

# Understanding COVID-19, Understanding Airnergy

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The outbreak of coronavirus has cost over 6 million lives while countless others are suffering from long-term severe mental and physical issues known as Post-Acute Sequelae of COVID-19 (PASC). A recent study indicates 67% of individuals with long COVID-19 develop a condition known as dysautonomia which affects cognition, immune function, inflammation, coagulation, fatigue and exercise intolerance, among others. In addition, many vaccinated people are struggling with unexpected side effects.

Throughout the pandemic, Airnergy has brought a sense of light and hope to many people by helping them with recovery, healing and self-protection. Numerous cases and testimonials were reported on the beneficial effects of Airnergy against COVID-19 infection as well as vaccine-related side effects. For this reason, Airnergy has once again attracted the public’s attention. The last time Airnergy contributed to a mass population recovery was after the Fukushima nuclear disaster in Japan in 2011. At the same time, many questions have poured in from the public and from healthcare communities around the world on the mechanism behind Airnergy’s remarkable beneficial effects. As a recipient of the Art of Air Award, I feel obliged to answer some of these burning questions. This article is formulated in a step-wise structure for the purpose of clarity. Considering that the scientific explanation can be challenging, I will try to explain things in layman’s terms wherever possible to promote understanding:

## 1 - The paradoxical twin of free radicals and immune response

In today’s world, the term “free radicals” has become feared by the general public and even among a considerable portion of the medical community. This is largely due to years of biased perception and the commercial promotion of anti-aging products. I consider this as one of the most unfortunate misunderstandings in the science of medicine and biology. In reality, free radicals are fundamental to life and are a prerequisite for the existence of the very important immune system.

In the process of energy formation within the mitochondria, the presence of oxygen is fundamental to the production of ATP (adenosine triphosphate) which is needed to power our cells. This is something most people are familiar with. Yet there is another less known parallel process of continuous generation of free radicals that happens.

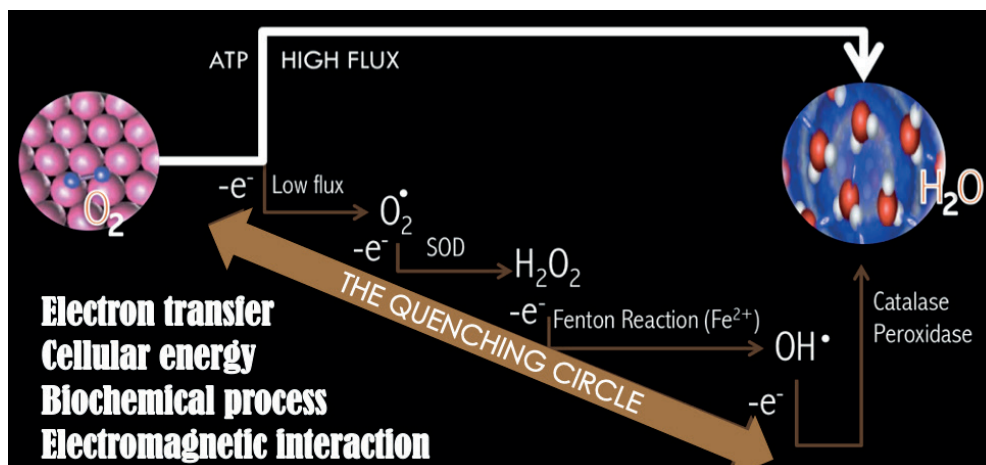


Figure 1:  
The quenching circle illustration

This parallel process is called “the quenching cycle” (shown in figure 1), through which oxygen turns into water and releases energy in four steps.

Normally about 1 to 4% of the oxygen will go through this quenching cycle to turn into re-

active oxygen species (ROS) or the so-called free radicals. Contrary to public opinion, this quenching cycle is a vital process for energy transfer and for our immune system. Energy can not be created or destroyed. It can only be transferred according to the law of energy conservation. Thus free radicals provide the essential steps needed for energy transfer and to sustain life. However, it is a double-edged sword since ROS are extremely reactive and most of them must be neutralized at the exact time and place of formation. Therefore each step of the quenching process is closely associated with a specific anti-oxidant enzyme such as SOD (superoxide dismutase) or catalase peroxidase, which is needed to convert the free radicals immediately after their formation. This is typically done within one-millionth of a second except for H<sub>2</sub>O<sub>2</sub> which is important for its role in our immune response.

