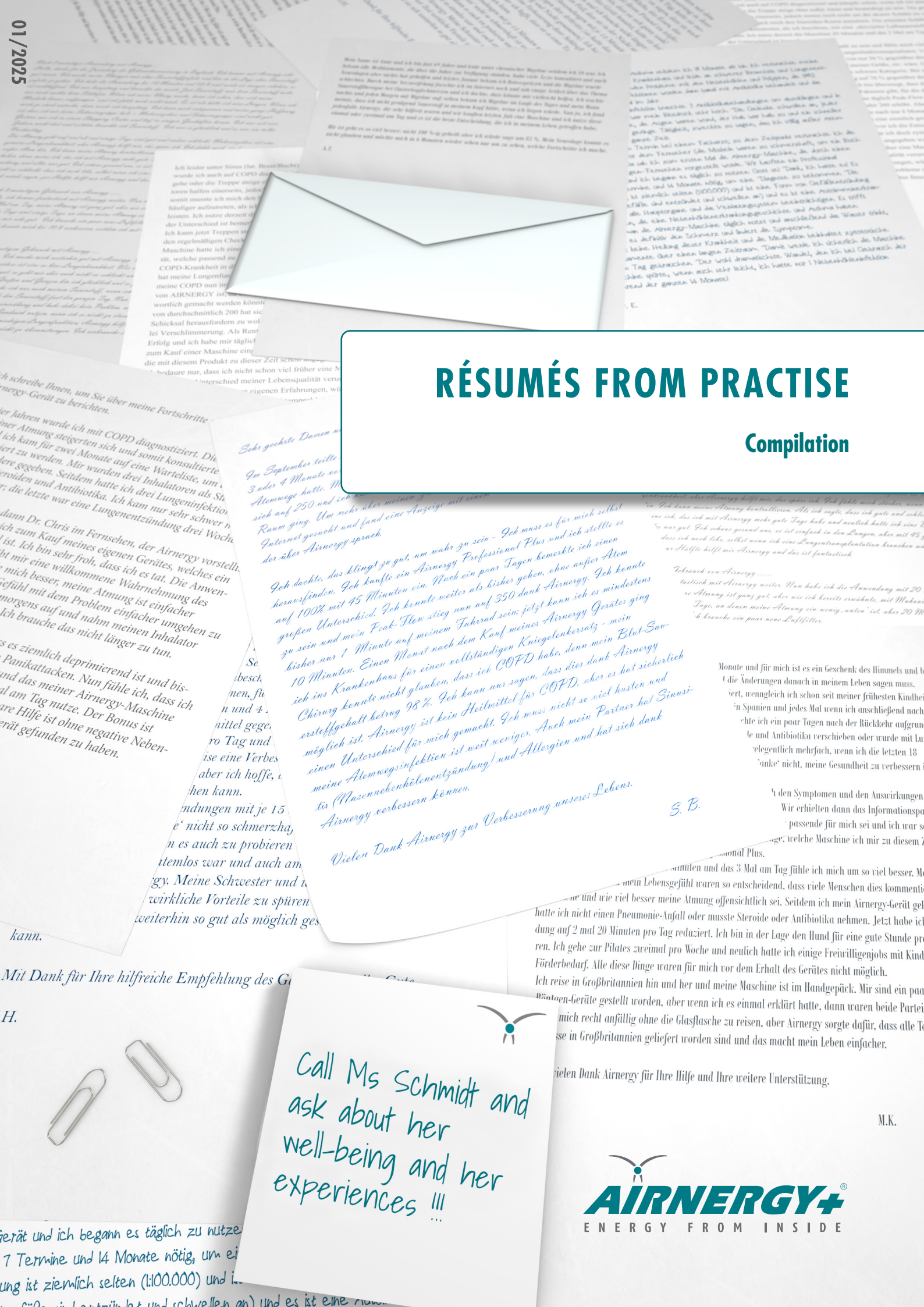


# RÉSUMÉS FROM PRACTISE

## Compilation



Call Ms Schmidt and ask about her well-being and her experiences !!!



*Male, 82, COPD*

*„To say that the effects are quite wonderful is an understatement.“ (Page 5)*

### The Airnergy Spirovital Therapy

It is the natural oxygen of the breathing air that keeps us alive, how should we take breath in the future when there is no air left in the atmosphere?

That's why we at Airnergy began to think about it: our body only uses 25% of the available oxygen and we exhale 75% - the reason why mouth-to-mouth resuscitation can save lives!

Apart from environmental influences; our ability to utilize the oxygen of the respiratory air is decreasing by diseases, stress and aging.

We analyzed what happens in nature when the sun shine on green leaves; what happens to the forest after a thunderstorm?

Like all naturopathic therapies even the approach of Airnergy's therapy is based on the principle of networked biological systems: when these no longer communicate with each other – just lay down their work - a regulation blockades is starting; this contributes to the beginning of a disease.

Therefore the Airnergy principle does nothing more than the rigidity and to reopening of the oxygen's barriers; our food is number one. Energizing of the breathing air is not a charging with more oxygen or foreign substances (e.g. ionization, ozone). Airnergy enables again the flow and exchange of all metabolic substances (requirements) and metabolites with the help of the energized oxygen made by an Airnergy device.

In contrast to classical medicine and its principle of cause and effect; Airnergy reaches the body's basic tissue not only the (organ) cells, but, also the milieu between them which supports organs and cells.

### Why take a chance?

The following compilation of our Airnergy customers for many years who have written to us to share their unsolicited satisfaction with their Airnergy's activated air treatments.

### *Female, Macular Degeneration*

I have been suffering from macular degeneration for about seven years. Often, I let check the condition if there are any new developments in treatment. (I already get monthly eye injections at my doctor's hospital, so I'm well looked after). Then, by chance, I found a video of Dr. Chris Steele, who praised the advantages of „Airnergy“. My doctor told me that a low oxygen level in the eyes is harmful and mine was actually very low. That's down my alley, I thought, and took the phone to order this device. It arrived quickly and I've been using it for seven months now. Results: now, I can free walk in my bungalow without a break for minutes. The family doctor told me that my oxygen level in the eyes is normal. My macular degeneration is ‚stable‘, so fortunately I have „killed two birds with one stone“ and that's because of using this excellent device. M. R.

### *Female, Age 63, COPD and Male, Sinusitis, Allergy*

In September my doctor told me I had COPD having had a constant cough and bad chest infections for 3 or 4 months previous. My peak flow was down to 250 and I was getting out of breath just walking across a room. To find out more about my condition I checked the internet and found an advertisement containing a video with Dr C. Steel talking about Airnergy machines. I thought this sounds too good to be true - I must find out for myself. I bought an Airnergy+ Professional Plus and I put it on 100% for 45 minutes. After a few days I noticed a huge difference, I could walk further without getting out of breath and my peak flow was now 350 thanks to Airnergy. I could only do 1 minute on my exercised bike, now I can do at least 10 minutes. One month after buying my Airnergy machine I went into hospital for a full knee replacement - my surgeon could not believe I had COPD he said my oxygen level was 98%. I can only say this is down to Airnergy. Airnergy is not a cure for COPD but it has certainly made a difference to me. I don't cough as much and my chest infections are far less. Also my partner has sinusitis and allergies and has improved using Airnergy. Thank you Airnergy for improving our lives.

### *Almut Schult, Goalkeeper*

My name is Almut Schult. I am a football goalkeeper. As a mother of twins involved in competitive sports, regeneration and sleep sometimes get neglected, and Airnergy really helped me to optimise my performance, be more alert, be more focused and simply give my body a little more oxygen and energy. That's why I can only recommend trusting in it and taking a few minutes a day to restore some energy to your body, recharge it and feel more vital.

### *Age 59, Parkinson*

The person has been using the Spirovital therapy for eight years. 2 weeks after the beginning of therapy: " .... the sleep has improved significantly and in all areas, so, to fall asleep, sleep duration and the recovery after sleep .... I am really enthusiastic ..."  
After 3 months: " ..... mean while a lot has changed. This means not I was suddenly healed, but this increase in alertness causes a more active participation in life .... in general ...." After 4 months: "the feeling of being able to do something or to be needed is very important. The right to this feeling I get back in the last weeks more and more ..." After 7 months: "... Parkinson can not be cured, certainly not ... the expectation I got is much more in a better regeneration of the body thus an improvement of sleep and well-being ..."

## RÉSUMÉS FROM PRACTISE

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### *Age 68, Lung Fibrosis*

15 months after beginning of the Spirovital therapy and now several years of experience with this therapy. "... for about 5 months we are the owner of one of your devices called 'Airnergy Plus'. Today's summary is extremely positive. ... the 'success stories' for the first 4 weeks have not only been confirmed but they have strengthened my general well-being. Calm sleep, free inhalation and exhalation (without background noises), barely sputum, rarely cough, during the day no oxygen supply and even more. My previously lost lung capacity is certainly irretrievable. The 'existing residuals' are utilized effectively by the device. The medication consumption has been reduced after discussion with my the family physician.. She said: "you have not been in my surgery for a long time and you have not been admitted to the hospital according to my files – so, you have to go 'well'. It is amazing, isn't it? [...]"

### *Male, Age 90, Arrhythmia; Female, Age 80, Insomnia*

I am writing this letter to share my parent's experiences in using your product. About two months ago, I bought an Airnergy Professional Plus System for my parents. I'm very worry about their health situations because my father is almost 90 years old and Mom is over 80 years old. They have number of health issues because their age. I'm very surprised when they told me their experiences just after few weeks of usage. The biggest benefits for my Mom is her overnight sleeping. She rarely had good night sleeping for the past year. The treatment let her to have better overnight sleeping she also feels more energy. For my Dad, the treatment helps to regulate his heart beat problem. He occasionally has premature atrial beats. They like to device more and more and they do the treatment twice a day. I was very skeptical about the device when I bought it. But now I'm relieved that I made the right decision to choose the right device that help to improve their health condition. Thank you for making such products. I'm sure that I'll hear more positive feedback from them. Hope I can share more their experiences with you again soon. Sincerely, J. Y.

### *Macular degeneration*

Dear Airnergy. Your machine has made a change of my eyes. There is only one effect but this has stopped the disease progress. The opacity has cleared very well, and on good days everything is perfectly clear. The specialist in the hospital said that there is no continued deterioration and I sleep better after using the device. Many Thanks.

### *Male, Age 63, Cardiac Fibrillation*

Statement after about 5 years to breathe with Airnergy: " .... my wife use the device every day because of her heart disease and was really helps to her is a life with less drugs than usual and this can be only followed by someone who knows what does it mean to have got constant cardiac fibrillation ...."

### *Male, Age 82, COPD*

A year ago, I was diagnosed with COPD and my doctor had already diagnosed some symptoms in the run-up. With the age of 82, I was still quite active in the garden and around the house, now I am rather out of breath when I go upstairs. In September 2012, my son researched in the internet on the subject of COPD and came across an ad from Airnergy. After reading the tutorial we thought: „why not! It seems to be quite expensive, but after all everything else failed, we wanted to take advantage of this opportunity. To say that the effects are quite wonderful is an understatement. After a few days, I had recovered so much energy that I felt the same way as before. I want to thank God for this help! Thank you!



### *Female, 69 years old, Migraine*

My name is Anne, I'm almost 69 years old, and I've suffered from chronic migraines since I was 10.

I've tried every medication available over the years, consulted many doctors — including neurologists — but nothing helped.

Last January, I received Botox injections, and the migraines actually got worse. In my desperation, I started researching online and came across several articles about oxygen therapy for cluster headaches. I thought, "Maybe that could help me."

I used to wake up every night and every morning with a migraine. It was rare for one to come on during the day.

My husband suggested that I might not be getting enough oxygen to the brain while lying down.

Well, I eventually found Airnergy, who were very helpful, and we bought a device last July. I now use it once or twice a day — and it's the best decision I've ever made. I feel so much better — not 100% cured, but I'd say about 85% improved.

Even my neurologist couldn't believe it and wants to see me again in six months just to track my progress.

A.T.

### *Male, Dizziness, Headaches*

Recently, I've repeatedly experienced a mild sensation of dizziness a few minutes after getting up. It usually subsides after about 20 minutes and is completely gone within an hour.

This made me think — it could potentially lead to a stroke — and I remembered the essays I wrote in July 2015 on the sinus node.

Here's the situation:

Sometimes I watch TV from bed. To get a better viewing angle, I raise the headrest of the slatted bed base. The TV is mounted about 2.5 meters away on the wall — unfortunately not high enough.

Raising the headrest causes my head to tilt sharply forward. This seems to negatively affect the connection between the spine and the base of the skull — possibly compressing the nerve pathways in that area. I started thinking about how to address this.

What's likely happening is a reduced blood flow to the brain, which I believe can be counteracted in the following way:

First, I visualize the functional steps involved in the brain's oxygen supply. After a night's rest — especially with the head bent forward — blood circulation to the brain is likely reduced.

So here's my approach:

The hypothalamus controls all bodily functions — including the brain's oxygen and energy supply — via the sympathetic and parasympathetic nervous systems, which are activated through the five senses. So, the first step is to "switch on" the hypothalamus — the main control center.

This then stimulates the sympathetic nervous system, which in turn "charges" the sinus node, allowing it to build up electrical potential and trigger heartbeats. The heart starts pumping more strongly, increasing blood flow and oxygen supply to the brain. As a result, the "blockage" is cleared — and the dizziness fades.

This entire process is supported by the Stream device, which first stimulates the hypothalamus for 20 minutes, followed by the sinus node. The outcome is a normalization of the brain's oxygen supply — and the dizziness disappears.

## RÉSUMÉS FROM PRACTISE

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### *Macular Degeneration*

Dear Airnergy,

Your machine has brought about a change in my eyes. There is only one main effect — but it has halted the progression of the disease. The cloudiness has significantly cleared, and on good days, everything is completely clear.

The specialist at the hospital confirmed that there has been no further deterioration. I also sleep better since using the device.

Many thanks!

### *Male, Lung Capacity, Fatigue*

I just want to tell you that I would like to thank you 1000 times. Now I have an Airnergy device for 4 months and I have reached a lung capacity of 60%. Previously, I was always so tired that I slept almost 12 hours a day. Battling with myself before to go swimming again, which I used to be happy to do and regularly, but now it is a pleasure again and I can do it as well as others are doing. An additional bonus is that I saw no need to take any energy drink to keep me fresh for the last 14 days which I used to take up to a liter every day up.

L. J. Denmark.

### *K. & C. Whiskin, M.E., Stroke, Epilepsy, Allergies*

Mom and I are sending this e-mail to tell you how truly great the Airnergy machine is. I am 16, but had a stroke at 17 months old leaving me with learning difficulties right-sided weakness and severe epilepsy, which has been under really good control and have been weaned off medication. I have a great deal of food allergies which used to trigger a seizure and suffered terribly with hay fever, swollen itchy eyes, very sore nose, sneezing all the time and totally miserable from about April/May onwards. Since Mom has bought the Airnergy machine in April and gradually building up to 100 % I can honestly say I have experienced no symptoms at all of hay fever. Holding back for now on certain foods that would trigger seizures, but watch this space. Mum has been very poorly with M. E. in a lot of pain with her muscles and joints, extremely weak and tired, and unable to do virtually anything. Even getting in and out of the bath, driving, changing gears etc. all too much and too painful. Since been using Airnergy machine she is much less tired and able to do much more, but still feels pretty rough, because as always as soon as something is possible for her to do she does it instead of taking it easy slowly but surely. Watch this space too as we both continue to use this fantastic machine and more strength.

### *Female, Age 72, Blood Count*

For more than 7 years I purchased an Airnergy machine, especially to improve my blood count. Since these 7 years I used the device only twice a week, from time to time even every day and then half an hour. The result is that the oxygen content in my blood became optimal and this was discovered by chance when I had to ask the rescue service for help. They asked me how a woman at my age can have a high (good) oxygen value in the blood? One explanation was that I regularly use my 'oxygen generator'. People like to dance, and I thought if I did not get out of step I would have to dance all night long although I am 72 years old. I was very much worse if I would not use the Airnergy machine, but because of this I can do a lot more physically. U. P., Denmark

### *Female, Macular degeneration*

My mother could recover from her bad eyesight she lost in the last four months and she can read again without glasses or with bright light. She did not consult the ophthalmologist because she had come down with a bad cold and developed pneumonia three weeks

ago when she was exposed to the cold air. She used the Airnergy machine to recover and it helped her to cough up the remaining mucus. She has a rolling hiatus hernia that makes her coughing painful but Airnergy relieves some of these difficulties along with the osteopathy. She feels it has helped to support her recovery after she took and still takes the oxygen and the infusion (IV drip) along with vit/min, etc. She is very pleased with the machine. I. de R.

#### *Female, Breathing, Energy Level; Male, Sneezing, Osteoporosis*

We have had our machine for 5 weeks, Geoff my husband daily had sneezing bouts, after using the machine it has disappeared, he also has osteoporosis and the pain he gets is not so painful. As for me my breathing is much improved, my energy levels are good, and the water which we drink at the end of the treatment taste like spring water bringing back many childhood memories, we would certainly recommend this machine

#### *Male, Stroke*

I've been using the device twice a day for about 20 minutes each session for almost a year and a half now — and it's doing me a lot of good!

Apart from the revitalizing effect, I've also noticed an improvement in my cognitive performance as a stroke patient.

This becomes especially apparent in my daily resilience and mental stamina.

#### *Age 69, Arthrosis*

I have Rhizarthrosis and used the application of the 'stream' for 4 months, „... age-related wear phenomena in the back and on the toes and hands which always make complaints. From the time I use the device, I need no more painful pill! “ .... my life quality has significantly improved.”

#### *Female, MS*

I would like to take this opportunity to thank you for your presentation of the Airnergy treatment. The advantages are remarkable; my general health has improved a lot and I would not hesitate to recommend this to my friends and acquaintances who unfortunately suffer from multiple sclerosis. After 26 years with Relapse Remittance MS (relapses), improvement areas by using Airnergy are as follows: increased energy level, better sleep, alertness, less pain, improvement of the feet and legs. I have used the device for about 6 months (when it was available) and I use it 2 x 20 minutes per day. Thank you for further using the Airnergy device and hopefully one day more machines will be available for fellow sufferers. J.M.

#### *Age 73, Pulmonary Insufficiency After Pneumonectomy*

The person has been using the Spirovital therapy for 4.5 years; 6 weeks after starting the therapy: “ ... the performance increase is quantifiable so far as the 'typical landmarks', that means walking over places in the city, passing a mall without severe breathlessness can be done again without major difficulties, the general state has improved. The desire to tackle is back again. In brief: I have the guts again ...”

## RÉSUMÉS FROM PRACTISE

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### *Male, Age 70, COPD*

As a long term sufferer of COPD, and after a winter of several chest infections/ bronchopneumonia, my wife was getting fed up with me using her asthma inhalers. Therefore I researched and discovered AIRNERGY. Within days of starting my breathing has improved enormously. Hills which I used to avoid when dog walking are now climbed, and the hill that I used to walk up on our cycle ride is not only pedaled, but I can unusually now beat my wife. For me this has been a life changing experience, and I look forward to seeing how I manage next winter. You have my complete recommendation.

Dr. R.S.

### *Male, COPD*

I suffer from COPD and have difficulty breathing. After the daily use of Airnergy (I do for some years) I feel an improvement of my breathing and right after beginning of the application of Airnergy. I can only recommend Airnergy to anyone who suffers from COPD. Yours sincerely, B. H., Denmark

### *Age 64, Heart attack*

After nearly a year of using Airnergy (the person is using Airnergy for about 6 years now): " ... because of my problems and the associated Dyspnea, I have been receiving private Airnergy treatments by my family doctor and it has been achieved an increased performance with absolutely positive results that was also demonstrated in the ECG results ...."

### *Female, Skin*

Approximately 3 years after beginning of the Spirovital therapy, the lady is using the therapy for 8 years now, „.... I would like to inform you hereby how much I am pleased with the Airnergy oxygen. For many years I use it regularly and always get the feedback from other people, ‘wow, you look so good. You have got a amazing skin’. All that I trace it to the regular use of the device, because for me it is a ,cosmetic’.

### *Male, MS*

I have primarily progressive multiple sclerosis and one of my symptoms is the chronic fatigue. I realized using Airnergy clearly helps as I got an extra energy push by the machine after an application with 20 minutes that allows me to do again the daily chores much easier. The flexibility of use when and where it is required it is a plus because I am able to take the machine with me in vacation and in this case it helps me to get more energy for going out for a longer time. To know I can use the device relieving my symptoms gives me a rest and peace of mind. I hired Airnergy for xmas because I could not visit my MS therapy centre and it has proved to be of significant value for relaxing and to enjoy the festivity. Last year I was completely exhausted. Unfortunately, I could no longer use the device since July, because the machine is in continuous use, however I nailed it down for December. X-mas may come. M.B.

### *COPD*

In 1993 I was diagnosed with COPD for the very first time. I was prescribing different inhalers and two powder preparations which I take twice a day and Salbutamol if necessary. A few years later, I bought a nebulizer after having several hospitalizations, five in total due to breast pain. In August I was very sick and felt myself very weak. My daughter and my son-in-law found Airnergy by the Internet. A few days later they had all the information and references regarding the machines and the importance of oxygen in the



blood. Now I am using Airnergy eight months. The financial issue was a little deterrent and I was also a little skeptical but now I am sure it was a very good investment. Yesterday I had a peak-flow with 250; the last time last year 121. Even the oxygen content in the blood was good with at a value of 90. I have to say that I am much more alert. I use Airnergy 22 minutes a day, my everyday life has improved a lot and I cannot imagine my life without Airnergy.

#### *Age 79, Macular Degeneration*

Two years ago I was diagnosed having Macular Degeneration in both eyes, the right being the worse. Being a keen bowler and enjoyed driving this was devastating news thinking I would be unable to pursue these activities. I saw a TV program showing information on Airnergy products that interested so I sent to Airnergy for further information. I looked at all the interesting literature I received and decided to invest in one. I purchased my Airnergy Professional Plus and started using it twice a day 20 minutes sessions. In May of this year I met with the eye consultant. After his examination he told me that no worsening of my problem was evident and he would see me in 4 months' time. The misting in my vision is becoming noticeably cleaner and at my last appointment with the eye specialist no deterioration has taken place. My next appointment is now for six months' time. At present I use my machine every other day at 40 minutes sessions while relaxing and watching TV. I primarily purchased the Airnergy Professional Plus solely for my problem of Macular Degeneration, but the extra benefits I am very pleased with are the well-being feeling, extra vitality and deep restful sleep. I am truly please that I purchased my Airnergy Professional Plus. M.E.

