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No.0 (F-UP)

SAMPLE CASE

OZONUM

April 2020

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I'm the **FREEDOM**-fighter,
the **POET**, who **LIGHTENS UP** all,
who honours the memory of those
who died for **YOU**,
sacred **WORLD** freedom!
the **FREEDOM** to **BREATHE IN** freely
in **PROTECTED** but **INTERCONNECTED** lives.

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OZONUM - the remedy of our time

I expressed my belief since the beginning of the coronavirus epidemic that the remedy Ozonum covers a **more extensive indication range** compared to the conventional definition of a disease-oriented genus epidemicus (DOGE).

I am convinced that the Ozonum dynamic very well resonates with contemporary challenges we have experienced globally and on an unprecedented scale. It ranks the highest among the prescriptions in my practice. In my modest opinion, Ozonum deserves due to its wide range of applications, the name **THE GLOBAL IMPACT REMEDY** (GIR) or **GENUS IMPACTUS**.

It seems to me that the dream of the inner reality of ozone has become a dream of global (and consensual) outer reality of contemporary life in general. It is, from my point of view, the characteristic feature in this particular coronavirus pandemic.

I start to call ozone after seeing numerous cases and understanding more the underlying dynamism **the SOVEREIGN THREE-HEADED BLUE PROTECTOR OF LIVING SPACE and PRIMORDIAL BREATH OF LIFE**.

I would also like to invite you, each of you, to cooperate on the **GIW (GIVE) - Global Impact World project**. I dream of doing a multi-centric homeopathic epidemic study, and every hand, brain and heart will be needed and appreciated.

I believe we can do an excellent deal for humankind and the world as homoeopaths now. I think that if we carefully document each successful Ozonum and another prescription, we will collect a statistically significant sample together. Consequently, we can present clear evidence of the benefits of homeopathy and its effectiveness in service society and humankind. Do not hesitate to contact me in need of further clarification.

You can register on the website to view more articles and case studies:

www.GLOBAL-IMPACT.world

PS: It might be interesting for you to contribute by sponsoring the translation from the Czech language to English. I collected a large number of Ozonum cases, and funding translation will enable me to hire more translators and publish sample cases faster. The homeopathic intakes are a living materia medica, and I have distributed my work among the homeopathic community for free. I have been spending a lot on high-quality translation. Any financial contribution and donation will be welcome and much appreciated.

Acknowledgement

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Preamble

The patient consented to publication.

Anonymity is maintained and sensitive data are not included in this presentation.

The intake and recording via ZOOM, April 2020.

A 68-year-old retired man, previously a revision technician, occasionally accepts a revision job.

He lives in a family house with his wife; they have two children and four grandchildren they see regularly.

Case: suspected COVID-19

Background of the case

He gets booked for homeopathic treatment by his wife who is my client. Three years ago, the patient underwent surgery for colorectal cancer (without metastases) followed by several reoperations for complications from the initial operation: iatrogenic transection of the ureter was re-implanted and ureteral stent inserted, for ileus in adhesions an open laparotomy was performed (gut obstruction due to intra-abdominal adhesions). He had a nephrostomy for several months. He underwent several cycles of chemotherapy. He was also diagnosed with diabetes and started an insulin therapy. He is obese, weighs almost 140 kg, which greatly limits postoperative recovery and diabetes compensation. After the operations, a large abdominal hernia remained in the scar. The doctors have postponed hernia repair due to obesity.

My client is worried about him. She thinks that he is not motivated to do anything with himself and **SABOTAGES** dietary and rehabilitation recommendations. She is angry with him because he has frequent outbursts of anger and is very irritated. They went to a spa once after the operations where he got a bit of exercise but after a few weeks of being back at home everything has returned to normal. She said that he spends his day lying down watching football on TV, doesn't want to do anything and is constantly in a bad mood.

He recently had a virosis, after which his health deteriorated. I asked why they had not contacted me when he had a respiratory tract infection. The client explained to me that he had refused a doctor's appointment. He was worried that they would hospitalize him with all his health problems or that he would test positive on coronavirus. He did not let himself be tested even after the infection had subsided. After the virosis, he remained short of breath with fatigue and muscle pain. Painkillers help only partially. The patient told me that it was the 'final stage', that he could not move for pain, got short of

breath at the slightest effort and had no desire to do anything. We agreed on a formal homeopathic interview, which took place a week after the phone call.

The front and back cover page picture

Before and after the homeopathic MOT (Ministry of Transport) test.

Interview

(verbatim)

Dr: physician, C: client

Dr: You told me on the phone that you had a virosis and that you haven't felt well since. Tell me about it, please.

