

Centre for Neurology
of the Russian Academy
of Medical Science

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Effect of inhaling energised air on neurological patients

A scientific disputation



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This study took place between July and August 2008 in the Centre for Neurology of the Russian Academy of Medical Science (ZN RMW) in accordance with contract no. 001/7 regulating cooperation between the ZN RMW and Airnergy AG. The Airnergy+ Professional Plus was used (to energise inhaled air). Treatment was administered in line with the manufacturer's recommendations.

Patient group

14 patients with various neurological syndromes (2 x acute vertebral insufficiency, 1 x Huntington's disease, 1 x diffuse cerebral sclerosis, 3 x dyscirculatory encephalopathy, 2 x Parkinson's disease, 1 x myopathy, 3 x cerebellospinal ataxia, 1 x cerebellar degeneration) were investigated.

Method

The patients received between 3 and 10 applications (4 x 10 app., 3 x 9 app., 1 x 8 app., 1 x 7 app., 2 x 6 app., 2 x 4 app., 1 x 3 app.).

Certain parameters were analysed before and after treatment in line with the study protocol drawn up in the Dept. of Neurorehabilitation and Physiotherapy.

Parameters examined

- *Neurological symptoms*
- *Biochemistry*: platelet aggregation, CRP, coagulogram, acid-base balance, cholesterol, glucose, blood gases
- *Haemodynamics*: blood pressure (systolic, diastolic, mean pressure), oxygen saturation
- *Subjective symptoms*: general weakness, tiredness, sleepiness, disturbed sleep, headaches, dizziness, gait disturbance, impaired memory, breathing difficulties, nervousness

Results

A marked improvement in the subjective state of health was observed in the majority of cases (reduction in general weakness, tiredness,

sleepiness and nervousness) upon completion of energised air inhalation treatment.

No significant changes were seen in the patients' neurological state. Platelet aggregation returned to normal in one patient in whom this parameter was raised at the outset.

There was a tendency for blood pressure to fall or return to normal both following individual sessions as well as at the end of the complete course of treatment.

Heart rate and oxygen saturation varied from one individual to another.

Conclusion

The results permit the (provisional) conclusion that inhaling energised air may, firstly, bring about a marked improvement in the subjective state of health and, secondly, lead to a tendency for arterial blood pressure to fall in neurological patients.

For further evidence-based confirmation the following is recommended:

1. increase the number of patients
2. differentiate between individual neurological syndromes
3. study patients with hypertonia separately
4. employ additional investigative methods (basal metabolism, HRV).

Opinion of the external expert

A marked improvement in the subjective state of health was repeatedly observed in other studies (different syndromes, different study designs). It can therefore be assumed that, in principle, inhaling energised air, which has a harmonising influence on the entire body and all its organ systems, causes a switch in the vegetative-hormonal-emotional-endocrine axis.

The neurological state – the damage which has occurred as a result of the patient's original disorder – cannot really be undone. Inhaling energised air cannot perform "miracles" of this kind. Yet, due to the subjective improvement, objectifiable "regenerative tendencies" do also arise to an astonishing extent.

This is why, in individual cases, blood parameters can be improved, however this is not the norm. Yet here too a seemingly impossible "return to normal" is often described, in combination with other measures, which time and again makes patients speak of the "beginning of a new second life".

The same goes for blood pressure falling or returning to normal. There are numerous reports of this from those affected. It is frequently mentioned that numerous preparations, which were required previously and which were ineffective despite extensive use, could be discontinued completely.

In these as in many other reports (individual experiences of those affected as well as numerous reports from therapists) the effect of inhaling energised air may well lie in the fact that oxygen utilisation is increased in each individual cell of the body, firstly by erythrocytes giving off oxygen more easily into interstitial tissue and secondly by activation of mitochondrial metabolism. Even if all the individual steps are not fully understood, previous findings on inhaling energised air as well as existing studies together with individual accounts justify its use for the purposes of further study as well as, above all, in treatment, rehabilitation and prevention.

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