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the Global Impact

OZONUM

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OZONUM

The Global Impact



motto: ~~Mind; delusions, imaginations;~~ **connected; everything is: OZON**

"If the ozone ecosystem is disrupted,
pandemic always follows."

dr. petr simeon gajdos

Key words

pandemic, coronavirus, ozone, genus impactus, I can't breathe, disease-oriented genus epidemicus

Abstract [→]

The remedy Ozonum has become the highest-ranking prescription in my practice during the coronavirus pandemic. Respiratory tract illnesses represent a smaller percentage of cases that have responded well to the remedy. Most cases I have seen were predominantly affected by the indirect impact of the pandemic. I have noticed a similar increase in Ozonum prescriptions following former global events, e.g. the terrorist attack on the Twin Towers on 11th September 2001 in New York, the 2004 Indian Ocean earthquake and tsunami, the 2010 eruption of Iceland's Eyjafjallajökull volcano which paralyzed flights across Europe, and the severe 2017-2018 flu season.

Ozone is a gas, so-called “activated oxygen”, formed by three atoms of oxygen instead of the two that we normally breathe. We are familiar with the protective function of the ozone layer in the atmosphere. The life cycle of ozone and its connection to ocean and marine life, to trees, habitat, and life in general, is less commonly known. A dynamic constellation of the homeopathic remedy becomes clear once we understand the ozone life cycle and its ecosystem in its natural and disrupted form.

Ozonum - the homeopathic remedy was used by our forefathers but has almost been forgotten until Anne Schadde's proving in nineties of the last century. Ozonum as a remedy has a wide range of applications such as pandemics, mass casualties and disasters, as well as routine clinical uses. Within different levels of context, the main feeling of Ozonum dynamic is exemplified by the statement - “I can't breathe!” It may be considered a “polychrest” of our time evidently resonating with contemporary climatic, medical, socio-political and economic global challenges. We need to adopt a global view to keep up with the times and perceive a link between individual and global health in a broader perspective.

Introduction [→]

Ozonum remedy dynamic and sphere of action resonate remarkably well with contemporary global challenges that we have been experiencing on an unprecedented scale. In fact, pandemics as well as mass casualties appear to be part of Ozonum-specific domain.

Ozonum has a long history in homeopathy. The homeopathic remedy was used by our forefathers but has almost been forgotten. Dr. Korndorfer Augustus, an American homeopath, published in 1847 an article: *Ozone as a remedial agent in treatment disease*. The toxic effect of crude ozone on human physiology was published in 1875 by J. Dewar and J.G. M'Kendrick (*On the Physiological Action of Ozone*). Anne Schadde, a German homeopath, made an extensive proving of Ozonum in 1993-94. Anne Vervarcke, a Belgium homeopath, published her book about homeopathic Ozonum (*Behind the glass screen*) in 2011.^[1]

Ozonum has a wide range of clinical applications. It may be considered a "polychrest" of our time. I prefer to call it "The Global Impact Remedy" or **Genus Impactus**, as the remedy has had a positive impact on those who have been negatively impacted by the current (or any) global situation.

Air Pollution and Pandemic Pattern [→]

Pollution and disease have long been associated in people's minds. The very word "malaria", for example, means "bad air" in Italian. The ancients used the term "genius epidemicus" to point out the relationship between air pollution and epidemics. The homeopathic term "genus epidemicus" comes from Hahnemann's work and is closely related.

The World Health Organisation (WHO) declared air pollution and climate change to be the most considerable environmental risk to health for 2019, pointing out that nine out of ten people around the world breathe

polluted air every day. Microscopic pollutants – particulates – in the air can penetrate respiratory and circulatory systems and damage inner organs other than the lungs. It is estimated that pollution is responsible for 7 million people dying prematurely every year.

The route of transmission of COVID-19 is a matter of debate among scientists. For the most part, transmission is through droplet and contact. It means that the majority of infections occur indoors from sustained proximity to someone sick.^[2] The WHO has insisted that the coronavirus disease spreads primarily from person to person through small droplets, and has claimed there is no real evidence that COVID-19 is an airborne infection. However, increasing numbers of research studies and numerous physicians have noted that coronavirus in particles smaller than droplets in the air can be infectious. There is less risk to catch the virus in open space.^[3] From this perspective, the mandatory wearing of face mask outside in parks, forests and other open places makes no sense. It is therefore understandable that some people interpret such mandatory measures as a political decision, perhaps a social experiment to determine how far the populace can be pushed to show obedience to arbitrary political power.

Studies from China and Italy done during the pandemic have suggested that airborne particles may have assisted the spread of COVID-19.^[4] Both studies have shown that people recovered faster from respiratory tract infection in places where industrial production, transportation, and emissions decreased due to anti - pandemic measures.^[5]

Apart from continuous industrial emissions, ground, sea and air freight stemming from human activity, and burning of fossil fuels, there are also natural sources of pollution. Volcanoes can spew a tremendous amount of combustible gases high into the atmosphere. Last year, the forest fires in Siberia and extensive wildfires in Australia impacted the atmosphere significantly. The formation and distribution of air pollutants

can lead to harmful exposure to populations in regions far away from the epicentre of the event.

Ozone [→]

Ozone (chemical formula - O₃), called "activated oxygen," contains three atoms of oxygen rather than the two atoms we normally breathe. Ozone is the second most powerful sterilant in the world and can be used to destroy bacteria, viruses and odours. Ozone is the strongest of all molecules available for disinfection in water treatment. It is 51% more powerful on bacterial cell walls than chlorine and kills bacteria 3100 times faster than chlorine.^[6] It is the most potent broad-spectrum microbiological control agent available. Ozone is second only to elemental fluorine in oxidizing power. Natural ozone occurs quite readily in nature, most often as a result of lightning strikes that occur during thunderstorms. Ozone is beneficial if it is in the stratosphere, shielding us from cosmic and solar radiation.

On the other hand, it can be harmful if it occurs in higher concentrations in the troposphere, the layer of the atmosphere closest to Earth. Ozone is part of the smog, itself a complex mixture of primary and secondary pollutants. Tropospheric ozone is the leading secondary pollutant, formed when oxygen molecules react with oxygen atoms that are released from nitrogen dioxide (exhalations) in the presence of sunlight. Tropospheric ozone is highly reactive and damages plants (crops and forests) and materials, irritates mucous membranes and creates respiratory illnesses.

Cyclic Ozone [→]

In ordinary ozone, atoms are arranged in a curved line. In cyclic ozone, three oxygen atoms form an equilateral triangle, like the **trefoil knot**.^[7]

Due to its high electronegativity, oxygen is unstable and readily decomposes into two oxygen radicals. In order to stabilise its bond, oxygen hoards the majority of electrons from other sources for itself (Figure 1).

In contrast to oxygen, cyclic ozone achieves stability by cyclic bonding without electron donation from any source. Cyclic ozone, which exists in traces in the atmosphere, is self-sufficient and independent.

