

**COVID-19
STIGMA**

“WHEN THE HAZE DOESN'T LIFT”

Dr. Petr Simeon Gajdos

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COVID-19 (COrona Virus Disease 2019) was first identified in December 2019 in Wuhan, Hubei, China, and has resulted in an ongoing pandemic, reminiscent of the rampaging plague. The virus can be deadly, but the vast majority of people only experience mild or moderate illness, and some are entirely asymptomatic. COVID-19 often strikes the lungs first, but it is not simply a respiratory disease. The coronavirus can injure multiple organs and affect the whole body.^[1] The endothelial cell injury triggering the inflammatory cascade is a central feature of the pathophysiology and thrombotic complications associated with COVID-19 are common.^[2,3,4] Although the predominant clinical presentation is respiratory disease, neurological manifestations are frequent and may occur at any stage of COVID-19.^[5] Some survivors regain full health. Others experience lasting health consequences and a new category of patients is emerging, known colloquially as COVID-19 “long-haulers”. Terminology includes “long COVID,” “post-COVID syndrome” and “post-acute COVID-19 syndrome”.^[6] In my experience, respiratory and neurological complaints are the most common reasons to seek homeopathic treatment after the acute phase of infection.

Post-acute COVID-19 syndrome sufferers experience anything from shortness of breath, persistent dry cough, arrhythmias, debilitating fatigue, post-exertional malaise, body aches and pains affecting the entire body, persistent loss of smell and taste or “phantom smells”, diminished appetite,

disrupted sleep, to brain fog (“as if the fog or haze doesn't lift from the brain”), impaired memory, difficulty concentrating, dizziness and depression lasting for months after recovery. Lung tissue is replaced with scar tissue even in asymptomatic survivors.^[7] COVID-19 can directly cause damage to heart muscle cells resulting in diverse heart complications.^[8,9] There is great variety in the type and severity of neurological manifestations of COVID-19.^[10] Other organs - the kidneys, liver, gastrointestinal tract, skin - may be susceptible to persistent damage as well. Such multi-organ involvement, as well as long-term sequelae, suggest an immune-mediated condition resulting from a complex interaction between virus and host adaptive immunity.^[11]

Our understanding of COVID-19 has accreted around the idea that it kills a few and is “mild” for the rest. The lingering damage that COVID-19 can inflict has been known in the medical community fairly early on since the beginning of the pandemic. Yet, somehow the myth of “COVID-19 mildness” continues to circulate among the general public and also among healthcare practitioners. The coronavirus tests are unreliable and false negatives (as well as false positives) are common.^[12,13] Many people who tested negative experienced the same set of symptoms as those who tested positive. Those “negative” sufferers remind us of the limitations of the narrow medical model based on dubious tests and relying on pre-defined diagnostic labels instead of listening to patients' narratives.^[14]

Furthermore, the hegemonic medical model creates a virtual barricade between individually-oriented clinical medicine and public health. The conventional divide-and-conquer approach can cause an irreconcilable contradiction between simply controlling epidemic disease and treating individual patients, as if one has to be sacrificed for the other. Alternatively, an integrated approach can be far more successful if individual health is not considered separately from public health.^[15] In the holistic-oriented homeopathic practice, an inseparable link binds the dynamic of the entire population to that of the individual, exerting a reciprocal influence on each other.^[16] In addition, other phenomena such as the immediate environment as well as global climatic changes act on this intricately entwined dynamic.^[17,18,19] Such an interrelated dynamism should be the intended target for understanding and treating diseases homeopathically, especially in the context of a glowing red-hot pandemic forge - syndemic.^[20,21]

In my practice, I have been prescribing consistently several homeopathic remedies; so far, Ozonum and Pestinum have remained the highest-ranking prescriptions.^[16,20] Ozone, a crude substance in an oxygen-ozone mixture, is used in medicine via a process called Oxygen-Ozone Immunocellular Therapy when treating COVID-19 critically ill patients.^[22,23,24,25] On the other hand, the usage of potentized *Yersinia pestis* (the causative organism in the disease plague), is the sole province of homeopathy.^[16,26,27,28,29]

