



## LITTLE ATMOS ...

THE ENERGY OF CLEAN FOREST AIR:  
STOCK UP ON HEALTH AND WELL-BEING

PUBLISHER: **AIRNERGY**

  
**AIRNERGY<sup>®</sup>**  
ENERGY FROM INSIDE

“In our polluted environment the air is becoming slowly visible.”

*Norman Mailer*

## Imprint

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D-53773 Hennef

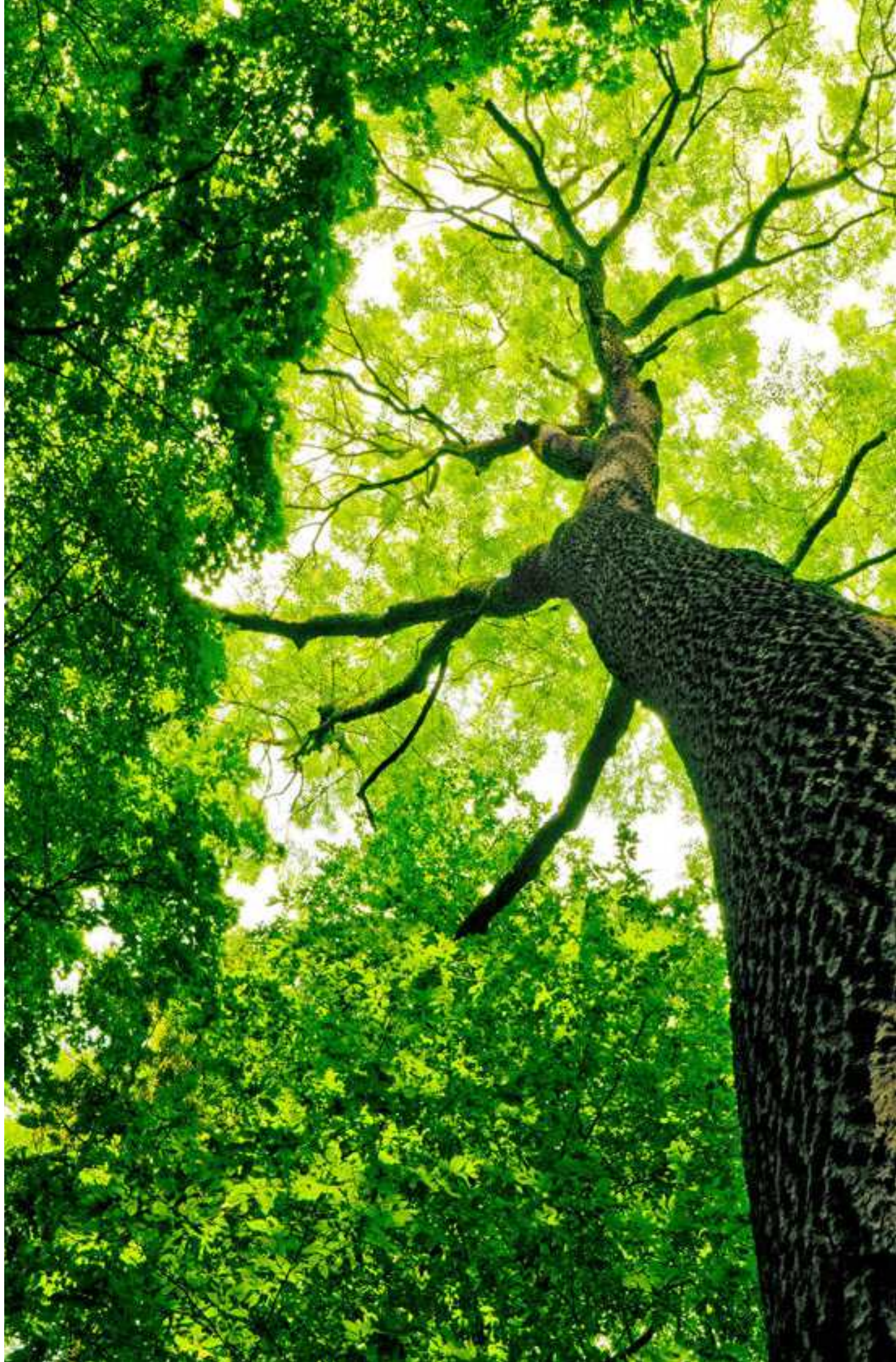
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Content | Text: Professor Karl-Heinz Röber  
Idea | Coordination: Guido Bierther  
Typesetting | Layout: Nicole Gamatschek  
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# Acknowledgement