These physical properties are reflected in the homeopathic picture of both remedies. Although occupying the same place in the periodic table of elements and sharing the same elemental chemical identity, there is an essential difference between homeopathic Ozonum and homeopathic Oxygenium. Oxygenium is always busy satisfying its primary vital urges and needs, including breathing. Ozonum, in addition, is striving for completeness, fullness, perfection and self-reliance - characteristics reminiscent of the completeness of Neonum.

Our human identity can be perceived as the dynamic form of a trefoil knot, the loops of the endless, mutually looped, three-leaf clover representing the bonds linking mother, father and child. We could liken it to a three-legged stool that gives stability and grounding in our lives as well as growth - a symbolic spreading of our wings - and the freedom to act.

When the knot is volatile and unbalanced, when bonds are not symmetrical, instability results. Cutting ourselves off from the sacred bonds of life inevitably results in us retreating behind a transparent layer or into a bubble of self-isolation, trapped in a balloon of self-imprisonment. This isolation is perceived as profound desperation and a hellish loop of eternal damnation. It is usually at this stage that **clients with Ozonum dynamics (OD)** come to the homeopath.

The dynamic equilibrium of the looped trefoil knot is a source of substantial self-generative power. It is like a power generator, a perpetual

dynamo operating within us. When the knot is in balance and sacred bonds of life are symmetrical, it is the source of well-being, stability, and interconnectedness of life in all its expressions and forms.



Figure 1 - Cyclic Ozone © dr. petr simeon gajdos

The image represents a stylized cyclic ozone molecule with its three atoms harmoniously looped in the circle. The trefoil knot (three atoms) is nontrivial, meaning that it is not possible to "untie" a trefoil knot in three dimensions, our reality, without cutting it.

The Ozone Ecosystem [→]

The ozone ecosystem consists of three fundamental elements: the atmosphere, trees, and the ocean. Marine phytoplankton is the largest producer of oxygen, the precursor of ozone. Trees and forests keep water in the land and cool the Earth's surface. The ozone layer together with Earth's magnetic field shields life on Planet Earth against harmful cosmic and solar radiation. Ozone layer dynamics (including ozone holes) contribute to the formation of wind-flow and currents on the Earth's surface and also affect ocean currents.

The main natural greenhouse gas is ozone. Energy arrives from the sun, and the Earth then emits some of it as infrared radiation. Greenhouse gases (carbon dioxide, methane, ozone or nitrous oxide) in the atmosphere capture some of this heat, then re-emit it in all directions - including back to the Earth's surface. This phenomenon is called the **greenhouse effect**.^[8] Imagine that the Earth's 'head' is at the North Pole, the Earth's 'feet' are at the South Pole and the umbilicus in the middle zone - the equator. When the poles are hot, glaciers melt, and there are consequences such as dilution of and changes to sea currents and other disruptions of the marine ecosystem. Fast thawing of glaciers can lead to a tsunami.

I found pertinent links between the current pandemic and ozone hole dynamics. An unusually vast ozone hole has opened in the skies above the Arctic. It has been driven by a robust and long-lived polar vortex and does not appear to be related to air quality changes. Since it was first spotted in February 2020, it is influencing the flow of air over Earth's surface and affecting wind-flow.^[9] Such changes can impact the circumstances under which the virus can spread.

As Above So Below - Sky and Sea [→]

With every breath we take, we inhale oxygen, a byproduct of phytoplankton photosynthesis in the ocean. The biomass of

phytoplankton contributes 50 to 85 per cent of the oxygen in Earth's atmosphere.^[10] About 400 million years ago, enough oxygen had accumulated in the Earth's atmosphere as a fundamental condition for the evolution of air-breathing land animals. Apart from free oxygen, three atoms of oxygen bonded together to form a transparent protective ozone layer.

There is a feedback loop between the sea and the atmosphere. If phytoplankton is irradiated by strong UV radiation (through ozone holes), it moves deeper under the water surface. Less light penetrates into deeper water and less oxygen is produced during photosynthesis.

Human activity severely disturbs both fundamental layers of the ozone ecosystem - a lower layer of phytoplankton floating in the sea and an upper layer in the stratosphere. We pollute our oceans by discarding plastic garbage that releases toxins as it decomposes, and by spewing ozone-depleting chemicals which destroy the ozone triple bond in the atmosphere.

Trees - Pillars supporting the Canopy of the Sky [→]

The Amazon rainforest, forests, and other trees in the world are essential for life on Earth because of their ability to regulate atmospheric ecosystem (humidity, temperature, airflow) and keep water in the landscape. Amazon rainforests, so-called **lungs of Planet Earth** (technically incorrect because the largest source of oxygen is marine phytoplankton), are being decimated at an alarming rate. The plant biomass retains carbon, which is the precise opposite of forest fires which cause carbon and greenhouse gases to be released into the atmosphere. As drought and heat continue with global warming and climate change, we can expect more wildfires.^[11]

Many mythologies in the world evolve their cosmological ideas around a central pillar symbolized by the **Tree of Life**, connecting the sky and the Earth. All trees together are like a one big Tree of Life that serves

as a planetary air conditioner and irrigation system and also as the support for the canopy of the sky - the atmosphere (Figure 2).



Figure 2 - The Ozonum Umbrella © dr. petr simeon gajdos

The image depicts the main components of ozone ecosystem and our living space. The protective function of ozone is symbolized by the umbrella. The tree symbolizes a supporting structure. Water symbolizes primordial life from the evolutionary perspective as well as our individual development in the womb. Planet Earth is our home, our secure place, where we stand, walk and live. The atmosphere is the invisible natural space surrounding us. People symbolize all living creatures, humankind, and also our immediate family.

The Disrupted Ozone Ecosystem – Maintaining Cause and Obstacle to Cure [→]

The disrupted ozone ecosystem is the Hahnemannian maintaining cause and the obstacle to a complete cure. If the ozone ecosystem is disrupted, pandemic always follows.

We are all dependent on oxygen, an inescapable biological determinant. With the expansion of arid desert at the expense of green-blue landscape, we can expect more severe respiratory tract illnesses as well as the appearance of new diseases. This is because destruction of Nature on a global scale will inevitably translate to suffocation on a human level. The message from COVID-19 (and SARS) has paramount significance and is highly relevant to the current pandemic.

Humanity's cavalier treatment of Nature needs to stop. Without addressing the disruption of the ozone ecosystem, we may find ourselves running out of options in the future.^[12] Even with our homeopathic remedies (or any other healing modality, for that matter), we can only expect minimal impact on global health if global pollution and global warming is not addressed in a meaningful manner.

The Global Impact [→]

At first glance, the medical issue predominates in the pandemic. Nevertheless, the pandemic is not an isolated event; it is part of a more significant **Global Event**. The Global event, in this case, means a distinct occurrence that constitutes a significant life event for nearly every person on the planet. The Global Event is a culmination of many different, seemingly unrelated, events. The combination of the direct and indirect effects of the Global Event can be called the **Global Impact**.

The somatic expression of the pandemic, the infection and resulting disease, is merely a peak experience of the Global Event. Apart from the

direct impact of the pandemic, there is the indirect impact of medical, political, social, economic and ecological events preceding, accompanying, and following the pandemic outbreak. There is also a remote effect, an indirect effect not related to the exact location of the event, which has an impact on masses. The critical situation in Italy at the beginning of the pandemic is responsible for this remote impact and the informed political decisions across the whole of Europe.

