Lid with Inlet/Outlet Connections



Ozone Destructor



Stone Bubbler

## Precautions

1. Make sure that the diffuser stone is in the bottom of the glass cup when treating water.
  2. DO NOT use the machine in the presence of a strong magnetic field and/or static electricity.
  3. This machine can be used for ozonating water to drink, to wash and disinfect food/produce and to clean or ozonate a room. It is not used for medical application.
  4. Do not place your eyes or nose close to the ozone output of the machine when it is operating. If you experience any discomfort (such as stinging eyes, irritated throat, cough etc) when the machine is operating, leave the room. In the future, operate the machine only with the supplied remote control.
  5. This machine should only be operated by adults (those over 16 years of age).
  6. This machine is operating at high voltage; do not attempt to disassemble this machine when it is working. Never try to disassemble machine while it is plugged into power.
  7. Do not tamper with the equipment or attempt to open or dismantle the machine. Disassembling this machine voids its warranty.
  8. Keep the machine away from water and keep it dry at all times as it must not come in direct contact with water or other liquids.
  9. When generating ozone into the air for "air-cleaning purposes" ensure people and animals are not in the room to help prevent discomfort caused by the specific odour generated by ozone. You should close the doors and windows of the room you want to ozonate and operate the machine with the remote control. After turning off the machine with the remote control, wait for 60 minutes after the ozone machine stops working before entering the room. Keep the room closed for 4 hours so that the ozone can sterilize the room and exert its full cleansing effect.
  10. Do not use the ozone machine in high-temperature environments (above 40°C) or places with very high humidity or high oil content. This reduces the effectiveness and shortens the usage life of the product.
  11. Handle the machine gently and with care to avoid damaging it.
  12. Do not block the O<sub>3</sub> output, as it affects the air ventilation of the ozone machine.
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## Operating Instructions



1. The ozone machine should be mounted on a flat dry surface. The ozone machine must be higher than the water level in the glass; this is vital to prevent backflow of water into the machine. In other words, the glass and water must be at a lower level than the ozone machine when making ozone water.
2. Connect the machine to the power and turn on the power switch.
3. When the power indicator light is on, check all the automatic functions.
4. To set the function, press the "UP / DOWN" button, it can be set to operate for 5, 10, 15, 30 and 60 minutes.
5. The remote controller can be used to turn the machine on or off within 3 meters. This is good if you are ozonating a room (as opposed to water), as it is not safe to breathe ozone.

## How do you make ozone water?

Use clean filtered water because pure water dissolves ozone better than water that contains other chemicals and minerals.

Use only the special double-walled glass cup provided with the ozone generator; ozone is not compatible with plastic.

Fill the glass with the cold filtered water to approximately 300 ml. **NOTE: The glass should never be more than 2/3 full or you will damage the destructor.**

Place the glass at a lower level than the ozone generator machine (to prevent backflow of water into the generator).

Use water that is as cold as possible. When you make the ozone water, use water that has been kept cold in the refrigerator. When ozonating the water, you may put the double-walled glass cup of water in a large bowl with ice or cold packs; this is not essential but makes the water colder. Coldwater absorbs much more ozone than warm water does.

Keep the brown ozone destructor tube horizontal and place it next to the ozone machine; if you tip it vertically, it can lose some of its little brown manganese stones into the tube. The manganese stones are not toxic; however, you do not want them to clog up the tube.

Turn the ozone generator machine on and bubble the ozone gas into the water via the bubble stone for 15 to 30 minutes. The longer you do it, the stronger the ozone concentration.

Ozone water should only be made and stored in glass, as ozone destroys plastic.

Ozone only survives in water for 30 minutes and only if the water is cold.

Ozone does not last long (has a half-life of only 30 minutes). Over this time the ozone gradually turns into oxygen, and you then have highly oxygenated water.

Drink the ozonated water within 15 minutes of making it for maximum benefit. You can drink ozone water regularly throughout the day if you desire.

You can also swill the freshly ozonated water around your mouth and hold it in the mouth for several minutes to reduce gum disease and gum and mouth infections. It may also help to reduce and heal mouth ulcers.

While making the ozone water, you can open the windows in the room to reduce any smell of the ozone. This is not essential as the ozone destructor tube destroys excess ozone; however, some people prefer this to avoid any possible odour.

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## **Ozone water is great for your plants**

Oxygen enriched ozone water nourishes the plants' root system, which improves plant health and growth. Many diseased and infected plants are quick to recover after ozone water.

