



Dr Petr Simeon
Gajdos



No. M

SAMPLE CASE

OZONUM

March 2020

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



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Preamble:

Consent to the publication received.

To keep the client anonymous only passages with personal data have been modified.

The case intake via ZOOM in March 2020

Client - woman of 47 years of age, a teacher, a mother of two children (younger daughter and older son)

Note:

This time I left the text in its original, natural and raw, form to capture one of the possible manifestations of Ozonum patient. During the corona virus epidemic I have identified five, later seven and currently nine Ozonum subtypes so far. I described the five original subtypes in the study [OZONUM PENTACHORD](#).

The article is available for homeopathic community for free in both CZ and EN versions. The EN version (v1.3) was recently enriched by two subgroups under 5th subtype of Ozonum. Roger Savage kindly revisited text and Roger van Zandvoort agreed to release for public recently discovered Ozonum rubrics from old homeopathic literature.

The Ozonum No.M sample case ranks among the instructive ones. Important phrases and metaphors are emphasised for easier orientation and this time I inserted rubrics of Ozonum bellow patient's expressions to enable a recognition of a creative but practicle use of rubrics. I made numerous commentaries summarising my experience in order to fill in the blanks of a homeopathic knowledge about Ozonum.

I wish you an adventurous journey when sinking into this interesting case.

My belief:

I expressed my belief since the beginning of epidemic repeatedly that **the remedy Ozonum covers a wider indication range** compared to the conventional definition of a disease-centered genus epidemicus (DCGE).

I am convinced that the Ozonum dynamic very well resonates with contemporary challenges we have experienced globally and on an unprecedented scale. Due to its wide range of applications Ozonum deserves in my modest opinion to be called **THE GLOBAL IMPACT REMEDY**. I decided to create a website expressing such idea:

www.GLOBAL-IMPACT.world

My team is working hard to make the websites soon ready for you. I hope you will enjoy!

Disclaimer:

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

Case Background:

The client contacted me because she learned from our common friend that I, as a homeopath, treat client in connection to the pandemic situation. She also knows that I am working with a professional musician on a song that expresses the global spirit of the present time (ZeitGeist). She was intrigued. From the first moment the call was very jovial and familial. She spoke without restraint as her "tongue grew". I think this was also conditioned by the fact that we have a common acquaintance. In the past she had a positive experience with homeopathic remedies. When she booked the session, she told me with certain aloofness, which then was interwoven throughout the whole interview:

C: I feel fine! And if I accidentally get that coronavirus and keel over, I get through it by lying in bed with hot tea, or even better with a full-bodied mull wine, and I'll be OK. And if, just by an accident, I am so sick that **I will have to choke**, that I would grab some homeopathics, I would take **OXYGEN** and that will pacify the situation.

Dr: Ah,... so may I ask the reason for the need of consultation then?

C: They are great, those remedies! Only you homeopaths **do not have patience** and you mix too many remedies into one thing. The drugs have helped me in the past, it's true it took a few years, at least three or more, before I got sorted. But I know what the **INNER STILLNESS** looks like and I'm grateful for that. I have the impression that every remedy worked well in that given time. But I found that later on, it didn't. It may have used up its energy. "

I have heard similar statements from OZONUM patients, so I could be sure I could prescribe the remedy straight away. Yet, I agreed with the consultation, too, so that the testimony was recorded for study purposes.

NEED for OXYGEN and BREATHE FREELY

A very important set of rubrics, which express A COHERENT ORGANIZATION of homeopathic OZONUM, which is on the level of experiencing and I call it:

"THE EXPERIENCED SENSE"

[**Chest; constriction; walk, walking; amel.; air, in open**] - a constriction caused by anxiety, fear, backache, chestwall ailments, pleural affection, oppressive political force, dominant person, etc. all reported as an inability to EXPAND and BREATHE IN freely.

[**Chest; air; amel.; open**] - oxygen and need to breathe freely - **OUTSIDE** and under **SKY** amel.

[**Respiration; deep; desires to breathe**] - oxygen ! oxygen ! oxygen and breathe freely, emphasised is BREATHING IN

[Generalities; **air; open; desires**] - oxygen and need to breathe freely

[Generalities; **constriction; band sensation; belt, as of a**] - constricting oppressive power

Other rubrics:

[**Mind; well; feels very**] – usually a bold expression covering an underlying fear, tension and anxiety

[Generalities; **discharges**, secretions; **offensive**, fetid] - offensive statements

[**Mind; delusions, imaginations; choked, of being**] - expected /experiencing /-ed sensation

[**Mind; delusions, imaginations; smaller; things; are**] - perception of severity of a disease / denial

[**Mind; delusions, imaginations; devil, devils; connected to, he is, arrogant towards those who strive to purity, light and love**] - aloofness and an exaggerated attitude towards doctors

[**Mind; dreams; women; arrogant, of a, with exaggerated confidence**] - literally in her attitude

[**Mind; confidence; want of self; inadequate, feels**] - an underlying feeling

[Mind; **fear; noise, from; door, at**] - stillness inside my house / body, but something disturbs on the surface and breaks in (sound / virus / bad news / continuous harassment), also in insomnia every sound startled them if they are decompensated

[Mind; **irritability; impatience, with**] - projected to homeopaths / a reverse perception of self

[Mind; **irritability; noise, from; city, of**] - sounds (noisy places) disturbing a stillness / calmness

[Mind; sensitive, **oversensitive; noise, sounds, to, agg.; striking of clocks, ringing of bells, to**] - same idea as above

Interview:

(verbatim)

Dr: physician, C: client

Dr: How can I help you?

C: Now before the interview, I thought, in the bathroom - that is typical - that if the medicine is Remdesivir, yeah, or whatever its name is, REM-DE, it's in D minor.

[Mind; delusions, imaginations; **connected; everything is**] - connected is Remdesivir / REM-DE

Dr: Ehmm.

C: I read somewhere that they did the analysis, a harmonic analysis ... and those doctors who have that medicine are in the minor.

Dr: Hmmm.