Ozonum ranked highest during the first surge of the pandemic in spring (*Generalities; spring; agg.: ozon*), followed by Pestinum. This ratio has now been reversed, and Pestinum ranks highest during the second surge hammering the world with renewed vigour in autumn (*Generalities; autumn; agg.: pest*). Both remedies share a strikingly similar dynamic, several themes, as well as symptoms, and can be used for all stages of COVID-19, including post-acute COVID-19 syndrome, and also as prophylaxis. Since homeopathic prophylaxis cannot ensure protection against the infection, the main aim is to reduce primary and secondary damage and, ultimately, eradicate COVID-19. Both remedies also have a broad clinical application in routine homeopathic practice outside the context of the pandemic.

In a few COVID-19 patients (as well as in COVID-19-like-illnesses), I have noticed a surprisingly frequent oscillation between Ozonum and Pestinum. Prescriptions needed to be amended accordingly to address the evolving case dynamic. I call this approach, when prescriptions alter in repeated succession, a **“high-frequency oscillatory remedy grand exchange”** (H-FORGE). The aim of this new approach is to provide a smooth transition throughout all phases of illness while ensuring a full recovery.

In some instances of post-acute COVID-19 syndrome, the choice between these remedies is made depending on the centre of gravity of the case. In Ozonum, the respiratory tract is predominantly affected,

while in Pestinum, primarily neurological sequelae of viral infection (or vaccination). In Ozonum, fear of suffocation prevails, together with feeling unable to take a deep breath and expand the lungs/chest, whereas in Pestinum, there is fear of brain performance, of dementia, cognitive insufficiency and trouble with recollection. Feeling as if they cannot lift the veil of haze that obscures their brain is strongly indicative of Pestinum. On the other hand, Ozonum has a feeling that his head is in a fog and senses are benumbed as if they are submerged underwater. In Ozonum, withdrawal revolves around existence in a translucent bubble or a tiny layer of an invisible divide with holes in it. In Pestinum, withdrawal takes place behind a thick wall or barricade which can be cracked. They feel stuck between a rock and hard place - Ozonum in a tar pit, Pestinum as if nailed to the ground. Diminished muscle strength is experienced by Ozonum as if muscles are missing or necrotized as if tissues are not supplied by oxygen, while in Pestinum, as if neuromuscular junctions or pathways regulating brain-body interactions are disconnected (e.g. in critical illness polyneuromyopathy).

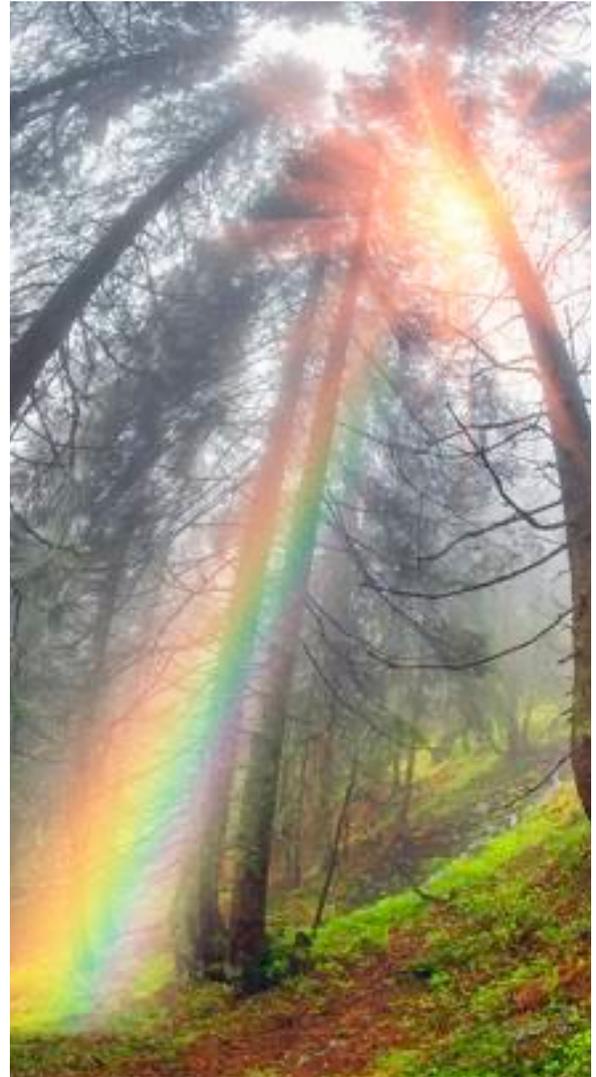
Both remedies have also been used successfully for people who remain infection-free yet affected by the pandemic indirectly on multiple levels, in particular, by serious political, economic, social and psychological repercussions. Adverse life events are experienced by Ozonum as if they are in a black hole or abyss of damnation or locked