#### *Female, Pulmonary Disease; Male, Energy*

My husband and I decided to sell our large property and downsize. This was the most stressful task we have ever done. As we eventually settled down in our small 3 bedroom house I was taken very ill. I was coughing continuously for almost three weeks, not able to breathe and losing sleep as well as all the energy I had left. To make matters worse I have to find a new GP and for the time being I could only get advice from the doctors who were treating me with antibiotics at our local walk in centre. I was told it could be asthma, lung infection, COPD, etc. Eventually when I went to our local chemist I found a leaflet about COPD. I looked on the internet where I saw your video about your Airnergy machine. My condition seemed hopeless at the time, so I invested in this machine and I have not regretted the purchase since. After using it for only one week, 80 % of my cough had gone. I also had large sores on my arms and face from taking antibiotics. The sores healed, just after using the machine for one week. After using the machine for 6 weeks, the cough has completely gone, as well as my sinus problems, and my breathing has also improved. My husband also uses the Airnergy machine once a day to restore his energy level, because, as he says, there are still plenty of jobs to be done. He is 81 years old and not doing bad for his age. So we just want to thank you for helping us in such a big way. S.

#### *Female, Age 60, Warts*

„I could not even fastening buttons before or taking something in my hands, if I felt something with my hands, I believed to go through the roof because of the pain, so bad was the disease and the nerves already have been effected. Now, I send you a picture of my healthy hands, I am very glad such a good Stream device is available, I would recommend everyone to use it with warts .... „

#### *Age, 68, Angina Pectoris*

After one and a half years of application of the Spirovital therapy: „I suffer from CHD. Since I use the Airnergy device .... my angina pectoris attacks have been permanently reduced, thus I do not need to take it any longer - as before (a medical spray).“

## RÉSUMÉS FROM PRACTISE

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### *Male, Age 66, COPD*

I am a retired male of 66 years, nearly 67, I was diagnosed with COPD about four years ago. I was quite surprised about this as I have worked out doors all my working life and have always been quite fit. I began to find that I was out of breath just doing minor tasks, i.e. climbing the stairs and just walking a few yards became major ordeals. Obviously I am being treated for my COPD and take my inhalers every day, and I go to see the nurse every six months for tests. About this time last year I was browsing the internet to find any information I could about this disease, Dr. Steele was promoting this machine on a morning program with Philip Schofield. I was very impressed with what was being said so I sent off to Airnergy for the information pack and DVD, having read and watched all the information I decided to invest in one of the activated air machines. This has got to be one of the best things I've ever done in my life, I purchased the Airnergy machine from Airnergy. I use the machine every morning for 30 minutes, while reading the morning paper, and I feel like a different person, I feel fitter and have more energy than I have had in a long time. I have just invested in a tread mill to get rid of the surplus weight I have put on because of my inactivity over the past few years. Anybody reading this testimonial that has COPD or various other problems, I recommend you read up on this Airnergy machine, it's great. Get in touch with Airnergy. C.H.

### *Female, Age 67, MS; Male, First Signs Of Dementia*

When a family member was diagnosed with MS, she was advised to invest in an oxygen machine. She had great difficulties to walk and there were even problems with her eyesight. It was recommended to use an oxygen device and, in fact, the symptoms disappeared slowly. "Both during the holidays and now I use it extensively", she said. Then a new device was received; a new model. It was better, definitely. We appreciated your help in the treatment very much. Please understand, we do not want to mention the name at this point, because it is a well-known person. The new machine has been bought and she is using it for several years and every day. "I just feel more energy and it strengthens my eyesight", she said. "I am already 67 years and appreciated the easy application which additionally improves my concentration. My husband suffers from first signs of dementia and now he also uses the machine because I have a lot of things to do every day. I am very happy to have an Airnergy machine". Greetings, L. K., Denmark

### *Age 82, Diabetic Polyneuropathy*

With effects on the eyes and extremities, after 1 week application with the Stream until now, that means over 1 year - constant experience regard to the areas mentioned:

"... seems to be better than I could ever imagined. Areas already partly destroyed can not be reconstructed, but an improvement of the feeling and a containment of dissemination seems to be managed. I realized the effect does not only affect the irradiated area. My leg has already become painless. As far as the feet soles are concerned, the feelings have improved .... an eye particularly stimulated, creates considerable relief ...."

### *Mercia, MS, Therapy Centre*

We are a small charity that provides a range of treatments for people that live with Multiple Sclerosis (MS).

MS is a debilitating progressive disease that affects the central nervous system. 85 000 people in the UK are estimated to have Multiple Sclerosis. This long term, chronic neurological disorder is sometimes benign, frequently remitting, but often progressive with gradually increasing disability. MS is the most common condition of the central nervous system (CNS) affecting people between the ages of 20 and 40. About twice as many women are affected as men.

The damage caused by MS can occur anywhere in the CNS, and as a result, symptoms can be diverse. The main symptoms are: Balance and dizziness problems, bladder problems, bowel problems, fatigue, loss of memory and concentration, loss of mobility, pain, sensory problems, spasticity, speech and swallowing problems, tremor and vision problems.

Current medical management falls into three broad categories:

- (i) Disease modification therapy;
- (ii) Relapse management;
- (iii) Symptom management.

At this clinic we try and follow a client centered approach which enables self-management and a holistic approach to assessment, including the use of specialist treatment techniques and specialist knowledge of appropriate resources.

Our Airnergy resource forms a major element of our combined treatment protocol.

We find the machine easy to use, it's convenient and treatments can easily be organized around other sessions.

Specifically our patients are reporting that after regular use they are experiencing less fatigue and are able to 'do more' in the day.

One of the most frequent complaints of having MS is lack of energy.

We also believe that we can use Airnergy in combination with other treatments. Patients report improvements in various symptoms that we have previously reported. There seems to be a synergistic effect - in other words,  $2+2=5$ . We also use the Airnergy device as an alternative to hyperbaric oxygen therapy, which can be quite difficult to use in some cases.

### *Male, Various Health Problems*

My wife and I both had health problems and various virus infections had laid us low during the year, and I had been battling with high levels of mercury in my body for many years. I was looking on the Internet thinking that there must be something that we could do to improve our health when I came upon the Airnergy machines. They looked impressive but would they work for us especially as they were expensive? I phoned at Airnergy and told him I was skeptical about the claims and that I would like to speak to somebody local to us in Norfolk who had a machine. Phoned me back inside half an hour telling me that they had a Mr Johnson who had a machine just over the border in Suffolk and that we could go and try his machine. So we arranged to go the following afternoon. Mr & Mrs Johnson were very friendly and allowed me to use their machine and after 20 minutes use I felt energized. So we phoned and ordered one over the phone. When it arrived the following day we tried it immediately and have used it every day since - it even goes on holiday with us. We just feel so much more alive; not everything improved immediately but steadily over the months. We would hate to be without it. Our Daughter and Son in Law both come and use it after virus infections. It does seem to clear them up quicker, so it helps the whole family. W. H.

### *Female, Burnout, Sleep Quality, Immune System*

After about 35 years of professional work as a chief steward, I was physically quite burned out. With the support of constant acupuncture therapy by Dr. Chen in Wiesbaden (Germany) I managed my last flights without sleeping tablets, beta blocker and antihypertensives. Only slowly did I recover from the particular stress until I had the first experience with the Airnergy's Spirovital therapy. My

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body immediately reacted to the first 3 - 4 weeks after each inhalation in terms of chills and I knew this is a good indication that my immune system is working better and in fact, I actually experience a winter without infection. But the most beautiful improvement for me is that I had already first proper and restful deep sleep after about 8 to 10 days only. That's why I'm much more vital, looser and more reliable. My sleep extension has been cut down from 12-13 hrs to 10-11 hrs in just 3 months. How much I would have liked to have this therapy already when I was still working. I. K.

### *Age 65, COPD*

Constant phlegm, additionally osteoporosis, rheumatoid arthritis, osteoarthritis; maximum walking distance approx. 200 m, breathlessness, no appetite; since using the Spirovital therapy reduction of inhaler application, increasing of Peak Flow (PEF) from 200 to 300 l / min, regular participation in 'lung sport exercises' without problems, more energy, more endurance, no more breathlessness, improvement of the blood circulation, easier coughing up of the liquid phlegm, improvement of sleep, more self-confidence, better health.

### *Age 47; MS, Thyroid*

Multiple sclerosis, at the time of statement already 6 months using the Spirovital therapy, using the therapy now more than 7 years, no improvement of the MS disease but clear relief concerning sleep, blood counts, thyroid.

### *Male, Age 65, Stroke*

I came across Airnergy after the hospital my father was admitted to suggested he may be a good case for oxygen therapy for the 3 days he was there to help with immediate recovery. He gained some more energy but nothing had changed. 3 months after the stroke, he was still very badly impaired on his right side in relation to walking and movement in especially his right arm was very minimal. Exercise was having minimum effect at which point I came across Airnergy. Having read the testimonials I thought it doesn't seem to have specific cases for stroke really, but I did research and found oxygen therapy immediately after stroke might hold some benefits as we had tried this already, I thought there was nothing to lose and at worst there should be an energy increase which numerous people had reported! He also suffered from blood pressure, diabetics, a previous heart attack and essential tremors in both hands (which had come back after the stroke and have been there for 15 years previously).

I got my father to use it daily for 20 minutes and within just under 2 months not only did he virtually make a full recovery his essential tremors in both hands were reduced by 40% in the left arm and 95% in the right! (statistics from the neurologist). Given his age and conditions the doctors did not expect such a rapid recovery and especially after 3 months had passed. Now I'm not saying it was 100% down to Airnergy but for sure at least 70% is in our opinion. Since then both my mother and I have used this with increased energy and focus. I tend to use it after the gym. My mother has also seen her diabetics more in control than before its use by 25% on average over the last 6 months. J. P.

### *Age 59, COPD*

After Spirovitalisation a short-term worsening of the subjective condition, afterwards surprising improvement (climbing stairs without breathlessness, raising energy level, better sleep, no more fatigue).

### *Female, Age 73, Macular Degeneration*

A year or so ago I was diagnosed with early dry AMD. I am 73 years old, and the outcome didn't sound too good, it would probably deteriorate further and stronger visual aids would be required. I am a very active, healthy person who loves driving and the thought of not living life to the fullest was very daunting. Then I saw an advert for the Airnergy machines. On reading some of the testimonials, and seeing the ones on the DVD enclosed with my literature, prior to purchasing the machine, I felt sufficiently convinced to invest in one of my own.

I used it religiously for many months and on a return visit to my local Eye Hospital, was told there was a huge improvement and I was discharged. I told the Specialist what I was using and he was most enthusiastic that I continue using it. "If it works, keep on using it."

A few months ago I was away for several weeks and couldn't take my machine with me. Forgot to resume on my immediate return home, and found the symptoms returning. Having used it regularly again for many weeks, my symptoms have diminished. I am not due to return to the Eye Hospital unless I find my condition has deteriorated, but thanks to Airnergy, the situation is well under control and I did not need any change in prescription when I had a recent eye test.

Thank you, from the bottom of my heart. I would recommend this machine for all the benefits it provides, from eye problems to respiratory and many more. Just a feeling of well-being is something we don't achieve easily. Airnergy will do that for you. E.G.

### *Female, Age 37, Scar Healing*

Cysts on uterus surgery, after 3 1/2 months of Spirovital therapy. „I could clearly observe and realize the Airnergy's effects by increased itching of my still fresh surgical scars .... significant improvement ...."

### *CFS, Asthma*

Spirovital therapy has generally been used since 2005:

„... my breathing is much easier than before, I do not have to strive so much for breath and I can forget it for a while! ... With my asthma I am still very limited in what I can do - but since I use the Professional Plus device, I have less fear for my life! ... no longer fight for every single breath!"

### *Age 76, COPD, Uveitis*

I just wanted to let you know about my dad's progress since purchasing your professional plus machine 5 months ago.

Five months ago, he hardly wanted to leave the house as he felt just too tired. He already had an eye condition called uveitis, which affects your eyesight. He was then diagnosed with severe COPD at the age of 75. He seemed to become more and more breathless on walking, complaining about his tired legs and being so negative. I could even hear his wheezing from across the room. He was sent to have heart scans to check his heart function, the scans showed that 36% of his heart was damaged and therefore was diagnosed with heart failure.

Five months later, his eye condition is much better and his eye consultant is very happy. He is out every day, swimming three times a week, walking on the treadmill twice a week in the gym and generally gardening and doing chores. I recently took him to see a



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private heart consultant, who scanned his heart and told us that his heart is damaged but about 10% and is functioning well at 58%. Therefore he doesn't have heart failure at all. His symptoms are due to his COPD.

Overall, my dad looks better; his skin is much pinker than before. No more wheezing and although he still gets breathless and tired, he can do so much more activity. He seems so much happier in himself and has got his twinkle back at the age of 76, which I thought had been lost forever. My dad and I are both convinced that the improvement is due to your machine, which he has been using twice a day for 20 minutes. I bought the machine for my dad and it is the best thing that I've ever done! K. D.

### *Age 57, ME/CFS*

1.5 years after the beginning of the Spirovital therapy: "I do not give up my efforts and the confidence that it can still be better with me, and for this reason, the use of the Airnergy machine, the more so as I do not get very of out oft he house. Well, breathing this way can only be good form me and this method is at least applicable to a chronically ill ME / CFS patient who is confined indoors using the machine when it suits me. After breathing I feel noticeably fresher and more lively ..."

### *Age 70, COPD*

At the time of statement using 2.5 months of spirovital therapy after a serious incident has been happened (cough, chills, fever, etc.), now, in total 2 years of application this therapy. "... on Sunday still flabbergasted, on Monday nearly fit. Incredible, I can not imagine if I would have coped with this very fast recovery without AIRNERY (or even with medication which I had not taken). For me a success I had not expected .. It was an attempt with a resounding success ... So I will continue to breathe with Airnergy every day and have been recommending the device to my COPD lung sports friends ... It should be worth to get it for health and an improved breathing."

### *Male, Age 78, Emphysema; Female, Age 71, Diabetes, Arterial Fibrillation, High Blood Pressure Stroke*

I felt I must write and let you know how much our Airnergy machine has improved my quality of life and also that of my wife. I am nearly 78 and suffer from emphysema (and still smoke). In desperation I looked for some way of improving my deterioration health and came across an advert for Airnergy machines. On your advice I purchased the Professional Plus device and have used it twice a day for 20 minutes every day since then. I fly to Southern Europe several times a year and always take the machine with me and after the stress of negotiating airports and flying with lack of oxygen on the plane I am very much in need of a boost. My Airnergy machine never fails to give me this and my oxygen levels are back to normal within a day on every occasion. My levels of oxygen were originally in the range of 90-93 but this has improved considerably to 95-98 on a regular basis. My breathing tests at our doctor's surgery have remained stable since the use of the machine and the nurse who looks after me is constantly surprised by the results.

My wife is 71 and uses the machine once a day for 20 minutes and in spite of diabetes, arterial fibrillation, high blood pressure and having had a stroke she still works as a medical secretary for a full day five days a week without any ill effects. She finds it hard to believe that she has any problems at all. I am sure this is solely due to our Airnergy machine. Although the price seemed high, we decided that life without good health is not worth living and so decided that as we would both benefit we would take a chance that our lives would improve. We have never regretted this expenditure. Before acquiring the machine we took the details to our local doctor's surgery that were extremely impressed with the concept and encouraged us to proceed with the purchase.

I have always found it easy to contact you should I need advice and am extremely grateful for all the help you have given us.  
M. + A. B.

### *COPD*

Dear Sir, I have been using the "Airnergy" machine for nearly one year, after advice given to me by my homeopath, and it's worked. I breathe easily. I walk further. Stairs are only a slight problem. My chest is easier. Bear in mind the hospital put me down as COPD, and gave me inhalers, which now I hardly use.

So thanks to you and your technology, I'm well on the way to even better health, Air Today, Illness Gone Tomorrow! Thanks again.  
Yours truly. M.S.

### *Female, Age 43, Various Conditions*

Dear Airnergy Team, I would like to let you know about the difference the Airnergy Professional Plus machine has made to my life. I have been using my machine for five months. My health first began to decline after the birth of my daughter 11 years ago. I suffered from various problems including the inability to put on weight, extreme lethargy, poor skin, swollen ankles, constipation, stomach discomfort and very sore eyes. The taking of good quality Probiotic helped sort out a lot of my problems but my skin remained in a very poor condition.

Since I started using my machine (twice daily for 20 minutes) the improvements have been remarkable. These are:

- The patches of psoriasis on my face have completely gone
- Increased flexibility in all parts of my body
- Changes to my body shape (slimmer ankles and knees, and a slight increase in breast size!)
- Good quality sleep each night for 8 hours

I will use my machine for the rest of my life. Best Regards. S.F.

### *Age 71 , M.E.*

In 1977 I contracted glandular fever and this led to M.E. and post-viral fatigue syndrome. I could only continue working by resting and sleeping at the weekends and during holidays. During the years 1983-85, the problems had virtually disappeared. However in 1986 a viral infection triggered a renewal of problems and gradually more and more symptoms appeared. I managed to remain in full-time work until 1992 when I had no choice but to take early retirement on the grounds of ill-health. In 2004 there were also a return on M.E. symptoms in the form of excessive sweating and an extremely cold spine in the early hours.

I bought the Airnergy Professional Plus machine and initially felt little response. On advice I increased the amount of time that I spent on the device. I now use it for ½ hour 4 times a day. After about 2 weeks the exhaustion and fatigue had disappeared.

One cannot prove it, but I am convinced that the Airnergy therapy has been a distinct advantage in helping me with some of my health problems and I am very grateful for that. J. L.

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### *Age 80, M.E., Emphysema, Macular Degeneration*

#### **BEFORE: February**

My wife and I both have what appears to be ME, a legacy from a virus we caught 3 years ago. My wife also has emphysema and macular degeneration, of which I am also showing signs, and we are both nearly 80. This is clutching-at-straws time, and I wish to purchase an Airnergy unit. Obviously we cannot expect a guarantee of spectacular results, but we're hopeful.

#### **NOW: May**

There have been several noticeable improvements to our general wellbeing since we started using the machine each day. My wife's breathing showed quite a marked change almost immediately, although it has not progressed any further. However, there has been a definite, if slow, improvement in her eyesight, to the extent that she can now write in straight lines without any gaps in them. She has the form of macular degeneration for which there is no treatment.

My own breathing has become noticeably better. Posting a letter in the nearest box used to involve at least three stops, and I can now do the walk without having to stop at all. Also, the permanent tiredness produced by the ME is not as troublesome. All this is very encouraging, and we hope for further improvement as time goes on. A. & A. N.

### *COPD, Emphysema*

Clinical diagnosis: infected COPD with pulmonary emphysema, intensified formation of mucus, tough and difficult to cough up, nocturnal cough attacks, after Spirovitalisation (1 x 21 min) easier coughing of more and more fluid mucus, free breathing.

### *Age 78, Macular Degeneration*

Exudative macular degeneration, after 6 months of Spirovital Therapy, medical certificate: a remarkable declining staining in the CNV area. „Assessment is difficult because multiple therapies have been used at the same time, but do not want to miss Airnergy!“

### *Female, Age 92, General Health, Osteoporosis, Macular Degeneration*

My 92 year old mother has been using her Airnergy machine for four months now and is very pleased with the effect it has had. She takes three twenty minute sessions a day at 100% (having built up slowly over the initial two weeks). She says that it has helped greatly with a general sense of wellbeing – to quote her words – “it makes me feel toned”. She has noticed a definite improvement in ease of movement with less muscle pain when she does her housework (she still lives independently though has daily visits from daughters.) Her osteoporosis she realizes will never be cured, but, the Airnergy helps her cope much better. She has noticed a very welcome improvement with her sight, though she is still suffering from macular degeneration. She feels much less depressed and generally much less tired and stronger. She is very frail in body but the district nurses who visit her regularly are amazed at her resilience and independence. She thoroughly recommends the Airnergy machine. Z. S.

### *Age 66, COPD*

I have been under medical treatment for five years, since using the Spirovitalization I have no more colds, I have more energy and a better subjective condition, increased oxygen content in the blood, I have less cough and can walk more easily.

### *Age 61, Arthrosis*

Gonarthrosis, after many months of Stream's use as an additional therapy: „... the pain became worse and worse and this meant more and more a restriction of my quality of life ... there was not one day on which I was really free of pain. I did not want to accept it ... so, I looked for alternative methods and came by chance I found the Airnergy Stream ... I use it every single day.... My knee is more mobile again, I can walk long distances again ... Thanks to the device, my life has become liveable again ...”

### *Director Of A Women's Gym*

Statement after 2 months Stream trial period in the gym, meanwhile Stream's use for 1.5 years. „... the Stream is a wonderful support for / or against all the big and little aches and pains someone could get ..... a lot of women with the most diverse complaints have tried the device and after the first trial period they continue to use it / and even recommend it to other women.”

### *COPD, Lung Emphysema*

COPD with pulmonary emphysema, paO<sub>2</sub> approx. 50 mmHg, duration O<sub>2</sub> therapy rejected so far because of relatively good subjective well-being, partial improvement after acupuncture, skeptical attitude to Spirovitalisation, starting with 3 x 10 minutes and later 3 x 15 minutes per day, 3 x weekly despite unfavorable weather, significant improvement of subjective feeling, increase of paO<sub>2</sub> rather low up to 54 mmHg, overall positive judgment.

### *Male, Age 92, Macular Degeneration*

Message of the wife, 4 years after starting the spirovitalization: „... on the recommendation of the naturopath ... Airnergy respiratory device from you, the degeneration of macular of my husband's eye has been stopped by this, we are very glad. He is using it every day.”

### *Female, Senior Citizen, Arthrosis*

After 4 months of Stream application. „I'm glad to have this Stream because it helps me with my arthrosis better than any other massage machines.”

### *Female, Asthma*

Following our conversation this afternoon I am writing to say how much the Airnergy has improved my health. I have suffered from Asthma since early childhood and in the past have been in hospital many times and have often needed to take steroid medication .My asthma felt under control until the end of last year, when my peak flow was becoming quite low .After a visit to my GP I was offered yet more steroids and decided at that point that there must be another way. After quite a bit of research and reading the reviews on Airnergy, I decided to make the investment and purchased the Professional, and have not looked back!! My peak flow improved in the first week of use and is now the best it has been for a long time. I am sleeping better and have also noticed that I have not suffered with hayfever yet this year and can also tolerate my son's cat which was unthinkable before! A. C.

### *COPD, Skin*

Good Morning! I would like to describe briefly the benefits of my Airnergy machine. At the end of June, I received a test report by the hospital indicating that my lung capacity had dropped to only 40%, and as I informed myself about Airnergy I ordered a machine

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in July.