C: Like I think, humanity is good, in MAJOR, like people, they are in a positive major... and the **doctors are stupid**. Sorry !!! (laughter)[Generalities; **discharges**, secretions; **offensive**, fetid] - offensive statements

[Mind; positiveness] - "humanity is good, in MAJOR, in a positive major"

[Mind; positiveness; waking, on]

[Mind; sadness; alternating with; positiveness] - alternating: MAJOR / MINOR

[Mind; dreams; **women; arrogant**, of a, **with exaggerated confidence**] - my perception of her[Mind; delusions, imaginations; devil, devils; connected to, he is, **arrogant towards those who strive to purity**, light and love] - "doctors are stupid"

C: Probably. It's just like the idea that ... I read it on the net.

Dr: I also heard the idea that doctors are sometimes limited in their perspective.

(I decided to change a topic and I began with physical complaints.)

Dr: Do you have any physical problems?

C: I guess, maybe ... well ... well, a month's worth of headaches, almost all day every day. My nose is clogged up all the time, but I don't have a cold. I can only blow my nose when I drip those nasal drops in there.

Dr: Tell me more about that?

C: Well .. like .. headed like you have sinusitis and maxillary sinuses.

[Nose; inflammation; sinuses]

[Nose; inflammation; **sinuses; maxillary**, antrum of highmore]

[Nose; coryza; discharge; without, dry]

[Nose; obstruction, stopped sensation; Headache with]

[Nose; **obstruction**, stopped sensation; **air; open; amel.**]

Dr: Yes? How does it hurt?

C: A dull headache and pain at the root of the nose. Sometimes I lose the sensations .. (laughs) the top my head, as if there is a strip from the right eye to the top of the head. Like ... but more of the first thing (the frontal headache). That is like 5 times a week...

[Mind; **dullness; headache; with**] - a VERIFIED symptom

[Head; pain, headache; air; open; amel.] - everything is amel. by open air - **OXYGEN NUTRITION**

[Head; pain, headache; **constant; two or three days**] - few clients has reported it already

[Head; pain, **headache; extending to; outward**] - usually pressing outward or bursting (out) !

[Head; pain, headache; forehead; **extending; nose, to; root**] - similarity to some cactus-like

[Head; pain, headache; **pressing; forehead; extending; nose, to; root of**]

Dr: Any other difficulties?

C: (laughs) Well, well ... just, I'm fine. **I don't mind if I get it.** Actually I'd like to get it, and know that I have it, because the body just needs to create some defence, yeah. **But it pisses me off, how everyone is scaring everyone,** It's not that I have to be closed off for two months without the kids, yeah. **But then I get out, go to school and what will happen? You absolutely catch the virus, right? Don't, you?** Or just as you aren't with the kids, we've got the immunity set up differently. A boy came to my class in February, **he coughed in such a way (intensely, constantly, almost gagging) that I say to myself, hey dude, he either collapses or vomits or something,** yeah, and we're in contact with these people every day. I'd have to be dead by now.

Note: *I do not mind, I'm well, and other bolder proclamations, but what is not so openly admitted is an underlying feeling of fear of disease, of death (!), of dark, of inadequacy of my immune system.*

The description of the boy's cough fits Ozonum, among other remedies with a similar picture. The symptoms include a dry cough, incessant, with gasping for oxygen / air and gagging, in an individual intensity.

For bold expressions and certain aloofness, please, see the rubrics at the beginning of the case.

The claimed well-being, well-feeling is shared among a couple of Ozonum cases and it is a form of a psychological denial as the compensation of the underlying feeling of inadequacy (as if hole, spot) of mine or some of my organ functions. The most affected parts are AIRWAYS from the nose down to bronchial tubes, occasionally lungs. Most cases suffer from dry cough, fewer with expectoration, which is the largest after waking on or after.

Dr: (laughs)

C: So. What do you want to hear?

Dr: (I'd like to hear) How can I help you? (laughter)

C: Well, what a bummer` **You probably won't be able to help me, because I don't need any help!**

Dr: Really? Surprising ...

C: Actually, I don't miss anything. I'm ... When it was the quarantine, it made me terribly like a what a help. I say great! Finally I can be at home, finally I do not have to do anything, I can at least **simply be**, I can be for a while like I don't have to go to work, I just don't have to do anything. And since I was about a month and a half, like waking up in the morning and saying, yeah, maybe I'll have some virosis, yeah. I have a temperature, so I took it, yeah. And you have 35.9 on a digital thermometer. . You say, uh, good, nothing. So I guess that's it. But it was such an **up and down state**. No. So I say, perfect, so I just rest, I will not have to do anything, finally I can visit all the friends I have not seen ... well guess what? The thugs announced the quarantine after only three days, didn't they? Then they put the drapes on people's face, but that's just like - done! Finished!

[Generalities; **weakness; alternating with; strength**, feeling of]

Dr: How's that finished?

C: Come on, and like you enjoy to go out there and walk about ... well, you're used to it, the facemask, you're a doctor. **But I just won't walk with a veil on my face. It just bothers me. I cannot breathe.**

[Throat; choking, constricting; Respiration with difficulties] !!! - very important rubric

Dr: Please describe it to me, how you can't breathe.

C: **Well, I can't breathe! I'm choking. It pisses me off! I can't have it on my face.**

Note: A very typical expression – it chokes them.

[Mind; delusions, imaginations; **choked, of being**]
[Throat; choking, constricting; Respiration with difficulties]
[Respiration; deep; Desires to breathe]

Dr: No?

C: No. Look, *this* can't be shrouded in a face, a veil (HG: pointing at the whole face).

[Mind; dreams; **ghosts**, spectres; **white; wrapped in scarves**]
 [Mind; fear; **ghosts**, spectres, of]

Dr: (laughs)

C: (laughs) Now, I saw, now I saw the girl in the video (laughs). She painted it... she had a **white face-mask**, you know. She put on make-up there, and then she put her lipstick on (laughs), I say, well. Hey, but it just bothered me. The people are, the people are, eeee ... Just as they were smiling at each other, and you just **see them afraid in the eyes**. How angry they are. And if you don't see the face, **you just can't give them a positive emotion, yeah. You can shine as you like and they're completely scared shitless. If I took off the veil, they would inform on you.**

Note: *They have got a perception of themselves they are invisible, just air, or they are dead, no life, just body, they would like to live fully, but circumstances don't allow it, or their condition – they can't take a deep breath of LIFE! They project it or perceive that there is not PASSION in their LIFE anymore, they talk about dead people – about people who resigned, who gave up already, all the hope. The ghost is the symbol of such lack of life.*

[Mind; dreams; ghosts, spectres; **shadow, a, approaching her**] - no alive empty reminiscence of human

[Mind; dreams; **ghosts**, spectres; **white**; wrapped in **scarves**] - mouthpiece / respirator

[Mind; fear; **ghosts, spectres, of**] - after shock or trauma or poisoning still alive but with dead feeling inside

[Mind; dreams; **radioactivity**] - **an inner shine !!!** (connection to an ULTRAVIOLET, an invisible LIGHT)

Dr: Ah, oh ... (laughs)

C: (laughs) You know, what shall I tell you?

