

Ozone Therapy in Holistic Medicine

Dr. Dr. med. Thomas Beck
Bayerstrasse 27
D - 80335 München (Munich)

Holistic Medicine

What is **holistic** (medicine) ?

German Physicist *Werner Heisenberg* (1901-1976):

"the whole and all of its parts".

Wholeness of the human being "person":

body, mind and soul

somatopsychology \Leftrightarrow psychosomatology; the triple aspect of human existence.

It is NOT the repair of a defective machine by REPLACING parts;
the human being as a whole entity becomes ill.

\Rightarrow **the im-portance** (Latin im-portare "to carry in (from outside)",

i.e. "to be of meaning" of disease lies in its \Rightarrow **cognition**

\Rightarrow **maintenance of health \Rightarrow salutogenesis**

\Rightarrow as opposed to \Leftrightarrow pathogenesis

Holism in a deeper sense

(much discussed in philosophy and physics at present):

“systems theory”, “dissipative structures”,
“cybernetics”, “homoeostasis”

dissipative structures, systems theory: “the whole and its parts”

eg jet of water, herd of sheep / pack of wolves,
butterfly and caterpillar

Consequences for practical application

1. We are committed to the ideal of not harming anything:

“nihil nocere”

2. Sequence of steps in therapy,

verba (“words”,) > **herba** (“herbs”) > **lapide** (“with the stone”)

The physiological background of "Holism"

The physiological background of "Holism" = physiological correspondence

Prof. **Speranski** in 1938: **Neural Pathology**

"Disease is the organism's response to stimuli under the leading influence of the nervous system (NS)",

i.e. all stimuli are primarily through the NS, the inception of humoral, chemical and electric processes are only on a secondary level, etc.

Dr. **Ricker**, the **Hunecke** Brothers: **Neural Therapy**

in present-day medicine: the

"autonomic nervous system" for the maintenance of homoeostasis

Pischinger: the regulation of the basic system (mesenchyma): = connective tissues plus autonomic nervous system => **Regulatory Medicine**

A speculative excursion: "Air and Breathing" or "Life and Respiration"

Please allow me to introduce at this point a short excursion of a speculative nature:

- **Ozone / Oxygen as "air"** (Latin *aēr*) or **"life"** (that which is in the body, Old English *līf*, German *Leib*), **breath**
- **pneuma** "wind; breath of life", **Odem** (breath of life),
- Sanskrit **ātman** (soul), Greek *atmós* "vapour" - the **therapy of breathing** is a **vital therapy**
- **breathing as the life of an organism** < Greek: *psyche* ("breath" or "soul"), Latin *spiro* ("to breathe"), *spiritus* ("breathing" or "soul") and *anima* ("air, breath, life, soul") related to Greek *ánemos* "wind"),

Ozone Therapy

A human being can live for 3 minutes without oxygen. The elementary form O_2 is used for biological oxidation processes, and is essential to the cells in obtaining their energy (ATP), and thus to the existence of all organs.

- Effect on metabolism: acidosis increases with age => cellular environment system => free radicals
- According to Father **Sebastian Kneipp** (1821-1897), the 5 pillars of classic biological, naturalmedicine are: 1. water therapy, 2. nutritional therapy, 3. therapy with medicinal plants, 4. proper living, 5. proper exercise
- Thus, the 5th pillar in this method: Movement in fresh air as a "medicinal intervention" - a natural improvement in the O_2 supply via physical activity and sport etc. would here obviously be better — but many patients are either too lazy or immobile.
- Ozone therapy as a form of oxygen therapy to "stimulate" the mitochondria and "give them a breath of fresh air"

What is ozone, what is ozone therapy?

- **Dorland's Medical Dictionary:** A bluish explosive gas or blue liquid, which is an allotropic and more active form of oxygen, O_3 : antiseptic and disinfectant. It is formed when oxygen is exposed to UV or to the silent discharge of electricity and is both irritating and toxic to the pulmonary system.

Technical / Medical Data

- Ozone's max WSC (work site concentration) is 0.1 ppm; irritative action on the eyes and respiratory tract after approx. 30 mins, capable of causing pulmonary oedema; can be perceived as an odour at 0.02 ppm. It is toxic from 100 ppm upwards => NOT to be inhaled
- High reactivity (oxidation is the release of electron(s), reduction is the uptake of electron(s); a reduction is involved in every oxidation => redox system)
- This means: O_2 release as effect; stimulating metabolism, disinfecting (bacteria fungi and virus inactivating), antiinflammatory (activation of oxidative capacity), immunomodulatory and -stimulatory, activating enzymes and RBC metabolism ++++

Résumé

- **OZONE** is a powerful oxidant, powerful bactericide, virucide and fungicide, and a powerful bleaching agent
- **OZONE** is antiinflammatory, a circulatory activator, and supports all metabolic activities
- **OZONE** has the major indications: infections and vascular diseases, use as a revitalizing agent
- **OZONE Therapy**: application of ozone in therapeutical form as ozone / oxygen mixtures

From the viewpoint of Holistic Medicine

- What is the status of ozone therapy in Holistic Medicine?
 - • for use in Prevention and Therapy
 - • Regulation and Vitalization, both physical and mental (i.e. holistic)
 - • **Breath of life - the vital substance?**
 - hence, as a complementary medical agent (support, health maintenance factor)