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**VOLKSGESUNDHEIT**  
durch  
**MUSKEL**  
**TRAINING**



**Airnergy Methode erhält**  
**Innovation Award of the Century**



# Innovation Award of the Century

for the

## Airnergy

### Spirovitalisation-Method

Exactly 100 years ago, in 1912, the renowned medical faculty at Heidelberg saw the qualification of a new lecturer, a doctor and biochemist who went on to receive the Nobel prize in 1931 for his research in the field of respiration, metabolism and photosynthesis.

His work was entitled: "The Discovery of Nature and the Function of the Respiratory Ferment".

With this work Dr. med. Otto Warburg, who also founded the "Max Planck Institute for Cytophysiology" (until 1953 the "Kaiser Wilhelm Institute for Cytophysiology") laid some of the foundation stones for the innovations of the AIRNERGY SPIROVITALISATION METHOD. Although nobody at the progressive company from Hennef in the Rhineland would claim to follow in the famous footsteps of this exceptional researcher, his efforts have now been honoured with the award of the century.

This award completes a circle that started with Warburg's discoveries – certainly many years on but with the same objective in mind.

Revolutionary developments – such as the internet – characterise the spirit of our times. Data move at the speed of the light around the clock and around the globe.

The rate of progress is utterly breathtaking – but it can be both a blessing and a curse.

**"Panta rhei – everything is flux"** said Heracles and Plato added: **"All is flux, nothing stays still."**

A wise saying that could well describe our lives today in view of the myriad things we have to deal with on a daily basis – even though none of them directly further our basic needs as a human being (such as health for example) in any way whatsoever.

Masses of information have to be processed; the multiplicity of media and the resulting over-stimulation (in addition to our often over stressful working day), but also the demands of our families and social contacts can bring our breath to a standstill – even in a literal sense.

If one looks at the development in human health (especially in the industrialised countries of the world over the last hundred years), two appa-

rently contradictory phenomena stand out:

Medical and technical progress is exceedingly fast; the tremendous scientific achievements follow each other in rapid succession. Conversely, however, there is a frightening increase in the rate of illness (especially chronic illness). A consequence of industrialisation in general; the industrial production of our foodstuffs in particular.

Our food is industrially manufactured – largely ignoring Mother Nature as a supplier – and is therefore alien to us. As a consequence of **"modern civilisation"** our drinking water is loaded to the toxic limit. We are brought up and educated to a life of physical inactivity and the proverbial **"fresh air"** in which we should take our exercise, is now virtually non-existent.

There is poison everywhere and our natural catalysts (the woods and plantations) can no longer clean it up because they are themselves threatened by clearance or environmental vandalism.

The sad end to the story: no more photosynthesis. The miraculous

collaboration between chlorophyll and the sun in the photosynthesis process is disrupted. The basis for renewing the air and renewing life is itself dying out.

That is disastrous, even if we are often unaware of the significance of the air that we breathe for our very existence.

Without food we can survive for several days, even weeks; without fluids we can survive for several days, depending upon the ambient temperature. But without respiratory air, or the 21 % of atmospheric oxygen that it contains, our first brain cells start to die after only a few minutes.

If we could draw more valuable energy from our respiratory air as easily as we pull information from the internet, we would have discovered the secret of **"Columbus' egg"**. Because unfortunately we breathe 75 % of the atmospheric oxygen out again unused; a regrettable waste but also the reason why mouth-to-mouth resuscitation is possible.

This is also the conclusion reached by Prof. Manfred von Ardenne, the recognised research pioneer in the





**This Certificate of Innovation is Awarded to**

**Airnergy AG**

*from Hennef, Germany*

**for their AIRNERGY METHOD  
for the Years 1912-2012**



**Chief Editor & Publisher**

  
*Jean-Pierre L. Schupp*



field of oxygen therapy. He was able to discover the significance of oxygen for our health and he came to the conclusion: respiratory air must be enriched with more oxygen.

It is true that the oxygen multi-step therapy that he developed often brought about improvements in patients with very different types of diseases but his concepts never won the recognition of the medical establishment.

This might have been due to the expected side effects in the form of the increased production of free radicals, which are known to result in oxidative stress.

At the time, however, the medical world was unaware that free radicals can be considered to trigger the development of practically all diseases.

It is now a generally accepted fact that a healthy person breathes out approximately 75 % of the atmospheric oxygen that he takes in unused.

