

Smart Life Forum

SmartLifeForum.org Presents

Frank Shallenberger, MD

on

Prolozone: Treating the Cause Of Chronic Pain

Thurs., Aug 20, 2009, 7 PM

LOCATION: Cubberley
Community Center - Room H1
4000 Middlefield Rd
Palo Alto, CA

FUTURE SPEAKERS

Sept. 17 -- Gar Hildenbrand

Oct. 15 -- Gary Taubes

Nov. 19 -- John Domnisse, MD

Dec. 17 -- Dawson Church

Short Presentation: Anna Coulter will give a short presentation on nutrient density and a practical demonstration of some ways to employ it. Nutrient density is the base of her Wellness Cuisine Program. Anna is an inventive wellness cuisine expert, certified by Alissa Cohen, one of the world's leading authorities on raw foods. She is also a licensed Gerson Therapy caretaker and home setup coordinator providing support to cancer patients. In addition with a degree from the Swiss Art and Teaching Institute in Zurich she was a teacher of creative processes, including architecture/design and art.

extensively in the United States and abroad.

He is a pioneer in the clinical application of oxidative medicine, a new discipline that emphasizes the profound importance of oxygen and energy production in health and longevity.

Dr. Shallenberger is board certified in Anti-Aging Medicine. In 2001 he was honored to be a speaker in Monte Carlo at the First International Learning Conference on Anti-Aging Medicine, a global gathering of health professionals interested in applying anti-aging strategies.

Shallenberger is the founder and medical director of The Nevada Center of Alternative and Anti-Aging Medicine in Carson City, Nevada.

Meet Frank Shallenberger, MD

Dr. Frank Shallenberger has been practicing medicine for 37 years, after graduating from the University of Maryland School of Medicine and receiving post graduate training at Mt. Zion Hospital in San Francisco. He is one of only 16 physicians in Nevada that are licensed in conventional medicine as well as alternative and homeopathic medicine. This allows him to integrate the best of both approaches for optimal results.

Shallenberger is the author of several books including *Bursting with Energy: The Breakthrough Method to Renew Youthful Energy and Restore Health* (2nd Ed., 2007) and *The Type-2 Diabetes Breakthrough: A Revolutionary Approach to Treating Type-2 Diabetes* (2005).

Dr. Shallenberger is a member of the American College for the Advancement of Medicine, the American Preventive Medical Association, and the American Academy of Anti-Aging Medicine. He has served as a founding board member of the International Bio-Oxidative Medical Foundation, and is also a board member of the Society for Orthomolecular-Health Medicine. He is a past Clinical Instructor of Family Medicine at the U.C. Davis School of Medicine, and has lectured

Main Presentation

Prolozone therapy falls within the class of treatments known as Oxygen Therapies, which are not a traditional part of the allopathic medical approach, except for accelerating healing in burn victims. However, oxygen therapies have a long history, going back as least as far as Manfred von Ardenne's work in Germany. Von Ardenne was a brilliant physicist with over 600 patents who began experimenting with the therapeutic use of oxygen. Von Ardenne became well-known for his oxygen multi-step therapy and cancer multi-step therapy. More recently, this is sometimes referred to as "Exercise with Oxygen Therapy" or EWOT. Other uses of oxygen include ozone treatments and hyperbaric oxygen.

What is "Prolozone"?

Prolozone[®] is a homeopathic/oxygen injection technique developed and pioneered by Dr. Shallenberger. It is excellent for all forms of musculo-skeletal and joint pain including chronic neck and back pain, rotator cuff injuries, degenerative and arthritic hips and knees, degenerated discs, and shoulder and elbow pain. The value of Prolozone is that it actually

corrects the pathology of the disorder. About 75% of chronic pain sufferers who undergo this therapy become permanently pain free.

Prolozone is derived from the Latin word "proli," which means to regenerate or rebuild, and the word ozone. Ozone is the most highly active form of oxygen in the universe. Prolozone uses the power of oxygen to cause damaged tissues, joints, ligaments, and tendons to regenerate. This usually results in complete healing, and a permanent end to pain.

How Prolozone works

The reason that some injuries completely heal and others don't has to do with circulation. In order for a damaged area of the body to regenerate and heal, it must have the critical elements that only the blood can provide: vitamins, minerals, and oxygen. Of these, by far the most important is oxygen. Low levels of oxygen cause an accumulation of lactic acid, which is what causes pain.