C: I'm still tired after the flu. The flu had that peak - a terrible cough. The first week I had a TERRIBLE COUGH, FEVER, it couldn't be reduced much (temperatures). And then it started fading. When it finally subsided, after a month, my whole body has been aching ever since. And on top of that, I had a fall on Monday. So I don't know what hurts more. Whether the joints or the WHOLE ME. I can barely move. EVERYTHING ACHES. So the question is whether it is for antibiotics, or I don't know. Somehow it doesn't want to go away, that kind of FATIGUE.

Dr: Please describe in more detail the fatigue, the pain, how do you feel?

C: Well, I either take Panadol (*paracetamol*) or Algifen (*a combined formula: antispasmodic and NSAIDS*), both. I still feel SOMETHING PULL! Like muscles and everything. EVERYTHING! And as I said, I fell on Monday and it hurt to the fingertips (*note: the pain shot up all the way to the fingertips*). So I feel kind of BROKEN, TIRED. My fucking knee still gives me trouble (*note: posttraumatic arthritis - he had a knee injury in the past, they operated his meniscus*), so I can't even walk properly. So I keep taking Panadol so I can at least sleep. I feel just like after the flu.

Dr: Describe the process of the illness.

C: That was in March. I COUGHED DAY AND NIGHT. I FELT PRESSURE ON MY BRONCHI AND I HAD PROBLEMS BREATHING. I was completely HELPLESS. It pissed me off. It goes up to my head.

Dr: The cough hurt your head? (*note: he meant it weighs heavy on his mind; I didn't understand the idiom, I thought it was a somatic symptom*)

C: (dry cough)... Not that it overwhelms me mentally. I CAN'T DO ANYTHING! The body is very run down, I would say. And I didn't do anything. Now I want to GET IT MOVING. I'm finishing installing my exercise bike and hopefully I will start pedalling; if I manage somehow. I am unable to get going. I'M STILL LIMITED BY SOMETHING. Everything pulls me! My knee gives me the most work. It goes all the way to my shin. And that's

some pain! SUDDENLY IT FIRES UP and I don't know what to do with that leg. Whether I should stick it in water...

Dr: Yes...

C: If it's on-going osteoarthritis, I don't understand. But I guess so. It's like... 'YOU DON'T ENJOY ANYTHING, EVERYTHING SUCKS'. When YOU CAN'T DO ANYTHING, it oppresses one mentally. I experience that feeling completely now. Now I can walk, it's nice in the garden, I'm slowly doing something. Then I have to sit down again for a while. Because I can't step on that knee, I can't kneel down on it. So I always do something and sit down. Now I have to drill four holes, make an extension of the handle on the exercise bike so it doesn't flip over (*note: the exercise bike is for up to 120 kg, when he climbs on it, it flips to a side*). Well, I've been doing this for three days (*note: it takes three days to drill 4 holes*). I finished it today. Because as I fell, I'm so knocked out. It's a bit in the mind. It's like with moving. Because everything hurts, I try every movement in pain. Now my arthritic fingers start, like monkeys, the CLICKING ONES (*note: his tendon jumps and the joint does not develop smoothly*), so I have the middle fingers and now it's started again. So there's probably osteoarthritis, too. I think I'm starting to be bad again (*note: worry and helplessness in his voice*).

Dr: Yes?

C: I could also say it differently. As THE TIME CHANGED, the hour, I observe that it has been quite bad ever since. I don't know if it was a full moon or a consequence of the time change. It didn't used to affect me before. Many times I didn't even thought about rewinding it. Now they do it automatically. It was all fine before and since they changed it, I've observed that things keep happening all the time.

Note: *This is not the first time I've heard from clients with Ozonum dynamics that they react poorly to the time change from winter to summer time and vice versa. They feel that it disrupts their biorhythm and is the cause of various problems. They also feel that they are sensitive to the lunar phases, especially the full moon, but also the new moon.*

Dr: Tell me about the 'flu', the fever?

C: It reached the maximum of 38°C. It was only because my wife wanted me to measure the temperature. Otherwise, I didn't even want to measure it. And a strong cough.

Note: *The patient did not want to measure the temperature, he did not want to know at all. He didn't want to get seen or tested. He may not be able to admit it openly, but I know from his wife that he was afraid. It was better for him to 'turn the blind eye' than to face the possibility of a positive COVID-19 test result and be afraid that he would suffocate and die.*

The fear of death is strong and thoughts of death or worries about the future will not allow clients with the Ozonum dynamics to sleep. They are internally paralyzed by fear but they do not tell anyone, not event their loved ones, about their worries. As if pronouncing the word death meant it would come for them. Death is like 'the one that

must not be named' in the Harry Potter movie series. Death is like Lord Voldemort. We learn about the fear of death at the first consultation in very decompensated patients who are in mental shock and have only death in front of their eyes. In the less decompensated, this fear is gradually revealed after the prescription of Ozonum and some are able to talk about their fear during further follow-ups. Sometimes it is necessary to include a targeted psychotherapeutic intervention in a homeopathic interview or to recommend a client to an experienced professional psychotherapist.