At the beginning of October, three months later, the lung function has been tested one more time and what should I say; the lung capacity has increased to 60%. The nurse was bowled over and due to this improved capacity the measurement was repeated only to be sure. I told about Airnergy using the machine twice a day. The 'daily doses' with Airnergy is wonderful. When I did not use it for five days I felt bad again. I am genetically handicapped by my childhood home and have a sensitive skin, the more Airnergy is a big gain for me. Sincerely, E. J., Denmark

### *Female, Age 80's, Osteoporosis, Rheumatoid Arthritis, Breathing Problems*

Good News! - after one session of 15 mins. on Activated Air, my sister, later that day, felt an improvement in her breathing and general well-being. The next day, having had only two sessions in total, she rang specially to tell me that after dashing down her hallway into the kitchen where she could smell food burning, then dashing back to continue talking to her friend on the phone, she was not breathless!! She has already said she feels quite well. This is totally amazing!! She has not had bad nights with breathing problems since having the machine and I no longer need to take the phone up to bed with me in case she rings for help in the night. After two days and four 15-min. sessions, she needed fewer painkillers for her arthritis (she had been taking the maximum of 8 tablets a day/night). I haven't told her that she might have an improvement in her sight in case she doesn't but I am hoping she will one day say she can see a little better.

I too have had two sessions of 15 mins. and can honestly say that my arthritic knees are not so painful or so creaky. I actually coerced my husband into trying it and, although he wouldn't admit it, I noticed that he wasn't so breathless that evening or the following day.

So far, so good, Airnergy. My sister and I can't believe that it took so short a time for her to feel real benefit and we hope that as time goes on she will continue to improve as far as is possible.

With my thanks for your helpful advice on Activated Air and best wishes.

### *Male, Age 66, Asthma, Vascular Disease*

The benefits I've experienced since starting Airnergy about 15 months ago have been mainly to my asthma and energy levels (I still work full time ). Although the asthma is fairly minor in terms of severity, it still interferes with life as I sing in a choir, so every bit of improvement helps. The first time I used Airnergy, I only tried 10 minutes at about half pressure. Imagine my surprise, when out for a walk about half an hour later, going up a steep slope that I would normally 'notice' in my breathing and my leg muscles: it presented no problem at all - I just sailed up it. After 15 months my asthma remains improved (even when I had a bug recently). Likewise, my energy is better than before I started. I keep the machine in our study and it is easy to use while working. Although it was a lot of money, I'm very glad I made the investment. R. P.

### *Age 56, Heart Attack, Atrial Fibrillation, High Blood Pressure*

I have used my Airnergy Machine since last September (now late May) I am extremely impressed. It has helped me to revolutionise my life.

I had a heart attack three years ago, following some years of overwork and stress. I am left with atrial fibrillation and high blood



pressure. I found that I was beset with a low resistance to virus infections which affected my weakened lungs. I had no conception of how difficult it is to recover from a heart attack, I do now; and I can categorically state that use of my Airnergy machine has had a major part to play in my new found health. I sleep better, my appetite has improved and what's more I have lost weight! I also have more energy to walk and exercise. I have found that regular use really pays. When I'm away from home; I notice the difference and once I'm back, using my machine again, I return to full strength.

I cannot praise Airnergy enough; I love my machine, thank you! L. K.

### *Age 71, COPD*

Severe deterioration in the last few years, most recently increasing shortness of breath, specialist treatment, after cold (damp-cold weather) strong setback, after Spirovitalization immediate improvement (no shortness of breath, walking and stairs possible again).

### *Age 80, Macular Degeneration*

About age 80, macular degeneration after previous cataract surgery on both eyes, just 1 year after beginning of Somatovital Therapy: „... my ophthalmologist drew my attention to a possibility to alleviate my ocular problems by applying a new wellness device. I did the application 10 times in the doctor's office, my eyes did not change but my general health. Even the everyday and several injuries caused aches and pains improved so enormously ... since then almost machine application every day ... because of application I trace the fact to the machine that the shadows of the macular degeneration begin to spread equally ...”

### *Nearly Age 60, Prevention*

No specific disease, 6 months after the beginning of the Spirovital therapy, about 3 up to 4 times a week, „... until now, the following positive health changes occurred: general condition fine up to very well, no more depressive moods. Restful and deep sleep. ... blood pressure to a normal value ... continuously measured eye pressure constantly good ... ”

### *Age 58, COPD/Chronic Asthma*

I have had my Airnergy for approximately four months now, and it has been a god sent for me, so I felt I had to tell you about the before and after changes in my life.

I was diagnosed with COPD around 3 years ago now, although I have had asthma since early childhood. I tend to spend quite a few months of the year in Spain, and when I have returned to the UK over the last 3 years I always found myself after a couple of days of arriving, either seeing my GP as a result of breathing difficulties, and being prescribed another course of steroids and antibiotics, or being taken into Hospital with pneumonia, this also happened to me on several occasions whilst in Spain over the last eighteen months, so my initial thought of living in the sunshine to improve my health appeared not to be working for me.

However, fortunately for me, my Sister had researched on the internet the symptoms and effects of COPD and came across the web page for the Airnergy machine, we received an information pack and DVD. I spoke with Airnergy to ask some advice on which one of the machines would be most suitable for me, and I was very impressed with how helpful he was, at the end of the day it was a question of which Machine I could afford at the time; I decided to go with the Airnergy Professional.

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After using the machine for 20 minutes 3 times a day, I felt so much better, the improvement in my health and well-being was so drastic that many people commented on how well I looked and how much better my breathing appeared to be. Since my purchasing my Airnergy machine I haven't had one bout of pneumonia, or been prescribed with any antibiotics or steroids. I have reduced my treatments now to two 20 minute sessions per day. I am able to walk my dog for a good hour every day; I go to Pilates twice a week, and recently I have been doing some volunteer work with children with special needs, all of these things were impossible for me prior to receiving my machine.

I travel back and forth to the UK and pack my machine in my hand luggage, I have had a few questions asked about it when it goes through the x-ray machine, but once I explain what it is they are fine at both ends. I did feel rather vulnerable about travelling with the glass bottle, so very kindly arranged for me to have all the parts delivered to my UK address which makes life easier for me. So thank you for all your help and your continuing support. M. K.

### *Age 62, Vasculitis, Macular Degeneration*

I have been a chronic asthmatic since 18 months old. A great deal of my childhood was spent in hospital suffering from severe bronchitis and pneumonia. In 1980 I developed problems in the sinuses and polyps were removed in 1982. Infections then became commonplace requiring antibiotics at least 5/6 times a year.

A sinus infection needed 3 courses of antibiotics to clear it, all the time my blood pressure was very high. Joints became swollen, every muscle ached, eyes were sore, throat was half closed and a rapid pulse controlled the least activity, needless to say I was totally exhausted the whole time.

I was placed on the list to see a consultant; at this time I spent most of the day watching TV (muscles were too painful to hold a book). It was then I saw the Airnergy machine demonstrated by a doctor on a morning TV program. We purchased a Professional model and I began using it daily. Thank goodness I had it!

It took 7 consultations and 14 months to get a diagnosis. The condition is extremely rare (1/100,000) and is a form of vasculitis (the blood vessels become inflamed and swollen) and is an autoimmune disease that can affect all of the main organs and the digestive system. It occurs in people with a history of sinus conditions and asthma.

Using the Airnergy machine daily (twice most days) and drinking the water afterwards has definitely damped down the pain and taken the edge off the symptoms.

There is no cure for this condition and the medication includes cytotoxic drugs over a long period. With this I will definitely need to use my machine every day. The most dramatic change I noticed when using the machine, although very poorly I had only 1 sinus infection during the whole 14 months! E.

### **Age 75, Macular Degeneration**

My problem with Macular Degeneration started in both eyes, particularly severe in the right eye. I acquired a Professional Plus device which I now use daily in combination with appropriate vitamins, foods etc. solely to combat Macular Degeneration.

An unexpected but welcome benefit has been a feeling of increased energy and well-being at the age of 75. A 30 minute walk each day is followed by a session on an exercise cycle or treadmill (sometimes both).

Reverting to the eye problem, I have recently been examined by my consultant who tells me that my vision is at 80% and is unchanged from the previous examination. This is a good result in connection with this difficult condition regarded by the medical profession as untreatable. I feel fairly confident that with longer term use of the device further progress can be anticipated. K. A.

### **Age 74, Severe Trigeminal Neuralgia**

*For several years I have been suffering with severe trigeminal neuralgia. Visits to a succession of neurologists have produced the same results – there is no cure for this complaint and the only solution is painkilling drugs.*

*I found that even on the maximum dosage, at times the pain would break through and I had great difficulty in eating, chewing and swallowing. All my food had to be reduced to a puree and even to a liquid taken with a straw. The effect of the drugs was in itself a problem, resulting in loss of balance, falls and the inability to talk coherently.*

*When we acquired our Airnergy machine, I decided to try it. To my surprise I began to find I could chew without pain, I had more energy and I could think and talk more coherently. Our friends and relatives hardly recognized me as the same person and all quite spontaneously comment on the difference.*

*I now have hopes that by continuing with the Airnergy treatment I shall gradually be able to reduce the drug dosage and return to a normal way of life. G. W*

### **Age 19, ME/CF**

I have had M.E/Chronic Fatigue for seven years. During this time I have had tens of tests and tried numerous treatments and supplements, with some good results, but nothing that has really made me feel well. I tried the Airnergy machine three weeks ago and instantly felt better. After a couple of treatments I decided to buy the Professional Plus machine. I installed it in front of the TV eight days ago, and have been using it for an hour or two every day. The Airnergy machine has given me an improvement in my overall feeling of ill-health, reduced the impact of my symptoms and by giving me more energy it has allowed me to accomplish much more in a day. I feel the best that I have felt in years, and hope to get even better the longer that I continue using the machine. C. S.

### **Female, Age 40, Multiple Sclerosis (MS)**

My name is Jane and I am 40 years old. I was diagnosed with MS the day before my 40th birthday! The symptoms I have experienced over the last 18 months include severe dizziness and vertigo to the point where I couldn't get out of bed even to go to the toilet. Numbness and tingling throughout the whole of my body, even in my mouth which made me feel like I have just got out of the dentist's chair! Stiffness in my knee joints and probably the worst symptom was swelling pressing on my optic nerve which considerably affected by eyesight, leaving me unable to drive, work, watch TV or even go out on my own.

I started using Airnergy and have three sessions a day for 20 minutes on 100%.

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Since I started using it I have noticed an improvement in my eyesight to the point where it is nearly back to normal and I can drive and am hoping to return to work. I have also found a general reduction in my other symptoms, with the numbness and tingling also improving. I find that I do not really suffer with fatigue which can be quite debilitating for some people with MS and if I am feeling tired, I find a session on the machine revives me. It may sound silly but I also find that it helps me sleep at night. I know this is not the whole answer to reducing my MS symptoms but I really do think it has helped. J. J.

### *Female, Dental Treatment / Jaw, Liver Detox*

I've already had wonderful experiences with Airnergy — especially after receiving several dental implants. My jaw healed quickly, and there were no complications at all.

Currently, I'm focusing on treating my liver in the evenings. I have a severe amalgam poisoning, so my liver is highly burdened. I feel that my metabolism is being stimulated, which in turn seems to accelerate the detox process. And my solar plexus always seems especially happy whenever it gets to enjoy a session. :-)

Recently, I had a visitor who had suffered a severe bruise on his thigh just an hour earlier. I treated him with Airnergy for about 10 minutes — and the pain was gone! How wonderful that such fast and effective relief is possible — without painkillers.

### *Male, Age 59, ME/COPD*

I am 59 years old and suffer from M.E. and C.O.P.D. My doctor told me I have the lung power of an 80 year old. I started using the Airnergy Professional Plus six months ago and at first felt even more tired, but gradually built up to 2 x twenty minute sessions a day. The difference is amazing; I can climb stairs without getting out of breath and having to stop half way up. My energy levels are improved, I sleep better and I'm not so achy. E. H.

### *Candidiasis, M.E.*

After our conversation the other day I followed your advice and changed to giving myself 10 mins of Airnergy at 75% three times before my afternoon sleep, spaced well apart, and I feel a lot better - thank you so much. I also said that I would write to you about my improvement from candidiasis:

I have suffered from candidiasis (as part of my M.E. symptoms) for many years, and my belly would swell like a balloon if I ate any refined carbohydrates or yeast (white bread was an obvious horror to be avoided at all costs - this of course included lovely things like bruschetta or pizza!). If I ever did indulge, I suffered horrible, painful indigestion and lack of sleep as a result of this, and inevitably a severe attack of diarrhea. I found it impossible to keep my digestion stable, as the candida reacted to all kinds of things: fruit, cereals (even brown rice), pulses - in fact my digestive system was in such a bad state that I could only eat salad about once a week or I would get the old cycle of bloating/pain/diarrhea again. Within about 10 days of starting using the Airnergy (and I began extremely cautiously, at only 5 mins at 50%, as advised) I noticed the bloating and the diarrhoea were both far less dramatic. After a month they had disappeared entirely (unless I ate something really silly, and even then it was a far gentler reaction). My energy also is now much better than it was, and although I still have to have an afternoon sleep if I miss it, or go to bed and fail to sleep,

it's not the total disaster it used to be. I have had the machine for about 3 months now and am up to 30 mins per day at 75%, and am improving all the time! After over 30 years of increasing M.E. this is an amazing result and I am actually now finding that I am feeling positive about the future for the first time in years. J. C.

### *COPD*

COPD for around 12 years, side effects due to drug therapy (stomach, eyes), clear subjective improvement after the first spirovital application (well-being, activity, less drugs especially prednisone reduction, no exacerbations, no more colds, significant increase in oxygen saturation).

### *Age 67, COPD, Asthma, Sinusitis*

I have C.O.P.D., asthma and sinusitis, and continual chest infections. I purchased a machine — yes, I was skeptical but Ralf Goettert helped me to realize the benefits to be had to my condition.

Using the machine for 20 mins each morning the first thing I noticed was an almost immediate improvement in my sinuses and my breathing became much easier. After 3 months all the symptoms of C.O.P.D. are now much less and easier to deal with and even though I caught a chest infection it was less severe and only took a week to clear up.

I am less depressed and have a new lease of life so I would recommend anyone to invest in one of these wonderful machines. No it is not a cure but used alongside conventional medication for me it is the next best thing. I would not be without my machine it is now my best friend.

**Update — 6 months later:** Don't remember whether I mentioned "energy levels". At first I didn't notice any significant difference only an erratic up-down of levels. Now after 3 months of 20 minutes per day my energy level is now pretty static, I feel more alive, more with it and altogether more my old self.

Last week I met some friends whom I hadn't seen since before last tmas. Would you believe they accused me of having "cosmetic surgery" as my skin was so smooth, and I looked ten years younger! J. L.

### *Female, CFS, Fatigue, Dizziness, Pain*

I just wanted to thank you for your help. I asked to be put in touch with a clinic in London that used the Airnergy unit, you suggested Monique Stone. I went along today and had two sessions and could not believe how I felt. When I left the clinic my dizziness had gone along with the shoulder and neck pain that I have had for years. I also noticed that my vision was clearer. I have another appointment next week and cannot wait. I have really bad chronic fatigue and the dizziness is my worst symptom, so you can imagine the relief. I really cannot thank you enough.

### *Age 52, Migraine*

Application of Spirovital therapy for everyday life (migraine, stomach pain, etc.) at the time of the statement 4 years of experience with Airnergy, meanwhile the application of Spirovital therapy on a total of 10 years, dermovital therapy over 1 year, „... general health clear relief of pain. ... in case of infections clear improvement ... in case of sore throat in the context of an infection immediate



## RÉSUMÉS FROM PRACTISE

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improvement ... headache significant relief of pain ... „

### *Age 81, COPD*

I have suffered with sinus problems for virtually all my adult life. Then I was also diagnosed with COPD and struggling to walk a few yards and get upstairs without becoming breathless and distressed. I was put on to inhalers, which did help, but still did not prevent acute flare ups, which required me to have several courses of steroids. The flare ups were starting to occur much more frequently, which is when I decided to invest in an Activated Air Machine.

I have now been using the machine for 20 minutes, twice per day for the past 6 months and the difference is remarkable. I can now get upstairs without getting distressed and feel much better. I go for regular check-ups with a chest specialist to have my lung function tested. Before using the machine my lung function was 56% against the predicted expectancy for my age and height etc, putting my COPD in the moderate to severe category. At my last check up, my lung function has increased to 76% against prediction and well into the mild category. I am convinced this is as a result of using Activated Air therapy, as there are no other factors which could account for this improvement.

I take peak flow count readings daily and the average has increased from 200 to 250 or 260, but more importantly, and not wishing to tempt fate, but in the 6 months since first starting to use the machine I have not had any exacerbations.

Being a pensioner this was a fairly substantial investment, with no guarantee of success and I did dally for quite a while before deciding to take the risk and purchase a machine, being cynical of the many miracle claims that are attached to product advertising these days. My only regret is that I did not buy the machine much earlier, as it has made an incredible difference to the quality of my life and management of my COPD.

Based on my own experience I would not hesitate to recommend that anyone whose quality of life is being affected by breathing or chest problems invest in one of these machines and I am very grateful to you for making this product available. P. G.

### *Male, massage therapist and reflexologist, macular degeneration; female, gum disease*

„Sorry it has taken so long to send our Testimonials for the Airnergy Professional Plus Oxygen Machine, Airnergy Stream. Both Frank and I are exceedingly pleased with all of them. As a Masseur and Reflexologist, Frank uses the Airnergy Stream a lot with great success especially for sports injuries and painful torn muscles etc. I have also used them both for gum disease and the dentist was surprised at how quickly healing took place. Frank has had his Macular Degeneration improve dissolving the mist in front of his eyes with the Airnergy Stream and we have both used the Airnergy Professional Plus Oxygen machine on a regular basis. If I don't do it I miss it and can tell I don't feel as good. As we are both elderly we feel it is helping us to live a fit and healthy good quality old age.“ A. W.

### *Male, CFS/ME, Fibromyalgia*

I've been using the Airnergy Professional Plus for just over a year and the results have been superb. Although the affect is quite gradual, often barely perceptible at the time, looking back I would estimate that I've improved from around 80% well to 95% in that time. I have had CFS/ME, including fibromyalgia, for about 10 years, and I have been slowly improving for a lot of that time

thanks to a range of different treatments. But the step-change I've had from using the Airnergy has been unprecedented. It's had a particularly dramatic impact on my fibromyalgia ... in fact most of the year I've been able to behave as if I didn't have fibromyalgia at all. I took on an allotment in May, and have been able to do heavy lifting, swimming and even digging with no ill effects. Last week I joined a gym, and did my first proper gym session for 10 years ... albeit a gym session for an unfit person, but still an unfit well-person!

My stamina and resilience have very clearly improved. I'm now working full time for the first time since 1995, and doing freelance web design in my spare time. I still get tired and catch colds etc, but I recover more quickly than I used to. When I changed jobs this autumn it was the first time I have been able to make a career decision based entirely on the job I wanted to do, rather than being limited by the dictates and worries of my health.

The best thing about the Airnergy has been the lack of side effects. Apart from very early on (when I increased my time on the machine faster than recommended, and had a brief worsening of symptoms) I have had no negative side-effects at all that I'm aware of - a big contrast with some of the treatments I have relied on in the past. It's also no bother to use the machine despite being very busy - I have it beside my armchair so I can use it while I read, work or watch TV (sometimes even when I'm on the phone), and I use it for 40-60 mins 2-3 times a week.

I don't know whether I would experience a worsening of symptoms if I stopped using the Airnergy. But to be honest I don't intend to find out!

## UPDATE

Still doing great - I don't think it's actually a cure for the fibromyalgia, which does come back slightly if I don't use the machine for a while. But as a way of managing it it's perfect - I'm rarely aware of the FM, and no longer really seeing myself as a person with CFS. A. G.

### *Male, Lung Cancer / Pleura Cancer*

Retrospective thank-you-letter of the widowed wife after the death of her husband who used the spirovital therapy in his last two years of life: „My husband took the Airnergy machine with him each stay in the hyperthermia clinic which was supported by the Professor. The machine has brought my man great relief in pain.“

### *Female, Age 45, Cystic Fibrosis*

After 2 months using Airnergy ...

Hello thank you for sending the English manual, getting on fantastic with Airnergy I am doing my exercise now without oxygen and able to walk about without oxygen. I am on 10 mins at 50%, I am going to increase it tomorrow, it's amazing. I was very short of breath and needed oxygen most of time, now no oxygen only at night I sleep on oxygen. When I do my exercise I see my muscles pump up better and I don't feel tired, it's like new lungs, I just get a little short of breathe if I push myself to hard, I just pace myself, all I hope is I don't catch the swine flu - cystic fibrosis and swine flu not good.

Yesterday I was in a shopping centre and I walked around some of the shops. I have not been in there for 4 years since I needed to use the oxygen. I was so happy, we had a great afternoon.

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Hello, The breathing is up and down some days good other days bad cystic fibrosis is a nasty lung complaint , but the airnergy is helping me I can feel it. I feel stronger even when I am out of breath. I can control my breathing. As I said I have good days and bad days but I since I got the airnergy I have more good days, and I had blood tests the other day and all were ok so that's good. I look healthy, it's just the lungs, but at 45 I am not too bad to be still alive even though I need a lung transplant.

### **After 6 months using Airnergy ...**

Hello, I'm getting on fine with the Airnergy. I use it twice a day at 100% but cystic fibrosis is such a nasty lung condition. As I said some days my breathing is not great, but I'm not too bad and all this cold weather not to good for me. But on the whole I'm happy and doing ok with Airnergy.

Only need my oxygen sometimes if I push myself too hard. Before I got the Airnergy I was on the oxygen most of the day. I can do 20 mins on my exercise bike no problem now without oxygen and I can do my punch bag as well not going to hard, that's amazing for a person with low lung function so the Airnergy is helping me. But I do my weights with oxygen don't want to push myself to hard; I use 2 litres of oxygen. All the best for now, Nigel. N. L.