*With deep gratitude, we wish to thank Professor Röber for his efforts in preparing this publication. In “Little Atmos” the well-known researcher and physicist informs about the energy of clean forest air and provides tips for health and well-being. He also convincingly illustrates, from a physicist’s point of view, the multifaceted effects and benefits of the “smallest health resort in the world” and contributes numerous illustrations and graphics. Professor Röber interprets even the more complex scientific contexts in an easily comprehensible way. For example, he explains the small but subtle difference between the meaning of the terms “air” and “atmosphere”.*

*The renowned scientist presents particularly groundbreaking results of his study into atmosphere and water, “the driving force of nature”, emphasising their importance on ample supporting evidence.*

*Röber’s Conclusion: Airnergy has unlocked the secret of healthy forest air – thanks to Airnergy, natural energy is now accessible everywhere at all times! And our conclusion: Thanks to Professor Röber’s “Little Atmos”, we are gaining new insights into our two most vital elements: air and water! With the power of conviction, we, at Airnergy, implement these passionately and sustainably!*

*We wish Professor Röber continued success in this important research work!*

*– Guido Bierther –  
Airnergy founder and CEO*

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# Professor Karl-Heinz Röber

Dipl. Ing. Dipl. Phys. (FH), born 1945 in Zwickau (Germany)

**1962 – 1965:** Highschool graduate trainee as electrician in coal mining, Zwickau

**1967 – 1973:** Open University course in electro-physics at TU Dresden

**1974:** Degree as Dipl.-Ing. for high-voltage, test and measuring applications

**1973 – 1982:** Management of Energiekombinat Karl-Marx-Stadt (now Chemnitz)

**1982 – 1989:** Executive positions in Party and State of the former GDR

**since 1989:** Self-employed

**1996:** Development and implementation of the CTP (computer-to-plate) process for the printing industry in Germany

**2000:** Founder and CEO of Tian Qi Med GmbH in Germany

**2006:** Founder of Akademie TQM in Germany, position: director (the academy focusses on research and function of information/energy medicine based on results from Russian manned space flight between 1964 and 1989)

**2006 – 2010:** Development and testing of measuring device – Vitalscreening – and concept Transcultural Global Healing, under the medical supervision of assistant professor Dr. med. Dr. phil. Thomas Heise

**2010:** Presentation of the concept and measuring system at the Expo 2010 in Shanghai (China)

**2011:** Appointment as foreign expert at the TCM academy in Beijing, consequently moving his practical work to China: the study of functional and active principles of TCM and their scientific/physical aspects

**2012:** Opening statement at the World Congress of the WHO by Invitation of the Chinese government, subject: "Staying fit and healthy into old age"

**2012 – 2014:** Lectures in Shanghai, Beijing, Guangzhou, Shenzhen, Ginseng Mountain Region – at various conferences of societies and associations of Chinese organisations and universities, from the viewpoint of Eastern wisdom and Western technology, building blocks for the future of medicine

**2015:** Organiser of the UN meeting for “Conservation and protection of humanity against the influences of a changed environment on earth” in Germany. Conference

on the subject of “The merger of Eastern wisdom with Western science as the foundation for the medicine of the future”

**Nov. 2017:** Lifelong professorship at Lujiazui International United University of Shanghai

**since 2018:** Scientific/medical advisor at Airnergy, AplusO and SPIROYAL.



**Video recommendation:**  
[www.airnergy.de/roeber](http://www.airnergy.de/roeber)

**“What do we breathe and where is the water?”**

The energy of clean forest air  
from a physicist's point of view.



**Professor Karl-Heinz Röber**  
Dipl. Ing. Dipl. Phys. (FH)

Chair for Information and Energy Medicine  
Lujiazui International United University of Shanghai





# Airnergy Energy Station

**An innovative technology resulting from 18 years of research and development by German physicians, researchers, scientists, and engineers from Airnergy International GmbH.**