Dr: Can you describe to me how strong the cough was?

C: Such a BARKING STRONG COUGH. I COULDN'T CLEAR MY THROAT. It took a week.

Dr: It took a week?

C: Yes. And I could feel it on my chest.

Dr: Did you have any other symptoms?

C: My MUSCLES still HURT from that. I GET OUT OF BREATH a lot. I COULDN'T BREATHE. And because of that, as I can't move, it ALL DIES in me. Or maybe not dies, but weakens. I say again that the WHOLE PERSON HURTS. And I take Panadol or Ibuprofen or whatever. And that worked. But not anymore. Algifen works the best now. The doctor prescribed it for me and it really helped me. It is beautiful. I take it three times a day, those fifty drops, and it really works. Those soft tissues and muscles are really good.

Note: *'Something dies' or 'something dies in me', 'necrotizes', or we hear the expression 'I waste away, weaken and wither until I disappear and cease to exist'. This can happen gradually objectively (waste syndrome) or only subjectively. In clients with Ozonum dynamics, this existential annihilation can be seen as an immediate effect of confrontation with something painful in themselves that they have not wanted to see or admit for a long time, or even in a severe mental shock. The sudden annihilation of existence, partial self-negation (subjectively perceived), is described either directly by these words - I do not exist, or as a lessening. The space has shrunk, I have shrunk, or like a fall into a black hole or abyss of hopelessness.*

Dr: How does it hurt, can you describe it more?

C: IT PULLS ON ME, AND PAIN IN MY JOINTS. When you have a fever, it all hurts. Like EVERYTHING is WEAKENED. It helps me a lot to be in the sun when it's nice outside. So the SUN HELPS me. I'm as tanned as by the sea. I've never been so tanned in my life. That vitamin D does me really good. Even the warm weather. The sun, when it burns, makes it warm.

Note: *Clients with Ozonum dynamics generally like the sun and clear skies. They like to stay in nature, in the woods, in the mountains and by the sea. They have an ambivalent relationship to the sun depending on whether it causes them symptoms. Absolute intolerance of suffocating weather (sultriness) and heat often occurs. Other common*

symptoms include solar rashes and the type of skin that burns instead of tans when they sunbathe. The sun can also worsen skin conditions, such as eczema and vitiligo. After the prescription of Ozonum, the sensitivity of the skin to the sun improves and clients report that for the first time in their lives they get tanned instead of burned, or browner than usual. In cases of eczema that has been exacerbated by the sun, eczematous deposits no longer develop in the sun after Ozonum prescription. The symptoms most often associated with sun exposure occur after winter, with first sun exposure. Periocular solar dermatitis and nettle-rash in irradiated areas are common, or whole-body urticaria is present.

Dr: You said that the muscle pain and breathlessness remained, that you get short of breath when you get moving.

C: Well, yes. When I bend down six times, I have to sit down. I am in pain from how my joints or MY WHOLE BODY hurt. And of course what goes with it is that as I bend down a few times, or I kneel or sit down, then I have to sit down and BREATHE DEEPLY.

Dr: And did it get worse after the virosis than it was before, I mean after the cancer treatment?

C: Definitely! It wasn't like that before. It was bad after the INTRUDER (cancer). But we were going for walks, everything... not far, but I could walk. I can't walk at all now! I'm just in the garden.

Note: *Illness, infection, tumour, is something and someone who penetrated their system as an intruder and settled there. In Ozonum cases we hear the client's explanation that penetration into the system occurred through direct penetration (e.g. inoculation of the vaccine) or through holes or weaknesses in the system (most often immune). It can also be an indirect psychological penetration through manipulation or circumvention of protective mechanisms, violation of borders and personal space. Fear of droplet infection manifests itself in clients with Ozonum dynamics, depending on how they perceive their own immunity. Either they are afraid of infectious diseases and infections because of themselves, or they feel immune-competent and they are worried about their loved ones whom they could infect as carriers.*

Dr: How much worse did it get, in percentage?

C: It's worse by about 60-70 per cent compared to before, not compared to normal. Definitely by three quarters, probably more.

Dr: That's a lot. And you said that it limited you a lot?

C: It gets in my head (on my mind). And maybe I'm feeding it in the head, too. I even wonder whether my MUSCLES ARE NOT DYING, I already feel that way. That weakness leads to that feeling that my muscles are dying.

Dr: Please describe it to me?