The outbreak of a pandemic is a dynamic process that is global in scope. What happens in other parts of the world indisputably affects us all. What happens where we are now is affecting others. We cannot escape the fact that everything is interconnected and that we are living in a global and interconnected society. We all are part of this dynamic global process and everybody co-creates his/her unique way the whole.

Recollect, for example, the global ecologic impact after the Fukushima Daiichi nuclear disaster.^[13] Radiation leaked from the damaged reactor for weeks, and radioactive isotopes seeped into the ocean and the atmosphere. Another example is the immediate and long-term global impact of the terrorist attack on the Twin Towers on 11th September in New York, or the global cultural impact of the fire that ravaged Notre-Dame Cathedral. The whole world saw, was affected, and responded accordingly.

Such events are magnified due to the availability of television and the widespread use of the internet. Before the internet, we were self-contained and existed only in our “bubbles” within communities and national borders. The internet allows us to travel virtually across cultural and political divide, and across the entire world.

Consequences of the Pandemic [→]

There are inevitable consequences on social, cultural, political and economic levels. The whole of society is significantly affected. It is impossible to overstate the short, medium, and long-term impact of the lockdown on people's health. Unfounded restrictions are having an immense negative impact on non-COVID patients, causing more deaths because of deferral or failure to provide (or seek) adequate healthcare.

Economic and political power and wealth are redistributed, with serious social consequences. Keeping the economy and public life on hold is incalculably detrimental for every single member of society regardless of age.^[14] Losing a job and economic anxiety is one of life's most stressful events, with the potential to upset family and social bonds, leading to psychological isolation, detachment or evasion of emotional connection.

This pandemic has resulted in incremental reach of political power and also a revolt against it. We can find in the Ozonum dynamic a fear of a huge **Orwellian "Big Brother" eye** watching everybody and bolstering power and control, which is perceived like the Eye of Sauron in the Lord of the Rings trilogy. In this pandemic drama, "saviours" appear on both sides of the playing field. A "saviour" can have the angelic face of the altruistic philanthropist out to save the world or the seemingly diabolical face of someone revolting against strict anti-pandemic measures and political intrusion.

The Saviour-Victim-Persecutor Triangle [→]

Imagine an equilateral triangle. A saviour is positioned at the apex of a triangle, with a victim at one corner of the base and a persecutor at the other corner. The other elements in this saviour triangle - victim and persecutor - represent different expressions of the same dynamics with freely interchangeable and fluid roles. In transactional analysis it is known as the **drama triangle**.^[15] In such a triangle, no role takes personal responsibility. The drama triangle does not need three people for the

game. During a homeopathic interview, these roles may switch within one person or merely the predominant role is observed. Clients with OD tend to avoid responsibility and keep this perpetual drama alive instead of addressing and resolving the underlying problem. The most common saviour symbol mentioned by them is Joan d'Arc, Saviour of France, with reference to divine inspiration and martyrdom.

The Pandemic-cum-Infodemic [→]

We all live inside one big bubble, flooded by a tsunami of information. It is not solely the viral pandemic; but a propaganda **infodemic**. Misinformation is spreading like a virus, not only from so-called trolls and bots, but also inadvertently by social media users. Unfortunately, such spreading of unverified information from unknown sources is being used by multiple interest groups, governments, and medical establishment groups to shape public opinion.^[16]

The most influential people today are owners of information instead of factories, lands or property. They have been determining what information is valid and what to censor as falsehood. Social media platforms began censoring information during the pandemic, using hired "fact-checkers" with astounding zeal.^[17] They have been suppressing and eventually banning views on COVID-19 treatments that differ from that endorsed by the WHO and by certain influential people calling for global government.

Merely raising the question about vaccine safety has resulted in censorship. Expert opinions and research articles from scientists and doctors are not spared from such unprecedented censorship.

The message is clear: we should not even hear a single voice of dissent. We should not have our own opinions and rely on our reason, intuition, and ability to discern. We are told indirectly that the diversity and plurality of views and different perspectives should not exist, and that a conversation about burning issues has to cease. These tactics are

evocative of the Spanish Inquisition, a pinnacle of political and religious tyranny.

Every single one of us has been victimized by disinformation at some point during this coronavirus pandemic. A black-and-white view of the world no longer suffices. Our capacity to integrate information and understand its message, as well as protect our psychological integrity, can be easily overwhelmed.

The most powerful means to shape public opinion and justify political decisions is by taking advantage of the very human fear of death, another prominent feature of the coronavirus pandemic. Even though COVID-19 is not as deadly as it was believed to be at the start of the pandemic, the unduly overblown threat of death has been used to justify taking away personal freedom, autonomy and privacy.

Genus Impactus vs Disease-Oriented Genus Epidemicus [→]

Among COVID -19 clinical manifestations, the most common complaint was a dry, irritating cough with an inability to expel sputum which sticks in the airways. Another common complaint was hoarseness. Runny nose and nasal stuffiness were also frequently reported. Some patients presented with anosmia and/or severely disturbed taste.^[18] Some developed gastrointestinal symptoms - diarrhoea and/or vomiting. Fever was rather high, constant and resistant to antipyretics. Some cases had a low-grade fever or remained afebrile. A localized swelling (tongue, gingiva, soft palate, throat) was also reported. Skin lesions were relatively rare. Transient urticaria has accompanied gastrointestinal symptoms. Red burning patches of the skin have been followed by desquamation but rarely. Among other symptoms, I recorded profuse watery perspiration, cramp-like muscle tension, insomnia or sleepiness, general malaise, drowsiness and weariness. Some reported improvement or disappearance of spring allergic rhinitis during/after infection. Other unusual occurrences were also present, e.g. recurrent bacterial urinary tract

infection after COVID-19. Many cases had in the past medical history recurrent bronchitis or pneumonia and allergies. Fear of the unknown, of the future, of death, of suffocation as well as economic and existential threat, was present in almost every single adult case.

The data indicate that COVID-19 induces **endotheliitis** in several organs by both direct viral involvement and the inflammatory response of the host.^[19] Endothelial dysfunction appears to be the common link between various manifestations of COVID-19. The oxygen depletion and inflammation that many seriously ill coronavirus patients experience can affect the brain and other organs besides the lungs, together with the formation of small blood clots in the circulation.^[20] The protean clinical manifestations as well as a broad spectrum of disease severity make novel COVID-19 a true chameleon among viral infections.

In classical homeopathy, the conventional way to perceive a genus epidemicus is to focus only on the somatic expression of the epidemic, taking into account only a few, if any, of the prevalent social, economic, cultural, political, ecological and general psycho-dynamic features. A **disease-oriented genus epidemicus** is meant to treat only those people infected by the infective agent.

The Global Impact Remedy, on the other hand, embraces the political, social, economic, cultural, medical and ecological changes on a global level. It treats, at some level, everyone affected by the Global Impact.