Parallel to the paradoxical free radicals formation, our defense mechanism or immune response is closely associated with the activities of free radicals. The existence of antioxidant enzymes in our bodies can protect us from the damaging effects of free radicals. However, bacteria and viruses do not have such defense mechanisms, thus our bodies will use free radicals to protect us from foreign substances, i.e. bacteria and viruses. This defense mechanism is carried out by lymphocytes and macrophages in a so-called “respiratory burst” which will produce the extremely powerful oxidant HClO (hypochlorous acid) to fight against those intruders. Paradoxically this is where it can go wrong for two reasons. One reason is that this defense is non-specific and can harm our own tissues and organs. The other reason is that it can be excessively produced beyond a controllable level. This is exactly how coronavirus has been functioning within us, basically using our own defense system to fight our own body.

Now to recap the above for easy understanding:

Imagine the electric energy inside an oxygen molecule as a bullet inside a pistol. In order to release the electric energy, we have to fire the pistol in order to release a burst of electric energy. In order to protect us from being hurt, we have anti-oxidant enzymes that function like bullet-proof vests to protect us from bullets. Normally this is a well-controlled process as, for example, how a police shooting range is managed. At a police shooting range, all bullets end up at the target wall so that all the energy can be used for the right purposes. The presence of bacteria or viruses can be thought of as criminals entering the shooting range. When criminals enter the shooting range, everybody starts to fire at the criminals instead of the target wall. Even though our intention is to target the criminals, not all bullets will end up hitting the criminals. The more we fire, the higher the chances that many of these bullets will hit the furniture or even hurt innocent people. This is what happens when someone is infected with coronavirus, our bullets will damage our own bodies including potentially getting us killed from COVID-19. One very important thing to remember here is that the criminals did not fire any bullets, they just triggered us and it was our own bullets or our own defense systems that did the damage.

## 2 - The tricky nature of coronavirus

In general, viruses are extremely difficult to exterminate since they are one of the earliest forms of life. They not only can survive extreme harsh environments, but they also have the incredible capability of adaptation. Studies have shown that viruses can find and use DNA from their dead buddies to figure out how to survive hostile conditions. The coronavirus is no exception to this survival skill. It is one step ahead of the game, if we look at how fast it can mutate and evolve into different variants. One of the most distinct traits of coronavirus is its ability to utilize our immune system against us.

The coronaviruses are a large group of viruses, and the subgroup of beta-coronaviruses to which SARS2-Cov-2 belongs. As such, they can cause the most severe mortality rates. The so-called SARS-CoV-2 spike protein is the

largest structural protein that is required for viral entry into cells. It triggers the reactive immune response through conformational changes which create excessive oxidative stress as a result of the enormous bodily immune response. Once this happens, we will experience self-destructive oxidative stress in various organs and tissues due to excessive production of H<sub>2</sub>O<sub>2</sub> which leads to diminished anti-oxidant reserves. This has been proven by scientific studies on SARS-CoV-2 where we have seen coronavirus spike protein induced cell death and inflammatory and oxidative stress responses. Thus the fight against COVID-19 is essentially a battle of how to control excessive oxidative stress caused by coronavirus. This, however, is more easily said than done, since oxidative stress is considered as the leading cause of all chronic disease and countless other acute conditions. As explained above, free radicals and the immune response are a pair of paradoxical twins. We can't address one without considering the other, therefore, any positive solution must be orchestrated systematically considering the entire continuum of mind and body processes.

### **To recap this from the simple illustration of bullet shooting (above):**

When criminals come into the police shooting range, our immediate goal would be to kill the criminals with our bullets. Even though our intention is to only kill the criminals, there will be unwanted damage to the shooting range and this is the major challenge we face. In the case of COVID-19, it is even more challenging since the virus can rapidly change via variants, therefore, it is like the criminals can dress up or disguise themselves as policemen or ordinary citizens. This illustrates how there are more chances for error and damage to our shooting range (or our own bodies) from COVID-19. At the same time, our normal biological processes have been disrupted. Normally we only fire those bullets of electrons for producing energy to do what our bodies need. Now, all the effort went into killing the criminals with our bullets and those bullets became extremely powerful and dangerous. Thus, not only do we not have much energy left for producing what our bodies need, but also the damage can be severe, almost irreversible. Thus there are two problems we need to handle: one is how to get needed energy for ourselves, and the other is how to reduce the damage, i.e. repair the shooting range. This is why patients who suffer from COVID-19 generally have these two types of problems.