Dr: Tell me, what do you see in their eyes?

C: Hm... **helplessness**, fear, hmmm... as if **they stopped thinking towards the future.**

Dr: Ahaa...

C: As if now **is the end.**

Note: *compare other cases - usually express that something is definitive, unrepairable, they cannot come out from it, it's over for them, game over, no chance, eternally lost, a deep **ABYSS***

[Mind; delusions, imaginations; **abyss**]

[Mind; dreams; **abyss, of, precipitous**]

[Mind; dreams; **falling; abyss, into**]

[Mind; dreams; disease; **sick people; help them, cannot**]

[Mind; **anxiety; Future** about]

[Mind; **helplessness**]

Dr: Yes...?

C: Yeah. I don't know ... I find it horrible that ... **It bothers me with those retired people**, and I don't need many of them, by the way, yeah, you're fighting them in those trams and in the shops ...

[Mind; dreams; **disease; sick people; help them, cannot**]

[Mind; dreams; **child; babies; diseased**] - retired, old, sick people are again like babies (!), dependent

[Mind; **dependent; mercy of others, at**]

Dr: (laughs)

C:... but, but otherwise (laughs) I feel sorry for them, because basically **they are just really completely fucked, yeah. You can't go after them, or you're afraid to go after them.** I don't care, I can go see them, but they just get scared. Like - Jesus, the daughter-in-law was just here, and what if she brought something in, and now that they are fucked and will get it just because they think of it, yeah. But as you know, this bothers me. I don't mind being home.

Set of OZONUM rubrics sharing common "experienced sense" = meaningful organisation:

[Mind; **dependent; mercy of others, at**] - a VERIFIED symptom- an underlying DEEP feeling they are helpless and dependent (they don't want it, not on the drugs, not on the person)

[Mind; **forsaken feeling; despair, with**] - **completely forsaken without a family, friends, advice, help, it is a deep desperation they are left**

[Mind; **darkness; ailments from, agg.**] - a place you can't see, anything can happen

[Mind; **fear; dark, of; stool and urine, with urging for**] - a VERIFIED symptom - dark=unknown

[Mind; **fear; stool; involuntary, of**] - periods with bouts of diarrhoea alternate with constipation

[Rectum; **diarrhoea; sudden, paroxysmal**] - especially before an exam / something new / unknown

[Mind; dreams; **dirt, dirty; toilets, dirty**] - a filthy language to express their dissatisfaction and pain

[Mind; dreams; toilet] - a very common dream

[Mind; dreams; **toilet; sitting on; door opens constantly**] - the intimate space (inner / outer) of primary needs is disrupted or they need somebody to be with them on the toilet in order not to feel alone, sometimes family reports child who needs to be with somebody during defecation

Dr: Yes...?

C: I don't mind working from home. This is cool. Even though **I work about a hundred percent more intensely than normal.**

[Mind; delusions, imaginations; **work; works too much, all work comes to him**]

Note: a very common expression, *Ozonum have got the feeling that everything is on them, they are left alone, forsaken, deserted, without sb. nearby to rely upon to share the job*

Dr: Hmm ..

C: Because I can't say it, but I have to write it and I don't know what.

Dr: Hmm

C: But, but it annoys me you know, like ...now, the stupid buggers forbade that **more than two people can go out together** (°) ... So I have a friend, we both have a child, so if we go out, we are already four. So will they lock us up or what?! You get my drift ... this upsets me. I am annoyed to see that nitwit Babis (*the current prime minister of the Czech Republic*), as doctors have only rags on their faces, and he is there with a respirator no. **THREE** (°) (FFP3 protection level), you understand, on his snout, but it just sends me into a spin (*in English meaning more like: it drives me up the wall*)

[Mind; delusions, imaginations; devil, **devils**] - Mr. Babis, politicians, holders of power

[Mind; dreams; devils, **demons; cooking babies on a vulcano and eating them**] - a demon =somebody with power cooking/roasting/robbing helpless little babies / voters / citizens

(°) O-O-O = ozone-ozone-ozone

Dr: Yes?

C: Now I'm a little **worried about my sister** who lives in Asia. About her flight back. Actually, her employer didn't give them money now. She said, if I wanted to go to... the last ticket I could get to Prague didn't cost 12,000, but it 120,000 Czech crowns.

[Mind; cares, **worries, full of; money**, financial matters, about] - security for secure living

[Mind; dreams; money]

[Mind; dreams; **money; stolen from her**]

[Mind; dreams; shooting; someone, who owes him money]

[Mind; dreams; journey, travelling; **Beijing**, to] - WuHan

Dr: Challenging!

C: Yeah. So, like I'm so glad for her to be there and that she finally found a boyfriend. She's just got for herself a guy out there, he's an American, yeah, so but she can't even travel with him there and back, so ... he stayed with her there, yeah, And he got a letter from Mr. Trump ... saying if he doesn't come back by the designated time frame, Trump wouldn't give a toss about what happens then, **that he intends to just throw a bomb at those "squinty eyes", and he doesn't care how many people should pop their clogs there.** And if it's China, Asia, he doesn't care. Yeah. So if Mr. Trump sends letters to his residents like this, that's a "**massacre**" (*i.e. shocking*), yeah. Come on! So these are the things that piss me off, but otherwise I'm fine. See? Cheers (she smile and toast with a mug)

[Mind; **fear; death, of**] - an underlying feeling, a strong fear similar to ARS from the well known remedies

[Mind; dreams; **nuclear; explosion**, about] - bombs

[Mind; dreams; listeners **explode like balloons**] - blasts (a projection of the sensation of emptiness)

[Mind; dreams; **dead; bodies**] - after a bomb explosion

[Mind; dreams; **dead; people, of**] - after a bomb explosion

[Mind; dreams; **death, of; dying, of**] - an after effect of a bomb explosion

[Mind; dreams; devils, **demons; cooking babies on a volcano** and eating them] - Mr. Trump

Dr: Cheers, coffee or what is it?