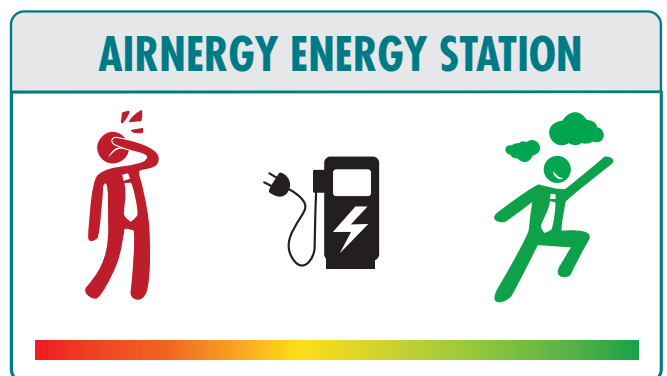
This system is unique in shape, application and the positive results it achieves. It is the exact copy of a thriving nature in a confined area and can be adequately described as the “smallest health resort in the world”. This system is a practical and convenient solution for everyone directly affected by the increasing impact of global air pollution, exposed to high and growing stress levels, or suffering from chronic diseases. For any healthy person, it is the basic system to stop or prevent environmentally-related premature ageing processes.

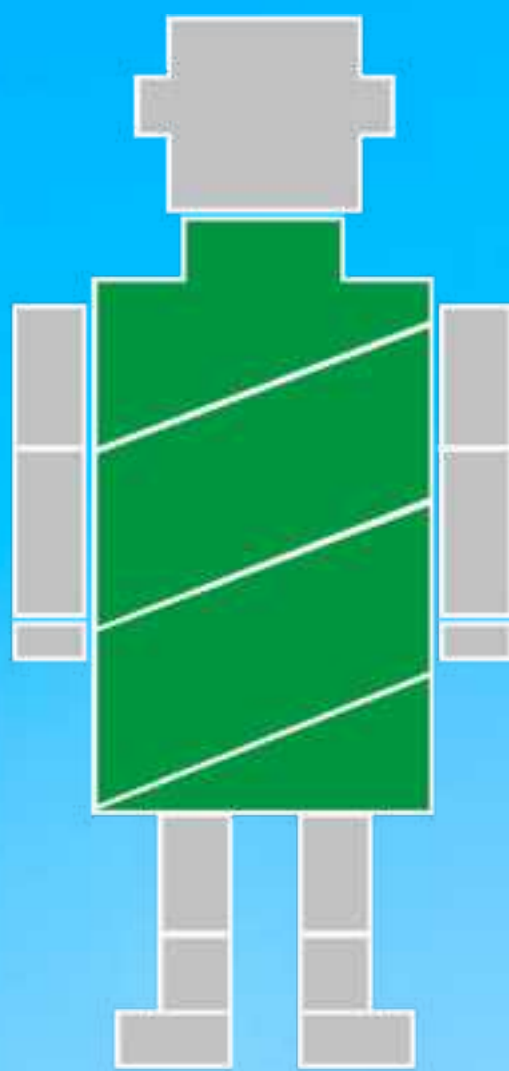
Due to its broad and comprehensive effect, the system has won numerous national and international awards. In the meantime, it has been successfully used in more than

70 countries around the world and is now also available in China.

## **Note:**

The application and private use of the system – AIRNERGY – is a curative method of regulatory medicine. In order to attain its full and noticeable effect, it should be used at least twice a week for 12 weeks for 20 minutes at a time.





# The human energy system

**Every disease** is the result of energetic disturbances or normal (age-related) reduction of energy processing and delivery in the human system. From the perspective of physics, humans consist of 80 to 120 trillion cells (batteries) that consume energy and require subsequent recharging. Every second of our lives 250 million cells are destroyed and almost as many are renewed. So, there are enormous processes taking place in our bodies which, under normal circumstances, we do not have to worry about. At least as long as we do not feel there might be something wrong or no longer functioning reliably.

**Without energy** nothing works, no car, no computer, no mobile phone, no light, you name it. This is why we have invented warning systems (energy consumption meters); if the energy drops below 30 % in any system, a warning lamp flashes, an alarm sounds, or a notice appears. The crux is: there is no light or other warning alerting us of the status of our body's energy system; if anything, there might be symptoms, but only when our energy is already depleted by 70 % and our charging energy can no longer sufficiently compensate.

**Of course, there is a problem**, all batteries have a limited lifespan and must be handled carefully to maintain their functionality and longevity. If the battery in our car, mobile phone, computer or whatever is defective, we just replace it with a new one. In nature, that's what our body does too. As mentioned earlier, about 250 million (micro batteries) are replaced every second. But only up to the level and functionality of the old ones. If those are faulty or damaged, they can only reproduce faulty and damaged batteries (cells). Just a few years ago, medical science was still of the opinion that the genes we inherit determine our life. Now we know that not only our genes determine our life and our quality of life, but more than 90 % of our life is influenced by the environment and the atmosphere in which we live – including the quality of our genes and the reproduction of our batteries (cells).

