HOCATT™ FAQ

QUESTIONS	ANSWERS
1 What is ozone?	Ozone is enhanced oxygen. It has an additional oxygen molecule — you can think of ozone as SuperOxygen!  ozone = O_3
2 Is it safe?	It is indeed safe! Ozone is an age-old natural healing modality and a well-researched therapy, with numerous studies published in medical journals worldwide, including esteemed journals such as PubMed. Ozone has outstanding safety records and astonishing efficacy in virtually all categories of disease due to its anti-oxidant stimulation and energy production capabilities. It has been deemed one of the safest treatments with the fewest side effects. The HOCATT™ is safety certified bearing the CE approval. All the modalities have been shown to be safe.
3 Who is a likely patient for the HOCATT™?	EVERYONE! Those who: are well and want to maintain or improve performance; want to lose weight; want to improve appearance or slow the hands of time (anti-aging); have auto-immune disease; are suffering from parasite infestation; have acute and chronic pain and need relief; want to ensure faster post-operative recovery; have been told there is no other solution. The HOCATT™ is so versatile that almost everyone can benefit from HOCATT™ therapy.
4 How long are sessions? How many do I need?	HOCATT™ sessions are usually 25-30 minutes. Most protocols recommend 2-3 sessions per week, but some cases do require daily treatments initially. A couple of sessions per month are recommended for even the healthiest clients looking to maintain and increase their vitality.
5 What if I get too hot?	If at any point during the session you get too hot, the temperature can be lowered, or the session can be stopped. All features of the HOCATT™ can be increased or decreased to suit your level of comfort.
6 Do I have to use all of the therapies?	You do not have to do all of the therapies if you do not wish to. You can select which therapies you want before the session starts, and during the session you may also ask for any of the therapies to be switched off or on.

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7 Will HOCATT™ therapy interfere with my current medication(s)?	In most cases HOCATT™ therapy is very complementary to conventional medications, often enhancing their efficacy. HOCATT™ therapy also promotes the absorption and bio-availability of nutrients when taking vitamin/mineral supplements. We have even seen many cases where chemotherapy patients using the HOCATT™ not only experience reduced side effects, but also an enhanced efficacy of treatment. Please consult your doctor about your concerns before starting HOCATT™ therapy.
8 What is cupping and Vaginal Insufflation? **Do I need to do it during my session?**	The HOCATT™ has a second ozone generator dedicated to auxiliary attachments for OPTIONAL ozone cupping or Vaginal Insufflation (VI), during or outside of a HOCATT™ session. Using a glass funnel / set of breast cups focuses a high concentration of ozone over a specific problematic area. VI is recommended for endometriosis, ovarian cysts, and vaginal infection (yeast / fungal, bacterial, viral). Often these infections decrease fertility, so VI is highly recommended for those who are looking to fall pregnant. To do the VI, you insert a catheter about 5cm into the vagina.
9 Is HOCATT™ therapy safe for pregnant and/or breastfeeding women?	HOCATT™ therapy, and especially the VI modality, is actually recommended for those who are planning or trying to fall pregnant, and it is safe for breastfeeding women. However, as with most anything, it is advised that you not use the HOCATT™ during the first 3 months of pregnancy, as it is during this time that the foetus is most vulnerable.
10 Can I use the HOCATT™ if I am menstruating?	HOCATT™ therapy is contraindicated during menstruation, as it dilates arteries and may increase the blood flow (i.e. you might mess on your towel). If you choose to do HOCATT™ therapy anyway, it is advised that you keep on your underwear and a sanitary pad/tampon. DO NOT DO VAGINAL INSUFFLATION WHILE MENSTRUATING.
11 What are the contraindications?	**Ozone Therapy:** - Thyrotoxicosis - G6PD deficiency - 1st trimester of pregnancy **CO_2 Therapy:** - Hypotension **Heat / Sauna:** - Fever - Menstruation - Active bleeding - Taking blood thinners - Recent heart attack - 1st trimester of pregnancy - Hypotension (for temp. > 38°C) - Elevated blood alcohol/drug levels

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