

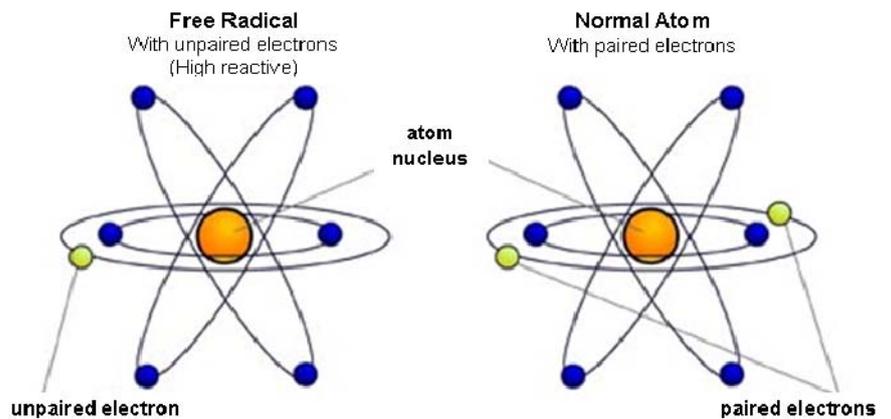
The danger of free radicals

Free radicals are highly reactive atoms or molecules with unpaired electrons.

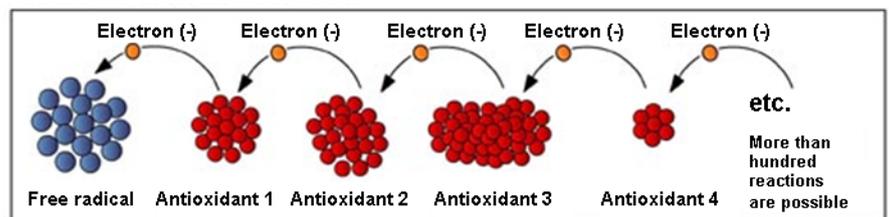
They likely start chemical chain reactions that damage the body cells. They oxidize the reacting agent and reduce themselves in supplementing their electron deficit.

Every day free radicals are produced in our body, for example in reason of an overcharge of the combustion process in the mitochondria (power stations of the cells) or in reason of extreme external influences which split the molecules of the body in free radicals. For example:

- oxygen connections like ozone (O_3), singlet oxygen (O_2)
- smoke of cigarettes
- UV radiation, radiograph



The cascade of the electrons



The protection against these free radicals is very important, for this reason the healthy body has effective defence and repair mechanisms like enzymes and hormones to reduce the damage.

But when the production of free radicals becomes very high, they can provoke big damages in the cells and on the DNA (inherited material).

Reasons for an increased production are:

- breathing concentrated oxygen for a long time
- stress
- illness and pharmaceuticals
- age
- unhealthy way of living and wrong food
- extreme sports

Free radicals provoke the oxidation of different substances and this can add to much illness like for example:

- cancer
- arteriosclerosis
- alzheimer
- liver damage through alcohol consume
- pulmonary emphysema through the smoke of cigarettes.

The Airnergy therapy takes effect directly in the body cells and in the mitochondria. In stabilising the oxidative equilibration and in having better oxygen utilization in the cells, the mitochondria can produce more ATP (energy). The production of anti-oxidative defence enzymes is highly increased and the body is able to reduce quickly the free radicals. The antioxidative effect of Airnergy protects also against the damaging on the inherited material / DNA in the cell nucleus.

(Author: A. Madih-Mokrani, H. Jäkel supported by Wikipedia)