**Bruce H. Lipton:** How Your Beliefs Control Your Biology

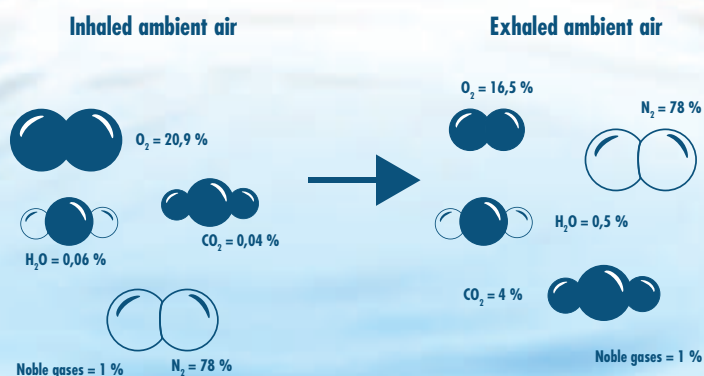
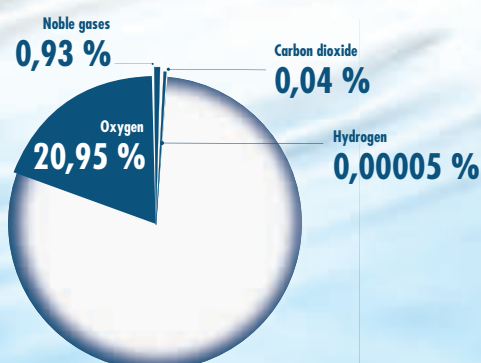


## COMPOSITION OF THE AIR

Nitrogen	$N_2$	78,084 %
Oxygen	$O_2$	20,942 %
Argon	Ar	0,934 %
Carbon dioxide	$CO_2$	0,038 %

## COMPOSITION OF THE ATMOSPHERE

$N_2$ (nitrogen)	$N_2O$ (nitrous oxide)
$O_2$ (oxygen)	$O_3$ (ozone)
Ar (Argon)	Electromagnetic radiation
$CO_2$ (carbon dioxide)	Dust
Relative humidity	Rural – urban
$CH_4$ (methane)	Nature



# The air we breathe

Generally speaking, teachings of medicine today still assume that the oxygen in the air we breathe plays the dominant role.

Of course, all cellular metabolic processes in the human body and their energy production (ATP) are dependent on oxygen ( $O_2$ ). This is why you will always find air characterised as consisting of the following constant components (ref. table) under normal conditions, and at an altitude between sea level and 3,000 m. That means, no matter where we live, the composition of the air is the same. But we do not breathe air, we breathe atmosphere; and the atmosphere consists of a constant, the air, and at least one variable, the water content.

This became apparent on April 12th, 1961, when the two superpowers, the USSR and the USA, started to compete with one another in a manned space race. The greatest and most closely guarded secret of the USSR was their space-flight medicine. The Russians, for example, managed to keep their cosmonauts healthy and fully functional on their space stations, initially for days and weeks, and later for months and up to one and a half years. While, in

principle, all American manned space flights were limited to just 14 days.

