



MEDIZINISCHES OZON LITERATURLISTE 09/2025

MEDICAL OZONE LITERATURE LIST 09/2025

NEW PUBLICATIONS / NEUE PUBLIKATIONEN

with cooperation of our association / Unter Mitwirkung unserer Gesellschaft

Olga Sonia León Fernández, Gabriel Takon Oru, Renate Viebahn-Hänsler, Gilberto López Cabreja, Irainis Serrano Espinosa, Maria Elena Corrales Vazquez. **Medical Ozone Increases Methotrexate Effects in Rheumatoid Arthritis Through a Shared New Mechanism Which Involves Adenosine.** Int J Mol Sci 2025 May 29;26(11):5256. doi: 10.3390/ijms26115256

Viebahn-Haensler, R.; León Fernández, O.S. **Protection of Mitochondria, Cells and Organs from Ischemia-Reperfusion Damage Through Preventive Redox Bioregulation by Ozone.** Int J Mol Sci. 2025 Jun 10;26(12):555. doi: [10.3390/ijms26125557](https://doi.org/10.3390/ijms26125557)

Viebahn-Haensler, R.; León Fernández, O.S. **Mitochondrial Dysfunction, Its Oxidative Stress-Induced Pathologies and Redox Bioregulation through Low-Dose Medical Ozone: A Systematic Review.** Molecules **2024**, 29, 2738. <https://doi.org/10.3390/molecules29122738>

León Fernández, O.S.; Oru, G.T.; Viebahn-Haensler, R.; López Cabreja, G.; Serrano Espinosa, I.; Corrales Vázquez, M.E. **Medical Ozone: A Redox Regulator with Selectivity for Rheumatoid Arthritis Patients.** Pharmaceuticals **2024**, 17, 391. <https://doi.org/10.3390/ph17030391>

Renate Viebahn-Haensler, Olga León Fernández
Ozone in Medicine. The Low-Dose Ozone Concept. **The Redox-Bioregulatory Effect as Prominent Biochemical Mechanism and the Role of Glutathione.** Ozone Sci Eng 46, 267-279-424 (2024), <https://doi.org/10.1080/01919512.2023.2291756>

Renate Viebahn-Haensler, Olga Sonia León Fernández
Ozone as Redox Bioregulator in Preventive Medicine: The Molecular and Pharmacological Basis of the Low-Dose Ozone Concept—A Review Int. J. Mol. Sci. **2023**, 24, 15747. <https://doi.org/10.3390/ijms242115747>

Olga Sonia León Fernández, Gabriel Takon Oru, Renate Viebahn-Hänsler, Gilberto López Cabreja, Irainis Serrano Espinosa, Elizabeth García Fernández, **Medical ozone arrests oxidative damage progression and regulates vasoactive mediator levels in older patients (60-70 years) with oxidative etiology diseases** Front. Physiol., 03 November 2022 <https://www.frontiersin.org/articles/10.3389/fphys.2022.1029805/full>

Ozon in der Medizin

Wissenschaft-Guidelines-Behandlungskonzepte

4. Auflage MedO3 Publisher **2022** ISBN 978-3-949499-12-8

(Free for members, see under „books and videos“)

ABSTRACT

Das Niedrig - Dosis Ozonkonzept als Bioregulator zellulärer Antioxidantien und als Immunmodulator Die Ozon-Sauerstoff-Therapie in Form des Niedrig - Dosis - Konzeptes hat sich als fundiertes komplementärmedizinisches Verfahren etabliert. Als wichtigste systemische Applikationsformen erweisen sich die Große Ozon-Eigenblutinfusion und die Rektale Verabreichung als evidenzbasiert gemäß der internationalen Klassifizierung; Wirkmechanismen und Pharmakologie sind gut erforscht, dokumentiert und international publiziert (peer reviewed), womit die Indikationen ihr wissenschaftliches Fundament erhalten: Chronisch entzündliche Erkrankungen und solche, die mit einer chronischen Entzündung einhergehen





- Angiopathien und arterielle Durchblutungsstörungen
- Rheumatoide Arthritis, Schmerztherapie
- Hepatitiden
- Komplementäre Onkologie

Auf der Grundlage der Guidelines der Ozontherapie werden Behandlungskonzepte vorgestellt: Indikationen, Applikationen, Dosierungen, Ozonkonzentrationen, Behandlungsfrequenzen; ebenso die Grundlagen in gestraffter Form sowie Pharmakodynamik und Pharmakokinetik des Ozons.

Renate Viebahn-Haensler, Olga Sonia León Fernández

The Low-Dose Ozone Concept and its Pharmacology in Prevention and Convalescence

Önlemede ve İyileşmede Düşük Doz Ozon Konsepti ve Farmakolojisi

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ABSTRACT. Systemically administered ozone with its mild oxidative eustress, able to upregulate antioxidative enzymes and to modulate the immune response e.g. “cytokine storm” is recommended as part of a complementary treatment concept in chronic inflammatory, long lasting processes with high oxidative stress and in diseases which are accompanied by an redox imbalance, rather than in the acute stages. To restore the glutathione equilibrium GSH/GSSG the low-dose ozone concept offers a strategy in redox medicine as shown here in primary and secondary prevention and convalescence. To illustrate the main pharmacological effects and to follow the treatment success we focus to the following reference substances: GSH (reduced glutathione), γGT (gamma glutamyl transferase) or SOD (superoxide dismutase) as protection markers and one or two parameters of stress markers: MDA (malondialdehyde). Especially liver and kidneys are prevented from oxidative stress, regularly GSH increases, MDA decreases. In post acute inflammations (convalescence) we find the same biochemical mechanisms, summarized in virus diseases and diabetic angiopathy.

Keywords: Ozone therapy; bioregulation; glutathione balance; redox balance

Renate Viebahn-Haensler, Olga Sonia León Fernández

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Renate Viebahn-Haensler, Olga Sonia León Fernández

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Olga S. León Fernández, Gabriel Takon Oru¹, Renate Viebhan Hansler, Gilberto López Cabreja, Irainis Serrano Espinosa, Juan Carlos Polo Vega and Elizabeth García Fernández

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“ODREI publisher” Dr. J. Hänsler GmbH D-76473 Iffezheim, Germany
ISBN 978-3-934181-07-6

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