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10-Pass (Multipass) Ozone Therapy in Wellness, Immunity, and Healthy Aging

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We believe in exploring therapies that support the body's natural ability to heal, regulate, and thrive. One integrative therapy gaining attention among practitioners and patients alike is *10-Pass Ozone Therapy*, sometimes called *Multipass Ozone Therapy* or *High-Dose Ozone Therapy*. While this advanced form of ozone therapy isn't a magic bullet nor FDA-approved in USA, many people find it energizing, immune-supportive, and supportive of overall wellness. Around the world, ozone is used in integrative and hospital settings as a complementary approach to support immune function, circulation, and healthy aging. It is not FDA-approved in the USA and is not a cure for any disease.

In this blog, we'll break down what 10-Pass Ozone Therapy is, what benefits people report, and what research and clinical experience suggest about its effects on the body.

What Is Multipass (10-Pass) Ozone Therapy?

Ozone therapy involves introducing *medical-grade ozone (O_3)* into the bloodstream in a controlled medical setting. In the *10-Pass Ozone Therapy* protocol, a larger volume of blood, approximately 200 ml is drawn, mixed with ozone under hyperbaric pressure, and then reintroduced into the body up to ten times during a single session. This repeated cycle delivers a higher cumulative dose of ozone than traditional single-pass ozone treatments and is designed to stimulate *deeper systemic effects*.

Because ozone reacts quickly in the body, it doesn't "stay" as ozone; instead, it creates chemical signals that can support immune function, oxygen delivery, and oxidative balance.

Why People Are Exploring 10-Pass Ozone Therapy

Many people seek out 10-Pass Ozone Therapy for support in areas that conventional approaches can struggle to address alone, especially in chronic conditions. Clinical data and research on medical 10-pass ozone therapy in Europe has shown it to:

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1. Enhanced Immune Function

Ozone therapy can stimulate immune activity. Clinics report increased production of white blood cells and immune signaling molecules, which may help the body better respond to challenges from infections and chronic stressors.

This is why some practitioners use 10-Pass Ozone as part of integrative care for persistent infections or immune dysregulation.

2. Better Oxygenation and Circulation

Ozone has been shown to improve the body's ability to use oxygen by making red blood cells more flexible and enhancing oxygen delivery to tissues. This can support cellular energy production, which many patients describe as a boost in overall vitality.

3. Support for Detoxification

10-Pass Ozone Therapy may often be described as a *detoxifier,* supporting the liver and antioxidant systems in breaking down toxins and promoting elimination. It has been shown to naturally improve glutathione levels, a tri-peptide naturally produced by liver to detoxify toxins and hormones. This process may help reduce chronic inflammatory signaling over time.

4. Anti-Inflammatory & Analgesic Effects

Chronic inflammation is a common underlying factor in many long-term health challenges, from joint pain to autoimmune conditions. Ozone has anti-inflammatory and analgesic properties that may help calm inflammatory and pain responses and promote a more balanced immune environment.

5. Increased Energy and Mitochondrial Support

Many people report *increased energy and reduced fatigue* following 10-Pass sessions, which may relate to enhanced oxygen delivery and mitochondrial function, the "powerhouses" of our cells. Recent studies even imply improved mitochondrial bioenergetics after high dose ozone therapy sessions. Hence, longevity providers and biohackers often seek out multipass therapy.

How 10-Pass Ozone Might Support Longevity and Wellness

While rigorous human longevity trials on 10-Pass Ozone are still emerging, biological mechanisms it engages are closely tied to *healthy aging:*

- *Enhanced cellular oxygen utilization* supports metabolism and brain function.
- *Reduced oxidative stress and inflammation* are central to slowing age-related tissue damage.
- *Improved circulation* helps deliver nutrients and clears metabolic waste more efficiently.

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When combined with lifestyle practices like nutrition, movement, sleep optimization, and stress management, ozone therapy may help create a more *resilient internal environment*, which many longevity approaches emphasize.

A Realistic and Personalized Approach

It's important to approach 10-Pass Ozone Therapy thoughtfully:

- Ozone therapy should be administered by trained medical professionals who follow strict safety protocols and are certified in ozone therapy.
- While many people report benefits, responses vary by individual health status and context.
- Current evidence includes clinical observations and mechanistic studies, but more controlled research is needed to fully understand long-term benefits.

At Holistique, we always emphasize *personalized care*, integrating therapies like 10-Pass Ozone only when they align with your health goals and medical history.

What People Often Report After 10-Pass Ozone

Many patients describe similar improvements after a series of treatments, including:

- Noticeable *energy increases* and reduced fatigue
- Enhanced *mental clarity and focus*
- Better *immune resilience* and fewer infections
- Support in managing *chronic inflammatory symptoms*
- Feeling more *balanced and revitalized*

These reports align with the biological mechanisms ozone engages, especially oxygen utilization and immune modulation, though individual experiences vary.

Conclusion

10-Pass (Multipass) Ozone Therapy is an advanced form of blood ozone treatment that offers a deeper, higher-dose of ozone compared with traditional single-pass ozone or major autohemotherapy therapies. While it's not a cure-all, many people find it a valuable tool in their *integrative wellness and longevity plan*, especially when combined with lifestyle support, peptides, nutrition, and personalized care.

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If you're interested in exploring whether 10-Pass Ozone Therapy may help support your immune function, energy, or overall resilience, the team at **Holistique** can help you make a thoughtful, evidence-informed decision.

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