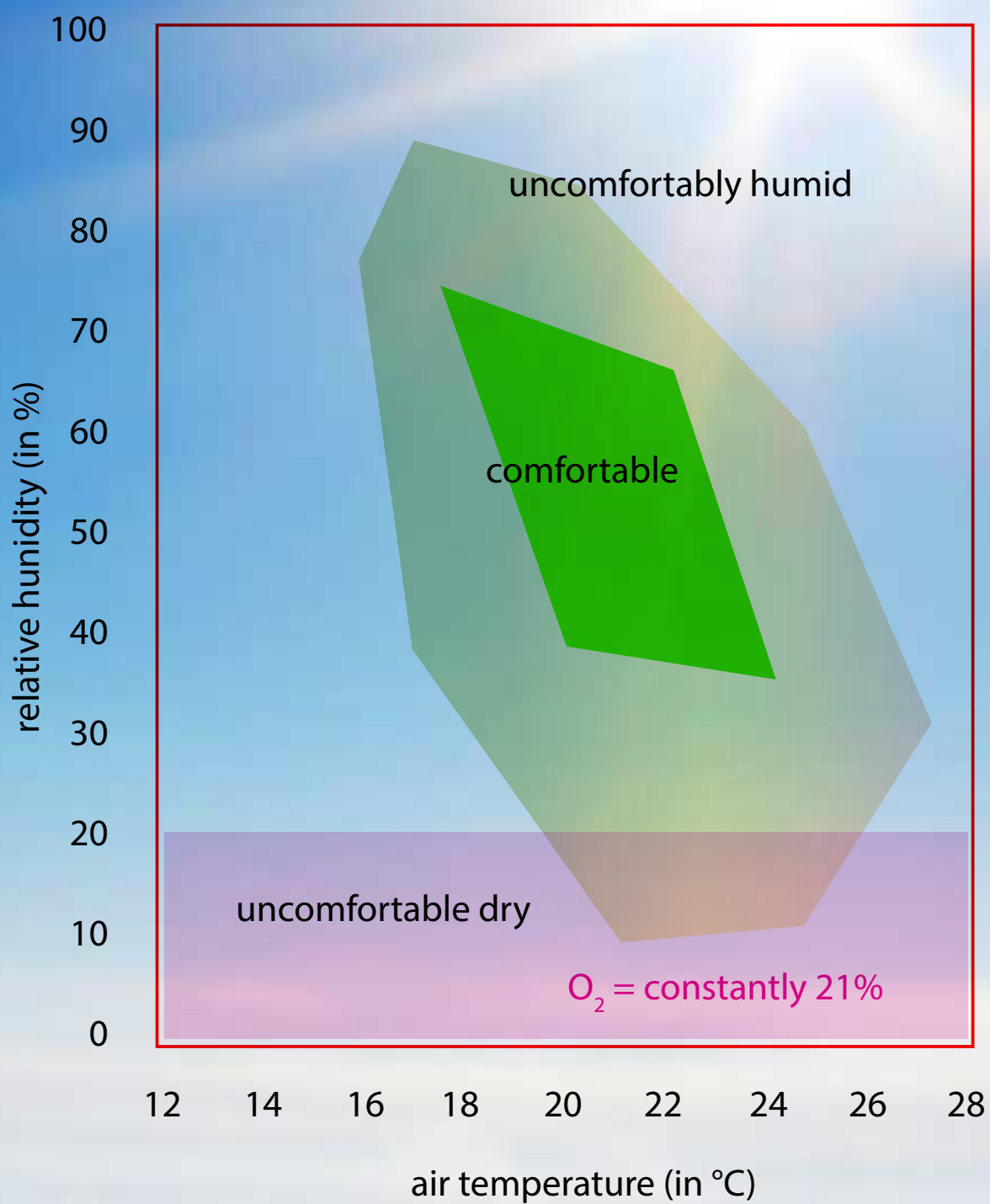
**The big secret of the Russians was the composition of the atmosphere on their space stations; it corresponded exactly to the ideal atmosphere on the earth:**

**21 % ( $O_2$ ), 78 % ( $N_2$ ), 1 % (Ar), 0,04 % ( $CO_2$ )  
at 50% = relative humidity, at 1,000 mbar pressure, and at 20°C – since 1964.**

Whilst the USA still used a pure oxygen atmosphere until the year 2000.

**As a result, the US astronauts fell ill under these conditions due to the intake of pure oxygen for extended periods of time.**

<http://web.archive.org/web/20170604022335/http://redbullet-buch.blogspot.de/2013/02/was-atmen-astronauten.html>





## Oxygen - O<sub>2</sub>

**The great, fatal error of modern orthodox scientific medicine.**

As every child knows no human being can live without oxygen, no normal human being can manage to stop breathing for even 5 minutes, before taking another breath – or dying.

Life begins with the first breath and always ends with the last.

**But:**

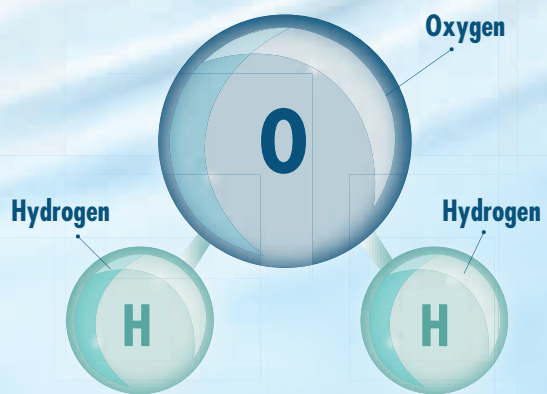
If you inhale oxygen, you have to exhale carbon dioxide (CO<sub>2</sub>), the by-product of metabolism. A functioning disposal is just as important as a functioning oxygen supply.

