



WELLNESS REBOOT

How to Prepare for EBOO Therapy

Extracorporeal Blood Oxygenation and Ozonation (EBOO) therapy is a systemic ozone treatment designed to gently cleanse your blood, reduce inflammation, and support immune health. Since the procedure involves circulating your blood through a specialized filtration and ozonation system, proper preparation ensures safety and effectiveness.

Getting to and from your EBOO therapy session

While most people feel fine after treatment, some may feel a little tired or light-headed. For your safety, we recommend arranging for a friend, family member, or trusted driver to accompany you to your first session and drive you home afterward just in case you don't feel up to driving yourself.

Pre-Treatment Preparation

1. Schedule a Medical Consultation

Prior to treatment, your physician will have reviewed:

- Medical history
- Medications and supplements
- Contraindications (e.g., G6PD deficiency, blood disorders, infections)
- Baseline lab tests if needed

This ensures you're a safe candidate and allows your provider to customize the session.

2. Avoid Blood Thinners (Unless prescribed)

You may need to pause blood thinners unless your physician instructed otherwise:

- Aspirin or ibuprofen
- Fish oil, vitamin E
- Ginkgo biloba

⚠ Never stop prescribed medications without your physician's approval.

3. Hydrate Well

Drink plenty of water 12–24 hours prior. Well-hydrated blood flows more efficiently through the system. Avoid excessive caffeine and alcohol.

4. Eat a Light Meal

Have a light, healthy meal 1–2 hours before your EBOO therapy. Choose foods rich in protein to help keep your blood sugar steady and avoid greasy or heavy options that may cause discomfort.

5. Dress Comfortably

Wear loose, short-sleeved clothing to allow IV access and ensure comfort during the 30–60 minute session.

6. Plan Post-Treatment Rest

Some patients feel energized, others slightly tired. Avoid strenuous activities and prioritize sleep.

7. Inform the Clinic of Recent Illness or Infection

Share any recent fever, cold, flu, or medical procedures, as they may affect your immune response.

What to Expect During Your Visit

Arrival & Parking

Convenient open parking is available at 1540 International Parkway, Suite 247, Lake Mary, FL. The clinic is located on the second floor.

Reception & Check-In

The receptionist will greet you upon exiting the elevator. Light snacks and beverages are available if needed.

Consultation

Meet your physician to review your health history, discuss goals, and ask questions.

Treatment Experience

- Recline in a comfortable chair in a quiet room (TV optional)
 - Your blood is gently drawn, filtered, oxygenated, and ozonated, then returned to your body
 - Closed-loop system treats up to 2 liters of blood over ~60 minutes
 - Many patients find the session calming and restorative
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Post-Treatment Care

Stay Hydrated

Drink water (with electrolytes if desired) for 24–48 hours to support detoxification.

Eat Light & Nourishing Foods

Focus on vegetables, fruits, and lean proteins. Avoid heavy or fried food for at least 24 hours.

Avoid Toxins

Skip alcohol, smoking, and recreational drugs for 24 hours.

Rest & Listen to Your Body

Resume daily activities as tolerated. Mild fatigue or dizziness is normal.

Follow-Up Care

- Most patients start with weekly sessions for 3–4 weeks
- Maintenance every 3–6 months

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