Short pandemic overview in the Czech Republic [→]

The COVID-19 pandemic saw its first three confirmed cases in the Czech Republic on 1st March 2020.^[21] On 12th March, the government declared a state of emergency. The country closed its borders, forbade the entry of foreigners and issued a nationwide curfew. The Czech Republic was the first European country to make the wearing of face masks mandatory. Mobile phone operators and banks were obliged to provide

geo-localization data to the health authority. The pandemic measures introduced by the government were accepted initially without protest due to the fear of "deadly infection", an idea massively supported by media news frenzy and by political propaganda. Most people have not tolerated such a draconic disruption of public and private life well. Wearing face masks was for some a suffocative experience they have compared to "waterboarding" (the banned torturing method).

Unreliable COVID-19 testing [→]

In the Czech Republic, COVID-19 testing was made available for those with high fever, dry cough or shortness of breath, and positive travel history. COVID-19-testing capacity significantly surpassed demand. At the beginning, people were refused testing if they had only a low-grade fever (some were tested COVID-19 positive afterwards). Some people refused to be tested in order not to be quarantined or to prevent contact tracing. A high percentage (around 80%) of fast-test kits airlifted from China were deemed inaccurate. To avoid a scandal, the Czech Ministry of Health blamed the incorrect use of the fast-test, which is deemed unsuitable for new patient screenings.

The reliability of the testing was put into question elsewhere. The Tanzanian President cast doubt on the coronavirus testing after he secretly ordered samples from a goat and papaya to be submitted and both came back "positive". Other countries, like the USA, reported that traces of the virus were detected in some test kits obviously contaminated during production.^[22] Test kits in other countries have also been found to be unreliable.

Although the whole world relies on RT-PCR (Reverse Transcriptase - Polymerase Chain Reaction) as the gold-standard and inflates statistics with "confirmed" COVID-19 cases, the clinical experience is that RT-PCR generates false results. It means that such tests are producing too many positive results and lack the necessary sensitivity to reveal some real positive cases.^[23] Physicians all over the world report that samples taken

from the same patient at the same time and sent to different testing facilities come back with random results. Samples from the critically ill patient (SARS-CoV-2) which have been sent daily have been coming back with random results. In other words, the RT-PCR test kits are clinically worthless, and wreak havoc all over the world by casting a spell - the unfounded scare of "highly contagious deadly disease".

Pandemic statistics - a colossal fraud and a bizarre world-wide scandal [→]

The overall mortality due to COVID-19 was very low in the Czech Republic (317 COVID-19 deaths at the end of May). One-third of all deaths were among people over 85 years of age. Another more than one third of deaths were among people older than 75 years of age. These are the same age groups most affected by the seasonal influenza every year. Sixty per cent of people whose deaths are in Czech coronavirus statistics did not die primarily of COVID-19, according to the Institute of Health Information and Statistics (ÚZIS).^{[24][25]} Age has been considered to be one of the main risk factors since the beginning of the pandemic. A revision of statistics reveals that those with chronic diseases, so-called "cumulative morbidity", are at a much higher risk of fatality.

Statistical data were problematic abroad as well. The official tally has been inflated artificially by double-counting tens of thousands COVID-19 tests. Although both swabs for RT-PCR test from the throat and nose are taken from the same patient, they were counted twice in the statistics. The numbers have also been multiplied by repeated control samples of the same patient.^{[26][27]} Among the declared approximately 25,000 COVID-19 deaths in Italy at the end of April, the majority of deceased (96,3%) suffered from at least one serious health issue and likely did not die directly from the coronavirus.^[28] Other countries like the USA (the CDC report) and the UK made similar statements about overblown COVID-19 death statistics.

It is dangerous to rely on false statistical data for analysis of the pandemic pattern in order to chase the genus epidemicus. Unreliable test results, unclear and changeable criteria of testing exclude its relevance for homeopathic practice. We can not escape the disturbing conclusion that official COVID-19 narrative and many "scientific" facts are at best exaggerated in their significance, misused by certain interest groups, and at worst a collective illusion nurtured by a deeply-rooted narrow-minded worldview.

Ozonum prescription [→]

From the end of January until the beginning of May 2020, I recorded 68 successful prescriptions of Ozonum. From this number, 31 clients suffered from respiratory tract infection at the time of homeopathic intake, including 16 clients who tested COVID-19-positive, 4 clients who tested flu-positive, 11 clients who were untested or tested negative for COVID-19 or flu (supposedly suffering from unspecified respiratory tract virosis). Others came for the sequelae of virosis, or were infection-free but suffered from the indirect impact of the pandemic. A few others were seen for reasons unrelated to the pandemic. However, they were affected by the pandemic, at least marginally. Prophylactic use of the remedy is not included in these numbers. Ozonum was chosen based on the clinical homeopathic picture, and this made the prescription independent to (known or unknown) causative infective agent. For the most part, I started with LM1 potency, which turned out to be sufficient for a curative response in many cases.

Ozonum Pentachord [→]

Those who received Ozonum initially were divided into 5 groups, depending on the predominant issue they had been struggling with. Such a grouping is not rigid as most of the clients presented more than one problematic area.

1. A physical ailment of the respiratory system (e.g. due to virosis).
2. Intolerance of face mask or biohazard suit (e.g. eruption around the mouth or work overload of healthcare personnel).
3. Sequelae of home isolation or quarantine, closed borders, nationwide curfew (e.g. disconnection, loss of zest, meaning and purpose in life).
4. Fear of droplet infection and germs (e.g. COVID-phobia), together with aggravation by sultriness and environmental pollution (including electromagnetic smog and radiation)
5. Decompensation due to mass media news frenzy, political propaganda and dictatorship with the following reactions and themes:

a: denial or conspiracy theorizing

b: shock/despair, e.g. psychological shock from bad news on TV

c: revolt against political power grip

d: fear of a huge Orwellian "Big Brother" eye

e: desire for or fear of mandatory vaccination

I added another group responding curatively to Ozonum during the course of the pandemic.

6. NBWS (Never Been Well Since) flu, flu-like or any viral infection

Genius of the Remedy [→]

Common denominator of all groups captured in the pentachord:

- A strong feeling of SUFFOCATION/OPPRESSION due to respiratory problems of sinuses, airways, lungs or affection of chest wall, diaphragm and thoracic spine which restrict smooth breathing pattern, oxygen/carbon dioxide exchange. The emphasis is on insufficient INHALATION, an inhibited ability to BREATHE IN FREELY and EXPAND lungs.
- A (symbolic) sense of OPPRESSION/CONSTRICTION by political, economic, or any other dominating power triggering a similar effect.

This “experienced sense”(*) is related to the urge for FREEDOM to BREATHE and ACT freely according to one's own will or impulses, to be able to make decisions in a PROTECTED but INTERCONNECTED, CLEAR, PURE and ADEQUATE LIVING SPACE.

NB: Clients with OD frequently use words relating to meteorology when describing their symptoms or experience. They like SKY-BLUE and AZURE, the CLEANNESS of the sky because it is a symbol of SPACIOUSNESS and FREEDOM.

(*)

The “**experienced sense**” is an implicit, congruent and meaningful organization of subjective experiencing which can be revealed through structured yet open dialogue within the context of homeopathic interview or psychotherapeutic practice.