### *Male, Age 76, Stroke*

Doing the application of Spirovital therapy for 10 years. „... I am pleased to describe the success with the Airnergy machine that has been used for many years now. My husband made fast progress in using every day and gradually increasing the intensity despite declaration to the contrary with regard to recovery process period. ... that he was rid much easier of of his debilitating tiredness, his sleep disorders, in speaking and walking impairments.“

### *COPD, Chronic Asthma*

For the first time three years ago I was hospitalized with breathing problems. I have since had many visits to A&E and have been hospitalized 3 or 4 times each year since, sometimes for a few days or for up to three weeks. On my last stay in hospital I had a severe lung infection followed by MRSA and was on constant oxygen for 7 days. Eventually I was discharged with a nebulizer. Since my discharge I have been using my AIRNERGY machine twice daily gradually building up from 50% to 100% twice daily. The results from this are that my peak flow has greatly improved and my blood oxygen levels are the best they have ever been. I have also noticed that my vision is clearer and I feel generally a lot healthier. I have been using the Airnergy machine for 9 weeks and in this time have only needed to use my nebulizer on 2 occasions instead of the prescribed dose of 4 times a day. A. W.

### *Age 55, COPD*

COPD due to smoking and occupational exposure to asbestos, dyspnoea, lack of energy, walking distance 25 m, no longer able to do something, just a few days later after starting the spirovitalization significant improvement (more breathing air, more energy), increase of paO<sub>2</sub> from 70 to over 90 mmHg, improvement of pulmonary function, even 1 year later no recurrence, in total a significant improvement (in work process, with exercise bike, concerning the physical and mental performance).

### *Female, Energy*

Thanks to Spirovital therapy, I feel filled with energy and oxygen — I can tell because I hike up the hills in the nearby forest with ease, without even getting out of breath.

Sometimes I climb up and immediately back down again, simply for the joy of movement.

Other times, I find myself skipping instead of walking — like a child with too much energy. It's a wonderful feeling.

Unfortunately, my liver metabolism isn't functioning properly, which is likely the reason I developed wet macular degeneration. In that regard, I'm not feeling great at the moment.

Ever since gallbladder surgery about 20 years ago, I've had ongoing issues with my liver, stomach, and small intestine.

### *Female, Coeliac Disease, Food Intolerance, Endometriosis*

#### **ME diagnosed 1989**

- Muscle and joint pain along with headache and lack of concentration due to brain fog. Intercostals muscles, torso and tops of legs (muscle areas that are the worst).
- Often dizzy, especially when tired, and get light-headed. Therefore do not drive or go out alone.
- If I need to go out more than 200 yards would use wheelchair.
- Sometimes get depressed with my existence but most of the time try to be positive. My job helps keep me sane. I phone companies from my home to try and get new business for my employer. I can only manage about 6 hours per week on a good week.
- If I pick up any illnesses, then I usually take longer than a healthy person to get over it.
- My stomach often aches, and often have diarrhoea and upset tummy.
- I find crowded places difficult and extra tiring.

#### **Celiac Disease, diagnosed 1988**

- On gluten free/wheat free diet

#### **Intolerance to Dairy products – York Pharmacy Test – 2002**

- Don't eat Dairy products, eggs or yeast.

Tap Water — Nutritionist suggested 2002 only drink bottled water and also cook with bottled water.

This I have done since 2002. If on the odd occasion this has not been possible and I have consumed tap water it has usually resulted in a stomach upset and diarrhoea.

#### **Endometriosis**

- Naval bleeds slightly every month when I have a period.
- Originally suggested to have Hysterectomy due to heavy periods and Iron Deficiency — Problem helped with fitting of Mirena Coil
- Often also have abdomen pain

#### **Airnergy Professional Plus**

My family and I had looked into the benefits of the machine and felt that I must give this a go.

After 3 days on the Machine using it twice a day for 20 minutes I felt I had more energy, and actually went out with my husband

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on an outing for the first time in years. We went to the grounds of a stately home (about ¾ hour drive and then my husband pushed me around the gardens in my wheelchair – but I also got out to his surprise and walked some of the time). We were out of the home for about 3 hours and I enjoyed myself immensely and although I was in discomfort on the journey home it was worth it to have done something which most people find to be normal.

I have now been using the machine for 4 months and can say that my health has improved and my quality of life also. I believe this is due to Airnergy. I get a better quality of sleep at night. My brain fog is diminished and I am able to do more than before. Last week I actually drove the car for the first time in years on my own and took the dog to the park. Before June this would have been impossible. I still have some ME symptoms but to date they are less than they were and I recover quicker from any upsets. I am still hopeful that my health will improve even further and I feel that I am starting to live my life again rather just existing in pain.

My family and friends have seen great improvements to my health and state of well-being. I am more fun to be around. My feelings are so far so good and long may it continue. I would encourage anyone to give Airnergy a try to improve their health. Regards, D. C.

### *Eye Condition, Snake Bite*

I purchased my Airnergy as a desperate attempt to help overcome many varied health problems that I had been unable to recover from after receiving a serious poisonous snake bite. At the time of purchasing my machine, I was in fear of losing my sight, although the medical profession repeatedly told me it was a bad case of 'Dry Eye', and prescribed various drops and creams, which did very little to ease the itchiness and pain, but they could not see that this was the result of the damage caused to my whole system by the poison from the snake-bite.

On receiving my machine, I immediately set it up on the 100% setting and took my first treatment. I didn't feel anything happening, but soon afterwards (two to three hours) I noticed a great improvement - mostly the reduction in pain. I went to bed full of hope, and intended to rise early to have another treatment, but to my amazement, my sight was normal, and no pain or itchiness. I was afraid this relief was a one off so to speak, but from that day onwards I never had that dreadful condition. I did continue to have a daily treatment for several weeks hoping that I would improve my energy levels, but unfortunately I am still not as fit as I would like! However, I know that I ought to take 2 treatments a day, but often time does not allow, but that's my fault!!! I will try and make the effort in the future, as I know that it must help.

I am sorry that this testimonial has been so long in coming, even though it's late, I felt I owed it to you, as I considered that the cost of the machine was a cheap price to pay to have restored my sight as such!! P. A.

### *Female, Lung Sarcoidosis, Hyperthyroidism, Insomnia, Morbus Boeck*

I can hardly find the words to describe everything that has happened to me.

Do you remember my first appointment with AIRNERGY? I don't know what impression I made on you, but I think I must have seemed very depressed, worn out, stressed and listless. That is exactly how things were for me - very bad. I had lost 10 kg. I was only managing to sleep for 2-3 hours a night.



One of the initial tests I underwent found a possible overactive thyroid, but there was no clear diagnosis so I first had to take 50 mg of the thyroid hormone Eferox. After 4 weeks I underwent further tests (still without Airnergy), but still no definite conclusion was reached. I was told that if my thyroid was overactive I should be prescribed a radioactive drug, but I did not want this. I was then told that I should take Eferox again for 8 weeks, but should increase the dosage to 100 mg. I was feeling really wretched and irritable and was continuing to lose weight. Then I told you about my lung Sarcoidosis, which began 15 years ago. I found breathing more and more difficult; I could no longer climb the stairs, or run or dance. I underwent a bronchia copy and was diagnosed with Morbus Boeck, which could only be brought under control with cortisone tablets and spray and singular tablets. As this illness had not been diagnosed until very late on it was almost too late for me. This illness still continued to cause me problems. My blood oxygen levels were abysmal. At that time my lowest reading was 58, 70 would have been a good medium reading. Time after time x-rays revealed shadows and areas of thickening in both lungs. Lung function was never at its best. After the first period of cortisone treatment (2 years) my lung specialist said to me, I would not have thought that we could get you back to this stage. In other words, that I would to a certain extent be able to breathe again properly. But there was still no question of sport and the like. The years passed, some good, some bad. Then by chance I heard about AIRNERGY and this aroused my curiosity.

In any case, to cut a long story short, it's fantastic. Since I have been using AIRNERGY I no longer have an overactive thyroid and have been able to discontinue the medication immediately (why bother taking it?). And the most important thing of all, my lung is once again in top condition. X-rays no longer show any shadows, there is no evidence of pulmonary striae and my oxygen level, which was 63, taking as a starting point the last reading taken in November, is now 82 after 3 months of AIRNERGY therapy. That's great isn't it? Many thanks, AIRNERGY!!!!!! And then there are all the other positive side effects; for example, I can now sleep through the night again, brilliant!! And because I am going through the dreaded change I was always being dragged down into depressive phases, but now I no longer have any reason to be depressed. I am once again full of energy and somehow now have the feeling that I must turn my life inside out.

Once again, very many thanks AIRNERGY.

PS: This is no fairy story — it's AIRNERGY. A. W.

#### *Female, Age Mid 60's, Arthritis And Male, Age Mid 60's, Diabetes*

Although it has only been just short of three months since I received my Airnergy machine, it has made such a remarkable difference both to my life and my husband's, I had to put pen to paper to tell you.

I was diagnosed with COPD about two years ago. COPD meant waking up twice in the night "coughing for England", not to mention in the morning when I woke up, nor trying to get to sleep whilst hearing myself wheezing! I should add here that I am in my mid sixties and although I have some arthritis, mentally (like most women) I stopped in my mind in my mid-twenties!!! Obviously the COPD was both depressing and debilitating and then I saw this tiny advert for the Airnergy!

I ordered the machine and then broke the cost to my husband! I thought - this is the only time in my life I have invested in my health. To my surprise, my husband was not only in full agreement but he wanted to use it as well! Now, my husband, who is also in his mid sixties, has Type 2 Diabetes and although he takes tablets and avoids all sugar, his readings every morning fluctuated wildly. Well, since receiving the machine we have been using it (not missing a day so far) every day. Not only have I stopped waking in the night coughing (although I sometimes cough in the morning — early days yet!) but the wheezing has stopped! Also whereas

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I felt desperately tired in the afternoon (probably a drop in oxygen level), now I don't! I'm not saying I could climb a mountain or walk across the USA but to feel this much better is nothing short of incredible. I am not saying I am "cured" of COPD – there is no cure – but it has stopped it getting worse and made my life a whole lot better.

The biggest surprise of all, though, was whereas my husband's sugar readings were anything between 16-21, despite eating carefully what he eats and taking his tablets, his readings have stabilized to 8-9! I would add here that we spend quite a bit of time abroad (Greece) and the heat there didn't help with his high readings but now it makes no difference – they are consistently low!

Anyway, I will stop raving about this little miracle machine but I did want you and anyone reading this to know; this machine does work and can help in many ways for many problems. Thank you for all your help and for answering all the questions we have asked you. Ch.

### *Female, age 17, ME/warts*

Kim is 17 years old, at school studying for AS level exams, and hoping to go to university. She is bright and hard working and enjoys sports excelling at her passion – football.

For several years she has had bouts of severe fatigue, headaches, achy joints and nausea usually after hard physical activity, long hours of mental activity such as revision, times requiring stamina such as travel and jetlag, or just during stressful periods. For the last couple of years she has been tired all the time, waking unrefreshed, headachy and nauseous. If she played a ladies football match on a Sunday afternoon, she would have a very bad headache and flu-like symptoms starting soon after the match, building up during the evening and night and gradually subsiding during the next day. She was unable to go to school the next day. Near the start of the last football season she cut back to playing only half matches in the hope that she would be able to go to school the next day. However, she still ended up exhausted and unwell afterwards. Every day getting up and getting through the day at school was a struggle. She would come home from school exhausted often going to bed for a few hours and not fit to meet up with friends or do any more than the homework for the next day. At the weekends she would sleep until lunchtime. If she wanted to go shopping, she would just go into one or two shops, sitting down wherever she could, and then sitting in the car as she did not feel up to any more. If she was in a queue or waiting anywhere she would have to find a seat. During this time Kim's social life has been virtually limited to computer messaging.

We purchased an Airnergy device to see if it would help. Kim seemed a bit better after 10 days of 20 minutes a day. However, she started to get bad headaches that appeared to be caused by using the device. She had to cut right back, and for about 3 months she continued just using the device for 1 minute at 50% each day. She tried increasing to 2 minutes, but had to keep cutting back again when the headaches were bad. During this time Kim was a little better than without the machine.

Six months later Kim found she could manage 2 minutes at 50% every other day for a week, then a week of 2 minutes every day. She built this gradually up to 10 minutes at 50% and then tried increasing the intensity until she managed a week of 10 minutes at 100%. She is now up to 20 minutes a day at 100%.

The change in Kim's health as the usage has increased has been dramatic. She is still struggling in the mornings, but she is generally much less tired and has a very active social life. After school she is not retiring to her bed. She is meeting friends, popping into the shops in the town a few miles away or doing other activities and still able to manage school the next day. She has passed her driving

test, and often drives friends and her sister around. At the weekend she can spend Saturday afternoon shopping for as long as she wants (not until she is too shattered to continue) then party or spend the evening with friends. On Sundays she is back to playing the full 90 minutes at her ladies football matches. She is covering every blade of grass and scoring profusely. Last week the cup semi final match went to extra time and she said afterwards that she did not get tired the whole match. Of course she had a bit of a headache and achy limbs – but who wouldn't! That evening she went to a party until the early hours, and went out the next day – a Bank Holiday – with friends. Now she only occasionally says 'I'm really tired' – not every few minutes.

There has been another benefit that may not sound much, but is very important to Kim. She had a large number of painful, unsightly verrucas that steadily got worse over the last 10 years and have defied all attempts to get rid of them. They started to get smaller as soon as she started using Airnergy and now only a couple remain. It is wonderful to have a healthy daughter back, we just hope it continues.

Thank you for your help. I will let you know how things are going in a few months. K.

#### *Female, COPD*

I have suffered from COPD for several years. Three months ago I could not walk 50 yards before becoming breathless or having a coughing attack. My coughing occurred at random throughout the day and night, when cooking a meal, shopping or when resting. These attacks lasted for up to 15 - 20 minutes and were totally debilitating. I was excessively tired and felt unwell most of the time.

One evening I decided to look on the internet to see how other COPD sufferers coped, and during my session I found AIRNERGY - how lucky could I get. After contacting you and getting information from you my Husband ordered an Activated Air Machine for me. I received my machine the latter part of May - I was a little nervous but it is so easy to set up and use I need not have worried. I have used my machine every day since we bought it and I feel better all round. I have increased stamina and can walk about a mile (I still get breathless when walking but not enough to make me give up). I am less tired and my coughing attacks have decreased by more than half in number, they are of shorter duration and I recover more quickly.

I thoroughly recommend this equipment to anyone who suffers from allergies, bronchial/breathing difficulties, COPD, excessive tiredness. In conclusion not only has it changed my life but it has also changed my husband's life as he does not get so uptight that he is unable to assist me.

Thank you for such a wonderful machine. M. A.

#### *Female, Age 77, COPD / Emphysema*

I have had my Airnergy nine weeks now and what a miracle it has turned out to be. My husband wasn't very happy about buying it, being pensioners we have to be careful how we spend our money. I have wasted so much cash on treatments that didn't work that he thought I was throwing "good money after bad". Well now we know different!

Within one week of using it, full power 20 minutes twice a day I went to see my daughter. She was so surprised. My grey hair was shining and my skin, face, arms, hands etc were a healthy pink. Before that my skin was grey. I have an exercise bike which I had

## RÉSUMÉS FROM PRACTISE

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been unable to use for 2 years because of my illness. Now I switch on the machine, get on the bike which is next to the machine and off we go. Nine kilometers twice a day! My legs are getting stronger and yesterday I walked with only one stick instead of two. I can do my housework better than I could for a long time, believe me life is so much better. I saw a woman the other day who couldn't believe her eyes. After I told her about my machine her words to me were "I saw you last year and thought to myself — she is not long for this world". They were her very words to me.

One last thing before I go. In July I had to see my doctor hoping he could help me. I was using steroid inhalers which you can use only twice a day. Also a powder inhaler when I first get up in the morning. There was nothing more he could give me. He just advised me to use my inhalers "if and when". In other words, as often as I wanted to. Now I only need the powder inhaler when I get out of bed. Only very rarely do I need any more medication during the day or night thanks to my Airnergy miracle. I've had C.O.P.D, emphysema since I was 40 years old, I am now 77.

Thank you so much. Q. M.

### *Lupus (SLE), Hypothyroidism, Raynauds, Sjogrens Syndrome*

I was first diagnosed with Hypothyroidism when I was 19 after suffering from Glandular Fever, however after being put on Thyroxine, I suffered continued symptoms of severe fatigue, energy problems and joint pain and was diagnosed with Lupus, Sjogrens

Syndrome and Raynauds. Over the past 5 years I have been consistently unwell, although as with all chronic illnesses, some days are worse than others. Apart from Thyroxine, I take no other medicines for my conditions but have tried numerous alternative treatments, for this reason I was worried about spending, what felt like a lot of money on the Airnergy device. However, I soon forgot the cost when I realized what a huge impact it has had on my quality of life; I have been using it for 8 weeks and I could've never predicted that I would feel as good as I do. I am currently in my final year of a Law degree and if it was not for the Airnergy device, I doubt I would have been able to complete it but now I am not just managing it, I am actually doing well.

My joint pain is reduced and I am experiencing less headaches but the most improvement has been with my fatigue, muscle weakness and concentration problems, which have virtually disappeared completely. I feel I have the energy to concentrate on a task for much longer — even if this is only making my dinner! For the first time in 5 years I feel it is possible for me to live a normal life and have stopped feeling like I cannot do even just the simple day-to-day tasks. I know that I have much further to go and I still have to be careful but it is nice to not have to worry so much about whether I can manage challenging situations or social events. I would recommend this device to anybody.

### **UPDATE: 10 months later**

When I first purchased the Airnergy Professional Plus I was half way through my final year of Law at University and it was looking unlikely that I would be able to complete the year. I was suffering from severe chronic fatigue, concentration problems and headaches, breathing difficulty, joint pain and stiffness and dry eyes (Sjogrens) and circulatory problems in my hands and feet (Reynaud's). I found myself unable to leave the house, let alone attend lectures 3-4 days of the week.

Almost immediately I felt the effects of the Airnergy, I had more energy and I was sleeping better but it has been the positive

prolonged effects it has had over the last six months, which have been astounding. I no longer have breathing difficulty at all, the symptoms of my Reynaud's have almost completely gone and I have reduced my dosage of Thyroxin for my hypothyroidism. Al- though I still suffer from bad days where I can feel very tired and achy, they are not nearly as bad as they used to be and are very rare (from 3 a week to 1 or 2 days every couple of months).

As a result of this, I finished my degree in September with a 2:1 and am now looking forward to a career in law and in the process of a obtaining a position where I can start my training to become a Solicitor. The prospect of me being able to work at all let alone full time was highly unlikely but now I am managing it fine and enjoying it! C. S.

### *Female, Age 58, Heart Condition*

On the 16th October 2002 I had a heart attack followed by a cardiac arrest. With no previous history of health problems, only ever having been in hospital to give birth to my children, you will appreciate this was somewhat of a shock. It took the medical staff nearly two minutes to revive me but during that time my heart was deprived of oxygen resulting in some damage to the heart muscle. There was a great deal of weakness and sickness involved in my attempted recovery. I have to say I believe, rightly or wrongly, that the amount of drugs I was taking were partially responsible. Life was not good and I often wondered why the doctors had used all their medical training to bring me back.

There was a recovery of sorts but the sickness continued unabated. I learned to accept the bad days (which were often) and started adapting. As chief cook in the household of many years standing I prepared the meal as far as possible in the morning, never knowing if I would have the energy come the afternoon. I lived with the frustration of having been 'very active' and now knew it simply was not possible.

Then I experienced acute renal failure; it was another touch and go situation. Again I survived. However, I was really weak finding stairs difficult, even getting in and out of my car was difficult.

One day I caught the tail end of the TV presentation about Airnergy+ and investigated on the website. I hesitated for about 3 months as I thought it was a lot of money. My medication had been reduced by 60% so being nauseous became occasional as opposed to regular but absolutely everything continued to be an effort. Finally I made the decision to go for it, the Airnergy machine that is. I have my life back with the machine. Not 100% but so very much improved from where it was. I am currently reupholstering six dining chairs, gardening, cooking with ease and dealing with workmen on a regular basis to complete renovations.

On Easter weekend I had two separate sets of guests round to eat and coped with the work and conversation very well. Socialising on that level had gone by the board; I simply had ceased to have the ability to do it. Previously when I got the meal to table I would have lost my appetite and just wish they were all gone.

To anyone being as indecisive as I was - why waste three months? J. M.

### *Male, Age 78, COPD*

Whole life heavy smoker, 4 years ago after pneumonia serious worsening of subjective and objective condition (COPD), inhaler prescription, further deterioration to total immobility, after Spirovitalization continuous increase of FEV1 from 0.59 l to 0.80 l and the FVC from 1.86 l to more than 3.10 l (increase by 210 or 1,150 ml). Thereby a remarkable increase in subjective condition and performance.

## RÉSUMÉS FROM PRACTISE

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### *Male, COPD, Immune System*

I got my Airnergy machine in September 2013 and I got a thorough briefing how to use it. Since then, I've been using it for 3 months and 2 x 20 min a day, and I must confess that my immune system has improved a lot.

I am suffering from COPD. Even a human who was still 10 meters away from me and coughed, infected me. Penicillin has been recommended to me. I felt a resolution of the cold only after 4 to 5 days. I'm sure Airnergy supported this quick cure. My breathing has improved a lot and I hope to be back in good shape soon, so I can make a game of golf again or just being on the road again.

Yours sincerely, O. E., Denmark

### *Female, Stress*

There are many skeptics who try to discredit all forms of natural healing methods and dismiss them as pseudoscience. Sometimes I wonder whether a closed-minded attitude is the only reason — or if other interests are at play.

The critics nearly convinced me not to try Airnergy — but I'm so glad I didn't listen to them.

After just four weeks of regular use, my stress levels have noticeably decreased. I feel more relaxed, more motivated at work, and have developed an overall more positive outlook on life.

Many thanks to Airnergy!

### *Female, COPD*

In 2003 I was diagnosed with COPD. During the subsequent years my breathing steadily got worse and my ability to walk on anything but flat ground would have me struggling for breath. I was also in and out of hospital with breathing difficulties and chest infections. I looked about on the internet to try to find solutions to my breathing problems and stumbled across Airnergy. The information looked promising but I was initially put off by the high price. My doctor now had me on two inhalers and a powder inhaler but these did not seem to be solving my breathing problems. With worsening breathing I splashed out and purchased an Airnergy unit and started on two 20 minute sessions per day. Within the first few weeks I noticed improvements in my breathing. I was better at walking and more able to carry on with my housework. I put the improvements in my breathing and stamina to Airnergy without which I would not have been able to do many things that had become beyond my reach. My husband and I recently purchased a narrow boat to tour the country and due to my improved breathing and energy I am able to assist in opening locks and enjoy the countryside with my family. G. J.