Now, what happens with COVID-19 vaccination? Vaccination is like an exercise drill, i.e., we make dummy enemies or dummy criminals (the spike protein) to get our defense system activated. Then we have two other problems we need to consider. One is that we still need to fire bullets to attack the dummy criminals, but our defense system does not see them as dummy. Even though the response is not as severe, still the damage has to be created because that is how we can remember what the criminals look like. The second issue is that the true criminals of coronaviruses can change their appearance rapidly, therefore, our dummy criminal description may not be completely right or up-to-date. This means that we need to have additional boosters or updated criminal profiles for our reference. Still it can go wrong and get infected, but the symptoms would be less severe – just like our response would be better after having done some shooting exercise drills.

### **3 - How Airnergy can make a difference with COVID-19**

The science and mechanism behind Airnergy technology has been discussed in the article of “Journey Through The Century”. Without repeating this article, I want to specifically focus on how Airnergy can alter the paradoxical status quo between free radicals and the immune system response.

In humans, the production of reactive oxygen species (ROS) takes place in every cell and in different compartments within the cells. However, mitochondria, which form the powerhouse of each cell, are the most important

production sites, since that is where energy is formed. The formation of free radicals is unavoidable since oxygen activation is part of the process of transforming energy inside the human body. Following the example of nature, Airnergy externalized this oxygen activation step through a method that is like an artificial photosynthesis process.

Photosynthesis is the process used by plants and other organisms to convert light energy into chemical energy through cellular respiration. Instead of activating oxygen inside our bodies, Airnergy technology conducts this process by utilizing a special light to convert oxygen into extremely powerful free radicals inside the Airnergy machine (figure2). Since this reaction is inside Airnergy, it causes no damage to the human body. The released energy from this reaction is immediately captured and stored in the water. Through breathing, the energized water molecules are inhaled into the body as pure green energy.

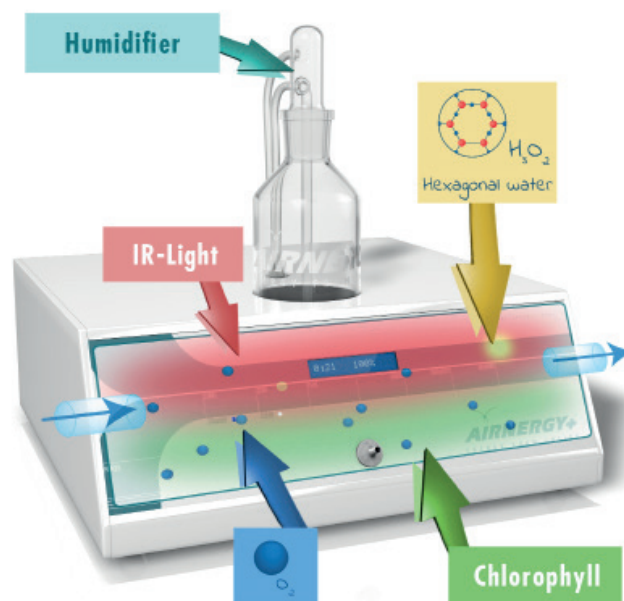


Figure 2: The mechanism of Airnergy

This process is comparable to how we heat our houses in the modern era. Instead of burning wood inside our houses, we generate energy from an external power source and then transfer that energy into our houses via the central heating system. In this way, our houses are kept clean and warm at the same time. In addition to external oxygen activation, Airnergy delivers this pure green energy into the body through nasal breathing which is beneficial on its own.

Nasal breathing has long been practiced as one of the most profound exercises throughout human history. On the science front, much Nobel-winning research has been dedicated to oxygen sensing in the body and how breathing has been linked with brain activity and physiological regulation. Airnergy technology has fundamentally reinvented this process from the root level of energy input by providing the body with rich ready-made green energy in the eventual form of water. As outlined in the first part of this article, oxygen turning into water requires four quenching steps within the body according to natural human physiology. With Airnergy, this is performed externally from our bodies and the finished energy droplets are inhaled into our bodies through nasal breathing. This separate processing and method of delivery have fundamentally transformed the paradoxical relationship between free radical generation and the immune response within the body.

Life on earth is essentially dependent on one formula ( $6\text{CO}_2 + 6\text{H}_2\text{O} + \text{light} \rightleftharpoons \text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2$ ), which is the equation of photosynthesis and cellular respiration. Within this equation, light energy is dancing back and forth between different chemical bonds. Plants and other organisms use water as the vehicle to transmit light to start the living process. Humans, on the other hand, reverse this process through cellular respiration which stores energy in water to maintain the same living process. In both, water is the most important ingredient for energy capture and energy release. Our lives are entirely cultivated by our breathing or cellular respiration, through which water is formed as the ultimate product of energy. From a chemical point of view, more than 99% of all matter from which cells and the intracellular matrix are built is water. The same holds true if we count by molecule, i.e., that 99% of all molecules within the body are composed of water. Hence Nobel winner Albert-Szent-Gyorgyi concluded that water is not only the mother, but also the matrix of life. He also claimed that bioenergetics is a special aspect of



water chemistry. Today, more astonishing discoveries about water have confirmed the vital role of water for life.