After successful prescription [→]

After a successful prescription, there is an immediate improvement on the physical level. There is an improvement of the gaseous exchange in the lungs as well as cellular respiration. The mechanics of ventilation

improve. If they have oxygen hunger - similar to a fish out of the water - that is eradicated by the remedy. The breathing pattern becomes smoother. The feeling of inability to take in air at full capacity of the lungs is lessened and soon disappears. Clients report they can breathe freely again, and they feel freer psychologically as well.

All clients treated by Ozonum reported a prompt and substantial reduction of fears, anxieties, panic, worries about the future or about others. They reported a sense of inner calmness and tranquility amidst distracting situations. This effect: "as if the head cools down", sometimes referred to by the client as a homeopathic antidepressant and tranquillizer, is seen from the first dose of the remedy.

Sometimes they use a metaphor: it is "as if the remedy repairs, makes a patchwork, glues patches onto the inner tube of a tyre" (cf. atmospheric ozone hole), or "as if the pain or symptoms seemed to get wiped off or disappeared in layers".

Generally, the clients have more energy and their gloomy mood is lifted. There are fewer energy fluctuations. There is more zest and desire to contribute creatively in their own life and later to life in general. They would like to co-create a better living space. They report improvement in their ability to set up healthy boundaries within the family or at work. The feeling of separation from their own Self, from others, and from the world diminishes substantially. Finally, the transparent dividing curtain disappears together with the feeling of disconnection.

Correlation between ozone and Ozonum homeopathic picture [→]

There is a correlation between ozone's chemical and physical properties, its interaction with a biological system (toxicology), and its homeopathic clinical picture. A dynamic constellation of the remedy becomes clear once we understand the ozone life cycle and its ecosystem in its natural and disrupted form.

When people are exposed to high ozone concentrations, symptoms can vary depending on the dose and length of exposure.^[29] Direct toxicity causes irritation of mucous membranes. The most prominent symptomatology revolves around dryness of the airway (nose, throat, larynx, trachea, bronchi and lungs) with accompanying chest oppression. Symptoms include headache, sneezing, obstruction of the nose, tickling in the throat, larynx, trachea, and bronchi triggering bouts of dry cough and shortness of breath. Eyes are irritated and feel dry with a sensation of sand. Long term occupational exposure can lead to pulmonary fibrosis.^[30]

Ozone toxicity results in a plethora of symptoms in the respiratory tract, potentially any sign and illness from the nose down to the lungs. Upper airway, larynx, vocal cords as well as bronchi are most frequently affected. Due to ozone's oxidizing power, there are numerous pathologies and symptoms related to oxidative stress, e.g. **endothelial dysfunction** of the circulatory system with a tendency to blood clotting. There are also symptoms and illnesses of insufficient oxygenation of end-tissues, and even cellular respiration can be affected.

The strong antimicrobial effect of ozone can be translated into human symptomatology as a tendency to infections of any kind and septic states. Ozone is an **explosive substance**. After the ignition, an explosive chain decomposition reaction leads to complete ozone conversion to oxygen. The eruptive power, similar to a volcano, hurricane, earthquake, tsunami, or nuclear explosion, can also be observed in clients with OD. They suppress and contain their anger, urges and instincts. When the inner pressure is unbearable, and they cannot find an outlet through activities such as sport, dancing or sex, they erupt. It can find its expression in violence or sudden somatic symptomatology. Such an unstable situation is a result of the suppression of inner urges. These are people who suffer from the inability to say no if somebody violates their boundaries or tries to break their will. They can have trouble verbalizing clearly what they need, and many statements are somewhat vague and veiled in fog. There may be **avoidance behaviour strategies**.^[31]

The image related to the protective ozone layer is that of a bubble or balloon surrounding them. They may feel they are in a protective bubble, but it is one with at least one or more holes. This is reflective of ozone holes in the ozone layer surrounding Planet Earth. Experience similar to that of being in a bubble is as if they are behind a transparent curtain, layer of clothing, membrane or translucent **glass screen**. These clients perceive even the tiniest defect in their protective shield (invisible coat) as a danger. They have the feeling that anything can creep in, or their energy can leak. They want to seal, patch, repair the imaginary defects, whether it is a personality flaw, or a compromised immune system, or a weakened organ or body structure. The saying “**living in a bubble**” is similar to that of “**living under a rock**” or “**buried in the sand**” - all sayings imply the separation from society and others. In other words, it is living in your own isolated world. Bubbles for the most part are translucent, so one can see what goes on in the surroundings but is completely sheltered. However, it is very easy to pop someone's bubble, or break the barrier that separates him/her from the rest of the world. Such a dynamic is expressed in some molluscs too. Sticking the head in the sand, fear of penetration, and fear or fascination of death can be observed also in e.g. Venus mercenaria.

The quality of living space and its protection is reflected not only on the global level (protecting nature and animals) but also on a personal level. This theme is a fundamental issue occupying clients with OD. There are many layers of security and protection. The immune system is one of them. The barrier can be penetrated by germs or needles containing vaccines - both needle and vaccine are threats to the body. The vaccine is perceived (symbolically or somatically) as a dirty pollutant. Post-vaccination sequelae can easily develop.

The disrupted ozone ecosystem is translated to **sensitivity to any pollution** or imbalance in the environment. This includes intolerance to emotionally tense atmosphere in relationships, be it family or workspace, or even the whole country or the world. Global warming is reflected as reduced tolerance to sultriness, heat or high humidity, and fumes,

vapours, or odours. They can even collapse in a hot, unventilated, stuffy room, or from wearing a face mask (rebreathing exhaled air). They frequently report the feeling of a blanket over their head or around them. It can refer to a weather-related or situational condition, or to fear, anxiety or depression. Generally speaking, the whole phenomenological universe revolves around the axis of pollution/dirtiness and cleanliness/purity/purgation of living space (global, personal, somatic). A pollutant can be mites, pollens, soot, fumes, odours, smog, sound, light, any particulate or chemical in the air or in the water, or land pollutants, e.g. dog excrement on the street or rubbish or even food, e.g. gluten and lactose and medication.

UV-light from the sun is needed to create both stratospheric and tropospheric ozone from oxygen. It is reflected in the client by sensitivity to radiation. They are sensitive to energies in the environment, to other people's bio-field, to X-ray and radiation therapy and to 5G radiation. Lightning and electric arc discharge are also responsible for ozone generation. In the client, this is expressed by shooting and radiating pain alongside nerves or tendons. The majority of clients with OD report they can breathe better and generally feel **better after raining** or after a storm, when pollution in the air and electrically active ions subside.

The sun causes the whole atmosphere to "breathe" by changing the thermosphere's density through heating. The atmospheric expansion-and-contraction is known to occur in a **27-day "breathing" cycle**.^[32] The Earth also has a quicker and shorter "breathing" pattern occurring every few days.^[33] Clients with the OD have a feeling of expansion and contraction, which can happen in faster or slower mode. They perceive the size, weight and volume of this feeling through the lens of Self-expansion and Self-contraction. The contraction can happen beyond their control, when they come into contact with something painful in their environment or when confronted with something unpleasant within themselves. They have periods of expansion into the world when they feel strong and believe they could conquer the world. Then, when they come across

criticism or non-acceptance, they go into a contraction phase, almost imploding.

