WHAT IS KEEPING YOU ALIVE...?
"It’s not the years in your life that count. It’s the life in your years." * Alexis Carrel (Surgeon and Nobel Prize Winner, 1873-1944)

Air is always there. It is in front, behind, beneath or next to us, yet has neither length, height nor breadth. But what appears to be nothing out of the ordinary, because we cannot see it, has in fact a variety of functions:

- Respiratory air stimulates blood circulation and the lymph nodes.
- It harmonizes glandular functions and strengthens the chest and stomach muscles.
- It supports skin elimination and speeds up the healing process.
- It increases intelligence and concentration.
- It aids the memory, the thought process and harmonizes the psyche.

Making the best possible use of the oxygen in respiratory air has a beneficial holistic effect:
- Reducing free radicals
- Increasing antioxidant capacity
- Reducing symptoms of stress
- Promoting wellbeing and ability to sleep
- Promotes stamina and regeneration
- Achieving balance between the sympathetic and parasympathetic nervous systems
- Improving cell communication and growth

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Air touches the plants, they unfurl; wind-whistles through the flowers, they open; everything that dies, and everything that does not, it is able to touch; it quietly envelops everything, nothing escapes its reach.

Renata Bonnet

**HOW OFTEN DO YOU THINK ABOUT FOOD?**

It is incredible how often humans think about food: what they would like to eat, what they should not eat, what they will eat again... And how often do they think about their most important form of food? The food which enables their life to begin and without which no person would survive more than five minutes, namely respiratory air?*

Do we take air for granted?*

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* The German Federal Ministry for the Environment recommends ventilating rooms for 5 to 10 minutes several times a day.
GUESS BY WHICH ROUTE WE ELIMINATE MOST HARMFUL SUBSTANCES?

You will find the correct answer by turning the brochure upside down.

3% BOWEL 7% BLADDER 20% SKIN 70% RESPIRATION

Isn’t it amazing how little attention we pay to how we inhale and exhale?

“There are thousands of diseases, but health is unique.”

Arthur Schopenhauer

WHY A BROCHURE TO INFORM US ABOUT BREATHING?

Breathing is invisible and we don’t get great store by things we cannot see. We forget it with every breath we take, except when we catch our breath, our breathing becomes irregular or we stop breathing altogether. And even then we are only vaguely aware that breathing is the crucial element upon which our life depends.

Our aim is to give you a deeper understanding of its form and effect. Because who better to speak about breathing than a company whose products have the ‘respiratory process’ of nature to thank for its existence?

AIRNERGY is a technology that aids breathing whenever help is required. This is the case, for example, when we become older, when we feel lethargic, suffer from chronic illness, have an unhealthy diet, take insufficient exercise or as a result of environmental stress. AIRNERGY promotes regeneration and is used for health prevention purposes. It is entirely natural, using a process adapted from the reaction of the sun in the green of leaves.

To begin with, we would like to give you a few important details about breathing and respiratory air and familiarise you with the things that concern us on a day-to-day basis. Of course we also hope to awaken your spirit of discovery about the air which keeps us all alive.

Have fun leafing through this material!
WHEN MUSCLES SLEEP: A LULLABY FOR THE WHOLE BODY.

By sleep we mean rest. Muscles that are not moving. All those who work at a desk all day, know all about this, as do those who have to lie in bed. We shouldn’t forget the hours many spend in front of the TV either. The fact is that, due to lack of exercise, the lungs use a third less respiratory air than they have the capacity for. In contrast to the heart muscle, for example, the lungs are passive. They rely on the diaphragm muscle and the auxiliary respiratory muscles. They are grateful for any exercise.

Comparison of the way in which lung capacity is utilised:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Use of Lung Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office workers</td>
<td>only use</td>
</tr>
<tr>
<td>Those who exercise</td>
<td>use almost</td>
</tr>
<tr>
<td>Marathon runners</td>
<td>use</td>
</tr>
</tbody>
</table>

"Those who do not find a little time every day for their health will one day need a lot of time to cope with their illness."

Sebastian Kneipp
It is of some consolation for all those couch potatoes that there are natural methods for breathing, such as yawning, sighing, laughing, crying, panting, sniffing or coughing. These are things you can’t avoid doing. This was true of Robert Mitchum who spent part of his life smoking and therefore coughed a lot. These natural breathing impulses are particularly useful, because they make it easier to breathe and should therefore not be suppressed. By allowing yourself a hearty yawn, laugh or sigh, you will feel better as a whole. This is because with natural breathing methods you are able to breathe more deeply.

A huge yawn or sigh refreshes you from the bottom up and circulates blood to the brain. And laughing regularly keeps the diaphragm healthy and relaxes the muscles. Since we generally breathe shallowly, this is a way to enable us to breathe more deeply. Deeper breathing has a positive effect, for example, on sleep disorders, headaches, restlessness or tachycardia. A large sigh or groan can also free you from trouble and anxiety. By exhaling for longer the breathing becomes deeper. This results in a physical and emotional release, also known as a ‘sigh of relief’.
75% of inhaled oxygen in the air is exhaled again unused. Without water or food human beings can survive for days or even weeks, but without air just a few minutes. In 24 hours every person breathes some 400 litres of oxygen at rest and, during physical exercise, considerably more. Humans thus make relatively poor use of respiratory air. Of the 21% of oxygen contained in respiratory air, the human body can only use around 25% of this. 75% is exhaled again unused – one reason why mouth-to-mouth resuscitation is possible.