As depicted in the graph opposite, oxygen is basically constant in the composition of breathing air under all normal living conditions, and it does not change energetically. But what we immediately recognise from the graph are

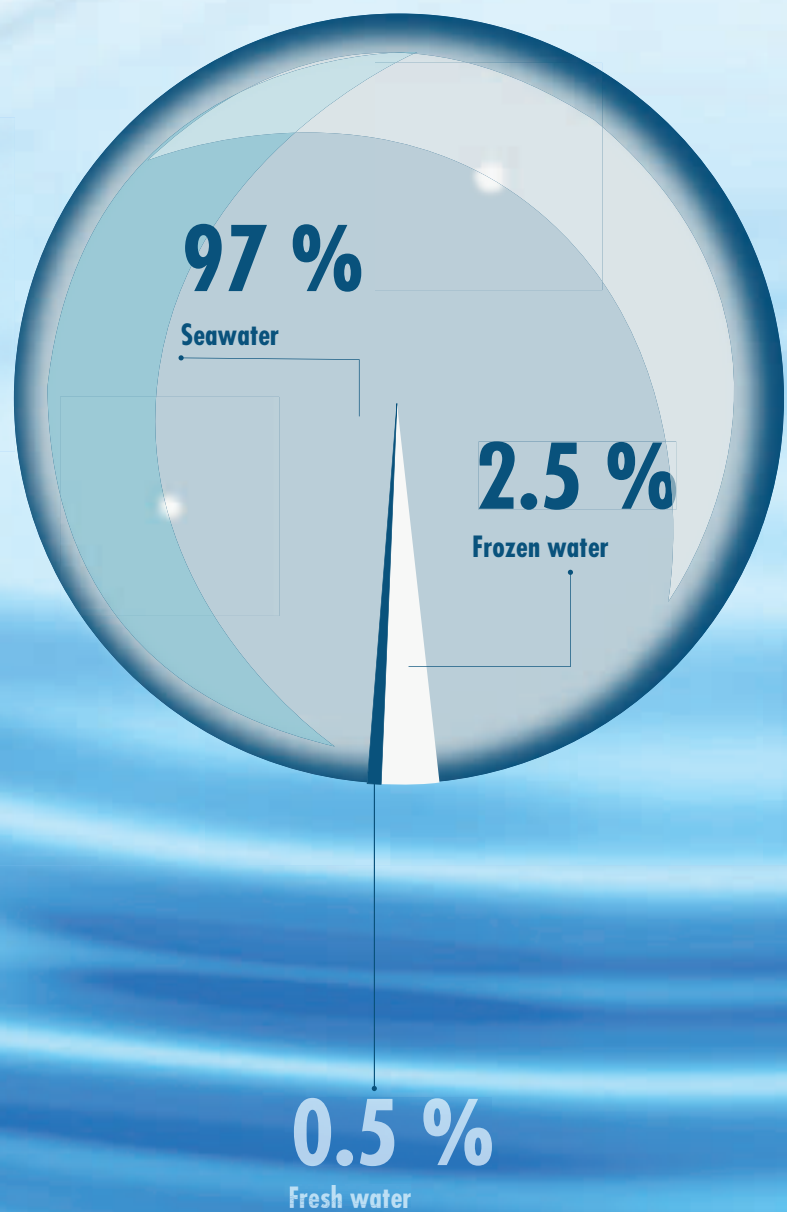
two variables that obviously have a huge impact on our lives and our health: relative humidity and temperature in relation to air pressure.

This gives us three important variable parameters that determine where the ideal habitat is for man on earth. Generally referred to as **Habitable Zone**. The adjacent graph illustrates the interdependency.

So far, medicine has simply neglected and never considered the proportion of water in the atmosphere because of its low content (0.01 %), or the temperature.



**Water is the  
driving force of nature**



# Water is the driving force of nature

If that is the case (and there is no doubt about that nowadays), when looking at all vital processes, including the process of cellular respiration, we should ask ourselves: Where is the water and, most importantly, what is it doing there?