Prolozone works in three ways:

- 1/ First, homeopathic anti-inflammatory medications are injected into the injured area to reduce inflammation and swelling. This leads to increased circulation.
- 2/ Then the area is treated with vitamins and minerals that are critical for healing.
- 3/ Lastly, the area is infiltrated with oxygen in the form of ozone.

The result is that the tissues get what they need to heal. And as they heal, the circulation to the area is re-established, and the treatment is complete. The response to treatment varies from person to person, but most people only need from 3-5 treatments.

Is Prolozone the same as prolotherapy?

No. Prolozone uses oxygen to promote healing whereas prolotherapy uses inflammation. Prior to introducing prolozone, Dr. Shallenberger previously employed prolotherapy. Although he found that prolotherapy was often effective, it had several significant drawbacks compared to prolozone:

- Prolotherapy is extremely painful. Pain usually persists for days to weeks after a treatment. In contrast, patients receiving Prolozone feel immediate improvement, with very little or no pain at all during the treatments.
- Prolotherapy requires many injections, whereas Prolozone only requires a few. This means that Prolozone is faster and much less expensive.
- Prolozone therapy is especially effective in regenerating the cartilage in damaged knees and hips. Prolotherapy is usually not able to do this.

Conditions That Can Be Treated With Prolozone

Prolozone works on just about any pain problem you might have, including: neck pain, whiplash, degenerated or herniated discs, low back pain, plantar fasciitis, carpal tunnel syndrome, torn tendons, TMJ syndrome, sciatica, heel spurs, neuromas, tennis elbow, rotator cuff tears, knee injuries, and virtually any other sports injury. Because Prolozone treatments also result in cartilage regeneration, the technique is also remarkably effective even for severe cases of osteoarthritis of the hip or knee. The good thing about Prolozone is that it is not just a treatment for pain, but a therapy that results in a permanent cure.

A Sampling of Case Studies

1/ Osteoporosis – 51 year-old man with a 13 year history of severe disabling pain along his entire spine, from the neck to the lower back. Craig had developed a hormonal disease called hypopituitarism, which caused severe osteoporosis at a very young age. This caused his bones to become soft, and the vertebrae in his spine began to spontaneously fracture. He came in complaining of severe pains up and down his entire spine. He worked as an architect, but was very limited in his ability to sit for longer than 30 minutes at his drafting table. He was no longer able to pursue any of his former activities such as hiking and athletics.

From September to December of 2008, he had five Prolozone treatments to his entire spine. Each session took about 45 minutes. He described himself as being “dramatically better”. And he has been able to resume many of the activities that he previously was unable to pursue.

2/ Sciatica -- 61 year-old man who injured his back in a work-related heavy lifting accident. He had severe right-sided sciatica. The pain became so severe that he could no longer do the type of work required and ended up selling his very successful business. The treatments he received had been of no help at all, and when Dr. Shallenberger first saw him he was regularly requiring pain medication.

His workman compensation doctor had told him that he needed surgery, but Jack was very opposed to the idea. Finally, the workman comp insurance controller told him that unless he had surgery, they would no longer cover his medical costs. Jack told them to “take a hike.”

Jack first saw Dr. Shallenberger in July of 2004. Besides the low back pain and sciatica, he was also complaining of pain in his knee after a recent fall. He was walking slowly and with a limp. He was treated with only one Prolozone treatment to his lower back and to his right knee. The treatment caused an immediate and complete relief of all of his pain in both his back and his knee. According to Shallenberger, this is unusual, as most cases take 3-4 treatments to get complete relief.

Torn Rotator Cuff – 61 year-old man suffered torn rotator cuff in right shoulder resulting from a fall while rock

climbing. Dr. Shallenberger administered five Prolozone treatments to his shoulder between February and April of 2005, and the patient's shoulder completely healed.

Lower Back, Shoulder, and Groin Pain – 72 year-old retired cowboy had been injured on many occasions from various horse-related accidents. He complained of pain in his lower back, right groin, and left shoulder. His biggest complaint was the groin pain, as this made getting on a horse to ride difficult. As he told Dr. Shallenberger: "I love riding my horse, but I can't ride him anymore because this pain in the groin stops me from being able to lift my leg high enough to get on the horse." The patient had seen his regular doctor who had told him that, other than surgery, there wasn't anything that could be done for him.