in an unventilated cellar; Pestinum experiences the same, as if they are caught in a closed-loop of eternal damnation or as if they are between the hammer and the anvil of the fires of purgatory or in the grave.

Pestinum, in comparison to Ozonum, places greater demands on case management. Pestinum transforms a profoundly embedded pattern - the stigma - and the organism needs a prolonged period for integration of homeopathic stimulus. So-called "aggravation", an artificial disease as similar as possible to the disease to be cured, must be distinguished from deterioration of the patient.^[30,31] In most cases, I start with LM (50 millesimal) potency and adjust the dose and repetition according to frequent re-assessment of the initial response.^[16,20] Additionally, a certain portion of cases responding curatively to Ozonum for months reached a point where their dynamic switched to Pestinum. In overall terms, we may find scattered bits and pieces of Pestinum dynamic throughout almost every Ozonum case as a discrete pattern on the background.

Conclusion

The COVID-19 pandemic will certainly create a substantial wave of chronically disabled people. The role of homeopathy can gain an increasing significance and recognition in helping a post COVID-19 roller coaster of ill health and its lingering marks alongside the social stigmatisation and psychological issues of survivors. To consider these challenges, to find remedies conforming well to the underlying dynamic pattern is of paramount importance and utmost urgency. Ozonum and Pestinum might prove to be indispensable and efficient in combating the coronavirus crisis and attaining this goal. Similar to a craftsman hammering away at the anvil, we - homeopaths - can find the best treatment and the outcome of the fight against the illness forged in the fires of pandemic hardship, since the strongest metal is forged in the hottest fire.



OZONUM

“I COULDN'T BREATHE ... AND IT ALL DIES IN ME”

I present a case of a 68-year-old retired man who endured a flu-like illness in March, 2020, and weeks later still suffered serious adverse symptoms that sound dreadfully similar to those associated with long-haul coronavirus. The case intake took place in April, 2020. It illustrates what I have repeatedly observed after administration of Ozonum, namely, a rapid resurgence - an immediate charge of energy and sense of freedom - from similar conditions not necessarily caused only by coronavirus. I choose the remedy based on the history I heard from many patients at the time of the coronavirus pandemic. Symptoms that match some other positive cases include: dry, irritating and persistent cough, inability to cough up sputum, shortness of breath on exertion, feeling that you can't catch your breath or breathe in, fever that does not respond to antipyretics and other general and specific symptoms of Ozonum.

For the most part, the subtle dynamic pattern of Pestinum - an underlying fuel for chronic maladies - is covert. It can only be hinted at through psycho-somatic code of disturbed dynamic, such as self-sabotage via repetitive and self-willed utilisation of maladaptive patterns (also on a somatic level), avoidance of self-responsibility, lack of self-discipline, immense but denied fear of death, pseudo-autonomy, bowel complaints, immobilising knee injury, clicking/slipping

finger tendons, intra-abdominal adhesions, to mention a few.

Three years ago, the patient underwent surgery for colorectal cancer (without metastases) followed by several re-operations for post-operative complications: iatrogenic transection of the ureter re-implanted and ureteral stent inserted, for ileus adhesions an open laparotomy was performed. He had a nephrostomy for several months. He underwent several cycles of chemotherapy. He was also diagnosed with diabetes and started on insulin therapy. He is obese, weighs almost 140 kg, which greatly limits post-operative recovery and diabetes compensation. After the operations, a large abdominal hernia remained in the scar.

His wife is worried about him. She thinks that he is not motivated to do anything 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. His wife 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 for coronavirus.

Interview (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, THAT COULDN'T BE REDUCED MUCH. 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 (the pain shot up all the way to the fingertips).