C: I GET A SPASM in a limb. In the toes. I have a cramp in the middle toe. Or the timpani, like I said. Or above the ankle. I may lie at night asleep, I wake up wanting to go to the toilet and I can't get up on it, because I have such a cramp above my ankle. I haven't seen this before! Where the ankle is, above that, in those places where the feet get swollen I'd probably say. It happened tonight. 'Shit, I can't stand up, what do I have there!' So I try to move it, move it, I stretch that foot, I hobble to the toilet. I don't know if it went asleep. But something like that always gets me. If I don't take the sleeping pill, I'll have two glasses of wine or beer. That's enough to FOOL MY HEAD TO FALL ASLEEP. If I don't take the pill, I don't get much sleep. I have a light sleep. Always alert. That's how it is.

Dr: Do you have any dreams?

C: I do, horrible ones. Just terrible! But in the morning, when I want to retell them, I can't remember.

Dr: Can you tell me if the dreams have a common theme, what are they about?

C: My previous work gets mixed in them. It turns ugly. Some people I know that were forty years ago. But I can't remember more of my dreams.

Dr: ...horrible, that's the feeling you get from it...

C: Horrible in that... I don't fight anywhere, nothing like that. But I can't remember at the moment. I've been having dreams lately again. I hadn't had dreams for a long time. I even used to draw it before. I haven't had any dreams since February. And now I'm starting to have them again. And almost every day. But when I wake up, it's horrible, I go to the bathroom and I don't remember anything about it.

Rx: OZONUM LM1

1 drop in a glass of water, drink half in the evening and half in the morning

Analysis

I chose the medicine based on the anamnesis I heard from many patients at the time of the coronavirus pandemic. The symptoms that match the cases with positive test on coronavirus include: **dry, irritating and persistent cough, inability to cough up sputum, shortness of breath, feeling that you can't catch your breath or breathe in, fever that does not respond to antipyretics and**, of course, other general symptoms of a virosis.

In patients who received homeopathic treatment after the virosis, **weakness, fatigue, queasiness, a feeling of heaviness in the body, as well as a loss of vitality and a feeling of helplessness** dominated. Some felt disconnected which was exacerbated by domestic isolation and quarantine. These clients also complained of **persistent muscle ache, persistent dry irritant cough**. Sometimes the dry irritating cough was the only symptom, or along with **mild sub-febrile feeling and fatigue**.

Similarly as in this case, some clients felt that their body parts - the muscles, or the overall muscle mass - were withering away. Clients with Ozonum dynamics often feel that SOMETHING IS DYING IN THEM, or that they do not have ENOUGH OXYGEN, do not get nutrition, do NOT OXYGENATE, or it dies from a lack of stimuli, neural impulses and excitement. They may also use the word **necrosis** and **death** and describe it as black spots/blots/patches of/around the body.

Follow-ups

Short telephone call on the third day after the first dose:

His wife called to happily let me know that she and he were doing very well (they got the medicine at the same time). She said the medicine had 'put him back on his feet' and that he had finally started doing something with himself. I learned from the client that he did not have to take Algifen (an analgesic) from day two and that the muscle ache quickly subsided and, most importantly, he became active: 'The helplessness is gone!'

Two weeks after the first dose:

C: So the initial week, it was great. And now it's been about a fortnight and I'm still taking it and it's good. Of course, sometimes when I overdo it... by overdoing I mean that now we work in the garden... or **I have a MOT for the car**, I have to deal with it. Now I need to clear out all the clutter. I CAN MOVE AGAIN, so it's good. Although I do not walk (as I would like), but I get moving around the garden. I manage to walk around the revisions, but to go for a walk, the knee is totally fucked. So nothing with that one.

Dr: Tell me the immediate impressions after taking the medicine, when we spoke on the phone. What was going on?

C: Like waving a magic wand, everything was gone, immediately! The PAIN I HAD ALL OVER MY BODY after any exertion disappeared. Suddenly it was gone. I CAN WALK UPRIGHT again. AND I FEEL LIKE WORKING. And it dawned on me right away,

just at that time I GOT IT because of that diet. IT DAWNED ON ME that it was high time (*note: inconspicuous note with reference to death*). It must be set in the head. When it's in the head, everything goes. That's how it started. So I found Mr Havlíček (*a well-known Czech dietician*) on the internet and I tried it. We've been keeping it for two weeks and it really works. We can't even finish those portions. We already eat only half. Half portions and we don't eat it anyway. And I lost 2.7 kilos in a week. I've never lost that much.