C: It's a coffee, there are **THREE** fish on it. (°°)

(°°) **OZONE-OZONE-OZONE** (3-atoms) - I'm in opinion it forms clusters **3x3=9**

Dr: (laughs)

C: I was singing at a Christmas do, and I got this. And all the performers got one, the girls got a rose too, and everyone who was there got the mulled wine in this mug, and then we could take it home, yeah. So I drink from it.

Dr: So you wear a face-mask or not?

C: Oh yeah! But I have a great one. It matches my clothes, you know. ... *Short pause...* I wear a veil... no veil (laughs). **It's shit anyway, yeah.** I wear this here, it's even more shit. I wear those scarves, you know, the ones you put on your head and either you have a headband out of it or... so I have a captain. Morgan cap... the rum one... so I have **white with a black print**, then I have red and I have a black one. So when I read a horoscope and it says it is a white day, and I do not want to pull out a white sweater, because it is too warm, so if I have black clothes, so I wear a white or red face-mask, yeah. I also have fun with the fact, that I have a red-black watch, so if I have black clothes, I would go with the red scarf, you know.

[Mind; dreams; **black; spots in a white bathtub**] - something clean is spotted / dotted / usually means dirtiness or places of intrusion, or spots of inadequacy

[Mind; delusions, imaginations; devil, devils; connected to, he is, arrogant towards those who strive to purity, light and love]

[Mind; dreams; colourful; **black**]

[Mind; dreams; colourful; **white**]

[Mind; dreams; **ghosts**, spectres; white; **wrapped in scarves**] - respirators, I guess FFP3 calss :-)

Dr: (laughs)

C: You have to get **a positive** attitude. That's right. Well. I don't know what else to tell you. (laughter)

What else would you like to hear? The virus doesn't bother me like that, it doesn't worry me. What do I know, maybe I already got him, and I don't even know it.

Dr: Yes, that's also possible, do you think you got him/had the illness?

D: Well, no, because it has so many different symptoms, I think. **They say something so general**, but then suddenly you learn... aaaa, you can still have this and you don't have to have this at all. Well, I could have had it, I don't even know. **But as I am not afraid of contracting it, fuck it.** I would really walk without that mouth thing. My husband works in transport, yeah. They can't stay at home, of course. So the office clerks are home for one hundred percent wages anyway, but the transport people **are washing the trams.**

[Mind; delusions, imaginations; **deceived**, is] - strong THEME

[Mind; disappointment, **deception agg.**, ailments from]

[**Vision; foggy**] - in the broader sense you can't see through a fog of deception
 [Mind; dreams; colourful; white; a luxury car is **washed with mud**]
 [Smell; acute, too, oversensitive to; **chlorine**]

Dr: Yes...?

C: So. He comes home, smells of chlorine. I say please, **can't they give you anything like CHLORINE-free or some other shit...**

[Smell; acute, too, oversensitive to; **chlorine**] !!! - or they LOVE its smell, or use CL2 chemicals to PURIFY themselves, from worms, parasites, they are fans of MMS, etc.
 [Generalities; an **intoxicated** feeling]

Dr: Your husband smells of chlorine?

C: Yeah. So, so, well, no Savo (a *cleaning disinfectant with a strong scent of chlorine, caustic*), as if... well, he came home after the first cleaning shift and our daughter tells him, : Dad, **you smell as if you cleaned pools.**

[Generalities; **intoxication, after**]
 [Smell; acute, too, oversensitive to; **chlorine**] !!!
 [Mind; dreams; **black; spots in a white bathtub**]
 [Mind; dreams; water; people; **bathing; public**, in]
 [Mind; dreams; water; people; bathing; a **swimming pool** of hotel, in, naked]

Dr: (laughs)

C: So, dudes, nitwits... his guy pours as much like two tops, yeah... and I think daddy is coming down, well, I don't like that, so I will have to, it... (*end*)

Dr: (laughs)

C: And the guys there normally pour some shit into his pool, yeah and they fill the rest with water. **So they just cough.** Something's burning in my throat, man, I probably caught a corona virus. I say those guys are totally **stupid, so they inhale chlorine and then they roar loud that they have a corona virus.** So we, basically, he can bring it home on his clothes, anything. And he says, look, I read that actually we should have those clothes somewhere else. Like we should keep it elsewhere. I say, please forget it. Put your shoes in the hallway like usually, like I care, yeah. You just don't have to wear it in the bedroom, but otherwise I don't care about it. So, you bring something in on the rags. I'm not going to go crazy about it. **The people around me are panicking terribly and let this situation make fools out of them.**

[Mind; delusions, imaginations; **deceived**, is]

[Mind; delusions, imaginations; devil, devils; connected to, he is, **arrogant towards those who strive to purity**, light and love]

[Generalities; **fumes, smoke, vapours, as of, internally**]

[Generalities; **gasses, fumes, smoke, vapours agg.**]

[Generalities; an **intoxicated feeling**]

Dr: And what are they going to be fooled by or what do you mean?

C: With the rest of the masses. By **allowing/massaging/ this nonsense into them.**

Dr: Wait, what do you mean by massaging nonsense? Like a massage? Hot massage?

(the whole interview is very jovial, hint of disrespect, sarcastic)

C: No, just daddy came home and I don't want the interview to take that long, because I need to make lunch. Media massage, I mean, media massage.

Dr: Yes. And what's going on there?

C: **Well, they just make people into the fools, scare them, and that annoys me.**

[Mind; delusions, imaginations; **deceived** is]

[Mind; fright, fear agg., ailments from]

[Mind; **frightened** easily]

Dr: And what do you think people are most responsive to from the media?

C: Probably that they **believe everything they hear there.** I think it is **global... people who have their own mind and try to think somehow differently than what the guys in the pub said**, or what Mr. Babis (current CZ prime minister) said on TV. So ... they can work out for themselves that maybe it's a little different than everyone here tells us, yeah. And you who believe in what the mister on TV or the lady on TV said is a holy word, this is just wrong, you know! I can't help them because I'm not sick, you know.