The homeopath can sense the change of atmosphere in the consultation room, observe changes of body posture, tone of voice, as well as notice his own subjective feeling in relation to the rapport and vibrational contact interface in the therapeutic field between himself and the client. This symptom – the ability to expand and contract their psycho-energetic body – can also be observed in other clients, e.g. Agaricus muscarius or those requiring certain cactuses such as Anhalonium.

Clients with OD generally like the sun and **clear blue skies**. They have an ambivalent relationship to the sun depending on whether it causes them symptoms such as solar rashes and the type of skin that burns instead of tans when they sunbathe. On the other hand, they can have a fear of darkness and the unknown, whenever the light or symbolical light (of knowledge, cognition, support) is missing. One of the fundamental issues is a feeling that they are neither seen nor heard, their presence merely a ghostly, intangible mirage. On the other hand, to stand out from the crowd is very problematic for them. They prefer to blend into their surroundings, not to be visible, seeking the protection and security of herd anonymity. It is reminiscent of the behaviour of Sepia and some cephalopod remedies. At the same time, it creates a contradiction with their innermost core, their wish to be perceived as a unique individual, a fully autonomous person who deserves respect.

This fundamental issue is expressed as **“the - protective shell”** psycho-dynamics which is very well described in our homeopathic literature. Clients with OD need to protect their sensitive core and prevent violence against their personal freedom or having their will broken in a direct or manipulative manner. The soft core dynamics and structured protective shell/layer together with the theme of suffocation have a strong resemblance to molluscs and nuts, e.g. Coco nucifera.^[34] It can be also observed in dynamics of other substances like Cryptococcus

neoformans, where fungal melanin is concentrated in the cell wall and assembled into multiple concentric layers to protect against radiation. Matrimonial remedies such as Vernix caseosa and Aqua amniota humana or Bovista lycopodon and AIDS nosode and practically unknown Citrullus lanatus also share this dynamic.

On the energy level, there is fluctuation. Very often, the level of energy can drop quickly and can be discharged quickly. They feel as if they are **suddenly unplugged** from the source (human or inhuman). This symptomatology is closely related to the symbolical umbilical cord and a sense of connection. Once unplugged, they do not feel connected anymore and experience deep isolation and alienation. They feel they are not participating in life. They feel withdrawn behind a transparent curtain or screen. They can develop an idea that they do not belong in their family or community or even on Planet Earth. This is another axis of Ozonum dynamic with a continuum incorporating many intermediate states. At one pole is complete disconnection while on the other pole is a feeling of immense connection, perhaps even merging with the Self, the whole world, and ultimately the universe.

Tidal movements are believed to be fundamental to ocean currents, which, in turn, are vital for our land weather patterns. The gravitational pull of the moon and the sun causes water in the oceans to bulge, resulting in a continuous change between high and low tides. Due to Earth's rotation, the two tidal bulges act like two expansive waves continuously undulating around our planet. If the water element is not in balance, symptoms like dryness, cracked skin, moist or dry irritating eczema, dry cough and dry mucous membranes can develop. On the other hand, there can be emotional instability and lability. The water element can suddenly become overwhelming even on the physical level (feeling of water in the lungs, pulmonary oedema, etc.). There is an increased sensitivity towards telluric currents, to weather changes, which can develop into severe "**adaptation-meteotropic syndrome**". They are sensitive to lunar phases, especially the full moon, but also the new moon, as well as to sun eruptions, solar winds, and other extra-terrestrial forces.

In women, premenstrual tension or syndrome is quite prevalent, as well as various menstruation cycle disorders and irregularities.

Mature trees can pump an enormous amount of water from their roots to their leaves by harnessing the power of the sun. As water evaporates from the leaves, a negative pressure is created which pulls water through the trunk upwards. By pumping water, trees also cool the air and stabilize the soil. Trees maintain water and the atmospheric microclimate around them. The ability to produce oxygen and bind carbon dioxide in the process of photosynthesis is well known. How is the tree component of the ozone ecosystem translated into human symptomatology? It is reflected in numerous spine and back problems. The spine is the central pillar of the bodily structure, and all organs are connected to it by the nervous system. There may be sequelae of whiplash injury, cervical-cranial syndrome, spine injuries, scoliosis, herniated intervertebral discs, etc. A deficit and fragility of supporting structures, and structure in general (also a feature of some other gases in homeopathy) can be observed. They can complain about insufficient or even complete lack of inner and/or outer support.

Lack of flow is reported on many levels, like the sensation of being stuck. They feel they cannot move forward, as if they are caught/stuck between a rock and a hard place, or in black sticky tar or sap. They feel helpless, at a loss as to what to choose. Such a dynamic is reminiscent of Anacardium, but in Anacardium, the stuck feeling is expressed as a slight shift to a plugged sensation or blockage. Patella vulgata shares a similar dynamic - a tendency to remain in the same spot and clinging firmly to the source of (even minimal) support to which she conforms. On a somatic level, clients with OD suffer from, e.g. an inability to get rid of sputum, to move freely, to breathe smoothly. The lymphatic system can suffer from lymph stagnation disallowing proper flow; lymphadenopathy can also occur. In the venous system, varicose veins, phlebitis or deep vein thrombosis can develop. There can be water retention with a tendency to swell. Dissipation or retention of heat – **temperature management** – can be affected too.

An uprooted, ungrounded and unanchored feeling is quite common. The disconnection and inhibited smoothness of flow can express itself as various symptoms in the musculoskeletal system (e.g. shoulders, knees, Achilles tendons, ligaments and tendons) as well as affect smooth breathing pattern due to various somatic and psychological causes. In some cases, a lack of coordinated smoothness of flow manifested as a troublesome passage of solid food due to oesophageal spasms. On top of that, trees and forests are multi-faceted symbols. The tree also represent a single human while a forest a harmonious society.

Ozonum, the Black Death and quarantine regulations [→]

We have witnessed in recent years a significant increase in the occurrence and severity of natural and man-made disasters, resulting in the loss of human lives, the destruction of cultural heritage, economic and social infrastructure, and damage to the environment and public health. The Global Event expresses itself on many levels through seemingly unrelated occurrences as an unseen thread connecting them all. Global Events of the past are recorded in our mythological narratives. The 10 Plagues of Egypt appear to be such a record of witnessed global events elaborated into religious story.

Our current quarantine regulations, including division of space, distancing, purification, use of face-masks, are a direct legacy from the time of the Black Death. Separating the sick from the healthy was widely acknowledged as the only solution. In his book, *Discipline & Punish - Panopticism*, Michel Foucault, a French philosopher, elaborated the idea that it was the plague that enabled a “**disciplined society**”. According to him, plague measures were aimed at creating a disciplined community. In comparison, lepers were also separated from society, but the aim behind this was to create a pure community.