So I FEEL KIND OF BROKEN, TIRED. My fucking knee still gives me trouble (he had a knee injury in the past, they operated on 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? (he meant it weighs heavily on his mind, 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 pedaling; 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. Well, I've been doing this for three days (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 (his tendon jumps and the joint does not articulate 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 (worry and helplessness in his voice).

Dr: Yes?

C: I could also say it differently. As the time changed, losing one 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 (daylight saving time). It didn't use to affect me before. Many times I didn't even think 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.

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.

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.

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.

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.

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 to sleep. 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, sips half in the evening and half in the morning

Follow-ups (abbreviated)

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

His wife called to happily let me know that he was doing very well. 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 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 test 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 checking the current distributors, 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! 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 at 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.

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 water tanks, 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 (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.

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 program). 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 lay 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.

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 (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 (current distributors). 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 remedy) 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 (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.

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: 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

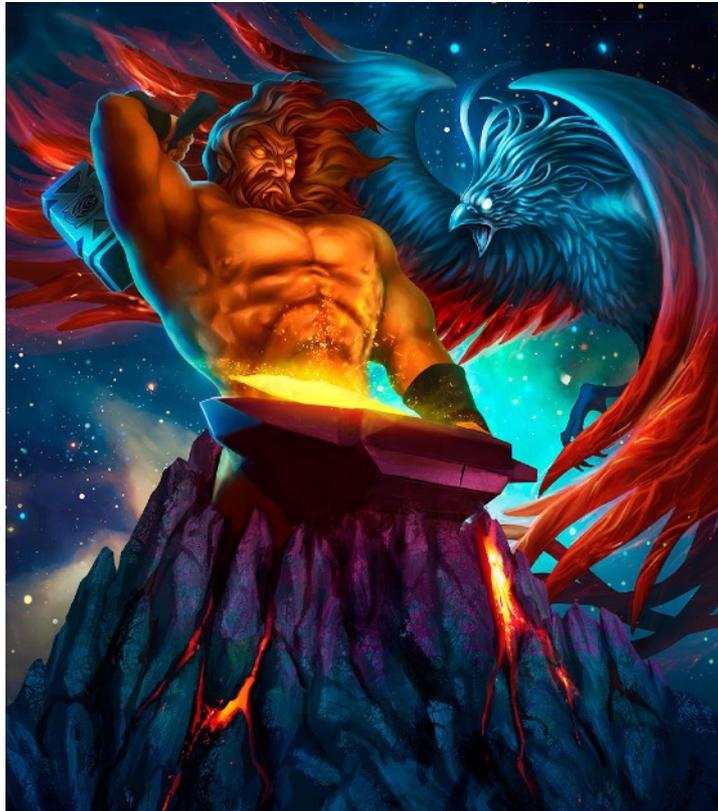
example, in the spa, when I worked out for eight hours every day during the rehabilitation I could get, my sugar was at 5.2. Now we went for a check-up online and the doctor counted and averaged everything, he said it was great.

The case is available in its entirety on author's website together with additional commentaries and follow-ups.^[32]

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THE FORGE OF HEPHAESTUS



Luisa Giliberti - Hephaestus and the Phoenix

In ancient Greek mythology, Hephaestus (the Romans' Vulcan) was the god of fire, his realm a cavern with a forge. Blacksmith of the gods and a patron of mortal smiths, he is often depicted with a hammer. Prometheus stole the fire that he gave to Man from Hephaestus's forge. As punishment, Zeus sent a gigantic eagle cast out of bronze by Hephaestus to feed upon Prometheus' ever-regenerating liver. The son of Zeus and Hera, Hephaestus was born lame, causing his mother to hurl him from Olympus into the Aegean Sea from which Thetis, the future mother of Achilles, saved him and raised him as her own. Hephaestus was the husband of Aphrodite (the Romans' Venus), the goddess of love and beauty, who was unfaithful to him with Ares (the Romans' Mars). When he found out about their love affair, he lay a trap in the form of a metal net that ensnared the two, and dragged the naked lovers to Olympus to the amusement of all present. Hephaestus embodies a natural phenomenon of the fiery mountain - the flames themselves.

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