

# AIRNERGY: THE OXYGEN MAKER

natural energy solutions AG is a young company based in Hennef near Bonn. The company has been manufacturing an innovative air oxygen inhalation device since April 2001. As opposed to traditional oxygen therapies Airnergy does not use concentrated oxygen. Instead, the oxygen from the air we breathe is "refined" and is thus more bio-available. An effective oxygen supply to the body should have a beneficial effect on the metabolism and support the healing process for a wide range of illnesses.

"We feel almost embarrassed to tell you how healthy you could become," say the makers of Airnergy in a whisper. If you read the internal list of indications which Airnergy is supposed to be good for, you could be forgiven for thinking that this must be some sort of panacea. A bold thought. So bold that the people at Airnergy understandably do not want to shout it from the rooftops. But if it is true that this method can make the oxygen we breathe more utilizable, this statement would not be so unthinkable. After all, our organism gets more than 90% of its energy from the colourless gas. According to its manufacturers, Airnergy does no more and no less than make this important vital element, oxygen, available for the organism to use more efficiently.

We would like to tell you about this invention, this device and its manufacturers. We have a range of subjective appraisals regarding the effectiveness of the device from users, patients and physicians, which make us want to try the oxygen wonder for ourselves. In the meantime we have one in our editorial office and the people who work there use it every day.

New methods in medicine have always been regarded with scepticism. In 1929 when the young assistant doctor Werner Forssmann inserted a rough rubber catheter, such as the kind used by urologists, into a vein in his own left arm and pushed it all the way to his heart, he basically founded

today's heart catheter method, the gold standard in the diagnosis and treatment of coronary heart diseases. When Forssmann's boss, Professor Sauerbruch heard about this experiment he fired his assistant with the now famous words "With this type of thing you can get your qualifications in a circus, but not in my clinic". Sauerbruch's ignorance is not an exception.

The principle of serious science is to subject new ideas to critical evaluation. And innovations rightly have to prove their worth. Success has to develop; the evidence for the effectiveness of a therapy has to be made transparent.

## Results of an initial study with Airnergy

Evaluating a new technology according to classical medical criteria needs time and a lot of money. Airnergy is on the right path. A small application study has already been conducted by the Haranni Clinic in Herne, Germany. We reported on this in Edition No. 3 of the Sleep Magazine last year. Because a majority of the patients spoke of positive experiences such as "My daytime fatigue is gone, the pressure in my head has disappeared", the clinic, in cooperation with a surgery specialising in the treatment of diabetes, has decided to conduct a larger placebo-controlled study on patients who have problems getting to sleep and sleeping all night without interruption and patients

By Werner Waldmann

with diabetes mellitus and diabetic polyneuropathy. The study will start soon. Another study at Cologne Sport University, conducted by Professor Dr Klaus Baum is examining the effectiveness and efficiency of Airnergy. While the test subjects are on a treadmill or an ergometer the effectiveness of the activated air oxygen is measured via their breathing frequency, pulse and blood pressure. The effectiveness of Airnergy is tested against a placebo. This data should be available soon. Another investigation at Cologne Sport University also deals with the effects of the Airnergy therapy on performance parameters. This study is also placebo-controlled.

In a comparative study it has already been shown that Airnergy activated oxygen is more effective than traditional oxygen therapies and that it also has no side-effects. Another investigation confirms the positive effects of Airnergy on metabolic economy – measured on the basis of the heart rate variability parameter.

Observations by medical practitioners would suggest that test subjects who inhale Airnergy activated air oxygen can utilise the oxygen in the air better and thus improve their metabolic performance. Physicians have observed improvements in degenerative and inflammatory joint diseases, circulatory problems of the optic nerve and chronic fatigue syndrome in their patients. There are indications that a wide range of

health disorders and illnesses can be positively influenced by this inhalation technique. For instance, Professor Dr Klaus Schlüter, Cologne, who conducted an application study in his surgery, determined that "the simple use of the Airnergy method represents an enrichment of the therapy for patients with acute and chronic illnesses... The application study produced only positive results and experiences with patients who have acute and chronic illnesses."

## Not a replacement therapy

Airnergy does not want to replace therapies, but rather support and complement them. Airnergy sees itself as a holistic method. Airnergy wants to improve quality of life so that the organism can better cope with the increasing stress of modern life (environmental poisons, stress). Airnergy, in combination with tried and tested classical medicine and naturopathic therapies wants to encourage the body's self-healing powers by positively influencing the metabolism - and classical medicine also takes this very seriously these days.

## A vision becomes reality

Jörg Klemm has been working for the last 15 years to develop a health technology which processes oxygen so that it can reach the body's cells more effectively. The background: our body only utilises a quarter of the oxygen in the air we breathe (21%). As a rule, this is sufficient to saturate the blood with oxygen. The rest is exhaled again. However, as we grow older or if we are suffering from stress or chronic illnesses we lose our ability to generate energy from the oxygen in the inhaled air. Klemm's research was aimed at developing a process that could naturally support the body's ability to utilise air oxygen for the metabolism in an adequate manner.