[Mind; dreams; disease; **sick people; help them, cannot**]

[Mind; **will; weakness of**]

Dr: How do you see the situation?

C: Yeah and that's what I wanted to tell you... I read a lot of Nordic detective stories. Now, by coincidence, I don't know if you know Peter May, he has a series of **Chinese stories...** and I read his first, I don't know why, I don't know why and I read it about three days after the quarantine that started here the bloody hype... oh, yes, and **I fall asleep with audiobooks (*),** yeah because of the time I actually **cared for my mum, for a year**

and a half, I slept awfully... but I say no one has died of a lack of sleep yet, yeah. And when I found out that the four chapters were missing, I say, great, great, I slept, good. (

(*) several O3 cases use audiobooks to fall asleep

Note: *Ozonum* - the insomnia from caretaking for others (similar to *Cocculus indicus*)

[Mind; fear; **losing; loved ones**] - it is also a causative rubric, if sb. dies and O3 relied on him/her, O3 withdraws behind a transparent glass screen/wall - perceived subjectively as a sudden pull-back / twitch and reported as a switch-off or as UNPLUGGED (energy or inner shine, joy, life)

[Sleep; **sleeplessness; evening; bed, after going to**]

[Sleep; **sleeplessness; coldness, from a**] - nobody to warm O3 up, to cuddle, to carries

[Mind; dreams; journey, travelling; Beijing, to] - an oppressive political regime

[Mind; dreams; journey, travelling; Russia, to] - an oppressive political regime

Mind; dreams; train, tram; **stop, does not, where he thinks it will**] - an idea that something continues beyond the expected boundaries / milestones - perceived always negatively (i.e. "the epidemic will never stop despite the strict repressive quarantine")

I recommend a repertory addition:

[Mind; anxiety; health, about; relatives, of; little concerned about his own] (OZONE)

[Mind; anxiety; caretaking for others, from] (OZONE)

[Mind; death; ailments from, agg.; child, of] (OZONE)

[Mind; death; ailments from, agg.; loved ones, of] (OZONE)

[Mind; death; ailments from, agg.; parents or friends, of] (OZONE)

Dr: Yeah, yeah (laughs).

C: I used to listen to the books and it started like a normal book about a murder blah blah blah, four people were killed there and just chill out as it flows, and the last chapter was that actually that those four people - and he wrote the book in 99 or two, it doesn't matter - those people were killed, because in a Chinese laboratory they modified rice to infect a huge number of people, yeah, from that rice to infect a huge number of people to create a pandemic on the Earth.

[Mind; **freedom; remarkable, in doing what he had to do**]

[Mind; dreams; devils, demons]

[Mind; dreams; **dead; bodies**]

[Mind; dreams; **dead; people**, of]

[Vision; black; **spots; floating**, muscae volitantes, mouches volantes] - spots = "atmosphere ozone holes" - they perceived there was a certain inadequacy of the system, not as a whole, but in some parts, some DIRTY spots - holes in their energetic or immunological defence

[Generalities; **gasses, fumes, smoke, vapours agg.**]

[Generalities; food and drinks; **seeds**, desires] - rice, infected rice

[Generalities; **spots**] - the same idea, "O3 holes in O3 layer"

Dr: Yes, from rice... !?

C: Well, from the viruses they put in the rice (#), they found out that the old people were dying the most...

(#) [Generalities; **spots**] - there are a lot of SPOTs in O3 (*rice=many tiny seeds similar to viruses*), this is the metaphor, her imagination of the virus is connected with the rice seeds

Dr: Yes, um, um ...

C: Just completely, I say, you dude, like, why why, this is not possible! Or I just read that. So after these detective stories or the Nordic detective stories, and they are pretty heinous, yeah. Like me I sleep just like a baby. And like if I fall asleep good and I wake up in the morning and I have that every day now, yeah. Okay, great, I wake up, and suddenly I think, hey dude, actually we've got the virus here, right?

[Mind; **morning; agg.; waking, on**]

Dr: (laughs)

C: And we're actually quarantined, right? **Jesus, what did I wake up into again.**

[Mind; **despair; morning; Waking on**]

[Mind; **sadness; waking; On or after**]

[Generalities; **heaviness**; morning; Waking on]

[Generalities; weakness; morning; Waking on and after]

Dr: Ah, oh ... well, and how do you feel about it? What did I wake up to again, again...?

C: Well (laughs), like... **like will it ever end, finally, I just will be able to go out normally. Without that fucking face mask!**

[**Respiration; deep; Desires to breathe**]

[Mind; dreams; train, tram; **stop, does not, where he thinks it will**] - "like will it ever end" = an eternal never-ending torture

[Mind; delusions, imaginations; **torture**, about]

Dr: What is it about?

C: I don't want to walk outside with a face-cloth on my face, do you understand? I don't want to, I don't want to go out with those people, yeah. I can't go out or I can go out, of

course, but I don't want to. Because it just makes **me feel constricted that I have to wear a face cloth**, like everyone has a face cloth, that they are just like I say... Which bank will we rob now?

[Mind; delusions, imaginations; **choked, of being**]

[**Throat; choking, constricting**]

Dr: Laughs

C: So this **limits me so much**. I just don't want to go out with a face-cloth.

Dr: How does it limit you, can you explain that to me?

C: I'm not going to explain that, it just is. It irritates me. I just hate it, the face-cloth.

Dr: Yes ..

C: But maybe it's just **in my essence, I hate restrictions generally. So everything that is commanded/as an order, it just pisses me off**, yeah.

Set of rubrics with the same meaningful organisation = "experienced sense"

[**Mind; freedom; Remarkable in doing what he had to do**]

[**Chest; constriction; walk; and he had; Air in open**] - restrictions agg.

[Generalities; **constriction; external**]

[Generalities; **constriction; band sensation; belt**, as of a] - restriction, oppression

Dr: Then explain it to me. You hate restrictions when it's ordered ...

C: When it's illogically ordered.

(Note: There is sensitivity to a certain abuse of power, to irrational decisions just for the sake of power. Rebellion to the absurd power, Ozonom has not got a problem with power if it is respectful and wise.)