The Plague and Ozonum [→]

There are outstanding commonalities between Ozonum and Pestinum, a plague nosode. Pestinum was proved by Dr. Josef Štefánek. [35] Dr. O.A. Julian presents clinical use of Yersin serum in his *Materia Medica of Nosodes with Repertory*. Louis Klein, a Canadian homeopath, has brought a fresh view of remedies for Black Death in his book *Miasms and Nosodes*, appointing to the Plague a distinguished place among traditionally acknowledged miasms.

Similarily to COVID-19, plague is not a uniform disease.[36] It is caused by a bacterium, *Yersinia pestis*, living in rats and transferred predominantly by infected fleas (rats-fleas-humans).[37] This route of transmission occurs in the “bubonic” form, characterized by large packets of lymph nodes (bubos), and in the “septicemic” form, driven by bacterial endotoxins in circulation. Blood clots occlude arteries, causing disseminated intravascular coagulation, and tissue ischaemia results in gangrene of acral parts of the body. This is what earned the disease its name – Black Death. In the “pulmonary” plague, where the human-to-human spread via respiratory droplets plays a major role, breathlessness with copious expectoration of watery sputum and a high fever quickly progress to terminal heart failure.

We can find in both remedies a disconnection and feeling of unreality after witnessing death. It could be triggered by the death of a family member or someone close. It could be part of post-traumatic stress disorder after a tragic car accident where people were severely injured and some died. It could happen after witnessing mass casualties and catastrophic events involving the loss of human lives. The shock-like state can be triggered just by watching news on television and can cause a detrimental effect on the observer’s sense of personal safety.

During the current pandemic, we have been constantly bombarded with the latest death tolls, frightening mortality statistics, and continuous reminders of rampaging disease. The compensatory mechanisms and

capacity to cope with the idea of death have a limit. If this limit is breached, the dread of death is unleashed in its full force. Clients with OD may develop internal paralysis from the fear of death, but they will not tell anyone. Death is for them like “**He-Who-Must-Not-Be-Named**”, much-feared Lord Voldemort in the Harry Potter series.

In a time of pandemic, disasters and mass casualties, the Ozonum psycho-dynamic of catastrophic visions in their inner world has manifested in the outside world. The inner reality has become an external dream reality. The dreadful images living in their psyche have materialized into the real world right before their eyes. Their external and internal realities have merged into one, connected by the catastrophic (and cataclysmic) scenarios between both experienced realities. At first, they cannot believe it has become real. They feel they are experiencing DÉJÀ VU. They compare this experience to a dream-like state similar to the virtual environment of the movie Matrix. They consider it an error, a programming glitch in the system. They see in it synchronicity and evidence of the illusory world or proof of the existence of higher intelligence or divine purpose. Eventually, they get used to it, or the capacity to cope with it is surpassed, resulting in a shock-like state. It resembles the standard indications for Aconitum. They describe it as freezing stiffness. They feel completely paralyzed, can be covered in a chilly sweat as if submerged in icy water. They experience loneliness and abandonment. They may feel that some organ or cellular function has been turned off.

The world is perceived as a mere thought-formation, intangible, unreal and without substance. They may lose contact with the body, suffering from a somatic dissociation. They feel desperate that they cannot break free from natural laws of 'matter' despite its intangible, illusory, empty and ephemeral nature. They feel imprisoned, **locked-in**, and almost abused in many ways by their own bodies. Abused by its weight and gravity, which pulls them down like lead and which, in their opinion, deprives them of wings of freedom and the possibility to expand their spirit.

We can find respiratory tract infection and a severe form of influenza in both remedies. Water in the respiratory system, including lungs and chest, can be detected objectively as well as reported as a subjective sensation. Autopsy revealed that in COVID-19 pneumonia the lungs are very large and heavy due to retained fluid.^[38] Both remedies' dynamics have a sensitivity to dirtiness and environmental pollution. We can observe in both remedies a strong **impostor syndrome**.^[39] Self-inhibition, self-sabotage, and self-despising shaped into a feeling of disbelief about or lack of acknowledgement of their own achievements, leading them to feel like frauds. There is a constant underlying fear that sooner or later everybody will recognize they are empty inside and that their success and achievements have no real substance. Outer expression may take the form of unwillingness to give credit to anybody, problem acknowledging others' success, to express honestly their gratitude or to praise.

The homeopathic process of clients with OD is almost in every case influenced by some kind of **treatment sabotage**. For instance, they may apply corticosteroid ointment on the skin to speed up a cure despite the fact that the eczema is visibly and steadily disappearing after the remedy. They may take another homeopathic remedy secretly, if they are unable to verify on the internet that the given remedy is listed for their particular diagnosis or symptom. There is a lifelong desire to create or participate creatively in life, to realize their potential, to find meaning and to fulfil their purpose in life. The huge procrastination elephant is just one expression of self-inhibition, the inability to act according to one's innermost wish and materialize one's own life goals.^[40] In the case of Ozonum, the self-sabotage is less evident at first glance. It is usually very well-hidden even from the clients themselves. I started to call this psychodynamic phenomenon "**The White Disease or Plague**". The White Plague wears a white veneer of lies and manipulation which serve as a covering for the "black" inner parts, the secret spots. Those parts are constricted and unventilated, suffocating due to a lack of oxygen in enclosed cavities hidden away out of sight. It can be seen as a form of arrogant pretence that has within it an element of spiritual pride.

Ozonum alias SIMIA CAERULEA REMEDIA SIMULANS

[→]

Ozonum has an extensive differential diagnosis. Depending on the model of similarity (symptomatic, clinical, psycho-dynamic, etc.) used, different remedies appear. I frequently prescribed other substances as a first prescription before I understood that the underlying dynamic is that of Ozonum. Ozone behaves like a blue monkey imitating everything and resembles many remedies in our homeopathic armoury.

Ozonum is like the umbrella, while everything under the umbrella's protection on the Earth symbolizes a remedy complementary or similar to Ozonum. (Figure 2) Considering the life cycle and ecology of ozone, there is an interesting link with, e.g., Aqua marina (a salty soup of primordial life environment containing phytoplankton), Sol and UV lux (sunny invisible co-creator of ozone), and Succinum (fossilized tree sap with insects and sun rays trapped within).^[41]

Ozone therapy and COVID-19 [→]

Ozone therapy employs “medical ozone”, a mixture of 1-5% ozone in 95-99% oxygen. Several studies over the years have demonstrated that ozone improves the circulation and perfusion of the lungs and the release of oxygen into peripheral tissues. Ozone has an anti-inflammatory action and is a powerful germicidal agent, efficient for the inactivation of airborne viruses. ^[42]

Coronaviruses have abundant cysteine in their spikes and also in viral membrane proteins needed for fusion with host cells. Cysteine, a semi-essential amino acid with the thiol (sulfur-based) side chain, is highly vulnerable to oxidation. The contact with ozone inactivates cysteine enzymatic function instantly.^[43]

The Nuestra Señora del Rosario Polyclinica in Ibiza, Spain, released a press report about ozone therapy for COVID-19 patients with severe hypoxia. Some were already intubated and mechanically ventilated. Only a few sessions of ozone therapy were enough to improve their oxygenation. At the Santa María della Misericordia University Hospital in Udine, Italy, 36 patients with COVID-19 pneumonia were administered ozone therapy which significantly reduced the intubation rate. At the Policlinico Umberto I in Rome, Italy, an ozone therapy study for coronavirus sufferers has been conducted since April 2020.^[44]

There is a striking overlap between the properties of crude ozone and its homeopathic application in COVID-19, encompassing and thereby addressing, above all, the respiratory distress and oxygenation, and the main feeling of Ozonum dynamics as exemplified by the statement – “**I can't breathe (freely)!**”

Clinical homeopathic application [→]

Ozonum has proven itself to be an indispensable companion in my practice as an urgent medicine physician. The sovereign indication for Ozonum is **inhalation trauma** occurring in confined spaces and accompanied by black expectoration from inhaled soot.^[45] The complications of the first **spring sunbathing**, usually in the form of periocular dermatitis, solar urticaria, first-degree solar burns and burns in general respond well to Ozonum too.