Note: *Dawning on or lighting up, or awareness, sudden inspiration, etc., are all words you hear often from clients with Ozonum dynamics. This might happen during the first consultation, when something clicks during explaining the anamnesis, they become aware of something and thanks to that they are immediately and somatically relieved. In part, they are able to immediately apply this new knowledge to their lives. I started calling it 'cognitive ignitions'; it's similar to the HEUREKA or AHA moment. Of course, cognitive ignition is more common after the prescription of Ozonum.*

*Ozonum definitely has a beneficial effect on the statics and dynamics of the spine. After prescribing Ozonum, I hear patients say that they **straightened up and stand straight**. As if they had opened up their lungs and expanded them. They stopped hunching under the weight of helplessness and decided to face up gamely to the challenges of life.*

Dr: Yes...

C: Otherwise, that thing has disappeared. And as we have the watch for the steps (digital pedometer), sometimes I did four thousand, sometimes four and a half, sometimes three and a half. And as I cleaned the tanks I had for water, I strained it there, because of course I wanted to help. And as I tilted it, I got it... it doesn't go over that belly at all (he weighs 140 kg and has a huge hernia in the scar). That's totally fucked up. I forgot about it, I didn't have a hernia belt for it, because of course I took it off, and the guys came to help me. So I wanted to assist, to help, so AROUND THE SPINE, I strained it a LITTLE. But again on the third day, as I had a little rest, it disappeared.

Note: *The spine is a frequent complaint. After some excessive effort, there is a contraction and a feeling of tightness around the spine. Any section can be strained. Pathology in the cervical spine is common. They may have **vertebrobasilar insufficiency or cervical-cranial syndrome**. Ozonum has proved to be a very good remedy for **whiplash injuries**.*

Dr: Are you still taking painkillers for muscle ache?

C: I'm taking Panadol. But I only take it at night and sometimes in the morning. I don't take it in the afternoon. The dose has reduced. I chucked the one from the doctor (Algifen).

Dr: You say it dawned on you. Can you describe it in more detail?

C: Because the hernia still bothers me. And the doctor told me they wouldn't operate on me until I lost thirty kilos. And he told me that last year. And now, as we reduced the food portions, even before that kind of diet, and we only boiled two potatoes and there was still some left, as side dishes. One slice for breakfast, not two, or one and a half at most, or a roll, a roll and a half and not more. And my weight still FLUCTUATED. Two kilos up, two kilos down, that's how it always went up and down, I have it on the record on that phone. I said to myself that I couldn't change it, whether I eat a little or a lot, those kilos don't move at all. Or they move plus or minus two kilos. I knew I had to do something about it. Someone sent it to me by e-mail (reference to the dietician's programme). So I clicked on it and I say, that's it. And he has it beautifully done. It has a menu, there is a recipe for how to cook it and what to buy. A list is made for shopping and cooking accordingly. The first week I printed it out and there you go, it works.

Dr: I'm interested in your motivation.

C: The motivation is that I can't do anything with that hernia. It is HEAVY like hell. I can't bend down. When I want to pick something up, I'm like a giraffe. Spread my legs and bend down (laugh). And when I kneel down, I don't get up, because everything is so heavy. The motivation is that I have to get rid of the hernia.

Dr: Because you want to be able to move...

C: When I can't move sports-wise. Now the coronavirus, I didn't go to table tennis, nothing, so I don't sweat it out, like in sports. EVERYTHING IS RELATED TO EVERYTHING. Knees are fucked!

Dr: Yes... and ...

C: So the initial impulse was that what was bothering me was gone. I couldn't exercise, I couldn't do anything! And when it got better, I could start doing something. I felt more like working BECAUSE I HAD MORE ENERGY, I WAS NO LONGER HELPLESS. And suddenly I can do something about it, I lost 2.7 kilos and I see that those steps can be done. And now I'm looking at the watch and the steps keep getting higher. From two thousand to three, then to four, four and a half. Sometimes not. For example, when I sit in the office writing a revision, I don't move. But now when it's nice outside, we work in the garden. I mowed the lawn the day before yesterday. And now I put up the gate, then I make the poles, I put the mesh there. My wife doesn't want people to see inside so I have to cover it up. I did the whole drip irrigation. So the flowerbeds are all irrigated, water flows. We already had first radishes, today we pulled them out. So that kind of silly stuff. But it's a JOY THAT I CAN MOVE, do something and that there is some benefit to it and that I enjoy it. I was completely PISSED OFF before BECAUSE I WAS REALLY HELPLESS. That was the fantastic motivation, as it suddenly stopped. THE MIND CLEARLY IMPROVED BY ONE HUNDRED PER CENT.

Dr: One hundred per cent?

C: Definitely one hundred per cent! I was completely fucked up, mentally. And as I lain at home, you couldn't go anywhere, it bothered me even more. I was constantly irritated and my wife said I would go off like that. So that was the inaction. It wasn't that I was mad at her.