## **Ozone to support better health**

Ozone is helpful for many different types of health problems that have failed to respond to conventional, herbal and nutritional therapies.

Ozone is a natural gas made up of 3 oxygen molecules and is generated in nature by UV rays during thunderstorms and lightening and gives the fresh, invigorating smell to the air after a thunderstorm has passed. Ozone is an important component of our atmosphere. Our atmosphere contains 0.01 ppm - 0.04 ppm of ozone, which balances the level of bacteria and mildew in nature.

Ozone can also be created by machines (small generators) that convert oxygen in the air into ozone.

Ozone was discovered in 1840, and its benefits are proven, reliable and reproducible. It has been found to have minimal side effects. Medical ozone has been used for over 150 years to treat infections, ulcers, wounds and many diseases. Nikola Tesla patented the first O<sub>3</sub> generator in 1896, and he started the "Tesla Ozone Company" During the first world war (1914-18) doctors applied ozone topically to wounds. They discovered ozone remedied not only the infection but also had immune-boosting properties.

Do not inhale ozone, as it can damage the lungs; apart from this precaution, ozone is safe and generally has no side effects. Ozone has been used by dentists for many years to control microbes in their clinics. Ozone is also used by some medical doctors, especially in Europe and the USA to treat infections.

Ozone has a high oxidizing capacity which makes it effective for disinfecting and sterilizing. It can destroy most bacteria in the water or the air and is accepted as a broad-spectrum, effective disinfectant and antiseptic.

The molecule of ozone is inherently unstable and tries to break down into an oxygen molecule as quickly as possible. This is what makes ozone such a great cleanser. The ozone molecules need to combine with something to break down, so they end up oxidizing organic compounds and turn them into harmless carbon dioxide and water. Because ozone quickly breaks down into oxygen, it is less toxic than disinfectant chemicals. Ozone is the cleanest oxidizer and disinfectant.

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The powerful antiseptic and antibiotic properties of ozone mean that it can be used for many types of chronic and recurrent infections. Disease-causing (pathogenic) microbes can never become resistant to ozone and ozone will always be able to kill them. Ozone destroys a wide range of microbes including bacteria, viruses, parasites and fungi. So, you can see that ozone is a breakthrough for infection control, as many microbes are now resistant to antibiotic and antifungal drugs. Several types of antifungal drugs can be toxic to the liver.

Ozone increases oxygen delivery to tissues and cells, thereby improving immune function.

Ozone purifies water, eliminates pesticides, purifies the air, removes odours from the home, clothes, shoes and bathrooms.

Ozone can be administered as ozonated oil or ozonated water. Rub the oil onto areas of the skin, scalp and nails that are infected with bacteria, viruses and fungi. Ozone oil can be used to reduce warts, and cold sores as these are both viral infections.

Ozone gas can also be directed into body cavities such as the external ears, vagina or rectum. This is easily done with a syringe, silicone bag and catheter. Do not do this unless your doctor tells you to do it as you need to be shown how to do this by your health care professional. This is best done under supervision.

Ozone is such a powerful therapy, and yet it's hardly known by the general public. Very few people know that you can treat an infected wound with ozone oil or that you can use it as anti-ageing medicine, and to reduce inflammation, address leaky gut, boost your immune system and support your overall healing.

## **Ozone water can be helpful for:**

- Helicobacter pylori infection
- Small intestinal bacterial overgrowth (SIBO)
- Dysbiosis (unhealthy microbes throughout the gut)
- Candida or other yeast infections in the gut
- Anal itch caused by yeast infection
- Intestinal parasites

You may need to drink 1 to 2 litres daily of freshly ozonated water to reduce gastrointestinal (gut) infections.

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## **Ozone water, oil or gas can be used to improve:**

- Infected wounds and ulcers
- Fungal infections of nails)
- Skin infections
- Acne
- Mouth and gum disease and ulcers

## **Anti-microbial effects of Ozone**

- Ozone can kill Staphylococcus, Coliform bacilli and Bacillus pyocyaneus by up to 99.9%
- Ozone can kill Pseudomonas fluorescens, Salmonella, Typhimurium, Shigella flexneri and Vibrio cholerae up to 100%
- Ozone is able to destroy hay bacillus variant spores up to 100%
- Ozone is able to destroy mix-colour aspergillus, peach pecilocin and VUQ protozoa up to 100%
- Ozone is able to destroy black, green and orange mould and falciform spore mould up to 100%
- Ozone can damage Hepatitis A virus and B virus
- Ozone can destroy the influenza virus and SARS in the air up to 97.2%
- Ozone water can kill poliomyelitis virus and rotavirus

## **Other effects of Ozone:**

- Partially disintegrates pesticides, chemical fertilizers and hormones
- Oxidizes heavy metals and organic substances
- Removes various odours

**NOTE: Ozone does not replace vaccination, good hygiene practices or medical treatment.**

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## How does ozone kill microorganisms?