1. We look up in the air, and what do we see? No water, of course. But neither can we see the oxygen, nitrogen, particulate matter, or whatever else is there.
2. **What do we do now?** An experiment is called for: Suppose we create a room with a filter that extracts all water from the air in the experimental space, and then we place a person in there and monitor them (i.e., at a relative humidity equal to 0% and temperature equal to 20°C).

3. **What will we notice?** After only a few days our subject will find breathing laborious, even though there are still 21 % of oxygen in the air. What happens if we increase the oxygen content? Nothing. The respiratory distress of our test subject continues to worsen. **We discontinue the experiment.**
4. **What will we observe now?** Dysfunction of the lungs due to lack of water, and vital capacity continuously decreasing.

<http://gesundheitsdoku.blogspot.ae/search/label/Hexagonales%20Wasser>



## Water science

**No element on earth has puzzled man and science more than water**, and even today we still don't know everything there is to know about water. It should be quite simple, **because water consists of no more than 3 atoms (2x hydrogen and 1x oxygen)**. But this only represents one aspect, as two gases suddenly combine together to become liquid (water), solid ice, steam and much more, always respective temperature and pressure.

**Water defies all universal laws of physics on earth and does not fit into the scheme of previous assumptions.**

Naturally, this also paves the way for speculations such as “metaphysics” and “pseudosciences”. In science, a thesis or theory may be formulated and is considered justified until it is confirmed or disproved by experiments. This is the difference to any belief; in fact, there is no need for an experiment.

After all, where would we be today if people had not hypothesised time after time — we would still be living in the Stone Age.

Today's scientists work with variables and matters that 99.9999 % of mankind have never seen and will never be able to see, because nature has not prepared us or our five senses to do so. Nature has, however, equipped us with a brain, our intellectual faculties — which, by the way, consists of 90 % water.

Now let's delve into the water ( $H_2O$ ). Why does a lack of water in the atmosphere we inhabit paralyse the most important function of our lives, our breathing?

In order to understand this, we must move into the realm of big numbers on a small scale: Everybody knows that a visible drop of water is about 3 to 4 mm in diameter.

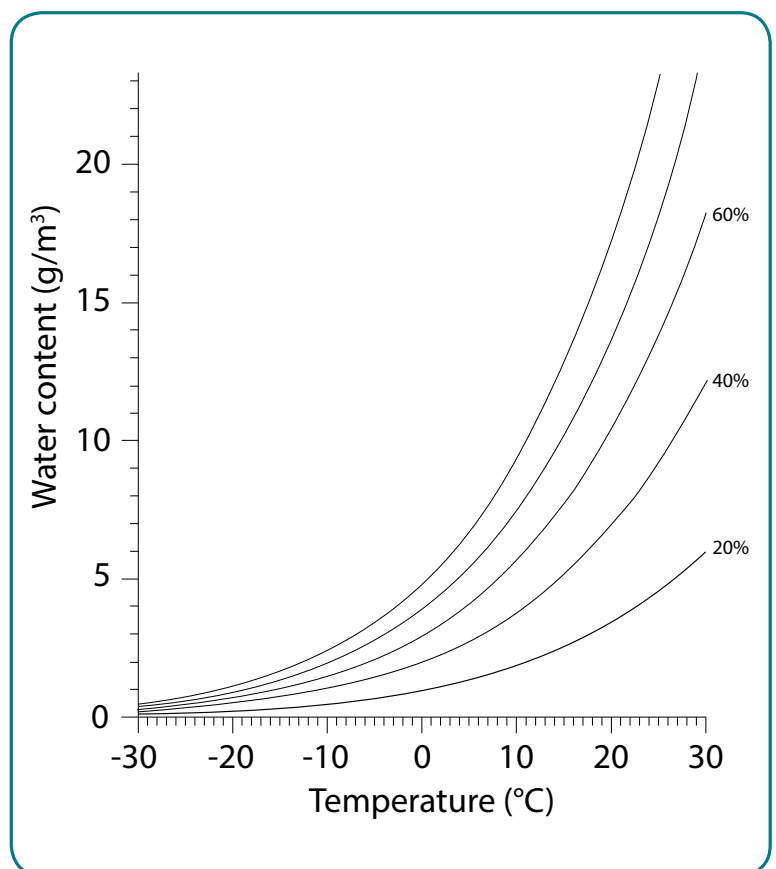
But what we cannot see is the number of water molecules in this drop, actually it's  $1.3 \times 10^{21}$  or 1.3 trillion water molecules!