And above all:
The weaker or older you are, the less oxygen the body utilises.

**HOW THE NEW RESPIRATORY AIR TECHNOLOGY WORKS (SPIROVITALISATION):**
In the AIRNERGY device the oxygen in the air is continuously returned to its energy-rich state (singlet oxygen) – the physiologically active form of oxygen that the body recognises. This enables a patented process to take place, which reproduces photosynthesis found in nature. The short-lived singlet oxygen returns to its original state in a fraction of a millisecond, releasing energy. The water molecules in the respiratory air take on this energy, which is then inhalled through a comfortably fitting nasal cannula together with normal respiratory air.

Once in the organism ‘AIRNERGY energy’ creates a tangible improvement in the utilisation of oxygen and has a positive effect on many of the body’s functions. It does so without an additional supply of oxygen or extraneous substances.

**THE EFFECT CAN BE MEASURED:**

Since we can’t change our body, the effect can be measured: The less oxygen is exhaled, the more it is utilised in the body.

Generally after just a short time AIRNERGY users subjectively feel the positive effects of treatment. A whole range of study results provide objective evidence of its beneficial effect.

In a study healthy test subjects inhaled respiratory air prepared using AIRNERGY technology for a period of 20 minutes. Researchers established evidence of clear and significant improvements as a result:

- **Significant reduction in the amount of oxygen in the exhaled air.**
- **Significant improvement in the test subjects’ ability to inhale (peak flow).**
- **Significant reduction in the respiratory and pulse rate.**

These are clear indicators of an improved utilisation of oxygen.

**THE HOLISTIC APPROACH USED BY AIRNERGY Spirovital therapy.**
The unique effect of AIRNERGY technology can simply be explained in terms of the biological significance of the body’s own ability to utilise respiratory air. Breathing with AIRNERGY the body can use the entire energy potential of the respiratory air to the best effect.

Breathing AIRNERGY every day has a positive effect on the whole organism:

- It increases the body’s ability to regenerate itself, leading to a strengthening of the immune system, optimises the metabolism and cell communication and thus increases vitality and zest for life.

*In our polluted environment the air is becoming steadily rarer.*

———

**‘In our polluted environment the air is becoming steadily rarer.’**

Norman Mailer

**SINCE WE CAN’T CHANGE OUR BODY, WE CHANGE THE AIR WE BREATHE.**
Yawning is an extremely healthy reaction. It often happens spontaneously, namely when our breathing is shallow, and therefore the blood is excessively enriched with waste products instead of oxygen. Through the long inhalation of breath during a yawn we are fed an increased supply of oxygen and are able to take deeper breaths.

Yawning therefore has nothing to do with boredom and more to do with solution. It signifies that you are relaxing and reciprocating trust.

Unrestrained yawning also releases serotonin, known as the happy hormone. Serotonin is a neurotransmitter which is produced in the brain. It has a mood-balancing effect, calms you down when you become agitated or cheers you up when you are feeling down.

You should therefore take full advantage of your yawns and do so as often as you can, because yawning is very good for you:

- Yawning supplies all the cells in the body with oxygen, particularly the eyes and the brain.
- It relaxes the pharynx, palate, upper esophagus, base of the brain and the diaphragm.
- Yawning helps to detoxify the liver.
- Deep yawns relax the solar plexus and stomach muscles and create a feeling of well-being in the abdominal region. This can have a positive effect on digestive problems.
- Frequent yawns stimulates the flow of tears, clears, relax and gives tired eyes a little bathe.

HAVE YOU ALREADY YAWNED TODAY?
I BREATHE, THEREFORE I AM.

Living means breathing. This is true of all people in the world. In ancient India the word ‘Atman’ was used to describe the eternal human soul, the breath of life. Breathing begins and ends the circle of life. It’s where everything starts and then stops again. In the interim we can do a whole number of things to support our breathing in terms of regeneration and prevention.

Human health and performance is directly linked to the body’s own ability to utilise the oxygen in respiratory air, which is the very best source of food and health.

A sliced apple: contact with oxygen colours it brown after just a few minutes, oxidising it and, in a sense, rusting it. Similarly, in the cells in our body harmful oxidising effects take place every second of our life as a result of free radicals. Protecting against these is the key form of prevention. Our skin – the largest organ – will thank us and reward us accordingly.

AIRNERGY supports the functioning of the cells in stabilising the oxidation balance by improving the way in which they utilise oxygen. Unlike the conventional oxygen therapy system, this anti-oxidising effect primarily protects the genetic substance (DNA) against the influences of free radicals.*

* “From the perspective of the disturbed homeostasis (self-regulatory) between the formation and neutralisation of radicals, practically all diseases can be defined as radical diseases.”