I have verified Ozonum in my clinical practice for the following conditions: post-vaccination syndrome, sequelae of anaesthesia, viral respiratory tract infection, NBWS (never been well since) influenza or viral infection, Crohn's and celiac disease, lactose intolerance, iron-deficiency anaemia, thyreopathies, Sicca and Sjögren's syndromes, allergic rhinitis and conjunctivitis, allergies, sinusitis, otitis media, oculopathies, bronchial asthma, chronic obstructive pulmonary disease, obstructive sleep apnoea syndrome, various pleural syndromes, pulmonary oedema, pulmonary embolism, supraventricular arrhythmias, herpetic eruptions, eczema,

psoriasis, vitiligo, fungal infection, spine and whiplash injury, fear of unknown, of death, of examination, of a physician, of sharps and needles, post-traumatic stress disorder (especially after witnessing directly or indirectly mass casualties), depression, insomnia, sleep paralysis, glandular fever, abscesses and septic states, lymphadenopathy, peripartum umbilical pathology, difficult post-partum adaptation, hospitalisation syndrome, sunstroke, to name a few.

Ozonum can take its rightful place in homeopathic prescription for mass casualties resulting directly or indirectly from earthquakes, tsunamis, typhoons, hurricanes, tornadoes, floods, volcano eruptions, fires, warfare, chemical, biological or nuclear disasters, pandemics and other catastrophic global events.

Some case management challenges and posology [→]

I found out that the remedy Ozonum does not heal in a linear way. There is fluctuation as well as alternation of multiple intermediate states on physical as well as psychological levels. Sometimes, the healing response reaches a plateau and is not seemingly moving forward. It does not mean the remedy is not continuing to work! Patience is required on the part of both client and homeopath, as a plateau is sometimes stabilization, and it is my experience with many clients that LM1 acts for a long time, and so my recommendation is to wait as much as possible before going up a potency. The plussing method seems to be a suitable option for a gentle shift of potency.

In comparison to Ozonum LM1 which is well-tolerated, Ozonum LM2 has resulted in some clients experiencing disturbing symptoms, suggesting an otherwise favourable drainage effect. This is usually in the form of a stuffy nose, nasal discharge, a temporary increase in mucous secretions from the airways or mild transient recurrence of other familiar complaints. I found out that these clients tolerate the homeopathic process better if the duration of LM2 administration is short or if it is given only as needed. To avoid this phenomenon, I skip LM2 altogether in some

cases (clients with poor tolerance of somatic pain and exaggerated hypochondriac anxiety), and therapy continues after LM1 directly with LM3 which is again well-tolerated.

At a certain point, there is a strong urge in the client to trust somebody and rely upon this person despite the fear of becoming dependent or abused. It may be a challenge for the homeopath to take on such responsibility and offer the client the opportunity to sort out his life drama by acting temporarily as a referential person. It may be helpful at this point to refer the client to a skilful and sensitive psychotherapist.

On the other hand, they may sabotage the homeopathic treatment, seldom trusting the therapist completely. They always want to have the last word on how to proceed with treatment and obstinately insist on exercising their own autonomy. They want to decide for themselves what is best for them at any cost. They may follow their own erratic ideas about other treatment options in parallel to the homeopathic process. They may utilise resources, methods, and recommendations from both camps of medicine – both allopathic and naturopathic. Very often, they choose something not compatible with their healing process and cause more harm than good. The homeopath is made aware of such sabotage only after they have exhausted their own resources and are unable to repair it by themselves. At this stage, clients with OD seek the homeopath's advice, demanding immediate help, relief and miraculous healing of the self-inflicted damage.

Alternatively, transference is the game, and clients with OD can become angry with the homeopath because the cure is not occurring as quickly as they expected. Another trigger for upset and possible disharmony is the homeopath refusing the client's demands to extend the care beyond the boundaries of homeopathic consultation or refusing to serve as a parent-like figure to the client, and instead fostering cooperation of two mature adults.

Ozonum - the sovereign blue protector of living space and primordial breath of life [→]

We, humans, are also children of Mother Earth. It is a false belief that we can rid ourselves of all bonds and live according to our own ideas without any regard for others and everything around us. We can observe in our current situation the consequences of cutting off the symbolic **umbilical cord** connecting us to Nature.

We can not stick our head in the sand anymore refusing to look at the bigger picture and the pertinent links between individual health, global health and environmental issues. Collective awareness is increasing but is not sufficient. Economic insecurity, fears of unemployment and poor health seem to dominate our day-to-day concerns. We can create enough momentum to transform the way we live only by understanding what is at stake – the **disrupted eco-system** and **relationship bonds**.

We need to understand that the coronavirus is not the cause of the current global situation but rather its expression. There is no linear chain of causation; on the contrary, it all behaves as a chaotic system (a mathematical model).^[46] Hahnemann proposed clearly in his Organon that disease is dynamic in origin.^[47] Coronavirus is a messenger of a dynamic agent, its message is about **living space** and **the breath of life**.

Conclusion [→]

Amid all those global changes, we have not adapted the way in which we practice the law of similars. Refusing to update our information pipelines for a changing world and our changing role in it could lead to a halt of evolution of the homeopathic art. As homeopaths, with a commitment to improve the quality of life of our clients, we should ensure that our view on individual and global health is an accurate representation

of the evolving reality that also reflects the collective struggle of humankind and co-evolutionary and co-emergent changes in Nature.

Among the most prevalent myths interfering with homeopathic practice are that science is always objective, that experiments are the sole route to scientific knowledge, that science is not subject to biases, fraud and corruption, and that scientific conclusions are continually reviewed. The homeopathic pathogenetic trials (provings), the materia medica and the repertory are not the sole source of homeopathic knowledge. I consider successfully treated cases the most abundant source of homeopathic information, representing the living materia medica.

Unreliable coronavirus testing is not going to help us find the right remedy or cure our clients. We need to acknowledge, once and for all, the beauty and wisdom inherent within the homeopathic approach. It is in the holistic evaluation of our client, utilizing the homeopathic concept of individualization – of the individual, the society we find ourselves in, and the whole world that we are all living in.

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