C: Yesterday we bought a new computer; we will throw away the old one. I brought it yesterday and I'm going to install it now.

Dr: Aha.

C: Sometimes I forget about Panadol and I don't take it all day. If I don't need it, I won't take it. I feel well so I don't take it, why would I?

Dr: Last time you told me your breathing wasn't good.

C: Of course, I breathe better and everything! Now I need to go swimming, but everything is still closed (spas and swimming pools at the time of anti-coronavirus measures). I would go swimming so MY LUNGS AND BRONCHI would EXPAND even more. But now I work all afternoon. We always go after lunch and in the evening back home from the garden. We cultivate it slowly. I had a problem walking a few steps before, now it's great. I'm not going for big walks because of my knee. But it's one hundred per cent better. Everything. Now I go to the factory, for example, and walk around the whole factory before they show me what they want to check. I couldn't do that before. I came to the office and sat down on a chair and that was it. And now I walk around the whole place.

Dr: Are you comparing the period before the flu or only now, after the virosis?

C: Before the flu! And even compared to this period, it is an improvement. It's really good. I don't think Panadol helped me. But these drops here (homeopathic medicine) that I drink now in the morning and in the evening... Although I go to bed later, but I get up at seven, half past seven. I usually go to bed around twelve now. I used to go at two and now I go at twelve, so I'm reducing it. And the watch shows me the deep sleep and awakening. I SLEEP BEAUTIFULLY, absolutely great!

Dr: So your sleep has also improved?

C: Yes, of course. I used to fall asleep at two and now around twelve. I feel like going to bed early and I KNOW I will fall ASLEEP. Very rarely I can't sleep, once a month, so I go and watch some telly or read something in my room, until it comes, so I go.

Dr: Did you notice anything else?

C: The stool is also great (*note: sometimes he had problems with emptying, he had to sit on the toilet for a long time, he used laxatives*). As I was at urology, the doctor asked me about urinating at night. So I told him, based on what I drank. When I drink a lot, for example I had four litres of water that day, I went three times. Otherwise I go once or twice a night. That's great. And whether the bladder burns or not, since they did my

urethra everything is fine. I have no problem with urination and I have no problem with stool. For the most part it's SETTLED so now I have breakfast and go in an hour. I have lunch and go in an hour. I have dinner and I go in an hour. And sometimes I go one more time. So NO MORE PUSHING! It just flies out, sausage, hello.

Note: *NO MORE PUSHING! ... Can also be understood symbolically.*

C: And now, as we have this food, it goes easily. There is no pastry, no smoked meats, nothing. And if bread, then very little and gluten-free. Now we buy the one wrapped in cellophane, which lasts three years (laugh). So, all is good.

Dr: It's all good news...

C: Mainly that I CAN MOVE. That's fantastic. And I ENJOY LIFE differently. When one is ill and can't do anything and everything sucks, then one is completely desperate. Helpless on top of it, I couldn't walk, I couldn't do anything. I came to the garden, sat down for a while and got up again and went home. Now I run about like a headless chicken (laugh).

C: Now I want to clear out the garage to make some room. These things that I haven't DONE for FIVE OR TEN YEARS. So I'll throw it all away, those toys, nobody wants it today. So why keep it. It's in bags, so I'll take it to the dump.

C: I made new handles for the boxes in all the windows, around the whole house. Beautiful, made of aluminium, anodized, it looks great.

C: Yeah, and my sugar has dropped as I move more now. I always had 11 or 10 in the evening and now I have 8 or 7. I keep it levelled all day. It has a STABLE VALUE. And the more I work or the more I move, the lower and lower it gets. For example, in the spa, when I practiced for eight hours every day during the rehabilitation I could get, my sugar was at 5.2. Now we went for a check-up online and the doctor counted and averaged everything, he said it was great.

C: And next week we'll start playing table tennis, so I'll lose some more weight by playing.

I drink one beer a day or not at all (laugh). I don't buy twelve-degree beer but ten-degree, just to be able to piss, and that's it.

So I'm happy. (smile)

Dr: You have a lot of plans and your joy and zeal are contagious. Please continue with the same dosage and we will speak in a month, or any time sooner if needed.

= FINIS CORUNAT OPUS=

Notes on follow-ups

I have prescribed Ozonum several times for POST-VIRUS SYNDROME, especially if it was a consequence of a respiratory tract infection. The result was good even in cases where several months had passed since the virus and the homeopathic prescription. The indication criteria were similar to this case. History of respiratory viral infection followed by fatigue, weight, inability to move freely due to muscle and joint pain or weakness and fatigue. The feeling of breathlessness, which manifests itself during exertion, may persist. The patient has to rest and breathe deeply after a few steps. If the condition does not subside shortly after the end of the virosis, i.e. during the standard time required for convalescence, depressive mood and a feeling of helplessness also develop. Ozonum was particularly effective in cases where a dry cough persisted.