The process for ozone disinfection is to release the third oxygen atom to destroy the cell membrane of the bacteria and the protein shell of viruses, then to directly destroy their genetic material (RNA and DNA) by oxidizing and decomposing them. For example, HCHO combined with  $O_3$ , will generate  $CO_2$ ,  $H_2O$  and  $O_2$ .

The process for  $O_3$  oxidization is that one of the oxygen atoms of  $O_3$  acts with the surface of metal or organic substances to generate different harmless substances.

## Typical Home Applications

### 1. Preserve Freshness (5min)

Applications	Function and Effects
Fish and meat washing	Eliminates the fish odour and kills bacteria in meat and fish. Decomposes hormones and antibiotics in meat, fish and poultry.
Food preservation	Disinfects the food in refrigerator. Extend fresh fruit and vegetable storage life in refrigerators and coolers. Keeps food fresher.

### 2. Kills Bacteria (10min)

Applications	Function and Effects
Fruit and Vegetable Washing	Dissolves and reduces pesticide on the surface of fruits and vegetables.  Kills the bacteria on the surface of fruits and vegetables.

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### 3. Sterilization (15min)

<b>Applications</b>	<b>Function and Effects</b>
Tableware washing	Kills bacteria on the surface of the tableware.
Water treatment	Dissolves the organic impurities and bleaches the water. Increases the oxygen level in the water.
Children's Articles	Disinfects nursing bottles and toys, etc.
Bathing	Reduces skin infections.
Oral hygiene	Kills bacteria in oral cavity and helps to reduce some oral cavity diseases such as gum disease, mouth ulcers and stomatitis.
Pets	Removes pets' odour

### 4. Removes foul smell (30min)

<b>Applications</b>	<b>Function and Effects</b>
Carpets Furniture	Removes harmful gases such as formaldehyde emanating from new furniture, painting, and carpets.
Kitchen	Removes odour and smoke in air.

### 5. Removes Toxins (60min)

<b>Applications</b>	<b>Function and Effects</b>
Bathing	Kills bacteria, eliminates any odour and bleaches the clothes.



Ozone Generator Ozonating Water



Ozone Generator Ozonating Air

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## Warranty

Subject to the terms below, Cabot Health will, for twelve (12) months from date of purchase, authorise a free of charge repair of your Ozone Machine if, in Cabot Health's opinion, it needs repair because of a manufacturing or materials defect appearing within, and notified to Cabot Health in accordance with this warranty, within such period.

This Cabot Health warranty only applies to service within Australia to units purchased in Australia. This warranty is not transferable and applies to the original purchaser only. No product reseller has authority to vary the terms of this warranty. Goods presented for repair maybe replaced by refurbished goods of the same type rather than being repaired.

Retain this warranty with your receipt/proof of purchase. You must present this to obtain warrant service. Transport costs to and from an authorised repair agent are not covered by this warranty.

This Manufacturer's warranty does not cover:

Repairs to products where the electricity rating plate has been removed, damaged or rendered illegible.

Repairs required because the unit has been connected to any voltage other than that shown on the rating plate.

Where the unit has been used for anything other than a normal domestic application.

Maintenance, repair or replacement of parts due to normal wear and tear or normal maintenance recommended by the owner's manual.

Accident, neglect, misuse or Act of God.

Alterations or repairs made to the unit by someone other than an Authorised Service Centre.

Unauthorized modifications or other acts, including spills of food or liquid, blown fuses, mains supply defects or external interference which is not a manufacturing or material fault.

Faults caused by damage by cockroaches, mice, rats or other insects or rodents.

Noise or vibration that is considered normal (e.g. noise of motor or warning beeps).

Use of the product beyond its intended purpose.

Removal of foreign objects or substances from the unit.

Repairs to household electrics.

If the customer does not notify the supplier of the alleged defect of the product during the applicable Warranty Period.

Units where the electricity rating plate or serial number plate has been removed, damaged or rendered illegible.

Other rights

The benefits given by this Cabot Health manufacturer's warranty are additional to other rights and remedies that you may have under law.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.




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**Cabot Health is a leading Australian  
natural health care company.**

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