Congratulations, you are now on the fast track to wellness! Making the choice to receive HOCATT™ therapy is worth celebrating, but instruction is needed...

When starting Ozone Therapy, you need properly functioning bowels so that toxins can be excreted. It is advisable to undergo a colon cleanse program. You can try colon hydrotherapy / irrigation, or start a course of natural dietary supplementation (such as Oxy Powder MgO) to clean out your entire small and large intestines.

PRE-SESSION CHECKLIST

Before your HOCATT™ session, you should:

- ☑ Not be exhausted (after strenuous exercise) or tired after work,
- ☑ Not be fasting (for food and/or drink),
- ☑ Wait 2 hours after eating a heavy meal,
- ☑ Have a light snack,
- ☑ Drink 500ml luke-warm water.

DISCHARGE INSTRUCTIONS (POST-SESSION)

1. After a session, you should take some time (10-15 minutes) to rest and collect yourself on a chair or bed, and drink 500ml water before going to put your clothes back on.

2. It is recommended that you do NOT shower for about 2-7 hours after the session, as there are still ozone messengers present on the skin for some time after the session.

3. You should take 1000mg (or more) liposomal Vitamin C around 1-2 hours after the session. Vitamin C is a great way to support your immune system, and it enhances the effects of HOCATT™ therapy.

4. You may start to detox after your first HOCATT™ session, or it could take a few sessions for your body to start detoxing. You should drink 250ml water every 2 hours throughout the day to support your system during the detox period. You should also drink a glass of luke-warm water with 1/2 a squeezed lemon as soon as you wake up in the morning (at least 1/2 an hour before eating or drinking anything else) — this helps to alkalize the body.

Copyright © 2016 Signature Health. All rights reserved.