Whenever there is increased oxidative stress due to either passive physiological demand (like exercise) or active pathological need (like COVID-19), the process of water generation is blocked due to the depletion of anti-oxidant enzymes to convert free radicals into water as needed within the quenching circle. This negative outcome creates an amplified response for more oxygen conversion into free radicals which eventually can lead to devastating health consequences like we have seen with COVID-19. With the help of Airnergy, a steady stream of pure energy packed in the form of water is supplied to the body through nasal breathing. When such COVID-19 infected patients are given Airnergy breathing, they are supplied with the necessary cellular energy of water. As a result of this, the production of free radicals is dramatically reduced and therefore, the overall psychological and physiological status is greatly improved.

### Now recap again about the mechanism of Airnergy in simple terms:

Our human natural defense is built by activating oxygen energy inside the body which is similar to firing bullets inside the house where we live, which makes our house somewhat like a shooting range. What Airnergy does is to bring this process outside the body, like shooting the bullets outside our house. By doing so, our house is always clean. Airnergy allows us to shoot the bullets inside its machine and give our bodies fully charged energy. Our bodies are eventually charged with electric energy and we can simply use this energy to do what we need to do and to defend ourselves. When criminals come into the house, we simply give them an electric shock so there is no need to fire bullets any more. In this way, our bodies won't get damaged and the charged energy can help us to resume our normal biological processes including healing any damage caused by previous shootings.

It is worth mentioning that this mechanism behind Airnergy is not specifically limited to any particular condition or disease like COVID-19. Rather it represents a broad spectrum of holistic healing that is applicable to various energy depleting, inflammatory, and immune system compromised health conditions. Although COVID-19 appears like a disease that primarily affects the lungs, it actually causes damage to many other organs which is the pathological outcome of oxidative stress. In particular, COVID-19 can lead to long term breathing problems, heart complications, chronic kidney impairment, stroke or other vascular problems.

Using Airnergy, the following conditions are particularly improved for those patients suffering from COVID-19, including long-term effects as well as potential side effects of vaccinations:

- Shortness of breath or breathing difficulty
- Fatigue
- Cough, cold, and congestion
- Joint and muscle pain
- Brain fog, concentration and sleep problems
- Fast or pounding heartbeat
- Depression or anxiety
- Dizziness or high blood pressure

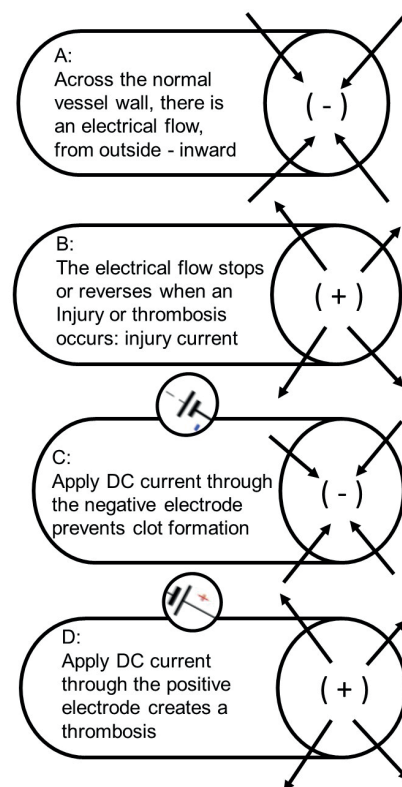
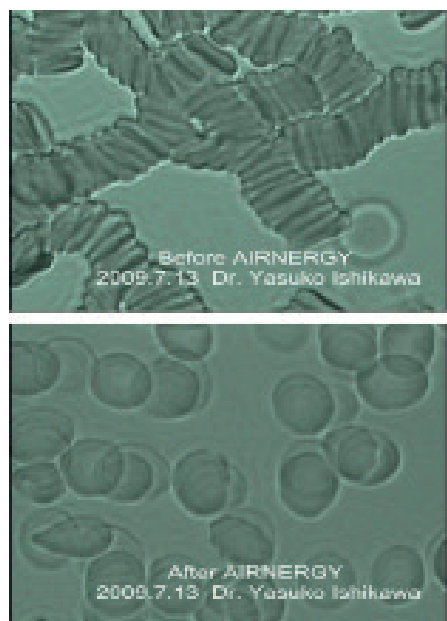