Like in this case, many clients described an IMMEDIATE CHARGE OF ENERGY after Ozonum and a desire to create or do activities that they had delayed for a long time because they were not in the mood or did not have the energy for it.

This theme was also expressed in many clients with Ozonum dynamics as a LIFELONG DESIRE TO CREATE or participate creatively in life. To show their POTENTIAL and FULFIL IT. Sometimes this desire was associated with the fear of death. They felt that life was short and that they would not have time to create something valuable, that they would not use their talent and gifts, that they would waste their lives. In this context, death was a symbol of a wasted and unfulfilled life. Interestingly, for many clients, this fear of death is more indirect, it's perceived by the homeopath from the context of the story, or the homeopath learns from an indirect history of family members. The client himself does not want to admit it. He rationalizes or denies the fear of death, but above all, we can observe various evasive strategies, including an arrogant attitude to death. Often, the homeopath learns about the fear of death only from the follow-ups, when clients are able to verbalize (admit) it and recognize retroactively. The most common fear associated with death was fear of cancer and suffocation.

For some clients with Ozonum dynamics trauma appears in the narrative at the opposite end of life, at the beginning. These are stories of danger in the prenatal period, such as amniocentesis or another INVASIVE MEDICAL PROCEDURE. The patient may have been born by Caesarean section. The danger may also have a less physical form. For example, a parent (grandparent of an unborn child) dies during the pregnancy. Out of grief, the mother emotionally DISCONNECTS FROM THE CHILD, which the child perceives and carries with him/her further into life. I have heard most often from clients with Ozonum dynamics about UMBILICAL CORD problems, such as suffocation/ strangulation or, more rarely, umbilical cord herniation/prolapse. The theme of umbilical cord also appeared in different variations in clients who had a normal delivery. The umbilical cord can take on various forms in the imagination, from a SNAKE to a TORNADO, and connect to other places in the body than the navel or lower abdomen. Another mentioned place where the imaginary umbilical cord is clamped is the upper part of the sternum in the form of an 'EMOTIONAL CHANNEL'. Or

the place of connection is neck/occiput, where the Matrix movie heroes get connected with the virtual world.

Contemplation in conclusion

As for the stabilization of diabetes, it is too early to evaluate. I expect that with increased physical activity, insulin doses will decrease over time.

This case is also very interesting in that the client got into an even better condition than before the virosis. It is generally claimed in homeopathy that if a patient is devastated by allopathic treatment, his vitality is low and no rapid or miraculous results can be expected from homeopathic treatment. This patient had colorectal cancer, underwent several surgeries, underwent oncological treatment - chemotherapy. His vitality was undermined not only by the disease, but undoubtedly also by these medical procedures. The virosis made the condition worse. With Ozonum, his system was able to quickly find a new balance and mobilize vital force. With new enthusiasm, he resumed his life, as if taking a deep breath again or **CATCHING SECOND WIND**. It was as if he wanted to make up for lost time now and started doing things like clearing up clutter and things that had accumulated over the years (see clearing the garage). He begins to deal with what he postponed for 5-10 years. Such cases do not cease to fascinate me. Perhaps there is a homeopathic solution for more patients like this that have been weakened by chemicals and devastated by diseases than we have been able to admit so far (complex and so-called miasmatically complicated cases).

With best regards and wishes of well-being,

Dr Petr Simeon Gajdos

Pilsen (CZ), 7.6.2020

OZONUM adds-on to the repertory

Mind; fear; death, of (confirmed)
 Mind; fear; death, of; suffocation, from
 Mind; fear; suffocation, of
 Mind; fear; cancer, of
 Mind; fear; disease, of; contagious, epidemic, infection
 Mind; activity; desire for; creative
 Cough; influenza; during
 Cough; influenza; after
 Chest; inflammation; bronchial tubes, bronchitis; influenza, in
 Chest; inflammation; lungs, pneumonia; influenza, in or after
 Generalities; convalescence, during; influenza, after
 Generalities; influenza; after
 Generalities; pain; influenza; after
 Generalities; pain; muscles; influenza; after - NEW RUBRIC
 Generalities; pain; joints; influenza; after - NEW RUBRIC
 Generalities; weakness; influenza; after
 Clinical; influenza (confirmed)
 Generalities; moon; agg.; full
 Generalities; moon; agg.; new; full, and

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Disclaimer

Despite an exponential growth of Ozonum prescription, I continue to have an individual approach to my clients, as the cases presented up to now have shown. **I do not prescribe it at random or in a blanket manner.** To honour and respect the individuality of the person is the desirable condition **sine qua non**.

