



## ... --- ... S-O-S ... --- ... STOP OUR SNOT ... --- ...

**W**ith allergy season quickly approaching, many of you are thankful for the ending of our the bitterly cold winter yet dread the symptoms that will soon drain you of your energy, focus, concentration and sleep, to say nothing of the itchy runny nose, sneezing, coughing and scratching episodes that literally drive you crazy.



### A Far Too Common True-Life Scenario

**Patient:** Doc, I've got nasal congestion, sneezing, coughing, post-nasal drip and headaches and runny eyes. It happens every year and is worse in the spring but it is always present and troublesome to me.

**Doctor:** Take this prescription of antihistamine/decongestant along with this antibiotic, and if that doesn't work we will try something else in two weeks.

**Patient:** It's been two weeks, Doc, and I'm not any better. What's next?

**Doctor:** Okay, no worries, let's try these prednisone pills and this steroid nasal spray and one more course of a different antibiotic and come back in two more weeks.

**Patient:** I feel worse and have gained seven pounds and developed a yeast infection [thrush] on my tongue.

**Doctor:** No problem! Take these troches five times daily for ten days and that will surely rid you of the thrush. Begin a low-fat diet and try exercising more frequently. If all else fails I will send you to the ENT doc, who can perform surgery [that at best will provide for only temporary relief and cause pain and several missed work days].

**Alternative therapies** such as NAET, acupuncture, herbals, bee pollen and local honey have had some positive effects in several individuals, but nothing has met more success than utilizing ozone in addressing not only the symptoms of allergy but the underlying cause(s) in terms of repairing a decreased immune system.

**Conventional medicine** goes to steroid use, which will suppress the immune system and over time actually heightens the response to the antigens, causing the allergy symptoms in addition to causing or worsening diabetes, glaucoma, cataracts, weight gain, ulcers, osteoporosis, adrenal suppression and more.

### What is ozone?

In short, ozone is a "supercharged" form of oxygen that has the ability to stabilize cells that release histamine – a chemical that is responsible for the symptoms of itching and sneezing, etc., associated with allergies. Ozone also improves the immune system and promotes a natural immunization process within the body by utilizing the antigens or foreign substances or allergens that are directly causing the allergies.

### S-O-S Rescue Program is successful

A very successful intervention, S-O-S Rescue Program, now offered through ICAM, has been utilized by tens of thousands of individuals throughout the world suffering from not only seasonal allergies but allergies of any kind, including MCS (Multiple Chemical Sensitivities), a condition that prevents individuals from venturing outside the safety of their plastic bubble. The program consists of a series of injections utilizing an ozone mixture with a small volume of the patient's own urine and blood that is painlessly injected into the buttock. The two

basic mechanisms by which this UBII (Urine/Blood Isode Injections) works is by rendering the mixture sterile and by lysing or breaking up the peptide contents of the allergens responsible for the allergies and symptoms, thus rendering them more immunogenic to the body through the actions of an enlightened and heightened immune system.

### Homeopathic Remedies

In addition to the injections, which are initially twice weekly, we prepare for the patient a homeopathic remedy utilizing tinctures of belladonna, aconite, vodka and your urine that is taken under the tongue three to four times a day as needed to rid lingering symptoms while awaiting resolution of the underlying cause(s) being addressed through the use of ozone.

**Perhaps** the most dramatic use of ozone in the treatment of allergies that I have personally witnessed dozens of times over the past few months has been injecting the sinuses through the gums, similar to the dental procedure of numbing your teeth before drilling or pulling a tooth. The ozone gas injected in this way will kill upon contact any bacteria, virus or fungal infection it comes in contact with.

**Bottom Line: For those who are regular readers of OCW magazine or my website, you have been exposed to the wonders and miracles of ozone therapy for the treatment of asthma, arthritis and infection, to Lyme disease and cancer. If you are troubled by recurrent and intractable sinus symptoms, consider what hundreds of fellow sufferers have tried ... --- ... ICAM's S-O-S Rescue Program ... --- ...**

### TESTIMONIALS

When I moved to Ocean County over 20 years ago I found myself suffering from allergies that caused congestion, pain, post nasal drip and chronic infections. I sought help from various doctors but nothing worked. I was considering surgery for a deviated septum when I heard about the ozone treatment offered at ICAM. I made an appointment for this simple procedure, which was quick and painless. By the time I left the office I was free of symptoms for the first time in years! I haven't had one sleepless night due to my sinuses since then. It is amazing to me that I could enjoy lasting relief after such a simple, brief, and painless procedure. I have told everyone I know about this (and even some total strangers!) - Patty

My brother Mark and I have recently rekindled our relationship after over a decade. As long as I have known my brother he has been a leader (and a rebel) and I knew that he would have a positive impact on those he touched. ever since I was a young child I suffered sever allergy symptoms that kept me from living a quality of life between the headaches and inability to breathe well and lack of sleep. After just one ozone sinus injection I had instant relief that lasted three months so far! In addition, while I am awaiting a necessary total knee replacement, Mark injected my knee with ozone and that too has lessened my pain by 50%. Thank you brother and continue your calling. - Daniel Bartiss

**Despite advances in medical technology and "new and improved" medications geared toward changing the course of your allergy season, nothing appears to deter the discomfort or reduce the length of the afflictions caused by the various pollens, grasses, and whatever else triggers your allergies. And, although many seek out allergy shots (weekly for months to years), symptoms continue to linger yearly and very often worsen.**



**Mark James Bartiss, MD** is a medical writer, lecturer, and author, and is recognized as a top ten specialist in the field of Bio-Identical Hormone Replacement Therapy (BHRT). He has helped numerous individuals take their lives back and reclaim their health.

**REMEMBER...** When it comes to your health, you do have options and a choice.



## Institute for Complementary and Alternative Medicine

24 Nautilus Drive, Suite 5 • Manahawkin, NJ 08050 | 609-978-9002

504 Hamburg Tpk, Suite 205 • Wayne, NJ | 973-790-6363

By Appointment Only: 639 Stokes Road, Suite 202 • Medford, NJ 08055 | 609-654-5900

[www.ICAMBartissMD.com](http://www.ICAMBartissMD.com)