

WHAT'S THE ALTERNATIVE?

Let there be Light

Every week we look at alternative ways to treat common ailments.

This week, **CLARE GARNER** looks at treatments for **Seasonal Affective Disorder**



NEXT weekend the clocks go back. While we'll get an extra hour in bed, the shorter days mean we absorb a smaller amount of light, leaving many of us feeling lethargic and gloomy. This is because the shortage of daylight causes a reduction in the feel-good brain chemical, serotonin. One in 10 people in the UK is said to suffer from Seasonal Affective Disorder (SAD), with symptoms including tiredness and irritability, having less energy, needing more sleep, loss of libido, craving carbohydrates and weight gain.

OXIDATION THERAPY

STEVE KARIM is an oxidation therapist who works in London.

Oxidation therapy is very new in the UK. It is the process of getting oxygen into the cells. We do this when we breathe, but the air is polluted by carbon dioxide and other gases. In oxidation therapy, we use medical grade ozone gas, a supercharged reactive oxygen that penetrates the cells more readily than oxygen we breathe day to day.

There are two ways of delivering this ozone. The first is to get into a suit which is sealed around the wrist, ankle and neck. I then pump ozone into the suit. As soon as the skin absorbs the ozone it converts it into agents called ozonides. These ozonides release oxygen into the body at a cellular level. The cells communicate how much is required to bring the body back into balance.

The second way is for the client to use an ozonated steam sauna. The hot steam opens up the pores so the ozone is absorbed. This is a similar method to the suit, but more intense. Both ways trigger a healing crisis. After being in the suit you may get a detox rash on all the lymphatic zone points. When you come out of the sauna, your towel will be stained by toxins.

By improving your central nervous system, the therapy helps bring your serotonin levels back into balance. Your body will begin to work at its optimum rate, giving you increased energy and vitality.

For the initial programme, I recommend seven sessions at five day intervals. After that, people come for top-ups once a fortnight.

● Steve Karim can be contacted on 020 8969 3331. He charges £40 per session. For a therapist in your area, contact the International Ozone Association on 01444 258 877.