### *Male, Age 81, COPD*

I am 81 years old; I suffer from C.O.P.D. and emphysema which was diagnosed about 10 years ago. I also have plural plague in both lungs. I was exposed to asbestos as far back as to when I was an apprentice electrician in the Belfast shipyards. I have managed to lead a reasonably normal life with these conditions until about 2 years ago when the COPD became severe and affected my ability to lead a normal life. My son did some research into the Airnergy machine and purchased one for me two months ago. I have been using the machine two times a day for 30 mins for two months. From the first four days of use the difference to my feeling of well-being, breathing, stamina etc. has been greatly enhanced. I am sleeping much better, and am now able to lead a normal daily life. Thank you and all the people involved in the production of this machine. It has transformed my life. Instead of being depressed I now look forward to each day anew. R. A.



### *Female, ME/CFS, Fibromyalgia*

Just a short note to say how fantastic I think the Airnergy+ Device is. As you know, I was first diagnosed with M.E. when I was 8 years old, and although I've had periods of good health since then, over the past 3 years I have been very unwell, unable to work as a hospital doctor and have been bed-bound for significant periods. Like many people with M.E I have tried numerous different approaches to treatment and spent hundreds of pounds in the process. Although the Airnergy device seemed like a lot of money in one go, it is definitely the best money I have spent since becoming ill. I have been using it daily for 3 weeks now and feel better than I have done in years. My pain levels have greatly reduced, my energy levels are significantly improved, my brain-fog has virtually disappeared (and prior to this I was often unable to hold a sensible conversation) and my vision has never been clearer (in fact my optician says my eyesight in my left eye has actually improved; the first time in nearly 20 years). Although I still have a long way to go to leading the „normal“ life I hope to achieve, I feel a new hope that this may actually be possible. Of course I still feel worse after „doing too much“, but these periods are not nearly as catastrophic as previously. To tell you the truth, if I wasn't experiencing this myself, I'm not sure I'd believe the dramatic effects the machine has had, but I have experienced it, and I have no doubt that its affects are very real.

Thank you for your advice regarding the machine and your support in getting this far; I hope someday that everyone with M.E. will have access to Airnergy+.

### **UPDATE: DECEMBER**

I have now been using my Airnergy device regularly (twice daily) for nine months and I still consider it the best money I have spent since becoming ill. The initial improvement I experienced has been sustained and over the past few months my health has improved more and more. I have not used a walking stick in over 5 months. I am able to drive distances, walk easily, exercise, think 'normally', talk and socialize without feeling completely ill and exhausted. Although I am wary of jinxing my newly found good health, I have to say that my energy levels are stable, my brain fog non-existent, my pain virtually disappeared and the myriad of other symptoms characteristic of this confounding condition also almost forgotten. Combined with the other aspects of my self-imposed protocol (gly-conutrients, lymphatic therapy, diet and physical and mental exercises), my Airnergy device has helped me get to the point where I am looking to start part-time work — something which seemed totally inconceivable just a few months ago.

### **UPDATE: NOVEMBER**

Thanks to my Airnergy machine and a few lifestyle modifications and other therapies, I am now feeling healthier than I have possibly ever felt in my life. I am working as a doctor again; three days a week at a busy district general hospital and two days working with people with M.E and similar conditions from home. I can now enjoy various hobbies again; such as jogging, going to the gym, swimming and socializing with friends in evenings. Last week I completed another fourteen hour shift at the hospital with about five minutes break throughout the whole day — and my body survived it admirably! I am using my Airnergy significantly less than I was doing (now 20-40 minutes a day rather than 30 minutes twice a day) but still value the extra boost it gives me each time I use it.

C. B.

## RÉSUMÉS FROM PRACTISE

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*Female, Age 65, COPD, Osteoporosis, Rheumatoid Arthritis, Osteoarthritis*

### **Diagnosed with:**

- COPD (Chronic Obstructive Pulmonary Disease). Had lung washout. Constant sputum cough up daily.
- Osteoporosis (lower spine and pelvis)
- Rheumatoid Arthritis
- Osteoarthritis (left knee and hip)

Commences using Airnergy as directed twice daily (a.m. and p.m.)

### **Results to date**

- Reduced usage of inhalers from 3 times daily to once daily
- Peak flow rate was 200, now 300 (verified by medical check-up)
- Rejoined gym course weekly (as advised previously by local COPD unit but had to stop due to lack of energy)
- Much more energy, able to walk the dog up to ½ mile a day
- Go out shopping now on demand, before no inclination to go out, no breathing difficulty now.
- Improvement in circulation, extremities e.g. feet and hands are really warm and healthy, previously were like blocks of ice.
- Hands previously lumpy and reduced strength, now lumps have gone and have increased strength.
- No need now to postulate lungs in order to clear mucous, mucous (natural) comes out easily with no effort
- Good appetite.
- Sleeping in a natural pattern.
- Family is delighted with the improvement and friends have commented that I look much better.

F.E.

*Male, Age 48, Nerves, Stress, Fatigue, Depression*

My name is Luca and I am 48 years old. I was born in Italy where I perfected my skills as a violinist before starting a life of travelling and performing around the world. My artistic career path has brought me next to some of the greatest artists that have helped me to refine my art: great conductors, great soloists, warm audiences, wonderful concert halls and endless memories have filled my life. Yet, the most daunting tasks I have had to perform during those years, have had nothing to do with the violin, music or performance but rather with the short walk, those few interminable seconds, that all performers take from the backstage to the centre of stage before starting to play: interminable moments when our heart beats faster and another “summit” stands in front of us waiting to be conquered. When the audience applause ceases the frightening silence seems to question us: our all being is tested to the limit. All professional performers know how intense those few moments are and how paramount it is to be in perfect physical and mental condition. Demanding concert schedules, audience expectations, constant travelling, different countries and cultures, severe jet-lag are all factors that can become debilitating if our body is not strong enough: a titanic challenge indeed.

Many artists throughout history, despite their enormous talent and skills as performers, have had to give up their career due to their unbalanced physical and mental conditions. My colleagues and I have dreamed many times, during our career, to have a sort of “magic remedy” that would allow us to walk on stage in perfectly relaxed conditions enjoying the performance without any stress or concerns.

Then, two months ago something happened, something that would revolutionize my whole life as a performer. I was in Tokyo, the city where I now spend the majority of my time, where I was introduced to Dr Ishikawa, a true genius: author of a number of books, PhD Doctor, entrepreneur, researcher and philanthropist. She introduced me to a revolutionary new therapy: Airnergy Oxygen Therapy: a German made technology that was taking the world by storm. This oxygen therapy, Dr. Ishikawa explained to me, seemed particularly effective in many areas: prevention, anti-aging, health, well-being, detoxification, concentration, energy, depression, sleeping disorders etc. After explaining my story to her including my latent depression and melancholy, she passionately insisted that I should try it for a few weeks as she was confident it would produce dramatic results, in terms of relaxation and concentration for an artist like me. I decided to give it a try and I was instructed to use it twice a day for 20 minutes. I did, and used it especially before my concerts: the results were astonishing.

After over 30 years of performing as a violinist around the world, for the very first time I was able to feel relaxed and fully concentrated before a performance. I immediately ordered the best model: the Avant Garde. Airnergy is now, for me the most faithful and precious companion and I could not imagine my life without it. I use it twice a day and my whole body feels wonderfully balanced.

Before concerts in particular, I use it for 20 minutes and I feel regenerated, able to perform perfectly well artistically and at the same time able to communicate to the audience my art, free of any obstacles created by nervousness, tense muscles or other negative thoughts that our mind constructs as a natural protective/reactive answer to highly stressful conditions. Jet-lag and fatigue symptoms related to my demanding travelling schedule were also eliminated by Airnergy Therapy. The great healing power of this new and revolutionary therapy have also had a profound effect on other aspects of my mind as I have mentioned in another of my Airnergy testimonials titled: "The Sun Shines Again".

I am now devoted to Airnergy as much as I am devoted to music and I could never imagine my life without it. Through Airnergy I have discovered a new and powerful way to be a musician, a musician to whom Airnergy offered the absolute privilege to perform with the most relaxed but reactive state of mind. I have recently heard that a new model called "Travel Plus" has been produced by Airnergy in Germany. This seems especially ideal for artists and performers as it can be transported and easily stored in a suitcase: this will be my next purchase. Having witnessed within my own body the extraordinary properties of Airnergy Therapy, I strongly recommend all performing musicians around the world to buy one and feel how wonderful it is to be able to perform in a fully relaxed state of mind. The "Travel Plus" model is the "must have" for each one of us. Thanks Airnergy for changing my life, I now feel a complete violinist. L. C.

### **COPD**

I am writing to inform you of my progress on the Airnergy machine.

I was diagnosed with COPD four years ago. I had increasing difficulty with my breathing so my consulting my doctor I found it took them two months on the waiting list to be diagnosed with COPD. I was given three inhalers as standard procedure. Since then I have had three lung infections treated with steroids and antibiotics. I found the infections very difficult to deal with; the last one was pneumonia three weeks before Xmas.

## RÉSUMÉS FROM PRACTISE

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In January I saw Dr. Chris on the television demonstrating the Airnergy and this led me to purchasing my own which is the Airnergy Pro. I am very pleased I did. Using the machine I found myself with a welcome awareness of well-being. I felt better in myself, breathing was easier and even a feeling I could get around generally easier. I always woke up in the morning and used my inhaler before getting out of bed; I no longer do that now.

As anyone with COPD will know it is quite depressing and at times quite alarming with a panic attack. I now feel I can control my breathing and that is down to my Airnergy machine which I use 20 minutes twice a day. The bonus is so obvious that it is such a wonderful help with no negative side effects and I am so pleased I found it. Many thanks. A. C.

### *Male, ME/Fibromyalgia*

Extract from series of e-mails printed in "Outreach" – the newsletter of Network M Esh for people living with M.E. in West London.

My first surprise came the morning after I first used Airnergy. I didn't sleep well and woke up finally at about 5.30 a.m. and couldn't go back to sleep. I actually did a little work (I write music) while having another 20 minute session on the Airnergy. I did need a short nap at around 10.00 a.m., but I don't remember the last time I was up at 5.30 without feeling extremely tired.

**After 2 weeks:** I really wanted to have a ,normal' Xmas with my family so I did far more than usual, and ate all the wrong foods and therefore would have expected to have a big ,crash' within a few days. The big surprise to me is that I haven't had a crash, just two small ,dips' that lasted a day each, in what has been a very busy 3 weeks. I can't believe how much I managed to play with my kids, and also help my wife, who is now 6 months pregnant.

Before purchasing the device, I spent time studying the results of clinical trials done in Germany, spoke to one of the directors of the company that make the device, and most importantly, spoke to a 65 year old lady with Rheumatoid Arthritis that is walking again after being bed-ridden, having used the Airnergy device for about 10 days. After a month she told me she was able to go for walks even though she is awaiting a hip replacement operation.

**After 6 weeks:** It has been a pretty good 2 weeks, especially considering we are having major building work carried out in our house, and it has been noisy, dusty etc. I haven't had any ,crashes', major or minor, and have had a lot to do, what with supervising the building work, making some music, and all the usual family things, so I'm very pleased. The headache is still permanently there, but is at a tolerable level, where I can actually do some creative work. This has been one of the most frustrating things for me about this illness; not being able to do my job, but I have managed to do a little work almost every day now, which is a real blessing! I'm able to play pretty good tennis twice a week as well, and my strength has improved. One of the ways I gauge this is by how long I can hold my youngest daughter (almost 3 now) before getting too tired. I remember when she was born, shortly after I became ill, and I couldn't hold her in my arms for more than about 15 seconds before my shoulders got ,fatigued'. I can now hold her for almost a minute and she is much heavier than when she was born!

**After 18 weeks:** I'm still in remarkably good shape overall, although I got ,hit' by some sort of stomach bug just over a week ago, which I am still not completely over. Still, I have been managing to do some 3-4 hours work on some good days and at least 2

on other days, even with a dodgy stomach!

I had another M.E sufferer (a musician friend) try the Airnergy, and he was so skeptical about the device. Well, after only one session, he called me the following day to tell me that for the first time in ages, he had the desire and ability to make some phone calls. He has now been back 5 times and is scheduled for Airnergy sessions twice/week. I have seen a changed man within a week. From being extremely depressed and telling me things like 'I don't know if I can carry on like this', he is now talking about hiring my studio to produce some music!

He is now the third person with M.E including myself that has tried the Airnergy and all three of us experienced an improvement within one session.

I urge you all too please just try the Airnergy. It does work. This is without doubt the best £3,500 I have ever spent. I can finally see my life progressing in a positive, functional way, after almost 3 years of wondering if that would ever be possible again. C. N.

### *Female, Lung Disease*

Liza was initially diagnosed with lung disease three years ago which was treated with high dosage (cortisone). After coming off the cortisone a severe flare-up of the lung disease occurred and after a blood test she was diagnosed with Polymyositis with lung involvement (a very rare disease no one seems to have heard of). The lung disease was diagnosed as organizing pneumonia. Poliomyelitis is an inflammation of all muscles.

This caused Liza to experience weakness in her limbs, a loss of muscle tissue as well as breathlessness from the lung condition. On being diagnosed, Liza was again put on 60mg of Prednisolone to bring down the inflammation. The prognosis given by her Consultant was that roughly one in three people go into remission, one in three linger, i.e. get a little better and then worse again and one in three end up in a wheelchair. Her sense of wellbeing was severely compromised. She felt constantly ill, very depressed, had no energy and trouble breathing and walking. The cortisone caused her face to swell and made her feel unattractive and self-conscious.

Liza began using Airnergy at the beginning of December. She has been able to reduce her daily Cortisone medication from 60mg in September down to 7.5mg today, it being further reduced every 14 days by 2.5mg. She found the process of reducing the Cortisone much easier this time whilst using the Airnergy compared to the previous time 2 years' ago. (Every reduction causes flare-ups, as the body's own cortisone needs to make up the balance). Three months ago she would have found it difficult to walk and hold a conversation at the same time. Today, she is back at work at her Estate Agents' Office.

She can run up stairs again, walk for 4 miles at a time and feels more positive about her prospects of regaining full health with the use of Airnergy.

Recent X-rays show an improvement in her lung condition; that is also confirmed by Liza not having to cough constantly and being able to breathe more easily. Liza has been improving her muscle condition by using Kieser Training but feels that Airnergy has also played a part in lessening the effects of the condition which has been classed as chronic.

Liza recognizes that the improvements in her condition could have been solely due to the treatment with Prednisolone but she is convinced that Airnergy has done a lot to facilitate her improvements. This also became obvious during a recent, serious chest infec-

## RÉSUMÉS FROM PRACTISE

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tion, when antibiotics became necessary. She felt that, without her three daily Airnergy treatments, she would not have recovered as well or as quickly as she did, considering her underlying condition. She continues to use Airnergy in her bid to regain full health but is delighted with the benefits she has gained so far. L. F.

### *Male, Macular Degeneration, Sleep Apnoea, Calcaneal Spur*

I received your letter of June 8th of this year, and I appreciate the fact you contacted me from time to time inquiring about my condition in general and of my eyes in particular. I would like to answer your short question and thinking of my physical fitness and my age.

I do feel good, and at present I am able to go out for playing golf (18 holes) by bike 4 up to 5 time a week without any conditioning problems. The gardening is really a pleasure and I feel mentally much fresher than I felt same time last year.

Regarding my vision, I would like to say that the macular degeneration (dry) has not worsened within 3 to 4 weeks after the first time I took the oxygen therapy. I use to take the therapy every day three to four times for 20 min. For some weeks, there are days I feel I can see and read much better with less failure symptoms of letters and figures.

With the purchase of the Airnergy Professional Plus device at the end of last year I was motivated by the success stories of some of your macular patients and the hope that I got the same benefits. Even the degeneration ends up in stagnation or a degree of regeneration of macular cells and thus an improvement of my vision could be happened because of the oxygen supply. Step ONE, that means stopping of degradation process could achieved now. I'm very happy with it and I not regret this investment for keeping my vision.

Conversely, today I am convinced more than ever of the efficiency of the Airnergy oxygen therapy, not only for optimization of general well-being but also for the special treatment of other diseases. I am simply enthusiastic about this own experience and therefore I would like to take the time to report on my present condition as following:

You will remember that I occasionally told you in one of our first phone calls in December last year about my calcaneal spur, that is getting more and more painful and it started more than a year ago. All the medical doctors, shrugging the shoulders, told me, this spur is not treatable and the pain could be relieved only by specially designed insoles. Unfortunately it doesn't work. Au contraire, the special designed insoles caused greater pain. Then I took well-known analgesics (pain killer) before year end. I could not go to the golf course rather badly.

With the phone call I said you mentioned to use other than the Airnergy-Oxygen therapy also the Airnergy Stream for irradiation the heel. At that time I could not imagine that the ugly and visible spurs you can see on the radiographs can be receded or free of pain. I was grasping at straws. Lo and behold, a miracle has happened! It took only 8 weeks of therapy, using the Stream three times per day and I was free of pain. From that time until today I do not take insoles and I walk to the golf court nearly every day approx. 4 hours without any pain.

On my next visit to the "old home", I will have my spurs x-rayed again and I am curious how the pictures look like and how the

'specialist explanation' will be regarding to disappearance of the spurs If you do not mind, I will send to you the old and the new x-rays copies.

Finally, a further experience, made by myself almost six-month Airnergy oxygen therapy: nine years ago a sleep apnea was diagnosed after appropriate investigations and observations in the sleep lab of the Ambrok Clinic in Hagen (place in Germany). A few months ago I used to take a respirator with the respiratory mask like all other people who suffer from sleep apnea. Despite all the years that have been passed already I could not get used to the mask. In fact, I think this mask is a doing sleep disorders because of slipping while sleeping. You will be woken up all night by this mask because of slipping. Due to Airnergy my general condition improved a lot and so I made the decision to stop using the other sleep apnoea respirator. Once again a miracle! There are no more breathing stops when I sleep. I can get in a good night's sleep and in the morning I feel fresh and really rested. Earlier I felt tired all day, had problems with my short-term memory and so on, just typical apnea symptoms.

According to my own experiences and findings, I am increasingly convinced that the Airnergy oxygen therapy has cast me off sleep apnea and its unpleasant accompanying symptoms and aftereffects. We both know there are no therapy guarantee in medicine. Therefore, I think even Airnergy is not able to treat every disease for everyone. Because of my experiences I am reporting detailed today, I am now firmly convinced that the entire range of cells and metabolites is regenerated by the concentrated supply of energized breathing air and some disease could be cured more successfully than with the help of chemistry.

I am not a friend of long letters. As a sign of my gratitude for the good experiences I made, it was a pleasure for me to tell you today about the „miracles“, small ones but so precious to me, because they improve the quality of life so much. W. F.

#### *Jenson Button: 2009 World Champion Formula One Racing Driver*

„I use the Airnergy system on a regular basis over a race weekend. It's used before all practice sessions, qualifying and races in order to facilitate my performance. I feel it's an essential part of my race preparation this year and take it with me all over the world. I also use it following tough training sessions to aid recovery and aid my next day performance.“

#### *Herbert Grönemeyer*

I confess myself an "Airnergetic". „Airnergy has been part of my daily life for years such as teeth or taking a shower ... Airnergy has the paradoxical management, it stimulates and soothes at the same time .... It is a really stimulating machine; I do not want to miss it anymore.“

#### *Female, Prevention*

I still use the device every day and am thrilled with it.

#### *19 years old, ME/CF*

I have had ME/CF for seven years. During this time, I have had numerous tests and tried a lot of treatments and supplements with some good results, but nothing that has made me feel well. I tried the Airnergy machine three weeks ago and immediately felt better. After a few treatments, I decided to buy the Professional Plus machine. Eight days ago, I placed it in front of my TV and use



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it for one or two hours a day. The Airnergy machine has improved my overall feeling about the disease. It has reduced the impact on my symptoms, and with more energy from the device, I am able to get more done during the day. I feel better than I have in years and hope to continue to make progress the longer I use the device. C.S.

### *Male, cat paw bite*

Dear Airnergy Team, two weeks ago our cat was bitten by a marten, and the bite was quite deep. After visiting the vet, we immediately placed the Stream on his injured paw. The swelling and inflammation had disappeared by the next day. We placed the Stream on his paw twice a day for five minutes, and the wound healed completely within two weeks without any problems.

### *Male + female, muscle tension, joint pain*

We, both women and men, use the stream regularly and successfully. For any muscle tension, we feel a noticeable relaxation after about 30 minutes of use. The same applies to joint pain. Of course, it can sometimes take up to 60 minutes.

Head pressure: After 2 x 30 minutes alternating between the temples and ears, or 30 minutes on the forehead alone, there is noticeable relief.

Digestion: After a large meal or simply eating too much, we like to place the Stream on the upper abdomen for 30 minutes and then on the lower abdomen for 30 minutes. We notice that the digestive organs are clearly supported and the feeling of fullness subsides.

My partner also uses it here and there to relieve menstrual cramps. Two months ago, I had a slight gum inflammation. I placed the Stream on this area for an hour before going to bed. In the morning, there was no more sensitivity.

My older sister, for whom I had also ordered an Airnergy Stream at the time, told me that she had had an eye infection for a long time and that it disappeared after about 3 days (3 x 20 minutes per day of use). Nothing else had helped her before. Her husband had the beginnings of tennis elbow, which was caused by too much computer work. Daily use on different areas of the arm for 20-30 minutes brought him relief.

### *Female, fibromyalgia, restricted movement, colds*

My experience with the Stream – in use for approx. 2-3 hours daily since December 2018:

My symptoms:

- a) Fibromyalgia with high pain sensitivity in all muscles and tendons, attachment points.
- b) Pain, restricted movement, and inflammation after my shoulder surgery on February 1, 2018.

I have successfully treated all of these areas and continue to do so.

I enjoy the breaks, it feels good, and the pain dissipates so that I no longer need painkillers. The Stream has improved my quality of life. It is also successful when used at the onset of a cold: 10 minutes each on the tonsils, nose, and thymus gland, and the cold is a thing of the past. This activates the body and gives the whole body more energy. Thank you for this great invention!

### *Alternative practitioner reports on parents of twins, stress, mental and physical strain*

Both are already at a somewhat advanced age for parents (37 and 42 years old) and became parents of two healthy boys in September 2019. The first year was chaotic and exhausting for them; the children slept poorly and they increasingly reached their mental and physical limits. Last fall, I brought the Airnergy device to their home and showed them how to use it. They had the device for about six weeks for home therapy and, when possible, did a 20-minute session with the aroma set every day.

This time for themselves was a precious oasis of relaxation, as they told me. They felt that Airnergy had helped them cope better with stress and improve their ability to sleep.

In addition, after the weeks of therapy, they felt more “relaxed” and productive overall than before. All in all, Airnergy brought them and their children more joy in life again!

### *Female, tinnitus, ankle*

I had sprained my ankle and every step was painful...after a few treatments with the Stream, I was able to walk again without pain. The Stream also helps with my tinnitus...it has become much less noticeable, so I will continue with the treatments.

