

## FEEL BETTER FROM THE INSIDE OUT

### Unlock Better Energy, Immunity & Longevity with Mitochondrial Support + Ozone Therapy

By Innovative Nutrition NC

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#### What Are Mitochondria — and Why Do They Matter?

Mitochondria are tiny structures inside your cells that act like **mini power plants** — creating energy (ATP) that your body uses to move, think, digest, detox, and heal.

 Cells make tissues → tissues make organs → organs make YOU.

If your mitochondria are sluggish or damaged, you may experience:

- Fatigue or brain fog
  - Chronic pain or inflammation
  - Digestive issues
  - Hormonal imbalances
  - Neurological or autoimmune symptoms
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#### Mitochondrial Dysfunction: The Hidden Root of Many Conditions

Poor mitochondrial function is linked to:

- **Alzheimer's and Parkinson's**
- **Type 2 Diabetes & Obesity**
- **Fibromyalgia & Chronic Fatigue Syndrome**
- **Autoimmune & Inflammatory Conditions**

**Why?** Damaged mitochondria create excessive free radicals (ROS), leading to **oxidative stress**, inflammation, and accelerated aging.

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 **The GOOD NEWS: You Can Reboot Your Mitochondria**

You can strengthen your mitochondria through targeted lifestyle changes + integrative therapies like **ozone therapy**.

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## What is Ozone Therapy?

Ozone (O<sub>3</sub>) is a gas made of 3 oxygen atoms — a natural compound with powerful **antimicrobial, detoxifying, and healing** benefits.

It's been used safely in Europe for decades and is now available in our clinic to help with:

- ✓ Infections (viruses, bacteria, parasites, fungi)
  - ✓ Chronic fatigue
  - ✓ Pain & inflammation
  - ✓ Immune support
  - ✓ Gut healing
  - ✓ Detoxification
  - ✓ Longevity & anti-aging
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## How Does Ozone Therapy Work?

- Creates a **gentle oxidative stress** to stimulate healing
  - Increases **antioxidant production** (your defense against aging and disease)
  - Improves **oxygen use at the cellular level**
  - Boosts the **immune system**
  - Supports **detox at the liver and cellular level**
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## Types of Ozone Therapy We Offer:

### ◆ IV Ozone (Ozonated Blood Infusion)

Targets systemic inflammation, pain, fatigue, immune imbalance, and infections.

Perfect for:

- Viral illnesses (EBV, herpes, HPV)
- Autoimmune flares

- Cancer support
- Fibromyalgia & chronic fatigue

#### ◆ **Rectal Insufflation**

Gentle and effective for gut infections, mold, parasites, candida, and detox.

Helps with:

- Liver support
- Microbiome rebalancing
- Chronic GI symptoms

#### ◆ **Vaginal Insufflation**

Targets chronic UTIs, yeast infections, and vaginal microbiome imbalances — naturally.

#### ◆ **Ear/Sinus Insufflation**

Relieves chronic sinus congestion, infections, and ear pressure without antibiotics.

#### ◆ **Local Ozone Injections**

Used for pain, inflammation, arthritis, and joint injuries. Speeds healing and reduces discomfort.

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### ☀️ **The Health Benefits of Ozone + Mitochondrial Support**

- ✓ Boosts Energy Naturally
- ✓ Reduces Chronic Inflammation
- ✓ Fights Off Pathogens
- ✓ Clears Brain Fog & Enhances Mood
- ✓ Improves Gut & Liver Detox
- ✓ Enhances Oxygen Use
- ✓ Supports Healthy Aging

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### 👤 **Steps You Can Take to Support Mitochondria DAILY**

#### **Nourish with Real Food**

- ✓ Eat whole foods rich in antioxidants & nutrients (leafy greens, berries, healthy fats, grass-

fed proteins)

✓ Avoid processed foods & sugar

### **Balance Blood Sugar**

✓ Don't skip meals

✓ Eat protein & fat with every meal

✓ Avoid eating in a stressed state

### **Move Your Body**

✓ Gentle movement daily (walks, stretching, yoga)

✓ Add strength training or HIIT when possible

### **Breathe, Rest, Reflect**

✓ Practice deep breathing or meditation

✓ Spend time in nature

✓ Try restorative yoga, Qigong, or quiet mornings

### **Detoxify Your Life**

✓ Use clean personal care & home products

✓ Try sauna therapy, detox baths, or foot soaks

✓ Support liver and cellular detox with ozone therapy

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## **Is Ozone Therapy Right for You?**

Ozone may help if you:

- Feel tired or foggy all the time
- Get sick often or have chronic infections
- Deal with digestive issues or toxin overload
- Are looking for natural, non-drug-based support

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## **Let's Work Together**

You don't have to settle for just managing symptoms.

We're here to help you get to the root cause and restore energy, vitality, and balance.

 **Book a Discovery Call** to learn more

 **In-person appointments available** at our Charlotte clinic

 *[Insert Link to Book]*

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*“You don’t just want to feel better — you want to heal better. Let’s support your body from the cellular level up.”*

— Julia, Holistic Nutritionist | Innovative Nutrition NC