Published articles

- ▶ **OZONUM - remedy of our time** - the first letter about Ozonum
- ▶ **OZONUM PENTACHORD EN** (latest update v1.5) - Rx pointers
- ▶ **OZONUM - BEHIND THE TRANSPARENT LAYER** - The Ozonum Trinity
- ▶ **HOMEOPATHIC OZONUM GLOBAL TRAVEL AGENCY** - air traveller Ozonum/CoV19
- ▶ **RESSURECTION** - Ozonum and inhalation airways injury - published 14.4.2020
- ▶ **TO ALL HEAVENLY ANGELS** - condensed MM of Ozonum in EN/FR/DE/CZ/SP
- ▶ **THREE BLUE BUTTERFLIES** - a poem honoring Ozonum 18.4.2020
- ▶ **THE WHITE DISEASE** - a plague redefined
- ▶ **BEHIND THE TRANSPARENT CURTAIN** - an environmental a social-political connection
- ▶ **THE SKY IS CLEAR TOMORROW** - an ecology and epidemic
- ▶ **FIZZING** - Ozonum rubrics adds on - as if in bubble
- ▶ **The OZONUM No.A** sample case - for translation
- ▶ **The OZONUM No.F** sample case - for translation
- ▶ **The OZONUM No.J** sample case - for translation
- ▶ **The OZONUM No.K** sample case - 1st published case in Feb 2020
- ▶ **The OZONUM No.S** sample case - 2nd case - to be republished with FUP
- ▶ **The OZONUM No.L** sample case - 3rd case - to be republished with FUP
- ▶ **The OZONUM No.I** sample case - published - - to be republished with FUP
- ▶ **The OZONUM No.M** sample case - republished with FUP 28.5.2020
- ▶ **The OZONUM No.H** sample case - published 12.4.20 - to be republished with FUP
- ▶ **The OZONUM No.V** sample case - republished 17.4.2020-to be republished with FUP
- ▶ **The OZONUM No.R** sample case - in translation
- ▶ **The OZONUM No.N** sample case - for translation
- ▶ **The OZONUM No.C** sample case - for translation
- ▶ **The OZONUM No.O** sample case - published 7.6.2020
- ▶ **The OZONUM No.T** sample case - published
- ▶ **The OZONUM No.Z** sample case - published 6.5.2020



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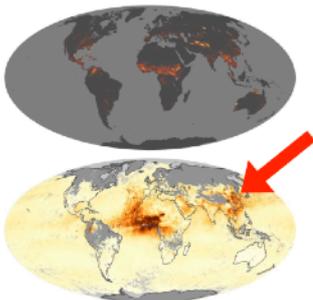
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Mind; embrace, embraces; trees, wants to embrace



<https://www.global-impact.world>

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WILDFIRES release large amounts of carbon dioxide, black carbon, brown carbon, and **OZONE** precursors into the atmosphere. These emissions affect **radiation, clouds, and climate** on regional and **GLOBAL** scales.

Wildfires also emit substantial amounts of volatile and semi-volatile organic materials and **nitrogen oxides** that form **OZONE** and organic particulate matter.

In addition, the formation of the other **pollutants** as the air is transported can lead to **harmful exposures** for populations in regions **far away from the wildfires.**

www.global-impact.world

MERCILESS wrath of VOLCANO



Ozone's **instability** is such that may **decompose explosively** at elevated **temperatures** or **fast warming.**

Ozone is a **powerful oxidant.** This oxidizing potential causes ozone to **DAMAGE MUCOUS** and **RESPIRATORY TISSUES** in humans, animals, and also tissues in plants (above concentrations of about 0.1 ppm).

While this makes ozone a potent **respiratory hazard** and **pollutant** near ground level, a higher concentration in the ozone layer is beneficial, **preventing** damaging **UV light** from reaching the Earth's surface.

<https://en.wikipedia.org/wiki/Ozone>

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Ozone

SECOND WIND



One by One that One



One day, an old man was walking along a beach that was littered with thousands of starfish that had been washed ashore by the high tide.

As he walked he came upon a young boy who was eagerly

throwing the starfish back into the ocean, **ONE** by **ONE**.

Puzzled, the man looked at the boy and asked what he was doing. Without looking up from his task, the boy simply replied,

"I'm saving these starfish. If I don't throw them back into the sea, they will die from the **lack of oxygen**, Sir".

The old man chuckled aloud, "Son, there are thousands of starfish and only one of you. What difference can you make?"

The boy picked up a starfish, gently tossed it into the water and turning to the man, said, "I made a difference to that **ONE** !"