

## Dr. Lahodny's ozone high dose method and its scientific results.

Dr. Johann Lahodny

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ABSTRACT

### Citation

Lahodny J. Dr. Lahodny's ozone high dose method and its scientific results. [abstract]. Proceedings of the 7th WFOT Meeting; 2022 May 6-7; Bucharest, Romania. *J Ozone Ther.* 2022;6(7).  
doi: 10.7203/jo3t.6.7.2022.25984.

### Academic Editor

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### Editor

World Federation of Ozone Therapy,  
Brescia, ITALY

### Received

Jun 1, 2022

### Accepted

Jun 1, 2022

### Published

Dec 30, 2022

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Self-funding his own work on the so-called therapeutic effects of medical ozone with respect to its alleged potential impacts on mitochondria and stem cells, he has been focusing since 2010 on an innovative form of ozone therapy called OHT—“Ozonhochdosistherapie”—commonly known as “10 pass” in the USA. Through a specific process involving 10 repeated interactive transits incurred via autohemotherapy, the blood is “fused” with 200 ml of ozone gas respectively brought to a concentration of 70 µg/ml, thus providing a cumulative ozone intake of 140,000 µg.

The evolution of the therapeutic ozone treatment promoted by Lahodny would then consist, in a way, in breaking the restrictive rules relating to pragmatic dosage which tended to prevail until now with regard to a usual protocol which still remains well anchored in traditional customs and habits. Indeed, any former procedure usually involved a single injection of ozonated autologous blood therapy containing 200 ml of ozone at a concentration of 40 µg, after which the session would end. This conceptual limit was based on an arbitrary credo that exceeding this dose boundary—in terms of both quantity and concentration administered—would be likely to result in cell bursting by blood dissolution, a supputive risk whose consequences had previously been considered hypothetically lethal.

In 2014, he discovered and refined a new dosage—L1—that he believes would activate the growth of stem cells and the production of adenosine triphosphate (ATP). Its application can be summed up as a major autologous blood therapy combined with massive doses of ozone injections both in terms of concentration — up to 70 µg/ml in ozon IV or even 80 µg/ml in rectal insufflation - and quantity: which generally implied 140,000 µg, but sometimes up to 280,000 µg in the treatment of more complex conditions. Thanks to this innovative approach, Lahodny claimed to obtain therapeutic results that he described as “exceptional” in the treatment of a number of chronic pathologies as well as several other morbid conditions which are generally considered difficult to treat.