If, in addition to the increase in free radicals, the person is also chronically ill, under constant stress or of advanced

age, the body loses even more of its inherent ability to optimally utilise the oxygen in the atmospheric air and to convert it to metabolic energy. The same applies to competitive athletes.

So why supply additional oxygen if the body can only use a small proportion of it?

Curious and innovative people cannot help but address and answer such questions. And so it is where Professor von Ardenne's findings left off, where they needed to be corrected or supplemented, that our researchers and developers started their work.

Apart from the company's founder, Guido Bierther, the Airnergy method is also supported by Professor Klaus Jung. The current head of Airnergy's Medical Advisory Board worked closely with Manfred von Ardenne for many years and carried out research with him.

In his capacity as Head of the Sports' Medicine Department at the Gutenberg University in Mainz (which was renamed the "**Department for Sports' Medicine, Rehabilitation and Prevention**" in 1997 due to his

initiative and expertise and which he headed up until he retired in 2007) Professor Jung worked intensively on the topics of sports medicine and sports nutrition.

Another constant focus of his scientific work was to investigate oxygen therapies for their possible use in diagnoses such as burnout syndrome, sleeping disorders, COPD and disorders of the energy metabolism.

His focus is now on Airnergy Spirovitalisation as an holistic method of prevention and treatment, which he has successfully used for 12 years now using their highly-developed devices in more than 70 countries so far.

The Airnergy company's method, i.e. the Spirovitalisation method, has received the

**INNOVATION AWARD  
OF THE CENTURY  
1912 - 2012**



A start-up company from Hennef in North-Rhine-Westphalia - and which Fitness Tribune has had its eye on for some time now - has been able to learn from Nature and technologically replicate a process that simulates photosynthesis: the activation of atmospheric oxygen into a form that is recognised by the human body so that the cells are better able to metabolise it.

This method represents the pioneering step from the controversial oxygen multi-step therapy of Professor von Ardenne, which concentrated on the quantity of atmospheric oxygen, to its qualitative improvement. In the Airnergy method the amount of oxygen is not increased, nor is it ionised or ozone added. There are no side effects, only therapeutic regeneration, cellular renewal.

From a biological and medical standpoint so-called Spirovitalisation with Airnergy sets in train three action mechanisms:

1. The release of oxygen from the carrier molecule haemoglobin from the red blood corpuscles is increased.
2. The utilisation of oxygen in the mitochondria of each individual body cell is improved.
3. The neutralisation of oxygen radicals (free radicals), where they occur in excess in the body itself (possibly due to stress or illness) are incorporated from the environment (due to harmful substances and UV radiation) or are not sufficiently broken down (due to vitamin deficiency, certain diseases).

These effects are achieved by the artificial energisation (activation) of the inert (molecular) atmospheric oxygen in simulation of the natural process (Airnergy principle) – c.f. the publication by Prof. Dr. med. Klaus Jung in FT 139, pages 34-37.

The device acts on the entire organism rather than targeting specific illnesses and it does this because of the biological significance of oxygen for the formation of new cells and its holistic, regenerative function in general.

Good results have been achieved in particular with e.g. sleeping disorders, energy deficiency and burnout or even in chronic diseases (such as COPD or even cataracts).

Another important aspect is its effect upon neurological-hormonal-immunological regulation, such as e.g. on the psychological consequences of illnesses and accidents, e.g. including sporting accidents.

And yet another evolutionary aspect: where it is not about cells but rather about the extra-cellular matrix, conventional medicine comes up against its boundaries. With its ubiquitous effect Airnergy

is able to increase the cell's currency ATP (adenosine triphosphate) even there.

Airnergy is a progressive, holistic form of therapy, which, after millions of applications, can point at successes in all relevant areas of health in patients, people undergoing rehabilitation, professional performers and world-class sportsmen from more than 70 countries.

Spirovitalisation can be used at the doctor's surgery, in the clinic or even in the fitness studio, the spa, wellness or beauty clinic, but also in the office or at home and integrated within your everyday routine. The Airnergy transformers that are required are easy to operate, quiet, practically maintenance-free and good value compared to their benefits – in particular for commercial use. The treatment time is short at around 20 minutes and can easily be fitted in whilst training on the ergometer, the cross-trainer, at your desk, in bed or whilst lying on the sofa.

The FITNESS TRIBUNE Nomination Committee extends its hearty congratulations to Airnergy for this pioneering and groundbreaking method as a contribution towards maintaining the right to health!



These AIRNERGY devices can be used to deliver the Spirovitalisation method!