### *Male, psoriasis, pulmonary emphysema*

On the rocky road of life, I contracted a skin disease called psoriasis and life-threatening pulmonary emphysema. I use a medical cream to treat the psoriasis, which leaves my skin blotchy. The doctor who diagnosed the emphysema prescribed oxygen inhalation through a concentrator for 16 hours a day, plus medical inhalers. This probably saved my life, but the disease progressed and I became increasingly disabled.

The Airnergy Professional gave me new hope. I have been using it for two twenty-minute sessions per day for the past month. After the first week, I noticed that my skin was clearer without the help of cream, and all traces of psoriasis have disappeared from my hand. The same goes for my elbows and knees. By the second week, I had no flare-ups. This morning, I fetched the milk from my front door and put it in the bottom compartment of the refrigerator door, something I had been unable to do for more than six years. All this happened just one month ago, using 50% of the Airnergy machine's intensity. I am looking forward to seeing what will happen when I use 100% of the device's power. M.H.

### *75 years old, ME*

I have been suffering from ME for over 20 years, probably due to increased stress levels and an attack of shingles in my head. That was long before I was diagnosed with ME, when I couldn't believe it. I consistently tried all alternative treatments; a huge effort and expense in the hope of a cure, but nothing seemed to make a difference. I would spend days in bed.

Then I stumbled across an article on Airnergy. After that, I decided to find out more about it. So I bought an Airnergy device and have been using it for nine months now. I started slowly, as advised, and now I'm up to half an hour a day. I noticed the first difference with great surprise, as I had been very weak for a long time due to my illness. Now I can walk short distances again, even do some gardening, and participate in life a little more, as I am gradually noticing an improvement that has continued until now. I went bald. My hairdresser noticed the improvement and asked me what I was doing to bring about such a change. I am now certain that Airnergy has made an enormous difference to the improvement in my life, and I will continue to use the device and hope that I can continue with this treatment. R.R.

## RÉSUMÉS FROM PRACTISE

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### *Magdalena Neuner, biathlete, world champion, and Olympic gold medalist*

„I am Magdalena Neuner, former biathlete and multiple world champion and Olympic gold medalist. I am now a mother of two children. Due to my past as a competitive athlete, I have been very intensively involved with the topic of health for many years. Because of the high demands that competitive athletes face, the competitions, the extensive training, the traveling, and the hype that surrounds it all, it has always been very important for me to find good ways to stay healthy, to be able to regenerate better, and simply to have energy for my everyday life as a competitive athlete. I have known Airnergy for several years, had contact with it as an athlete, and had very positive experiences with it. Now, after nine months, I came across it again through my naturopath and am now able to use this device for my family and myself at home.

I can only say that right now, at a time when I have to spend a lot of time on the computer due to online conferences and the fact that everything is digital, and my daughter is also homeschooled and we sit at the computer all morning, I notice that I am often exhausted in the evening, tired, have a lot on my mind, and simply don't feel so energetic.

Airnergy helps me recharge my batteries, feel more energized, simply be fresher, healthier, and sleep better. My children also actively ask if they can use the device, then lie down and breathe in the fresh air, and I definitely have the impression that it does us all a lot of good. I can only say that it is absolutely recommendable. It is just air, but it is very fresh and revitalized air, and you simply feel better afterwards. For me, it is like a gas station, where I can wind down and end the day on a positive note.“

### *Female, nerve pain, sciatic area, gout attack*

One morning I woke up and felt pain in my sciatic area. It was a pulling pain down my buttocks and into my leg. I hadn't sprained anything, at least not that I was aware of. I applied the stream for a few minutes and the next day I already felt an improvement. I did this a few more times and on the third day the pain was gone. However, a day or two later I started having back pain again, under my left shoulder blade. It was nerve pain that came in waves and didn't subside even when I was lying down. I could hardly sleep. It started out of the blue one afternoon while I was working. I applied the Stream for a longer period of time until the evening. The next morning it was better for a short time, but then it started again. I applied the Stream again and again for longer periods of time during the day. That evening I was able to lie down and sleep better. But in the morning the pain returned, though not as often and not as severely. I applied the stream again for a longer period of time and by noon that day I was completely pain-free.

I am glad I have this device. No injections from the doctor were necessary, nor were any pills. I'm not a fan of it anyway. My husband had a gout attack and a sleepless night with excruciating pain. He is very skeptical, but then he remembered the stream. He put it on his big toe for a long time. By the evening, he was feeling much better and was able to sleep well.

### *Female, application on a dog / lumbar spine*

My senior pug is 12.5 years old and has her issues. Since the end of last week, I finally have my Stream. We started treatment right away — she relaxes while streaming. Due to a massive blockage in the lumbar spine (the lack of energy supply was already visible, as the hair had not grown back in this area), the dog was ataxic. I always had to carry her up the stairs, she would slip sideways... After just one day with 3 applications, she was walking much better, and today, after another 3 days, she can easily go up and down

the stairs and enjoys running around her garden again. She also has age-related tracheal stenosis, which makes breathing difficult. Inflammatory swelling in her throat made breathing even more difficult, so I had to take her to the veterinary clinic as an emergency last weekend, where she was placed in an oxygen box. The next day, I was able to pick her up again in relatively good shape, but that didn't last very long.

That's why I put so much pressure on you with the device... and now, a week later, after just a few days of treatment with Stream, the dog is deeply relaxed, can breathe easily again, I can hardly notice the inflammation in her throat anymore, and I stopped giving her steroids (cortisone) immediately when I started Stream therapy last week. As it is significantly warmer, she currently only gets a cooled gel mat from the pet store and doesn't even pant for air. She now has her quality of life back; just a week ago, I was worried whether she would survive the summer. I also use the device on the bruise on my foot, which was barely visible after 3 days, after my frightened horse jumped on it with 600 kg. With heparin ointment, ice packs, and Stream, it healed quickly. The Stream is great :- ) I will continue to experiment.

#### *Female, abdominal tumor, menstrual problems, colds*

I am thrilled to report only good things about the stream. My gynecologist diagnosed me with foreign tissue/a benign tumor (in my abdomen). Four months later, I went back to my doctor for a check-up. Since the tumor had grown 4 cm during that time, I was referred to the hospital for surgery. However, surgery was out of the question for me at that point. "By chance," I saw an interview with Guido Bierther, the CEO of Airnergy, on the internet during this time. I was very impressed by this interview, so I wanted to learn more about Airnergy and read up on the website [www.airnergy.com](http://www.airnergy.com). Since I really wanted to avoid surgery — but also wanted to do something myself — I ordered the stream and placed it on my abdomen regularly (2-3 times a day). Another 4 months later, I went for another check-up to find out if/how the tumor had changed. The size was the same as at the previous appointment and, fortunately, had not grown any further! I was completely amazed and pleasantly surprised! Yes, the tumor is still there, but it is no longer growing as rapidly as before. Even the doctor was surprised because the growth had been "stopped."

I will continue to use the stream daily and am full of hope and conviction that this is the right path for me to achieve even more healing. Note: I have not changed anything else about my lifestyle during this time, i.e., I have continued to eat healthily and have had no more or less stress than before, so I attribute this positive effect to the stream treatments. The stream was also used for colds/earaches/sore throats or menstrual cramps with quick, positive results (pain-free after 1-2 days). I am absolutely thrilled, happy, and grateful for this great device and can therefore only recommend it.

#### *Female, dental implant, liver, solar plexus, thigh contusion*

I have already had wonderful experiences with Airnergy after receiving several dental implants. My jaw healed quite quickly and there were no complications whatsoever. I am currently treating my liver in the evenings, as I have severe amalgam poisoning and my liver is under a great deal of strain. I have the impression that my metabolism is being stimulated, which is speeding up the detoxification process. My solar plexus is also very happy when it gets to enjoy the treatment. I recently had a visitor whose husband had suffered a severe bruise on his thigh about an hour earlier. I treated him with Airnergy for about 10 minutes and the severe pain was gone! How wonderful that it can be treated quickly and effectively without painkillers.

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### *Male, ears*

About a year ago, I got new ears (hearing aids). The audiologist asked me to have my ears cleaned by an ENT doctor before the fitting, i.e., to have them cleaned internally. I did so and experienced a fiasco: the ENT doctor blew through my ears with such pressure that I thought he was going to blow me through and through! I wanted to kick him in the shins! It hurt that much. Since then, I have had an internal popping sensation when I touch my ears or lie on them and move (in bed). This is very unpleasant, partly because it wakes me up at night! Now we have a stream, and I have lain on it sporadically. However, that didn't work. So about three weeks ago, I started a proper stream-on-the-ear treatment. I do the treatments regularly, three times a day for 20 minutes each. And lo and behold, the popping has decreased significantly—it's not as loud and not as frequent as before the "treatment."

### *65 years old, COPD*

Constant mucus build-up, plus osteoporosis, rheumatoid arthritis, osteoarthritis; maximum walking distance approx. 200 m, shortness of breath, no appetite; since using Spirovital, reduction in inhaler use, increase in peak flow (PEF) from 200 to 300 l/min, regular participation in lung sports without problems, more energy, more stamina, no more shortness of breath, improved blood circulation, easier coughing up of more liquid mucus, improved sleep, more self-confidence, better well-being.

### *Female, leukemia*

I have had CLL leukemia for almost 20 years. I take medication to keep the disease in check or under control. As a result, I have a weakened immune system. In 2019, we moved from sunny, warm California to New York City. Two years in a row, I got double pneumonia in the fall/October when the weather turned cold. I purchased the Airnergy Pro Plus and started using it daily for 20 minutes in August of last year, 2021. Since then, I have not had any colds, flu, or infections of any kind. I also have more energy and feel healthier than I have in years! I am able to walk 3 to 6 miles every day, in addition to gardening when I feel like it. I would recommend Airnergy to anyone.

### *Male, breathing problems*

After successful surgery and removal of a tumor and part of my right lung, I had great difficulty breathing and my oxygen supply was insufficient. I read about AIRNERGY on the Internet and decided to buy a device to activate the oxygen in the air. I chose the "Professional Plus" device, which seemed promising for my daily use. After starting the machine, I began inhaling twice a day for 20 minutes at 100% power. I quickly noticed an improvement in my breathing, and my blood oxygen level (measured daily) rose from 94% to 98-99%. I increased the application time to 2x25 minutes with occasional additional use of Airnergy aromatherapy. I have used the device daily for 6 years and have experienced a significant improvement in my breathing. I can only recommend the device to everyone, especially people suffering from COPD.

### *Female, bruising pain from a fall, Macular degeneration (AMD)*

We have had the Little Atmos and the Stream for a few days now. I can't say much about the Little Atmos yet, except that I sleep more deeply and more relaxed. I tested the large oxygen device about six times at my naturopath's office beforehand and immediately noticed that the walk home (about 1.5 km) was easier for me and I didn't have to sit down as often. I am 86 years old and use a walker because I am severely visually impaired due to glaucoma and wet AMD. However, the Stream has already helped me a lot this week. I fell in the garden on Tuesday and had severe bruising pain. Immediately after the fall, I held the Stream on all the

painful areas for about 10 to 15 minutes and the pain immediately subsided. I also applied the Stream to the painful areas on the following days, and today, three days after the fall, I hardly have any pain left. With previous falls, the pain lasted up to six weeks. I am absolutely thrilled with the Stream and can only recommend it.

#### *Female, hand pain after a fall, osteoarthritis*

Early in the morning on October 5, I fell off my bike. In the afternoon, my left hand started to hurt. I bandaged it and used the Stream. By evening, the pain had become unbearable, and I could no longer move my hand. I streamed twice more and went to bed early because I also had a slight headache. I expected the sprain to last for a long time, but miraculously, I was able to move my hand again the next morning. My hand was swollen for two more days, but it didn't hinder me. I also use the Stream when my osteoarthritis flares up. I wouldn't want to be without this device.

#### *Female, ears, bursa, wrist*

I promised to get back to you after testing the AIRNERGY Stream. I was totally thrilled—it did my ears a world of good, and my sister-in-law's bursa too. I also treated my overworked wrist with it and it worked really well. So I'm thrilled and will start saving up so I can afford the device at some point, but it will definitely take a long time because my children always come first.

#### *Female, back pain, stomach problems, healing a hernia, and use on pets (cats)*

I have had a Stream for a few months now. It has its place on the couch next to me, so it is always within reach. I have had the most experience using it on my lower back. Whether it's back pain caused by heavy lifting at work or gardening, when I put the Stream on in the evening, I feel much better in the morning than I would without this treatment. I don't pay much attention to the duration of each application, but I usually enjoy the warmth for 30 to 40 minutes. I also found the Stream to be beneficial for mild stomach problems. I lent the Stream to a friend because she had a broken rib. I can't say for sure that the fracture healed faster, but she was very grateful when we extended the loan period. She found the treatment to be a noticeable positive support. I can also report that we dared to use the Stream on my daughter's cat. The cat had a serious accident and underwent surgery on both hips and one leg. The only lasting impairment was that she couldn't put her paw down flat, but instead walked with it curled up, resting on the top of her paw. The animal physiotherapist we called in gave us great hope for improvement, as the reflexes in her paw were weak but still present. The veterinary clinic wanted to amputate if the cat couldn't put her paw down properly. We showed her the Stream and she encouraged us to use it, as she has a device that works on a similar basis specifically for animals and knows about its healing successes. She advised us to be very careful, not to apply the Stream directly, and to use it more often for only 1 minute at a time. The cat is walking on all four paws again. At the moment, I have a slight scratchy throat. In this case, too, I will use the Stream daily and see what happens. In conclusion, I am very happy and grateful to have the Stream. No, I wouldn't want to be without it. For this reason, despite my willingness to help, I find it very difficult to lend it out.

#### *Female, foot pain, tinnitus*

I had sprained my foot and every step was painful... after a few treatments with the Stream, I was able to walk again without pain. The Stream also helps with my tinnitus... it has become much less noticeable, so I will continue with the treatments.

## RÉSUMÉS FROM PRACTISE

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### *Naturopathic practice, male, preventive*

I have been working with the Airnergy device in my practice for many years now. The Airnergy device is a great support, especially in difficult phases of life and during convalescence, which patients greatly appreciate. The enormous effect of energized oxygen is particularly evident in these phases. Basically, however, it is very valuable for so many chronic conditions, as it reactivates the metabolism and the stressed organ areas. It's simply fun to use the device.

### *Male, leukemia*

We already ordered an Airnergy device this year, which is being used by our parents. My mother's husband is 84 years old and has been suffering from acute leukemia since August 2020. Since then, he has been undergoing chemotherapy and was hospitalized in early September due to a significant deterioration in his general condition with very poor kidney values (his kidneys were already severely damaged). He has had the Airnergy device since mid-September and has been using it twice a day for 30 minutes. At the moment, he is doing much better than in September, even though he is still undergoing chemotherapy (which is generally associated with a poorer general condition, especially at his age). Of course, he has also received several blood transfusions in the meantime, which have certainly been helpful. His blood values have improved overall, and his poor blood platelets have also improved. We are convinced that Airnergy therapy has contributed significantly to stabilizing his condition. Thank you very much for this great opportunity to support the body in its self-healing process. We hope that with the help of Airnergy therapy, Grandpa will gain some more time worth living. That is why his parents have decided to purchase their own Airnergy device.

### *Male, sinusitis*

I suffer from chronic sinusitis—my nose is usually blocked, which also impairs my sense of smell. When other/healthy people say, for example, "Oh, that smells good/delicious," I can only smell it very faintly, if at all. My sleep at night is not optimal due to the difficulty in breathing through my nose. I have tried many things to improve the situation – unfortunately, these were only short-lived (e.g., nasal sprays, dietary changes, inhalation, etc.). I then learned about Airnergy, read up on it, and purchased the "Professional Plus" device. I use it 2-3 times a day for 10 minutes, if possible. "Healthy breathing" has now become a routine, like brushing my teeth every day. At first I was skeptical, but still hopeful. After 2 months of regular use, I can say that I feel a significant improvement. I can breathe much better through my nose, my sense of smell has improved enormously, and I now find my sleep phases much more pleasant and relaxed because my nasal breathing is working better again. I am very happy that this method is helping me and I still can't believe that I have found such a great solution. I can therefore only recommend it to others.

### *Alternative practitioner reports on patient, female, rheumatism, pain, depression*

The patient has severe rheumatism, severe pain, and depression and was taking cortisone. She has been coming for breathing therapy for six months. In December, she was ready to stop taking medication. We were on vacation for four weeks, and her condition deteriorated slightly. Now she is coming three times a week again, and her condition is improving.

### *Alternative practitioner reports on patient, female, macular degeneration*

The patient came to me with macular degeneration and a hunched back, regularly three times a week. She could no longer recognize letters or numbers, she could only see fog. After six months, she saw the numbers on the alarm clock on the ceiling for the first time. Things kept getting better, and her body straightened up too. After nine months, she bought a device and was even able to drive



again, at the age of 84.

#### *Alternative practitioner reports on patient, female, problems with wound healing, depression*

The patient had a hole in her leg, which was cut in a hospital in Nuremberg. She had fluid in her leg and a tissue sample was taken without anesthesia. She was in the hospital for a long time because the wound would not heal. The leg became increasingly inflamed and the pain got worse and worse. She became depressed and could no longer put weight on her foot. [...] The patient explained to me that the procedure began six months ago, that she can no longer sleep, that her leg is not healing even though the wound is treated every day, that she is depressed, etc. She came every day for five weeks for breathing therapy. I applied the stream at the same time, and after five weeks, the wound had healed. The patient has regained her zest for life and can walk and hike again.

#### *Alternative practitioner reports on patient, male, forearm fracture, depression*

The patient came to me with depression and a broken forearm. He told me that the fracture had occurred six months earlier, but the bone had not healed. He came three times a week, and at the next check-up, he was told that the bone was beginning to heal. Now the bone has healed well and the depression has also disappeared.

#### *Male + female, joint pain, pineal gland, and use on pets (cats)*

We use the stream for joint pain, to decalcify the pineal glands, and to activate all chakras. We achieve good results with vision when we place the stream on closed eyes. We have also had good experiences with our animals; for example, our 18-year-old cat has become a little more mobile again. We highly recommend the Airnergy Stream.

#### *Female, Prevention*

For many years, I have been using the breathing device every day after lunch, usually taking a short nap of 15 to 20 minutes. Sometimes it can be half an hour. Afterwards, I feel good, refreshed, and I have done something for my health. My oxygen supply is higher than before. I tested this once for fun with my pulse oximeter. I will be 95 years old this year. Good genes certainly play a role. But discipline is also very important. Regularity. This is just as true for breathing on the Airnergy device, which we refer to as "snorkeling" in our family, as it is for physical and mental "exercise." I still do my morning exercises every day, read a lot, work in the garden (slower than before), and maintain my social contacts with family, friends, and acquaintances. Presumably, this is a good overall package.

#### *Female, 19 years old, menstrual cramps, rheumatism*

I suffer from severe menstrual cramps, which I can relieve very well with the Stream. I also use the Stream for my rheumatism. Here, too, I am noticing initial improvements, as I have significantly less pain than before (without using the Stream). I am very enthusiastic and therefore recommend everyone to purchase this device, as it is a great help for all kinds of illnesses/pain.

#### *Female, Prevention*

Well, according to conventional medicine, I don't have anything wrong with me, and I would say that I don't feel that "bad." I wanted to use the device as a preventive measure because I was always so tired after a long day and couldn't do anything... except watch TV and take it easy... I also didn't want to have to take so many vitamins and dietary supplements to feel fit and productive every

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day... currently, I “only” take the Man-Koso enzyme supplement from Japan. So, I now use the device (Little Atmos) for two hours a day... the first few days it was only one hour. After using it, I feel tired and want to lie down... once I even fell asleep during the treatment... it totally amazed me... I can definitely say that I sleep better and my sleep has become more peaceful and deeper — I am absolutely certain that this is due to the Airnergy device... I also take Man-Koso to feel better... I’ve also noticed that I’m not as exhausted after exercising as I used to be... I had Lyme disease for years with incredible flare-ups and unbearable pain.

Ultimately, I got rid of my Lyme disease with ozone treatment (either through a vein with a saline solution or with autologous blood treatment)... but since my Lyme disease, this fatigue has remained... the fatigue is already decreasing with this device... and it also puts me in a “good mood.” Not euphoric, but I notice that I don’t get upset about little things as often anymore... and waking up at 5:30 in the morning every day is also easier... I think the device will continue to do a lot for me over the next few weeks or months... I think the good “spirits” are being activated... I then asked myself: if this little device does so much, what would the big device do? WOW! My concentration has definitely improved, and something else that surprised me the most: my sensitivity to electrosmog is gone or almost gone... I even wanted to buy a necklace against electrosmog... but my intuition at the time was: buy the Little Atmos (not against electrosmog but for my well-being)... so I probably won’t be buying that necklace against electrosmog anytime soon... that’s a small miracle for me...

I have been searching for solutions to electrosmog for a long time, and I never expected to find a solution like this... Many thanks to the inventor! Swimming: I still go swimming regularly — one hour at a time without a break. And after that hour, my head is already overacidified and the last *Borrelia* bacteria or their biofilm, I don’t know exactly, or the memory of the pain is activated after such an effort (according to conventional medicine and also according to dark field microscopy, I really don’t have anything...) and yes, I have to keep at it so that this memory is erased... But it’s quite possible that with this Airnergy device, it will go away in the next few weeks or months [...].

### *Female, dizziness, muscle tension, abdominal pain, pain in hands and feet*

I truly believe that without Airnergy, I would no longer be here. I lived in a house that had hidden mold. This mold caused me to experience very serious symptoms. I suffered from dizziness, balance problems, muscle tension, stabbing pains, and tingling in my hands, feet, and abdomen. At times, I felt as if gravity was pulling me to the ground and I could hardly stand. My brain felt foggy, and I had difficulty remembering words. I spent most days in bed. I had great difficulty and needed help with daily activities such as cooking, cleaning, and driving. I was going downhill. Fortunately, the cause of my symptoms was discovered. I had very high mold levels in my blood, which came from hidden mold in my house — a common problem in Florida. At that time, I used Airnergy to alleviate my symptoms. I started using Airnergy several times a week, and it gave me the energy I needed to get out of bed and carry out my daily activities. Over time, I noticed a significant improvement in my symptoms. Mold is very toxic to the body. I don’t know what would have happened if I hadn’t had Airnergy to help me get through this period of mold exposure, cleaning and removing mold-contaminated items from my apartment, and moving to a new house. Without Airnergy, I wouldn’t have been able to do any of this. I still have more healing to do, but I am on my way to getting healthy again.

