

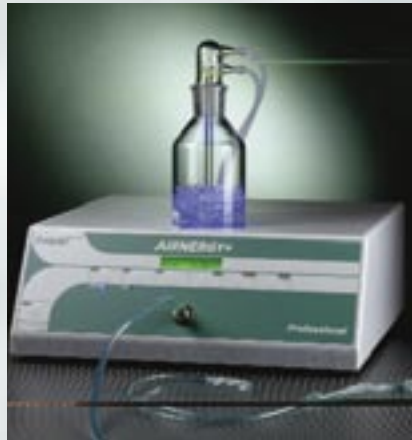
# A New Era in Better Breathing

by Joseph Monaghan

Normally, only 25 percent of oxygen in air is used by the human body, but it is now possible to use far more of it, thanks to work by scientists in Germany and Sweden.

The new science is showing that careful and completely safe treatment of normal air can result in a far more efficient level of oxygen utilization by the body. Their process involves capturing the energy generated when oxygen shifts, naturally, from one of its phases to another. This, the scientists have shown, provides several clear benefits. These include improved physical performance and alertness, faster recovery from exertion and injury, and better immune-system function. All that, without additives or side effects. The harnessing of these natural energy states of oxygen forges a new bio-technological frontier. After some startling results in the

horse-racing industry, work has progressed with human subjects, and already many elite athletes are taking advantage of a new, completely legal way of improving their performance.



The process is essentially simple, and anyone can use it to improve performance, health, and well-being. It involves running regular air through a small chamber where strong light creates a reaction similar to photosynthesis, the natural process by which plants convert sunlight to energy. That reaction induces the oxygen to shift in and out of the energy states that are most conducive to absorption and efficient use by the body.

Small machines that incorporate the technology are already on the market. Several thousand are in use in Germany and other European countries, with the United States quickly gaining ground. Companies like Germany's Natural Energy Solutions, with roots in university research-and-development labs, are setting up shop in the U.S., and their potential for growth in the American market is huge. The small devices require virtually no maintenance and all consumers need to do to operate them is to plug them in, supply them with filtered water, and then breathe the air they emit. Users simply breathe the treated air

through a plastic tube. They then obtain, to a high degree, the kinds of benefits that endurance athletes, such as marathon runners, to when they train in forests where concentrations of plant matter are high, and human oxygen utilization can be, too. Spas are often located in forests precisely to take advantage of that "fresh air" effect.

One controlled study in Germany in 2003, by Dr. Ulrich Knop and his partners, found that the process used in the devices provided vastly superior health benefits. The process, the researchers found, "obviously and significantly achieves immediately...an optimization of all the neurological control of all inner organs." It did this by permitting the oxygen content of air to be used efficiently at the most basic level of human life, within the body's cells. They recommended that such treatments "become the basis of treatments for all illnesses, or at least of those that relate to deficiencies in the immune- or metabolic systems. In addition, we believe that this form of treatment is a serious preventative measure that should be used by all, at least as a form of health cure."

Even while research continues on the new, oxygen-utilization techniques, testimonials from users, including some world-class athletes in many sports, are proving so positive that the devices are turning up in health clubs and also in private homes. For example, the four varieties of Natural Energy Systems machines, which in the United States are marketed under the name AIRNERGY+, priced well within the budget of many of the health-conscious.

For more information, contact Hans-Joachim Eng, President/CEO, ENG3 Corporation, (425) 803-9072, [ENG3@airgowell.com](mailto:ENG3@airgowell.com)



*Airnergy+ is being utilized by Rashid Buttar, D.O., FAAPM, FACAM, FAAIM, Founder & CEO of (AMESPA) Advanced Medicine Education and Services Physician Association, one of the most sought after Advanced Medical Training available today. 888-3-AMESPA*

*Rashid Buttar, D.O., FAAPM, FACAM, FAAIM, practices in Charlotte, NC where he is the medical director of Advanced Concepts in Medicine, a clinic specializing in the treatment of cancer, heart disease and other chronic conditions in patients refractory to conventional treatments with a special emphasis on the interrelationship between metal toxicity and insidious disease processes. Founder & CEO of (AMESPA) Advanced Medicine Education and Services Physician Association, Dr Buttar trains physicians on his successful treatment protocol, see booth # \_\_\_\_\_, for information on course availability.*

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