Dr. Shallenberger administered four Prolozone treatments to the shoulder, groin, and lower back between April and June of 2009. When Shallenberger saw the patient in July for his fifth treatment, the patient told him he had been riding his horse almost every day, and that the pains he had been suffering were almost completely gone. He told Shallenberger: "I now have a new life!" According to Shallenberger, this patient will probably need 2 to 3 more treatments to be completely recovered, as older patients usually require more treatments than younger ones.

Osteoarthritis -- 79 year-old man in great shape, and literally the only thing making him feel old was his knee. His left knee was starting to bother him. The pain wasn't that bad when Dr. Shallenberger first saw him, but his x-rays showed that his knee was bone on bone, and his orthopedist had advised him to have a total knee replacement because sooner or later that's what he would need. Over a 2½ month period, he had five Prolozone treatments, and is now pain free. Shallenberger doubts if this patient will ever need a knee replacement.

Neck Pain, Numbness and Partial Paralysis -- Mary Ann had had multiple surgeries for her neck and back symptoms, and was now completely disabled. She was a nurse, but she was not even able to sit and write, much less take care of patients. She had severe pain in her neck radiating down her arm, as well as numbness and a partial paralysis of her left hand.

The x-rays of her neck and back were tragic. She had more metal in her lower back than Dr. Shallenberger had ever seen in over 37 years of practicing medicine. She was addicted to narcotics, and could barely get on the exam table. She was from back east, and had flown in for treatments. Three weeks and three treatments later, the paralysis and numbness went away, and she was doing things and moving in ways she hadn't for several years. Her doctors back east were amazed and, even though they had never heard about Prolozone, they urged her to keep up with the treatments. It's been a year since Shallenberger first started working with her, and in that time she has gotten her life back. She got married, and is planning to resume her nursing career.

About Prolozone Therapy

Prolozone therapy has been around for about 15 years, developed by Dr. Shallenberger following a trip to Germany in which he learned about injecting ozone into joints and tissues, and subsequently incorporated this technique into a new therapeutic protocol. Shallenberger has treated over 1,000 patients using prolozone, relieving pain and in most cases bringing about permanent cures. (He defines "cure" as pain being completely gone, as well as X-ray / scan evidence showing that the pain-causing damage is also gone.)

Shallenberger has been teaching prolozone therapy for 12 years, and has trained doctors all over the world. (Some are listed online at www.oxygenhealingtherapies.com.) As the ingredients used in prolozone therapy are natural (i.e., not patentable), prolozone has not been submitted for FDA approval. However, in most cases prolozone therapy is covered by health insurance (using the same billing codes that are used by prolotherapy practitioners).

Over the past several years, there has been intense interest in the use of ozone to reduce or eliminate pain, and to treat back and joint disorders. As a result, a number of symposia and journal papers have been published that provide independent verification of the efficacy of ozone as a regenerative therapy. Here (below) are just a few:

- 1/ Bonetti et al., Am. J. Neuroradiology, Vol. 26, No. 5, pp. 996-1000 (May 2005), *Intraforaminal O(2)-O(3) versus periradicular steroidal infiltrations in lower back pain; randomized controlled study.* **Note:** This study concluded: "Oxygen-ozone treatment was highly effective in relieving acute and chronic lower back pain and sciatica. The gas treatment can be administered as a first treatment to replace epidural steroids."
- 2/ Paoloni et al., SPINE, Vol. 34, No. 13, pp. 1337-1344 (2009), *Intramuscular Oxygen-Ozone Therapy in the Treatment of Acute Back Pain with Lumbar Disc Herniation – a Multicenter, Randomized, Double-Blind, Clinical Trial of Active and Simulated Lumbar Paravertebral Injection.*
- 3/ CyberRounds (online) report by Neil Wagner: *A Toronto team examined the results of 12 previous studies involving over 8,000 patients of ozone treatment of herniated discs. The studies showed ozone therapy to be just as effective as surgery but with a shorter recovery time and a much lower risk of complications.* (www.cyberrounds.com)

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