### *Male, COPD*

My husband has had COPD for two years and is being treated with medication. Through a fellow sufferer, he learned that Airnergy can alleviate the condition, but not cure it. He borrowed a device in September and used it every day, sometimes several times a day, until his appointment with the lung specialist at the end of October. The result: his values have improved significantly. He got his own device for Christmas. You couldn't invest your money better.

### *Female, Prevention*

[...] What I can say is that after a few minutes, my feet start to tingle, my circulation has improved noticeably, and I can concentrate better. Now I feel a real need to invest these 2 x 21 minutes in my health.

### *Male, Burnout*

Stress caused me to suffer from burnout, as diagnosed by my doctor. What followed was pills and a long period of sick leave. That couldn't be the way forward. A friend of mine has been using Airnergy for years—because of COPD—and let me “sniff” it 20 times. At first I thought it was hocus-pocus, but lo and behold, I felt much better—I had already stopped taking the pills on my own initiative. Conclusion: It's been three years since then, and I now have my own device and am healthy and lively—21 minutes three times a week.

### *Female, Prevention*

I have been using my Airnergy plus almost daily since 2004—first, I lie down on my carpet, as good posture is important! If necessary, I put my legs up on the sofa. Eutony on the floor, lying on my back, two wooden balls—one in each hand, tennis balls also work. What you don't get from others—you have to give yourself, do it! 30-60 minutes of breathing exercises, eye exercises, light “jumping jack” movements with the arms, stretching exercises, lying down, resting, breathing—refreshing yourself, and it works. Now, at 70, I have no health problems whatsoever; I don't know what a cold or antibiotics are. My skin is good, my back is straight. I am almost always in a positive mood. I am looking forward to the next 20 years with Airnergy and will live to be at least 123 years old.

### *Male, 81 years old, COPD*

I am 81 years old and suffer from COPD and emphysema, which was diagnosed about 10 years ago. Both of my lungs are also contaminated. I was exposed to asbestos when I was an apprentice electrician at the Belfast shipyards. I was able to lead a fairly normal life under these circumstances until two years ago, when I developed severe COPD, which impaired my ability to lead a normal life. My son researched the Airnergy device on the Internet and bought one two months ago. I have been using the device twice a day for 30 minutes for two months now. Within the first four days, my sense of well-being, breathing, stamina, etc. improved dramatically. I sleep much better and am now able to lead a normal life. Thanks to everyone who contributed to the production of this device. It has changed my life. Instead of being depressed, I look forward to each new day. R.A.

### *Female, CFS, dizziness, pain*

I just want to thank you for your help. I asked to be taken to a clinic that uses an Airnergy device, and you recommended Monique Stone. I had two treatments today and couldn't believe how I feel. When I left the hospital, the dizziness was gone, as was the

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shoulder and neck pain I've had for years. I also realized that my vision was clearer. I have another treatment appointment next week and can hardly wait. I suffered from severe chronic fatigue and the tremors are my worst symptom, so you can imagine my relief. I really can't thank you enough. S.G.

### *Female, stomach pain, toothache, head and neck pain, and knee pain*

I have owned the Stream since February 2022 — so not long — and am already very enthusiastic about it based on my positive experiences. The Stream offers a very wide range of possible uses. I used it for my stomach, liver, and pancreas because I had stomach pain and a very bloated stomach. After about a week, everything was fine. Even my liver values in my blood normalized. The next time I used it was for toothache. Normally, I would have had to go to the dentist and either have the tooth pulled or have root canal treatment. But it wasn't necessary because the pain was gone by the second day. I was very surprised. And how do I use the stream? For me personally, the longer the better, but every organism is different, so it's certainly different for everyone.

It feels so pleasant to me that I always wait until a pleasant warmth and revitalization spreads throughout my whole body and the pain disappears. This usually happens after about 45 minutes. I don't experience any dizziness or other side effects. Once, I fell asleep while using it and didn't wake up until 1.5 hours later.

But don't worry, there's no burning sensation or sign of overdose. I also use the Stream for neck, back, knee, stomach, and headaches. Now I've given the Stream to my mother because she also has her aches and pains, and I'm left without a Stream. [...] That's why I've decided to get a new device and would now like to try the Stream HS (headphones). I can only praise the entire Airnergy team. Keep up the good work! Many people around the world suffer from pain, so it would be good if the Airnergy Stream became more widely known so that a large part of humanity could use it. I am very happy that I had the opportunity to try it out.

### *Female, knee pain, osteoarthritis, skin irritations, herniated discs/cervical spine, treatment of scars*

Here is my experience report on the applications with the Professional + and the Stream. I am successfully treating my knee with the Stream. I was diagnosed with grade 3 cartilage damage (bone rubbing on bone), a torn meniscus, osteoarthritis for 31 years, instability in the knee, pain when bending, a new diagnosis of knee replacement, and accumulation of water and swelling of the knee when overloaded. Conclusion: When I treat the area of the body several times with the Stream, I have had fascinating physical experiences. My knee is pain-free, I can now go to the gym regularly again, and I have no instability when cycling. Treatment of appendix, umbilical hernia, surgical scar. Conclusion: My scars look softer in terms of skin texture and are no longer purple but skin-colored. Symptoms of lumbago, treatment of the lower back, irritation of the ESG joint; Conclusion: As soon as I feel symptoms of tension/lumbago, I place the Stream on the corresponding area/muscle. Diagnosis of several small herniated discs in the cervical spine; Conclusion: I am pain-free in the cervical spine, and my chronic ear infection is gone.

For skin irritations, pimples, itchy rashes (including stress-related ones); conclusion: I have found that the affected areas, e.g., the knee, should never be treated for longer than 10 minutes; in the case of skin irritations, a longer exposure time on the affected area is not a problem. We use the device to treat my son's coccyx fracture and migraine attacks. We use the Professional+ breathing device for relaxation, sleep disorders, work overload, meditation, and concentration problems at school and work. We try to use the device several times a day (2-3 times a day).

### *Male, Prevention*

I learned about Airnergy through my father-in-law. He used it for COPD —with success. I, 45 years old and fit, thought it was nonsense, but I also “sniffed” every day for four weeks in the evenings at my computer. I can’t believe it, but my performance and well-being have improved enormously.

### *Male, asthma, muscle cramps*

This review is for the AIRNERGY Professional+. I received the device on loan and have been using it daily since June 11, 2022. I use it for 30-60 minutes every day, almost exclusively in the evening about an hour before going to bed. I approached the matter without any preconceptions from the outset, as the principle behind the AIRNERGY Professional+ seems very logical. Even when I used it for the very first time, I felt a wonderfully pleasant, relaxed sensation. I also experienced a slight feeling of tiredness, but this was not unpleasant. These experiences continued every evening, which gave me reason to use it primarily in the evening as a sleep aid, as I also had severe sleep and falling asleep problems. These have virtually disappeared since I started using AIRNERGY. That alone is reason enough for me to recommend the device 100%. In addition, my nightly muscle cramps have also virtually disappeared. My asthma, which is why I borrowed the device in the first place, also improved after a few days, which I noticed because I needed less asthma medication.

However, this deteriorated again after a few days, which I can attribute to my unhealthy lifestyle. My skin also improved, but only after about six weeks. It became clearer and smoother than ever before. Overall, I can recommend this device 100% with a clear conscience. Pure relaxation. However, I believe that regular use is a prerequisite for consistently positive experiences.

### *Male, leukemia*

Unfortunately, at the beginning of August 2022, we learned that our youngest son had leukemia. After the diagnosis, he was immediately given his first antibiotic at the hospital. For me, as a mother who had spent the last two years researching alternative healing methods, this was the first small disaster. When the suspicion was confirmed two days later, the real disaster struck for me... chemotherapy... In my desperation, I contacted everyone I could think of who might be able to offer alternative help. At that point, I didn’t know that in Germany, parents can’t really escape conventional medicine when faced with this diagnosis. Two very dear friends had recently received the stream. They told me about it and said that it could certainly help our son in his recovery. They offered to lend it to me. I gladly accepted this offer. My friends drove from the Bavarian Forest to Erlangen to bring the stream to the hospital! On the same day, the doctors said that a blood transfusion might be necessary if his hemoglobin level was not higher the next day. My despair did not diminish.

I asked several people I trusted what I could do. I learned where bone marrow is formed in younger children throughout the body. My friends advised me to use the stream frequently overnight. At the same time, they began doing energy work for our son that same evening. The following night, I streamed our son hourly at different locations, and our friends worked from home. The next morning, the value had risen, so we didn’t need a blood transfusion!! We were really very happy, and since then, the stream has become our daily companion.

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### *Female, leg pain, muscles, fascia, joints, tendons, metabolism*

I have been using 2 Streams since June 2021 and, since mid-February 2022, I have also been using the Little Atmos for 40 minutes a day for the past 4 months. My leg pain (from HG, muscles, fascia, joints, tendons, possibly bones?), which I am treating with your devices, has not decreased but has slowly INCREASED! In addition, I very often experience severe dizziness. Because I believe in your devices, I have not stopped the treatments but have continued with them – until now. My own assumption: According to Germanic medicine, all problems with the musculoskeletal system result from a lack of self-esteem. In general, Germanic medicine assumes that practically ALL physical complaints are caused by personal conflicts and that over 90% of all so-called illnesses are actually healing crises and not illnesses. Further information from a now well-known psychologist confirmed to me the connection between self-esteem conflicts and physical stiffness or crystallization. This also results in a problem with the nervous system. From this, I have derived the pain process in my own body (legs). Conventional medicine would be out of the question because they have ZERO idea about such things, such connections, let alone appropriate therapy.

What I noticed since starting (self-)therapy with Airnergy was a very intense metabolic process, which continues to this day. Furthermore, my significant hair loss has stopped. Then, over the past few months, my memory has improved markedly. For me, these are signs of a positive change in my body, although I still suffer from dizziness and excruciating leg pain, as well as an increasing inability to walk for the past 2 years => despite 2 Stream & Atmos. I think being willing to endure such a condition without a doctor/medication would probably be unique! I don't know exactly what my body is doing, and no one could tell me. However, I am relying a little on your statement in the documentation: "The little Atmos...", where I read on page 29 that reduced blood flow results in particular in neurological changes with declining memory function (which has improved in my case) and a reduction in hormonal control and organ functions. The hormone system and nerves are inevitably linked. I have now resolved my lifelong self-esteem conflict—it was psychological trauma. Regarding the Atmos, my model is "only" the "little" Atmos, but I prepare the hexagonal water myself with a special whisk.

### *Female, breast cancer, scar healing*

During my research on breast cancer recovery, I came across Airnergy. People like to say that there are no coincidences. So I followed Fabian Ries' interview with Guido Bierther with interest. The topic was breathing and the effects of Airnergy, oxygen therapy. It had my full attention. Intuitively, I knew that this was it. This is what I need to apply for, what I need to do. This is what I need to recover physically and avoid long-term effects. You can follow my physical recovery process in the photo collage: After the operation, I took certain homeopathic remedies that helped prevent fluid retention. At the follow-up examination, I asked how long it might take for me to regain feeling in my skin. The doctor's answer was: It takes time. Recovery can take up to a year, and some people continue to suffer. I should also expect up to a year until the inner wound area is completely healed. Some people recover a little faster than others.

At home, I looked in the mirror to see where the skin nerves were still intact and where they weren't. I was quite shocked by the size (between 2 and 3.5 cm on both sides of the scar). A painful, unpleasant feeling. You can see it, but no information reaches your brain. Neuropathy as a result of the operation. Apart from the operation, I decided against the recommended chemotherapy and radiation therapy. For me, the real risk of severe side effects and the high probability of long-term consequences were disproportionate to the prognosis. My decisions focused on maximum quality of life rather than quantity of life. Since September 7, 2022, I have been

using Spirovital therapy regularly (daily) and drinking the energized water from the sparkling element. Since I got the Stream, I still use it 4-5 times a week. Since October 12, 2022, I have been treating the scar (18 cm) and the inner wound area, which is about the size of two hands, daily with the Stream. The effect so far: I can move my arm completely. There is very little adhesion. The inevitable bump caused by the suture on the sternum has been completely repaired. Therefore, no medical correction by lipofilling is necessary.

The body has formed new nerve endings, so that I have almost complete feeling in my skin again. It's something very special to think about. The healing process of the wound area is in full swing. In addition, the body is able to build up tissue. How wonderful that is. My breast prosthesis from [www.hashtagtwo.nl](http://www.hashtagtwo.nl) was specially adapted to the collapsed breast. It is no longer comfortable because it is already too thick. I have to say that the collapsed breast looks less bad in the photos than it actually was. The result so far is overwhelming for me. And it confirms once again the enormous power behind the body's self-healing abilities when it is optimally supported.

#### *Female, general well-being*

Airnergy has a relaxing effect on me, promotes blood circulation, and relieves pain. I have used it for menstrual pain, bruises, sinusitis, stomach pain, and tension. I am very satisfied with the device.

#### *Andreas Popp, Wissensmanufaktur*

"I subjected myself to a self-experiment over several months and was totally thrilled, even though I tend to be critical of new things. I felt incredible vitality, especially in these critical times."

#### *Female, blood circulation, concentration*

I must admit that I did not use the therapy very consistently and more or less sporadically. After talking to Ms. Hartmann, I started using the device consciously in the mornings and evenings. What I can say is that after a few minutes, my feet really start to tingle, my circulation has improved noticeably, and I can concentrate better. Now I really feel the need to invest these 2 x 21 minutes in my health.

#### *68 years old, angina pectoris*

Results after one and a half years of using Spirovital therapy: "I suffer from CHD. Since I started using the Airnergy device ... my angina pectoris attacks have been significantly reduced, so that I no longer have to use medication spray regularly, as I did before."

#### *Fabian Ries, Hypnobreath breathing coach*

„So much has happened physically, from my endurance to my energy levels, but most of all I've noticed on a mental level that I'm able to work with much greater concentration, I have much better ideas, I'm much more creative, and I also work in much greater detail. From then on, I noticed that something was happening, and I think 80% or 90% of it is because I've been using Airnergy in the mornings and evenings for the past three months."



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### *Male, dog with osteoarthritis*

We treated this old dog, who could barely walk when he arrived. He is now doing really well, walking again, and his general condition is appropriate for his age. Here is what his family has to say: Sharko's osteoarthritis pain has almost completely disappeared thanks to the treatment. He now enjoys going for long walks. When he came to us a few months ago, we thought he wouldn't live much longer. Now he is enjoying life and we hope he will be with us for a long time to come.

### *Male, specialist pharmacist, general well-being, pain*

My initial scepticism about purchasing the products on the advice of my daughter-in-law quickly disappeared when I noticed how the "new" humidified breathing air had a positive effect on my mind and soul, as well as on my wife, who is in care level 5, and other people. The "headphones" also serve to improve cerebral function, at least in my opinion. The "Airnergy Stream carbon" has a pain-relieving and anti-inflammatory effect on physical pain when used repeatedly.

### *Female + male, scar healing, third eye, cat*

My husband has hip replacements on both sides, and he likes to use the Stream to "treat" the scars. They are no longer as hardened and no longer hurt. Personally, I love to place the Stream on my forehead (third eye); it just feels good. Our cat also loves to lie down in front of the device and seems very content.

### *Male, heart performance problem, fibromyalgia*

Yes, due to my heart performance problems and the associated shortness of breath, I have increasingly received Airnergy treatments privately from my family doctor's practice, with absolutely positive results in terms of performance improvement, which was also clearly demonstrated in the ECG findings. Since the device also brought my wife more health benefits and noticeable relief from her fibromyalgia during long-term therapy, it only made sense to purchase the Airnergy plus. I should have owned the device much earlier. I am grateful to my doctors for encouraging me to buy it!

### *Female, COPD*

In 2003, I was diagnosed with COPD. Over the following years, my breathing became increasingly worse and my ability to walk, except on flat ground, left me gasping for air. I also had to visit the hospital because of my breathing problems and chest infections. I searched the internet for solutions to my breathing problem and stumbled across Airnergy. The information looked promising, but I was initially put off by the high price. My doctor said I could stick with two inhalers and a powder inhaler, but these did not seem to help solve my breathing problem. As my breathing continued to deteriorate, I took the plunge and bought an Airnergy device and started with two 20-minute sessions per day. Within the first few weeks, I noticed an improvement in my breathing. I was able to walk better and was more capable of doing my housework. I attribute these improvements in my breathing and stamina to the use of Airnergy, which I would not have been able to do as many things are already beyond my reach. My husband and I recently bought a small boat to explore our home region, and thanks to my improved breathing and energy levels, I am able to help open the locks and enjoy the scenery with my family. G.J.

### *Female, hemianopia*

My wife uses the breathing device daily, with 1-2 days' break after about a week. According to my wife, there was a noticeable improvement in her hemianopia after about 8 weeks. She has not yet noticed any further improvements. However, we find the recommended 40-minute application time somewhat inconvenient. But that is probably due to the strength of the device and the associated price. We only use the Stream within the family in cases of acute need, although I cannot yet assess whether the respective symptom relief is actually due to the effect of the Stream, as I have no basis for comparison in individual cases.

### *Bülent Ceylan, comedian*

„You always ask how a Turk becomes a super Turk? It's simple: with Airnergy! It's not oxygen concentrate, but oxygen from the air. So if you were to walk through the forest for 2-3 hours, it would work, but I don't have that kind of time. I'm on tour, I'm in different venues, so I need some kind of aid to keep me fit enough to perform four days in a row. Herbert Grönemeyer also said: He's an Airnergetiker, and so am I. I'm an Airnergedigger, that's how I pronounce it as a Turk, and it's really cool. You do it for 20 minutes and calm down, but afterwards you feel really fit. It revitalizes you, gives you an incredible amount of energy, and you feel 20 years younger because people say: "Hey, you always look so fit." Yes, that's Airnergy and, of course, the stream I use to regenerate my cells. Otherwise, I can only recommend it to you. So if you're on tour a lot or under a lot of stress, and no matter what job you have, because every job is stressful, then I can only recommend it to you.“

### *Female, general well-being*

I haven't had a chance to read the documents you sent me or watch the video yet, but I would like to share my experiences with the stream with you:

- The stream alleviated the symptoms after my double sacral fracture
- Supported my healing from a sinus infection
- The pain from osteoarthritis in the shoulders disappeared in a 79-year-old client
- The mobility of an 81-year-old client's knee/leg (after a tendon rupture many years ago) improved significantly.

The stream provides relief for various pains/injuries.

The energy during a treatment feels wonderful. I would not want to give up the stream. Thank you very much.

### *Male, enlarged prostate, swelling, and pain*

I lent my stream to my uncle. I didn't know that he had a few other issues besides an enlarged prostate. Among other things, he had pain in his groin (according to the doctor, this was caused by his prostate), which was almost gone after one day of using the stream. He had swelling and pain in his left calf from a recent fall, which was also gone after one day. He also had unexplained, stabbing pains in his right rib cage and in the middle of his abdomen, which have also disappeared.

So he started treating one of the abovementioned complaints and, after finding that the complaints had miraculously disappeared, he moved on to the "next problem." He also feels that his prostate problems are better — after just one day! He said that his urine stream is now longer. Before, only droplets or a small stream came out. He hasn't gotten around to his tinnitus yet, there wasn't

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enough time... Well, he's also hard of hearing, so we'll see if the stream really helps. Anyway, he's so enthusiastic now that he would like to have a stream of his own because he doesn't want to take mine away from me for so long.

### *Benny Clausing, Managing Director and Publisher*

I am Benny Clausing, Managing Director and Publisher of the BMC Media Group. We have been using Airnergy at our media company for over a year. I am an Airnergy enthusiast!

### *Mark Kühler, master mason and presenter*

My name is Mark Kühler, and I am known as Germany's DIY king! I have been using Airnergy for years and am extremely satisfied with it! I am a self-confessed Airnergetician.

### *Male, 41 years old, Ehlers-Danlos, H(Eds)*

My experience with Airnergy has pleasantly surprised me. At first, I was a little skeptical about the idea of being supplied with breathing air/oxygen. I have had significant health problems for the past 3 years. Finally, in 2020, I was diagnosed with Ehlers-Danlos, H(Eds). The Graved Activity rehabilitation program for adults at Adelante was not the right method to solve the problems. It even got worse because they assumed I had HMS, hypermobile syndrome. From there, I continued my search and eventually ended up at a doctor specializing in Ehlers-Danlos syndrome through various academic specialists, where I was diagnosed with H(Eds). Unfortunately, there is no medical solution to cure it, in short! Due to my condition, I can no longer practice my profession and am now on early retirement at the age of 41. Through regular visits to the chiropractor and internist, I have already benefited from the daily challenges that H(Eds) brings. By paying attention to nutrition (PRAL value) and exercise, as well as improving posture, you can avoid a lot of discomfort.

However, my energy levels are not high enough to allow me to do everything every day. Added to this is the loss of strength, which has increased significantly in recent years. My connective tissue no longer functions properly, which puts a lot of strain on my muscles, tendons, ligaments, and joints, slowing down my physical recovery. If I do too much one day, I pay for it the next. I am forced to spread all my work throughout the day, such as gardening (mowing the lawn, trimming hedges, raking leaves) or household chores like vacuuming, making beds, carrying the laundry basket upstairs, shopping, and making sure the bags are not too heavy.

Through Ingrid, who was already familiar with my condition, I finally had a completely non-binding session with oxygen therapy. I then purchased a ten-session card with 30-minute sessions including the stream and did this within three weeks. I noticed that my body recovered more quickly after exertion. Ultimately, I have to stay active, cycling and hiking, to counteract physical decline. The Airnergy Stream was also placed on the sternum, which was painful at the time because a rib had spontaneously shifted twice in a short period of time. The many pains caused by H(Eds) due to subluxation of the joints were remedied by using the Airnergy Stream on the appropriate area, be it the shoulder, hip, ankle, wrist, sternum, etc. The Airnergy Stream is also very easy and compact to use.

Miraculously, the pain disappeared after the treatment. I feel more energetic, and at first I couldn't believe that breathing air could have such a positive effect. This prompted me to buy an Airnergy Stream myself so that I could treat my pain at home every day. I can recommend it to anyone, whether you are in perfect health (even competitive athletes use it) or have a condition. It really

works for physical recovery. Ingrid can explain the entire process, what exactly it does in the body, the cells, the tissue, and the bloodstream.

If you have any complaints, just let yourself be surprised like I was and experience it for yourself. It makes life a little more bearable again.