Dr: When it's illogically ordered ...

C: I get it when in the shop, I get it when on the bus, but when I **go outside, where the wind blows... I just want to breathe.**

Set of rubrics with the same meaningful organisation = "experienced sense"

[**Chest; constriction; walk, walking; amel.; air, in open**]

[**Respiration; deep; desires to breathe**]

[Generalities; **air; open; desires**]

[Generalities; **walk, walking; amel.; air, in open**]

Dr: Tell me about this feeling, I want to breathe...

C: I don't want to breathe over that crappy face-cloth. **That's freedom. I do not have my freedom!!**

[Mind; freedom; remarkable, in doing what he had to do]

Dr: That, I don't have the freedom... Can you tell me more?

C: Look, like I can't tell you more about that because... but I have it set up in me for some time now, when something upsets me or bothers me, I have **terrible vibrations here or more in my stomach.**

[Stomach; excitement, emotional; agg.]

[Abdomen; anxiety]

[Chest; shivering, shuddering]

Dr: You have vibrations, where?

C: On the stomach.

Dr: On the stomach.

C: But, but, but... when I have silence...

Dr: Yes...

C:... so everything is fine. And now that I'm talking about it, or you ask me about it, I have silence. **So it feels like it doesn't touch me**, it just annoys me. But it doesn't affect me. Like... physically. (§)

Set of rubrics with the same meaningful organisation = "experienced sense"

[Mind; dreams; **knives; threatened** with he is] - sharp objects penetrating her protective layer / coat (needles, sharps, knives, sharp words, sunrays, X-rays, aura of others, etc.)

[Mind; **fear; Noise from; door, at**]

[Mind; **irritability; Noise from; City of**]

(§) - a frequent expression of OZONUM, a mental phenomenon is perceived physically !!!

Dr: Physically?

C: No. It just pisses me off the surface, yeah that pisses me off, but it doesn't hurt me.

Because I have the silence, I have the peace.

Note: A similar expression in other O3 cases, the metaphor that surface (outer layer) is protecting the inner space /room/ sanctuary of stillness, piece, she is inside, not bothered what is on the surface.

[Mind; fear; **Noise from; door, at**] - the door is an entrance, an outer layer, a fear it can enter the system

[Mind; dreams; **pursued**, of being; **witch**, by a, **creeps from under the door** like a **haze**] - O3 perceives that the system is not waterproof that there are some holes (O3 holes), which can be dangerous, the outer world can enter inside, in the form of haze/ gas/fumes/droplets

[Mind; dreams; **knives; Threatened with, he is**]

Dr: What does it mean to you ... I have that peace and something on the surface ...

C: You are... .. ?? , **The homeopathic intakes (**)** piss me off, you know it's like asking stuff off piste?

()** I have repeatedly heard a similar statement from other O3 patients, they felt that the questions were illogical, that they could not answer them, it upset them.

[Mind; **irritability; Questioned when**] - the underlying feeling is do not draw a dagger/ knife into me (a question is like a sharp knife = the Socratic method)

[Generalities; **constriction; external**] - a perception of an oppressive external force - demands /questions / orders

Dr: It's off piste, yes....

C: What wound me up now... so my colleague and friend called... and we talked, he is my husband's work colleague and our common friend and we were talking stuff... I don't know something about the job and he said again!... Babiš (CZ prime minister) is **God, no?! (^) I wasn't wound up that way ever before in my life.** Normally I would have sent him straight to hell, I couldn't care less. And just like this... just a **vibration big like a pig**. I let myself be wound up by such an asshole! I can strengthen whatever here, yeah... but his bullshit, but it just pissed me off, **people are so limited how they don't see it, how blind they are,**... But I was mad at myself then in the end, that I got let myself be wound up... I say shit, and these ones here are...well, you ... you can be all right.

Note: Once irritated enough, their compressed and suppressed anger can burst out / explode in a very violent manner.

[Mind; dreams; **animals**, of; **growing** quick, has to destroy them; **sticks them into the toilet**] - !!!

A VERIFIED symptom - O3 suppresses its own feelings and especially anger and resentment, generally all unacceptable feelings, instincts.

[Mind; **violence, vehemence**]

[Back; pain; **violent**]

[Generalities; **violent** complaints]

[Mind; **anger; violent**] - they can explode like a balloon (again the idea of a surface with tension and an empty space inside)

[Mind; disappointment, **deception agg.**, ailments from] - a deception is a lie, a lack of information or twisted information, propaganda, etc.

[Mind; dreams; **women; arrogant, of a, with exaggerated confidence**] (^)

[Mind; dreams; listeners **explode** like balloons]

[Mind; dreams; **nuclear; explosion, about**] - the power of suppressed rage of O3

[Mind; **rage, fury**]

[Generalities; ball sensation, internally]

[Generalities; tension, tightness; electric, like, internal]

[Generalities; **tension, tightness; pressure, like under, internal, without an**

outlet] !!!!!!! - they need outlet, usually sport, dancing, whatever helps to release inner congestive tension to be released

C: As we talked about the fact that the... the time you were fine was getting shorter, or that, not shorter, that... you are like that, right? You're just fine. But! Constantly outside someone squeals, as they fall apart yeah or just you ...

Dr: Somebody's going to make you fall apart... that's what you mean...

C: **Well, it disturbs you** ... that you just, but but, you might think like you didn't get wound up at other times, or else you'd let it go, and that you suddenly got some vague feeling like something ... Like, like, discomfort, no, yeah, suddenly you're in a bad mood and you don't know why and you don't have a reason yourself. And you realize that, or think about it, **you figure out that the energy around those people is so ugly that it suddenly begins to interfere with you**, even when you're relatively calm. Yeah, so more like a man trying to prevent it from happening when you start to be in that discomfort, or when you say to yourself, what the fuck is going on here ... you feel more like that, but this is not mine. Like I can't just let it to stick on me yeah ... It's somewhere else. But if you don't realize it, you suddenly ... well, you don't stop it.