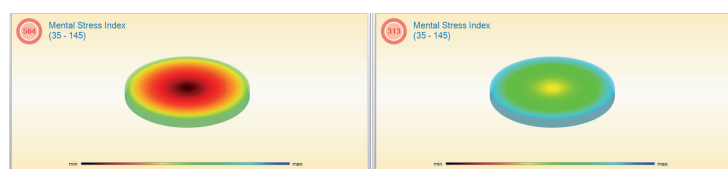
Figure 3: Electrical flow in blood vessel illustration



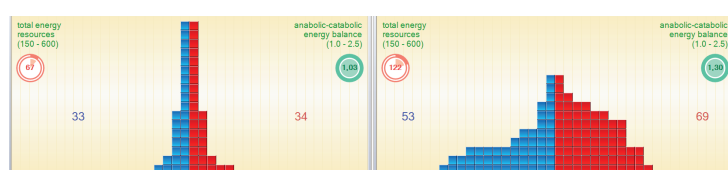
**Figure 4:**  
Changes on blood cells with Airnergy

One particular point I want to make regards blood clotting since this can be a rather severe and dangerous symptom of COVID-19. Moreover, it has been reported that blood clots can also occur as a result of vaccinations. Blood clotting naturally can be triggered by inflammation which is at the root of our discussion on the topic of COVID-19. This can be better understood from the electro-chemical perspective of biology. There are so-called vascular potential and transmembrane potential, which are the negative electric charges in the vascular system and blood cells. When in a healthy status, this electric charge keeps blood cells from each other and from the vascular wall. Furthermore, Prof. Gerald Pollack’s research on water has demonstrated the existence of an Exclusion Zone (EZ) in water. This force can keep blood cells repelled from the vascular wall and push the blood flow throughout the body. However, with conditions like severe Covid-19 inflammation, the lack of oxygen at a cellular level causes a reduction in electric energy potentials across the body. As such, the electric potentials are reduced for the vascular and blood cells in particular. This can lead to eventual blood clotting in both COVID-19 patients and some vaccinated individuals, in rare cases, particularly in people with pre-existing conditions. As shown in the bioelectrical charge illustration (figure 3), the lack of electric flow or reverse flow due to inflammation will create thrombosis or blood clotting. This is the same mechanism as a heart attack and recovery

from it can take a long time. Moreover there can be more relapses when the inflammation is severe as we have seen with long COVID-19.



**Figure 5:** Energy status comparison with Airnergy



**Figure 6:** Mental stress comparison with Airnergy

This electrobiological aspect of blood clotting is a particular benefit of Airnergy breathing for reasons explained above in this article. The comparative change in blood cells under dark microscopy from Dr. Ishikawa (figure: 4) is evidence of this electrobiological effect from Airnergy breathing.

Below are comparative results based on CHI Fractal Bioanalysis on energy status and mental stress from Airnergy therapy. The patient suffered from blood clots due to the COVID-19 infection. 40 minutes of Airnergy therapy was conducted with specific professional guidance. The results show 82% improvement in total energy (figure 5) and 45% reduction in mental stress (figure 6).

In summary, everything in life is a play of energy and we humans are simply an electrically charged matrix with a specific configuration and algorithm. Behind the biochemistry, there is electrophysiology working according to the law of physics. Behind the electrophysiology, there is the profound mathematics governing the ultimate information system.

Today information has been scientifically reviewed as the 5th state of matter. With the advance of science, electroceuticals have been coined as the future of medicine and the future is today. Nevertheless, the human body represents the best pharmaceuticals, electroceuticals, neuroceuticals, cosmoceuticals, or whatever fancy terms we can create in the world of our human understanding. The terminology is just a concept created in the mind -- what is really important is a true understanding about the essence of life, health and wellbeing. The term of healing came from the root word of the proto-germanic word “khailz, which means “to make whole”. The term medicine came from the Latin word “medicina”, which means “the healing art”. Unfortunately all these terms have lost their original meaning as we have lost touch with life as it was in its fundamental elements.

It is our responsibility to reshape our understanding about life in order to gain life! Hereby I would like to end this article with a quote from Dr. Albert Szent-Gyorgyi who I admire for his profound insights into the science of life!

*All living organisms are but leaves on the same tree of life,  
the various functions of plants and animals and their specialized  
organs are manifestation of the same living matter.  
This adapts itself to different jobs and circumstances but  
operates on the same basic principles.  
In principle, it would not matter whether we studied nerves,  
kidney or muscle to understand the basic principles of life  
In practice, however, it matters a great deal*

- **Nobel Laureate Albert Szent-Gyorgyi**