



Sleep Magazine

Ways to a healthy sleep

Cardiovascular disorders caused by sleep apnoea

German Prevention Law:
a new disaster?

Learn to sleep properly again...

New medication for RLS

Airnergy oxygen therapy is tested

Evaluation of a study involving patients

natural energy solutions has developed a device that allows the body to better utilise the oxygen concentration in the air that we breathe. According to the company's concept, this more effective supply of oxygen has a beneficial effect on the metabolism in general, which in turn results in amazing successes in curing disorders in various parts of the body. A first study was carried out on 34 patients at the Haranni Clinic in Herne, Germany.

Marion Burmann-Urbaneck MD, Hendrik Straube MD

Free radicals are responsible for many illnesses. These are molecules with one free electron. Electrons are normally paired with another electron. The free radicals attempt to "steal" the missing electron from other, intact molecules. But this forms more free radicals, as the molecules that were attacked are now also lacking an electron. A calamitous chain reaction is started in which chemical substances and compounds in our cells are destroyed. In this way free radicals promote the evolution of various illnesses. Without oxygen life cannot exist. Every single cell needs the oxygen that is contained in the air we breathe. But the body does not utilise the proportion of oxygen in the air very well. Around three quarters of the oxygen we inhale is exhaled without being utilised. It is thus not an easy matter to supply the cells with extra oxygen, for example, to minimise the formation of free radicals.

The airnergy method aims to supply the body with oxygen in a targeted manner. As this concentrated oxygen supply improves cell functions – in particular by reducing the formation of free radicals – it would seem that many different illnesses could potentially be treated in this way. Patients who have tried the method have reported improvements in their ability to sleep, in fact even improvements in existing sleep apnoea disorders. However, these subjective success reports are not sufficient evidence for the actual effects of a new method in regard to scientific aspects. Every new method has to unambiguously prove its effectiveness, for example by means of scientific studies; that is through a systematic observation of humans. Admittedly, these studies are rather expensive and require a lot of time.

Scientific studies in Herne

The first studies were started in the Haranni Clinic in Herne, Germany under the control of Marion Burmann-Urbaneck MD, who is a sleep physician and specialist in internal medicine and neurologist Hendrik Straube MD. The first results are now available. The patients who participated in this study were given a 20-minute treatment with the airnergy device each day from Monday to Friday for two weeks. Every participant had ten applications.

The participants were asked to fill in a questionnaire describing their well-being before the first and immediately after the tenth application. This survey was carried out again 14 days after the final application. During the first two weeks of the investigation and in the following 14 days the participants did not change the dose of any medication they were taking nor did they change their everyday habits.

Because of the surprisingly good and unambiguous results of this patient observation a subsequent study was carried out on a larger group of participants and a modified study design was developed at the Haranni Clinic.

The results of the first study

The participants in one group involved 15 patients with obstructive sleep apnoea syndrome. Twelve of these were male and three female. For three of the patients, nothing changed, six said that they felt better; three said that their sleep disorders had improved, five patients reported that they suffered less from fatigue during the day, one patient said that the pressure he had felt in his head had disappeared and another patient reported that his feeling of dizziness had disappeared.

Consequently, 12 of 15 patients with obstructive sleep apnoea syndrome experienced a clear improvement in their complaint after ten airnergy applications and even during the period after they had ceased the applications. Only three patients showed no noticeable change in their condition.

Ten patients with sleep disorders made up another group of participants. On conclusion of the treatment the complaints had dramatically improved for nine of these ten patients. In a third group five patients with circulatory disturbances and high blood pressure were treated. At the end of the therapy three of the five patients reported considerable improvements in their condition and said that they felt much better, did not feel so tired during the day and that the supply of blood to their facial skin had improved.

For another four patients with various complaints, their visual acuity improved, while two patients with rheumatism felt no change.

28 of 34 patients experienced a considerable improvement in their overall health and their special complaints. Hence, around 82% of patients reported a marked improvement in their well-being.

When the survey was repeated 14 days later, eight patients said that they still felt an improvement in their health. Ten patients reported an increasing improvement during the 14 days break in the therapy, eight patients even reported an improvement in complaints that had previously not improved during this break in the therapy.

It can safely be said that regeneration processes and regulation improvements triggered by the therapy continued even after the direct application; in other words, that the true cause of the problem had been treated.

[Kasten]

Airnergy uses the air we breathe as a method of treatment which the patient inhales via a nasal cannula. The device converts the oxygen in the air into a singlet state, which only lasts for a fraction of a millisecond. When the electrons return to their original orbit, energy is released. This has an effect in the body. The therapy works due to the fact that antioxidative enzymes, which reduce the formation of free radicals, are produced in the body's cells. The airnergy therapy is regarded as a basic therapy of integrative medicine.