[Mind; dreams; **knives**]

[Mind; dreams; **knives; Threatened with** he is] - an idea that something can penetrate your energetic transparent trench coat, not necessary physical knife, but many cases had issue around the same

[Mind; dreams; **water; dirty; bathing impossible**] - the energy of people is dirty, if she takes a bath in their energetic coat / aura, she becomes infected

Dr: Yeah, yeah

C: So you're just pissed off, anything can wind you up, you argue about crap, yeah. So it is really important... Now I think it's important somehow to realise what's going on, if it's yours or if it's from somewhere else and stop it in time, yeah. To put it simply, not have here **the energy of it all here yeah, that energy that pervades all like the virus, so that it does not spread, well.**

[Mind; irritability; ailments from, agg.]

[Mind; **irritability; Trifles about**]

[Mind; dreams; pursued, of being; witch, by a, creeps from under the door like a haze]

Dr: Wait, how does it penetrate everything like a virus, what do you mean in the context you told me...?

C: The virus is elusive, or, but it can completely overwhelm you.

[Mind; delusions, imaginations; **floating; Air in**] - it is in the air, gases / fumes /smokes / droplets

[**Respiration; difficult; Filled with water, as if chest**] - an overwhelming feeling in the chest

[Chest; **water**; sensation; **bronchial tubes**] - as above as if too much mucous

[Generalities; water; Dashing against inner parts, sensation of]

Dr: Aoo, overwhelm, yeah...?

C: **You can't grab** it and say, hey, now I will throttle you and bye bye.

[Mind; delusions, imaginations; floating; Air in] - the meaning of the rubric also ungraspable

[Mind; dreams; **ghosts, spectres; white**] - the meaning of the rubric also ungraspable, you can't make it material, to point to it, to catch it, impossible! They have it as very strong theme. Something you know it is there but you can't touch. I did many prescription mistakes like butterflies remedies until I understood it is Ozonum.

Dr: No, you can't ...?

C: A virus is as if you... just... it's **not one** virus, it's **clouds** of viruses that if you imagine a cloud of something... a **dark cloud**... so when it's in a **GASEOUS** state, or how do I say it, ...just like after you, I wouldn't normally say that. You make me just think about bullshit, yeah ...

[Mind; delusions, imaginations; snow, seeing black snow blankets; the world is **covered** with a warm, soft, **black snow blanket**] - everything is covered with a black cloud

[Mind; dreams; **cask races from the sky, a big white**, with a green lid] - something empty coming from the sky, white colour

[Mind; dreams; a white foam on the forehead] - foam ! covering the area of our vision inner/outer (CLOUDS)

[Mind; dreams; **ghosts, spectres; white**] - the clouds are ungraspable ghosts

[Vision; black; spots; Floating muscae volitantes, mouches volantes]

Dr: Yeah...?

C: So, so, so just the cloud ...as if you can't stop it. **You can just distract it. You can't just catch it, look ... you can't ... it is not, not graspable.**

[Mind; delusions, imaginations; **floating; air, in**]

[Mind; dreams; **ghosts, spectres; white**]

[Vision; black; spots; floating, muscae volitantes, mouches volantes]

Dr: Not graspable...

C: You just can't grasp it, okay? It is the same, it is just incomprehensible, vague, yeah. That means we're all afraid of something, as if, as if it were dark, yeah. Basically you don't see, you see it's some kind of **darkness**, yeah, but it's not it's **not graspable**. It's actually **abstract**, yeah. And that's the same with the virus. You just can't determine hey this is it. It's so terribly abstract... and the same it is with the fear.

Set of Rubrics with a meaningful organisation of O3:

[Mind; **anxiety; Dark in**]

[Mind; **darkness; ailments from**, agg.]

[Mind; **fear; Dark of**]

[Mind; **fear; dark of; Stool and urine, with urging for**] - a VERIFIED, quite prevalent symptom

[Mind; fear; **dark of; Trembling of hands with**]

[Mind; **fear; stool; Involuntary of**]

[Generalities; **darkness; agg.**]

Dr: Yeah ..?

C: Yeah, like something, **something is happening, you don't know what. It's, it's like a basis of normal animal instincts, as if instincts, right?**

[Mind; dreams; **Animals of**]

[Mind; dreams; **animals of; Growing Quick, Has To Destroy Them**] - instincts are growing

[Mind; dreams; **animals of; growing quick, has to destroy them; Sticks them into the toilet**] - suppression of instincts (everything which appears from the abdomen, esp. hypogastrium, or the Japanese hara)

Dr: Instincts?

C: The animal perceives you, something is happening, just, I don't know what... But the animal, but the animal, right, the animal ...just when the fear is gone, it shakes it off and buggers off. But a human being, he suddenly starts to think and the other is talking into it, too, and now just yeah, like not to be, **not to be fooled, by the indefinite.** But I really don't know what to tell you.

Dr: I'm interested in the picture you used, the metaphor is interesting.

C: Well because it came to me in some connection with... when you see it in movies, okay? **Something's going on and the fog comes, yeah.**

[Mind; dreams; **pursued of being; witch by a creeps from under a door like a haze**]

-you can imagine something which even doesn't have any identity, it is like fog, is chasing you, creeping inside through any possible WEAK SPOT (ozon hole), very scary imagination / experience, I heard similar metaphors when referring about virus creeping between cheeks and respirator, etc.

Dr: Mist comes, okay?

C: Something... like that, you know, it starts, just... It's not, okay? It's kind of like... some kind of... or I don't know, just... so it's **kind of vague, you can't... you can't see around the corner... you can't see, yeah suddenly What?**

Set of rubrics with the same meaningful organisation = "experienced sense"

[Mind; **anxiety; dark in**]

[Mind; darkness; ailments from, agg.]

[Mind; fear; dark of]

[Mind; **fear; dark of; Stool and urine, with urging for**] - a VERIFIED symptom of many Ozonum cases

[Mind; fear; dark of; Trembling of hands with]

[Mind; fear; stool; Involuntary of]

[Generalities; darkness; agg.]

Dr: Please tell me, the fog comes in that movie... keep going. I want to understand. You don't see around the corner... it's like... etc.

C: It's, it's, you don't know what's coming, well. So what? You're ... you're afraid, well.

Dr: And the fog does what? In that movie, like...

C: **It will create an atmosphere of fear.**

Dr: Describe the fog scene for me to better understand ...?