[Prof. Böhles, Report by the German Medical Association (Deutsche Kassenärztekammer), 1995]
Humans utilise only 25% of the oxygen in the air they breathe.

When breathing normally the air flowing out moves at 3 m per second, whereas when coughing it is 100 m per second up to the speed of sound (343 m/sec).

Per breath we absorb around half a litre of air. We are therefore taking on around 12 litres of air a minute and around 12.000 litres of air a day.

An adult draws breath 14 to 18 times a minute at rest. This is more than 25.000 breaths per day.

**THE MORE CANDLES YOUR BIRTHDAY CAKE HAS, THE LESS BREATH YOU HAVE TO BLOW THEM OUT.**

Jean Cocteau

**BREATHING: MEDICATION WITHOUT LIMITATIONS.**

Instead of quickly rushing for the medication, you can practice breathing techniques. Here you will find a few examples which can be easily integrated into your daily routine. There’s just one proviso, however: in order to be effective you need to take a cautious approach to your breathing. This simply means treating your breathing like a timid deer and not like a German shepherd – don’t force it.

Before the exercises don’t breathe deeply or for too long. We wish you every success and hope you feel the benefits!

<table>
<thead>
<tr>
<th>Condition</th>
<th>Exercise</th>
<th>Notes</th>
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<tbody>
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<td>Headache/</td>
<td>Series of relaxed yawns, preferably with noises or sighs, releases serotonin, the happy hormone. Relaxes the temples and base of the brain.</td>
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<td>Sinus pressure</td>
<td>Fold the tongue and gently place the underside against the palate.</td>
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<tr>
<td>Sickness/nausea</td>
<td>Tightening in chest area.</td>
<td>Gently blow a butterfly away from your hand - repeat several times.</td>
</tr>
<tr>
<td>Rage and anger</td>
<td>With clenched fists throw back your outstretched arms at shoulder height to clear the way, while exclaiming “shush!”</td>
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HOW WE THINK AND FEEL.

Cooperation, not competition.
Today it is not just neurobiologists who recognise that we live in systems. And that the system which we form together will be destroyed if we continue only to compete. Even birds in the trees warn animals living on the ground if there is a predator approaching. And baboons, which see better, combine with zebras, which have a better sense of smell. This is known as cooperation. It requires the acknowledgement of others, far-sightedness and communication. In other words, the world can be great if we let it. Let’s make a start.

Democratising prevention.
Healthcare provision as an obtainable good for all. This is what we hope to achieve with AIRNERGY. Based on quantifiable results we were able to prove for the first time that it is not the quantity of oxygen (as demonstrated by an increase in the supply of oxygen in previous oxygen therapies) which is of greatest significance, but rather the ability of the organism to utilise it. With oxygen as a basis for regeneration, without adding extraneous substances. In the form of respiratory air and in a device accessible to all.

AIRNERGY respiratory air studios.
In order to make AIRNERGY accessible to a wide audience, AIRNERGY partners (www.airnergy.com) in almost all major cities are providing energy applications which can be used to regularly breathe AIRNERGY. A franchise concept for respiratory air stations is to be gradually rolled out.

Involvement in disability sport.
Together with the well-known sports clothing company ASICS, AIRNERGY had a presence at both the Olympic Games in Athens and the Paralympics.

Awards:
2012: Senses Wellness Award, category “Innovation”
2010: European Health & Spa Award, category “Best technical products innovation”

AIRNERGY: KAIZEN

Respiratory air as the source of a holistic therapy method. This is how AIRNERGY achieved pioneering work from the start and could develop a market-ready healthcare system able to improve the utilisation of oxygen in the body without supplying increased concentrations of oxygen or adding any extraneous substances. The results not only made doctors and healthcare experts in the field of up and take notice, but also inspired scientists and researchers from a number of different disciplines around the world.

AIRNERGY AG is accredited to ISO 13485:2010 as a manufacturer of medical devices, as well as to ISO quality management standard and the ISO environmental management standard. AIRNERGY is also a member of the Internationale Prävention Organisation e.V. (International prevention organisation).

ARE YOU INTERESTED IN OBTAINING FURTHER INFORMATION?
We would be happy to send you any information requested. We are also happy to contact you in person upon request.

Please place a cross next to the areas of interest to you:

- Specialist advice by telephone
- Specialist advice in person
- AIRNERGY supply programme
- Request the lease quotation
- Request the quotation for leasing
- Specialist articles/selection from press publications
- FAQ
- Other requests

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FAQ
Other requests

www.airnergy.com
CURIOSITY KEEPS US ACTIVE.

We hope that you will feel able to try out something that your body has always known about. Because the powers of nature are wonderful, but remain forgotten until rediscovered.

We hope that we have made you curious and that you would like to know more about what AIRNERGY can do for you.

Simply call us on +49 2242 9330-0 or visit our website at: www.airnergy.com.

We look forward to hearing from you!

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RELAXATION YOU CAN BREATHE...

PRESENTATION FILM / PRESENTATIONFILM

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or watch the film on: www.airnergy.com.
We hope you find this film with all its information useful.

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