#### *Male, 48 years old, energy and resilience*

I became aware of Spirovital therapy at a conference and, after doing some research on the internet, I purchased a device. Although I am healthy according to conventional medicine, I am constantly confronted with the issue of coping with stress due to my demanding job in project management. After six months of daily use (41 minutes with the Basis Plus device), I noticed a significant improvement in my resilience. Whereas I used to suffer from poor sleep (racing thoughts, etc.) during stressful periods at work, my sleep quality has now improved significantly (!). It feels like I have gained a “thick skin” that transforms previously anxiety-inducing problems into challenges that can be solved. Good nightly regeneration inevitably led to more energy the next day and also better digestion. To maintain this newfound quality of life, I now use “forest bathing” 1-3 times a week. I don’t regret the investment for a single day.

#### *Female, skin appearance, listlessness, extreme fatigue*

I discovered Airnergy by chance over 15 years ago — and used it for a long time. This was due to a number of positive effects. These particularly affected my skin appearance, which improved significantly and lastingly. But my overall well-being had also improved, especially a certain listlessness that I had not experienced before and that had probably set in with menopause, was completely gone. However, I then stopped using Airnergy for quite some time, probably out of negligence. Now, however, after a break and resuming use, I am still noticing positive effects. However, the effects of the treatment have shifted for me — certainly also a consequence of my aging — towards the second effect I experienced at the time, namely an improvement in my general well-being and an increase in my fitness (which was certainly declining due to age). In recent years, I have repeatedly experienced extreme bouts of fatigue in the evenings (conventional medicine has been unable to find any causes and therefore cannot offer any therapies) and have fallen asleep relatively quickly even while watching an exciting episode of “Tatort” on Sunday evenings (when I have watched it), and I have even nodded off from time to time while writing and working on the computer. Since I started using Airnergy regularly again, this has improved significantly after a relatively short time and no longer occurs at all.

That’s why I’m now using Airnergy again on a regular basis as a preventive measure (while watching TV, but also when working at my desk and on the computer, or simply to relax). Falling asleep during exciting episodes of “Tatort” — that doesn’t happen to me anymore. I no longer need or use the memory and time-shift function on my TV, which I used to activate in good time before the start of a movie on TV. Overall, I feel more active, fitter, and more resilient than I did without Airnergy.

#### *Markus Krahe, Freight Forwarding Agent*

I am 52 years old, a freight forwarding agent by profession, and I have been breathing Airnergy for ten years. I am a committed Airnergeticer.

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### *Tommy Klein, Sales Manager*

I've been using my Airnergy device for about a year now. Back then, I could hardly get a wink of sleep at night—for whatever reason. Since I started using my Airnergy device, that's a thing of the past. I sleep through the night every night now, and I just wanted to say: Thank you for that! I'm a convinced Airnergeticer.

### *Male, 74 years old, COPD*

As discussed, here is a brief testimonial regarding your device: AIRNERGY+ Vitalizer Type: Professional Plus Compact (PPC)

I am 74 years old and, until April 2023, I was a COPD patient at stage 3+ / GOLD – in other words, already at the beginning of stage 4 GOLD.

I was really in a very bad state, to the point where I had started looking into assisted suicide options in Switzerland (St. Gallen and Winterthur), in case things got even worse.

My son (49) and daughter (36) did some research online to find additional help for my COPD.

That's how I came across a few questions about my condition and ongoing medical treatment, which I answered – and received some valuable information about the breathing device mentioned above from Mr. Daniel Müller. He also sent me all the relevant written information.

What turned out to be particularly important was the daily usage time: 21 minutes in the morning and another 21 minutes in the evening.

My lung specialist had previously prescribed 16 hours per day with the oxygen concentrator, but I could hardly stick to those times. Not even with the portable oxygen concentrator.

The AIRNERGY device was available for a 30-day trial, with the option to return it if there were no improvements – that gave me the confidence to at least give it a try.

During the first two weeks, I couldn't really notice any clear improvement or worsening.

But in the third and fourth weeks, according to my wife and children, things started to improve.

In the fourth week, my kids said: "Hey Dad, you're not gasping like you used to when climbing the stairs!"

At first, I didn't want to believe it (maybe a placebo effect or whatever), but I had to admit: I could now climb two flights of stairs to the office in one go without needing to rest halfway, getting dizzy, or having to sit down.

My breathing rate was still elevated, but not nearly as disruptive and uncomfortable as before!

Previously, I sometimes felt like a fish out of water, gasping like a trapped carp – but that was now almost gone...

I also noticed a significant improvement in the fatigue and tiredness that I often experienced.

I used to fall asleep briefly in front of the PC and never drove farther than 25 km, as I frequently experienced microsleep episodes – despite taking breaks. Now, I simply feel much more energetic.

I've started doing real gardening work again and resumed restoring my vintage car: a 1960 Mercedes 190 SL.

I also ride my old Harley Davidson Softail ('90) on short trips again. I've even gotten my office back in shape!

Before, I just didn't care about any of that...

So, a huge thank you to the AIRNERGY company — and especially to Mr. Daniel Müller for his excellent advice and support before, during, and after the test phase!

#### *Dog after surgeries; cat with hardened lung tissue*

Dog Leo has now made it through his third surgery, and the healing process is progressing well. He tolerates the treatment on almost all areas of his body. However, he's still reluctant when it comes to the surgical site. That's why I choose the thigh, which is also under a lot of strain due to the shortened leg.

Cat Peppy has hardened lung tissue, struggles to breathe, and coughs. Treatment has just begun.

#### *Male, skin irritations, swelling, tinnitus*

Today, I'd like to share a brief testimonial with you.

I've had the Stream since 2021 and have already had several wonderful experiences with it. During the time when we all had to wear face masks, I developed strange skin irritations on my lips and, unfortunately, also on my tongue for a few days. I used the Stream, and these issues gradually disappeared.

A few weeks ago, I bumped my left shin against the open dishwasher door and caused a pretty bad wound. The skin irritation has already healed, and when it's sometimes swollen in the evening, I place the Stream on it for about half an hour — and the swelling goes down.

In general, I start to feel a pleasant warmth after about five minutes when I hold the Stream to a part of my body — often on my forehead, occasionally on my ear (because of the tinnitus), and on the upper abdomen.

Overall, I'd like to say: this device is something truly valuable.

#### *Female, 39 years old — Fatigue, chronic sinusitis, migraine*

I've been using the Little Atmos Plus for about half a year now and noticed the first improvements shortly after starting. After quitting my very stressful job this past Easter — during which I suffered frequent migraine attacks — I assumed it would take me at least six months to feel even halfway normal again.

In May, I received the Little Atmos Plus along with the Stream and Stream HS. I use the LA Plus daily for 40 minutes, and the Stream and Stream HS as needed — for example, when I feel a migraine coming on or have acute back or neck pain.

Due to chronic sinusitis, I've had trouble breathing through my nose for years, especially at night in bed. After the very first session, I was already able to breathe a little more freely through my nose in the evening, and I initially thought it was just a coincidence. But it got a little better every day, and my overall stamina also improved.

I don't do sports, but I go for walks several times a day with my dog. Depending on the day, I feel better or worse. In the summer — after using the LA Plus for about two months — I suddenly had to run home quickly from a walk because I had forgotten about

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an appointment. Normally, I would have been completely out of breath and it would have taken a while for my heart rate to return to normal. But when I got home, I simply took off my shoes, and within just a few minutes, I was back to normal: I wasn't out of breath, and my heart wasn't racing.

Over the previous weeks, I hadn't even noticed how much fitter I had become thanks to Spirovitalization. I also catch colds much less frequently, which used to almost always turn into full-blown sinus infections with fever. I sleep better, my energy levels have noticeably improved, and the migraine attacks — which used to occur nearly every weekend — have become very rare.

### *Female, general well-being — Two dogs with stomach pain*

I've had the Streamer for about three-quarters of a year now. We use it every single day.

We are several people — and two dogs. When the dogs have stomach pain, we use the Streamer. After about 10–15 minutes, the animals seem to know on their own that it has helped.

In humans, we've been able to relieve the following issues:

- Knee pain: The support bandage could be removed, and walking without it became possible. After a fall, swelling went down quickly and the pain subsided.
- Hornet sting: Swelling and pain decreased significantly.
- Back pain: Various types of back pain calmed down, with noticeable relief.
- Itching: It goes away.
- After dental treatment: The gums recovered rapidly. After a tooth extraction, there was no more pain just a few hours later — the celebration planned for the next day was saved.
- Fingernails: Brittle fingernails began to grow again and regenerate.
- Open wounds: They heal faster.

I'm sure there's much more to tell, but it's best to experience it yourself. I'm really glad to have the Streamer and would buy it again. Thank you for your work.

### *Female, general well-being*

I still owe you my report on the effects! Sorry for the delay — somehow, the past few months felt like I went through a time warp. It's like being in love: time flies and jumps around. :-))

It's true — this device is a miracle, and so is its effect. Honestly, I even wondered whether it was invented by extraterrestrials, beings from within the Earth, angels, or some other special force.

At first, the effect on me unfolded very slowly — I became aware of my body and its deficiencies... But already accompanied by a special lightness and joy, as if invisible little angels were fluttering around me, whispering hallelujah with a smile, constantly sending me good vibes...

And then it intensifies, of course — until you reach a state that... well, I'd say is almost godlike. :-)

Wow — what is this?!



### *Female, Sleep and Dry Cough*

I've been using the Little Atmos Plus for five days now, and I can already tell that my sleep quality has improved. My persistent dry cough, which lasted for weeks, has also disappeared.

Some time ago, I made the decision to take responsibility for my own health — and for me, the Airnergy products are an excellent tool for self-help and self-care.

### *Female, Chronic Sinusitis*

We've been using Airnergy diligently for 40 minutes every day for the past two weeks, and here's what I can report:

Since 2015, I've had extremely dry nasal mucous membranes and severely inflamed sinuses (this began during my time as a flight attendant and never went away, even after I left the job). Around this time of year, I can barely breathe through my nose — it's constantly inflamed, crusted over, and heavily bleeding (but not from a cold).

No nasal ointments, rinses, almond oil, sea salt sprays, or saline inhalations helped for more than a few hours at best.

When I did Airnergy sessions with Dr. Fleck for three days in September, I felt slightly better for about a week. At the time, I thought it might have been the Airnergy, but I assumed it was probably just a coincidence. My nasal condition soon worsened again.

Shortly afterward, when we started using our own device, I noticed with each application that I could breathe better through my nose — sometimes within just a few minutes.

Now, after two weeks of daily use, my nose feels completely free of inflammation. It's still dry, but that's it.

That may not sound very spectacular — maybe you're thinking, „Sure, the nose is just being moisturized“ — but I can hardly believe it myself. I've had massive problems for years and tried absolutely everything to moisturize my nose and reduce the inflammation — without success.

I go walking in the forest almost every day, breathing fresh air — nothing helped.

But for the past two days, I haven't used Airnergy — and I immediately noticed my nasal condition worsening again.

In addition, I find breathing with the device very relaxing.

A fantastic result for me.

### *Female, Multiple Sclerosis; Male, Enlarged Heart and Poor Circulation in the Legs*

Just as a side note... we bought the device shortly after I was diagnosed with MS. I had read about it in an article in EXPLORE magazine. I did everything I could to reduce or eliminate the symptoms of the disease. I must have done a pretty good job — or maybe I was misdiagnosed — because 20 years later, I was declared neurologically healthy, with no signs of MS.

Even the brain lesions had completely healed, so much so that doctors could no longer tell where they had once been.

The only remaining issue is a memory problem — and even that has improved.

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At the same time, we began using the device for my husband. He was a very sick man. He had been diagnosed with type 1 diabetes in 1959 and was given only 5 more years to live. Eventually, he needed open-heart surgery and received a quadruple bypass. The operation left him with an enlarged heart and a breastbone that wouldn't heal properly. After several months of using the Airnergy device (and 10 years after his surgery), his cardiologist wrote to us saying that his heart was no longer enlarged.

Around that time, the circulation in one of his legs had deteriorated so severely that amputation of the foot was being considered. He underwent surgery in the hope of saving it. They implanted a cadaver vein into his leg, and he spent 10 days in intensive care. The doctors said the tissue in his leg was in such poor condition that they didn't believe the incision would heal at all. They allowed me to bring the Airnergy device into the hospital, and I used it on him several times a day. I was there so often with the device that the staff thought I worked there.

After just two days, they couldn't believe how well the incision had healed. They said it had healed faster than an incision in a healthy person.

A few weeks later, we had a follow-up appointment with the surgeon. He examined the implanted vein and said it had been rejected and was no longer functioning.

But at the same time, he said the pulse in my husband's foot was stronger than in his healthy leg.

I asked whether the vein might have triggered the formation of collateral vessels. He said no — but he couldn't explain why his foot was doing so much better.

### *Male, Concentration*

Since early December, I've been diligently using the "forest air generator" daily for 40 minutes, and I can feel a noticeable improvement in my brain performance and concentration.

### *Female, Pain after Ski Accident, Depression*

After my ski accident, I was at the end of my physical and emotional strength.

But then my husband discovered something incredible — the Airnergy device.

Since using it regularly, not only have my very intense pains gradually disappeared, but my joy in life has also returned.

Despite some limitations, life has become worth living again.

### *Antje Reschke, 38 years old, Entrepreneur*

I'm 38 years old, an entrepreneur, and frequently on the road for work.

Since starting Airnergy therapy, I simply feel fitter in my daily work routine.

I can handle stress better because Airnergy helps me reduce stress — it balances the autonomic nervous system.

After work, I still have the energy to take care of my family and enjoy my free time.

I'm happy and grateful this system exists — it simply gives me more energy for everyday life.

What can I say? I'm a dedicated Airnergeticer.

### *Ottmar Hitzfeld, Football Coach*

My wife and I have been devoted Airnergeticers for over ten years!  
All the best!

### *Female, Lupus, Pleurisy / Jetlag, Brain Fog*

I've had the device for a few weeks now ;- ) and I can honestly say — it's groundbreaking!  
Things are happening that feel out of this world!

One of my "clients" has had lupus since the age of 5. She hadn't been able to breathe deeply into her belly anymore.  
But from her very first "sniff" of Airnergy, she was able to again.  
And since we've been treating her twice a week with Airnergy, her entire body has changed.  
She also once had pleurisy five times — and that likely made breathing difficult too.  
My diagnostic device showed signs of asthma in her lungs — but that was gone after just a few sessions of "sniffing."

We've also observed that emotional issues tend to surface when using the red light during treatment.  
I also work with people from the aviation industry who use Airnergy after jet lag to clear the brain fog.  
And others who were weakened after vaccination have now returned to a healthy level — and no longer get sick all the time.

### *Female, Carpal Tunnel Syndrome; Severe Pain After Finger Injury*

Just a quick report: The Stream, which first appeared as a Christmas gift, has now been in daily use for nearly half a year.  
My husband had carpal tunnel surgery three years ago — it was botched. He had a second operation, but it's still... well, a mess.  
Every evening, he reaches for the Stream, which has now claimed a permanent spot beside his armchair, and spends several hours using it. He says it does his hand good and that he remains pain-free for many hours afterward.

Two other family members (not living in our household) also tested it and noticed a positive effect immediately.  
However, I'm only allowed to lend out this "magic device" when my husband isn't home — otherwise, the Stream must not be moved from its spot beside the chair under any circumstances. That would likely be a punishable offense. ;- )  
It truly feels like the medicine of a new era — our home pharmacy is being completely transformed.  
I'm grateful that there are people like you who make this possible, and happy that we get to benefit from it.

I'd also like to add something about my sister — she also has issues with her hand.  
Some years ago, she deeply cut her finger with garden shears. Despite many different treatments, the results were always temporary or completely ineffective. She even considered amputation to finally be free from the pain.

After just one Stream session, she already had a good feeling, and the condition continues to improve.  
She's still undergoing other treatments — but those hadn't helped for a long time.  
If this truly marks a breakthrough, it can only be attributed to the Stream — and in that case, it would honestly be a miracle.  
I'll be happy to report more if things continue to develop.

## RÉSUMÉS FROM PRACTISE

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### *Female, Pain and Swelling*

Yesterday, I had an accident while using a Kärcher pressure washer to clean paving stones. The hose detached from the gun, and the full force of the water hit me across the chest and face. It was incredibly painful! I dropped everything and immediately used the Stream.

This morning, I'm feeling much better. There's still a red mark, a small bruise, and some slight swelling on my face — but I'm so grateful I had the Streamer. Without it, I would definitely be in much worse shape.

THANK YOU.

### *Male, 53, Respiratory Irritation, Shortness of Breath, Decreased Physical Performance*

I'm 53 years old and have been using the Airnergy device (Basis Plus) for about 10 weeks now.

I decided to purchase it after developing problems related to the mandatory use of FFP2 dust masks during my work in a hospital. The mask requirement lasted much longer in clinics than in public settings.

The issues I experienced included frequent infections and irritations in the upper respiratory tract, reduced physical performance, and unusual shortness of breath during physical activity.

I use the device for at least an hour a day (30 minutes before and after sleep), often longer — if I'm reading or watching a film, it runs in the background.

I'm now feeling significantly better. My performance level is nearly back to what it was before the whole "mask era."

Subjectively, I feel more energetic and sleep better. Objectively, my average resting heart rate has dropped from 72 to 66 bpm.

I got used to the device very quickly — the breathing headset doesn't bother me at all.

### *Male, Stomach Cancer, Shortness of Breath, Oxygen Utilization*

Dear Ladies and Gentlemen,

It is with great joy and deepest conviction that I write this letter of recommendation for the company Airnergy, based in Hennef, Germany. I have known both the company and its remarkable device for ten years now and, due to the outstanding results observed in patients, I not only began producing broadcasts about it, but also made it available at our former health center.

As early as 2015, we started reporting on Airnergy regularly on television. Our experience is extensive and profound. But in 2017, I personally witnessed its remarkable effect:

My father was diagnosed with stomach cancer and increasingly suffered from shortness of breath. Climbing stairs became nearly impossible. When I gave him Airnergy, he used it for up to an hour daily — not to please me, but because he immediately experienced a noticeable improvement. He could breathe more freely again and move with greater ease.

This extra boost of energy impressed all of us deeply.

To further examine Airnergy's effect, we measured oxygen utilization in patients before and after use. The results were clear: While the natural oxygen utilization among our test group ranged between 3% and 6% (top athletes), it rose to between 4% and 7.5% after Airnergy sessions — an increase of up to 25%.

Just like a fireplace that burns more intensely when fanned with a bellows, Airnergy helps the body „burn“ oxygen more efficiently — resulting in noticeably more energy.

As founder of Swiss Health TV and the streaming platform wikiSana, I can also report that over the years we have conducted around 100 interviews with Airnergy and its users. The positive experiences shared are diverse and individual — but they all have one thing in common:

Energy goes where the body needs it most — to its biggest problem areas.

It is all the more surprising that a company like Airnergy — innovative and active for 25 years — is not already at the center of medical applications. On the contrary, the topic of “air” is often underestimated or even ridiculed.

And yet it is the foundation of all life. Every human breathes between 8,000 and 13,000 liters of air per day, burning 280 to 780 liters of oxygen in the process.

But let's be honest: Is there anything more essential to our health than the efficient use of this oxygen?

Still, this vital topic receives little attention in conventional medicine — aside from a few breathing therapists, the Buteyko method, and some niche medical circles.

It is medically proven that all healing can only occur within the parasympathetic nervous system, in a state of relaxation.

Stress (the sympathetic mode) blocks healing processes.

Proper breathing is the key to relaxation, regeneration, and self-healing — yet it costs nothing and has almost no lobby.

Airnergy has spent 25 years educating the public on exactly this.

With this letter, I hope to contribute to raising awareness about air, breathing, and the improvement of oxygen utilization.

Often, it is the simplest gifts of nature that turn out to be the most powerful tools for our health.

With best greetings to all readers,

Alexander Glogg

### *Female, Breakdown, Stress-Related Exhaustion*

As a young woman, I worked as a flight attendant for an airline.

The first flights departed at 6:00 a.m., and we had to be at the airport by 4:30 a.m. — meaning I had to get up at 3:00 a.m.

There were no overnight stays; we returned home the same day. In total, we were on duty for 14 to 16 hours each day.

After three days of early shifts, we had one day off, followed by three late shifts from 3:00 p.m. to midnight — or until the last plane landed. Sometimes, we also had night flights.

At that time, there was no union protection.

I don't even remember how many years I endured this routine, but one day, my body completely collapsed.

## RÉSUMÉS FROM PRACTISE

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I had to crawl from the bedroom to the bathroom on all fours.

At that point, I met a journalist who told me about a company called Airnergy, which had developed a breathing device designed to help the body regenerate itself.

In my deep desperation and panic, I was eager to try this miracle device.

Today, I've owned my Airnergy device for many years — and I can say with absolute certainty: It saved my life.

I will be forever grateful to the inventor of this device — until my very last breath. R. H.

### *Male, Exhaustion, Restlessness, Stress-Related Strain*

I've been using Airnergy regularly for 18 months now — and I'd like to share my consistently positive experience.

I first became aware of the technology through my physician, Dr. Anne Fleck, with whom I was undergoing ongoing treatment for stress-related health issues.

In her practice, Airnergy was offered to me as a complementary therapy during an infusion session — and already during the first applications, I could feel how beneficial the sessions were, both physically and mentally.

The sustained high pressure in my professional life had left significant marks over time — exhaustion, inner restlessness, and the constant feeling of operating in overdrive had become part of my daily experience.

The combination of conventional medical care, targeted micronutrient support, and the complementary use of Airnergy marked a real turning point for me.

At first, I approached the oxygen energy therapy with curiosity and an open mind — but without specific expectations.

It quickly became clear: this nature-based technology works — in a quiet, profound, and sustainably stabilizing way.

Airnergy has since become an integral part of my daily life.

Depending on my needs, I use it daily or several times a week. Especially after intense days, when my energy is low or I feel inner unrest, a session feels like a reset.

It's hard to put into words, but it feels as if one's own system recalibrates itself: clearer in the mind, more relaxed in the body, more present in the moment.

For me, Airnergy has become more than just a supportive measure — it's now a core component of my holistic health routine.

I'm very grateful to have discovered this possibility through Dr. Fleck's recommendation.

Especially in times when external demands often overshadow our own well-being, Airnergy provides me with a space for regeneration — one I wouldn't want to miss, and turn to whenever I feel the need.

David Reichert





*Dear readers,*



*We would be very happy if you  
would be so nice to share your  
Airnergy experiences with us and  
others.*

*Write us!*

*We are all looking forward to it.*



**AIRNERGY**

Wehrstraße 24-26  
D-53773 Hennef

Fon: 02242 9330-0  
Fax: 02242 9330-30

E-Mail: [info@airnergy.com](mailto:info@airnergy.com)  
Web: [www.airnergy.com](http://www.airnergy.com)