At the start of his research work Klemm had occupied himself intensively with ozone therapy, which can be quite dangerous. The last active oxygen state as it

"reverts" to its basic form is the singlet state. Klemm began to become interested in how he could create the singlet state of oxygen directly in order to have the benefits of ozone therapy without its negative side effects. Around 1987, Klemm had clarified the idea of his process in theory with the help of a quantum physicist and a chemist. But how to implement this in a technical solution? Klemm began to experiment and discovered an ingenious method of creating singlet oxygen directly in the gas phase.

Klemm invented a technology based on the natural processes of photosynthesis which continuously converts oxygen into the singlet state. To do this, Klemm developed a catalyst which uses the effects of light to continuously convert the oxygen in the air into the singlet state. According to Klemm, the short-lived singlet oxygen reverts to its original state in a fraction of a millisecond and in doing so releases energy. The water molecules that are present in the inhaled air absorb this energy (as we know, energy is never lost – it "only" changes its form) and patients inhale these molecules through a nasal cannula. In the organism this energy produces a measurable improvement in oxygen utilisation in the body's cells - without any additional oxygen or other foreign substances.

To understand the Airnergy principle, it is important to know that singlet oxygen is the physiologically active form of oxygen which is also continuously produced in the human organism – namely, when oxygen is needed for the metabolism. Normal air oxygen is chemically non-reactive. According to its manufacturer, Airnergy supports the body's own ability to activate and utilise air oxygen for regeneration.

## Theory and industrial implementation

To produce and market such a system requires entrepreneurial support. Klemm found an experienced partner in Guido Bierther, who contributed the entrepreneurial

skills required to implement the idea in serial production and to develop the sales and marketing side of the business. Another partner in the team is Silko Günzel, who is mainly responsible for customer service, international contacts and export.

The company has grown steadily to date and will continue to do so - from its own strengths and without strong financial partners, which would ultimately mean dependency and imponderable risks. One initial hindrance was the negative image of various oxygen therapies which have long been known on the health market. The fact that Airnergy has been able to survive despite these prejudices - many of which are justified – speaks volumes for the idea.

## Airnergy for industrial applications

The Airnergy technology is also interesting in other areas. For example, the company is discussing applications with the automotive industry, which has shown great interest in combining the system with car air-condition systems: considering fatigue at the wheel and the notorious microsleep, this is surely a very interesting aspect. The system could also be used in the aircraft industry. natural energy solutions is also in talks with well-known manufacturers in this field. Basically, every room air conditioning system can be combined with Airnergy. One large aircraft company is testing the devices in its offices with the aim of improving the air in its lounges. The first results would suggest that it would be possible to counteract some of the effects of jetlag. Airnergy instead of melatonin – a good idea, especially since, as opposed to the hormone preparation melatonin in the inhaled air therapy has absolutely no side-effects. Airnergy can also help provide office employees and factory workers with the occasional burst of fresh energy. Several companies are already testing this and offer their employees 20 minutes inhalation of Airnergy-activated air each day.



Guido Bierther, CEO of natural energy solutions



Jörg Klemm, Head of Research and Development and inventor of airnergy



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**Physicians and patients as a target group**

There are two basically different target groups which Airnergy is aimed at; on the one hand, therapists, physicians, clinics and on the other, end consumers. Airnergy is proceeding in a double-tracked manner. According to Guido Bierther, "Most people do not know what improved utilisation of inhaled air can do for them. Especially not in the highly sceptical medical world. This has led to us addressing private users directly in addition to physicians." This strategy is understandable. A medium-sized company cannot first conduct clinical trials for a decade until its technology has been conscientiously evaluated according to the strict rules of classical medicine. Consequently, parallel to its efforts to gain acceptance in the scientific world, Airnergy also has to open up the "popular" market. But the manufacturer continues to maintain and seek cooperation with scientists and clinics and also maintains contact with the universities of Nuremberg, Dresden, Cologne and Sao Paulo with the same degree of

determination as in the past. The company also has cooperation agreements with clinics which integrate complementary medical methods into their therapy offerings.

**Oxygen subscription**

The company is considering offering Airnergy as an additional wellness product in respectable gyms and tanning studios in order to make healthy breathing a new health focus. In Bonn and Frankfurt (soon also in Munich) a fully new inhalation studio concept has been launched which has been remarkably well accepted without any large advertising campaign. People drop in, get their 20-minute ration of activated air – and come back again for more. This seems to make them feel good.

**Airnergy as a building block in effective prevention**

Prevention – preventive health care, regarded as a strategy to make the body fit and protect it against the stresses of day-to-day life, environmental poisons, the consequences of incorrect nutrition

and lack of movement is becoming more and more important. Actually it would be quite simple to control these civilization illnesses; a more balanced lifestyle would go a long way towards this. But preventive health care can also be carried out with many gentle methods which have come from the field of wellness.

In many cases medicine still has to learn that it is not just responsible for repair but that in addition to its commitment for a healthy lifestyle it must also incorporate methods that impart a subjective feeling of wellbeing to people and which consequently make them more relaxed, more balanced and able to perform better - and also healthier. Many areas of medicine must improve and evolve into all-inclusive health institutions.

In the meantime classical medicine tolerates the wellness area but does not take it quite seriously. But you can understand the Airnergy makers' dilemma: it takes time until a wide range of acceptable studies, which prove the therapeutic effectiveness of the method without a doubt, are available – and this is time that a company cannot afford. Therefore, in the meantime Airnergy is well advised to continue underpinning its reputation as a complementary health-supporting method.



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