C: Dark... you go somewhere... and **suddenly there is fog so you can't see.** You go forward and you don't see if you hit anything, you don't know who is behind you, you don't know who is next to you. **Just nothing.**

Set of rubrics with the same meaningful organisation = "experienced sense"

[Vision; **blurred; Milky layer,** as through a]

[Vision; **foggy]**

[Mind; **anxiety; dark, in]**

[Mind; **fear; dark, of]**

[Mind; **darkness; ailments from,** agg.]

[Generalities; **darkness; agg.]**

[Mind; **confusion** of mind; location, about; **loses his way** in well known streets]

[Mind; dreams; **confused; streets, walks unknown]**

Dr: Um ... You describe that scene ...

C: Yeah.

Dr: Yeah. And in what is the fear?

C: You don't know, you're afraid of something. And you don't even know of what.

Dr: Yeah, yeah, yeah...

C: **It's abstract.**

[Mind; delusions, imaginations; **floating; air, in]** - abstract

Dr: It's abstract... And that's what the presence of fog will do, okay?

C: Well, you tried to get me to some kind of a description at all costs...

[Mind; **freedom;** remarkable, in doing what he had to do]

[Chest; constriction]

[Generalities; **constriction; external**] - a dominant power to force what she doesn't like
 [Mind; **irritability; questioned**, when]

Dr: Yes, I tried...

C: So like when I was thinking about some description... so fog. It's the same as when here, for example, I do not know, **7 thousand people in February died of the flu (ordinary seasonal flu) ... so no one ever sees this.**

[Mind; dreams; **dead; people**, of]

C: **And you just don't know what, but everyone tries to scare you. And you are actually afraid and you don't really know what you are afraid of.**

[Mind; **light; desire** for]

[Mind; fear; **noise**, from]

[Mind; fear; **dark**, of]

[Mind; fear; **death**, of]

[Mind; fear; **disease**, of]

[Mind; fear; **happen; something will**]

[Mind; **anxiety; dark, in**]

[Mind; **dreams; anxious**]

Dr: Is it shrouded in the fog...?

C: It's not shrouded in anything... I gave you that fog example just to make you understand that if something is **in that state of the cloud or that fog or something ... you basically have a cloudy vision ... that clear vision.**

[Mind; **light; desire for**]

[Vision; **blurred; Milky layer, as through a**]

[Vision; **foggy**]

Dr: You have a cloudy vision ...

C: It's the same as you wearing that mask! **I just can't convey the energy that I'm okay with those people... when I have that mask on my face.**

[Mind; delusions, imaginations; **separated; world from** one is]

[Mind; dreams; **Gasmasks**, people wearing]

[Mind; dreams; **Separating from people**]

[Mind; dreams; **conversations**]

Dr: Right.

C: And when you are in that fog, **you can't see**, yeah, and **something surrounds you and that actually blurs/diffuses your radiance, that positivity of yours, and on the other hand prevents someone from reaching you as someone palpable, someone who can pick up that energy** or I don't know.

[Mind; delusions, imaginations; **coating around him** has a]

[Mind; dreams; **radioactivity**]

[Mind; dreams; **nuclear; power** plant, about]

Dr: Hm, hm. I understand. I understand. It's nice the way you described it. A pretty metaphor!

Dr: I'll send you a remedy so that your radiance and positivity can get out, and you can feel it from others as well.

C: Yeah, okay...

Dr: I'd like to ask you if I can publish your story, I'm doing a study around the epidemic, and it could help many people. Of course anonymously.

C: Yeah, I have no problem with that.

C: I'm not scared (laughs)

[Mind; fear; **opinion of others**, of]

Dr: So thank you, I'll look forward to the news.

Rx: OZONUM LM1 drops daily

Follow up:

2nd Day after remedy - she wrote me SMS saying: I have runny nose since the morning, I'm in the good mood I felt it immediately. I do have a feeling of increased energy. Sorry, I will write later. I have a lot to do.

5th Day after 1st dose: She sent SMS saying: I would like to inform you that remedy works! I'm in ease with breathing. I'm not bothered anymore by the face mask. I mean I do not like it but I accepted. I do have energy for everything and I'm more active. I will call next week.

A week later: via ZOOM, I'm awaiting professional EN translation!

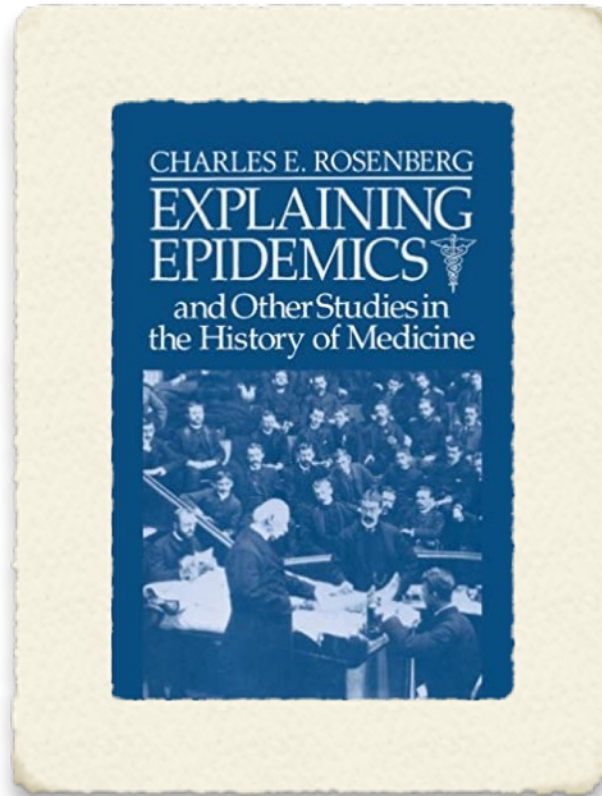
She is doing very well. Similarly to other Ozonum cases she reported she can breathe freely, she is not scared to go out of the flat (she admitted the fear during FUP), she tolerates strict measures of lockdown and face-covering much better. She said I did the same work within two days what usually takes me two weeks before. I'm less annoyed by the epidemic situation and the media brainwashing. I feel energized. What else you need to hear FOR YOUR STUDY! and finished the interview.

Follow up will be added to next case update.

= FINIS =

Ozone

PRIMARY INTEREST



One by One that One



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

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

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

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

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

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

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