On average, humans inhale about 15,000 litres of atmosphere (air) in one day. 3,150 litres of which are oxygen and 0.150 litres are water (at a relative humidity of 60 %

and a temperature of 20°C). That corresponds to 0.01 % water content. Generally a variable that can be easily neglected.

Generally, but not scientifically. All variables, no matter how small or large, play an important role. Except for the number “zero”. Zero only exists in mathematics and even there is a very vague concept. So, what does a water content of 0.01 % in the air entail? Well, it contains a total of: 1,300,000,000,000,000,000 water molecules ( $= 1^{21}$ ) – or in words: one trillion. **Wow!**

Amazing, what a tremendous number; and that, with every single breath we take! Do we still think this is negligible???



## So, what is water?

Without water, there is no life. That is a given — at least that is what most people think.

Well, what makes water so intriguing? Simply put, it can — and only water can do that — bring dead matter to life. Our next question must be: What is life?

The following characteristics of water are relevant for the origin of life:

Water is liquid in a temperature range in which organic molecules are stable.

Water is particularly suitable as a polar medium for chemical reactions because it allows for homogeneous mixing, can provide protons for catalysis, and has a high thermal capacity absorbing excess exothermic heat.

Water in the atmosphere of the air we breathe works as a catalyst to optimise the gas exchange in our lungs, and is prerequisite!

The anomaly of water prevents bodies of water from freezing from the bottom up and provides a uniform temperature range of 4°C down to the deepest oceans.

Water in which substances are dissolved, such as seawater, forms areas of different concentrations of substance that are surrounded by ice membranes. According to the controversial sea ice hypothesis of physicist Hauke Trinks, that is how not only biomolecules, but also life arose on Earth.\*

**Water is so much more than just H<sub>2</sub>O.**

**We know that water is the only element on earth that, under normal conditions, can be found in all physical states.**

**Gaseous** (as water vapour, e.g. in air), **Liquid** (99.5 % on earth), **Solid** (as ice and snow)

\*<https://en.wikipedia.org/wiki/Abiogenesis>

**Water is:**

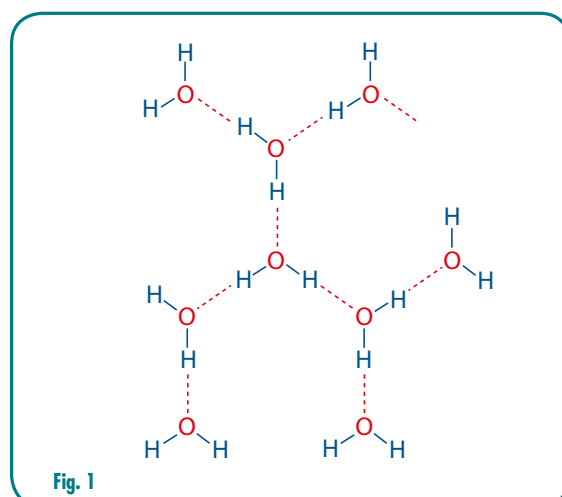
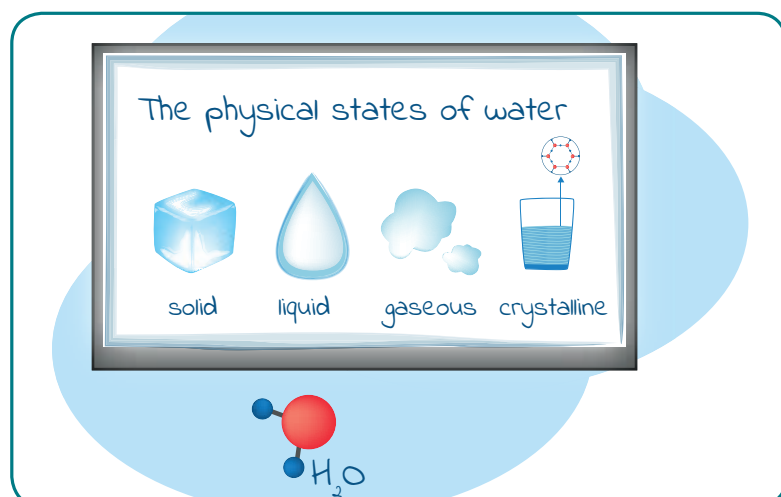
a solvent and means of transportation  
the best energy storage system  
an information carrier  
and it is dipolar

**Water is the most valuable and most important resource on earth.**

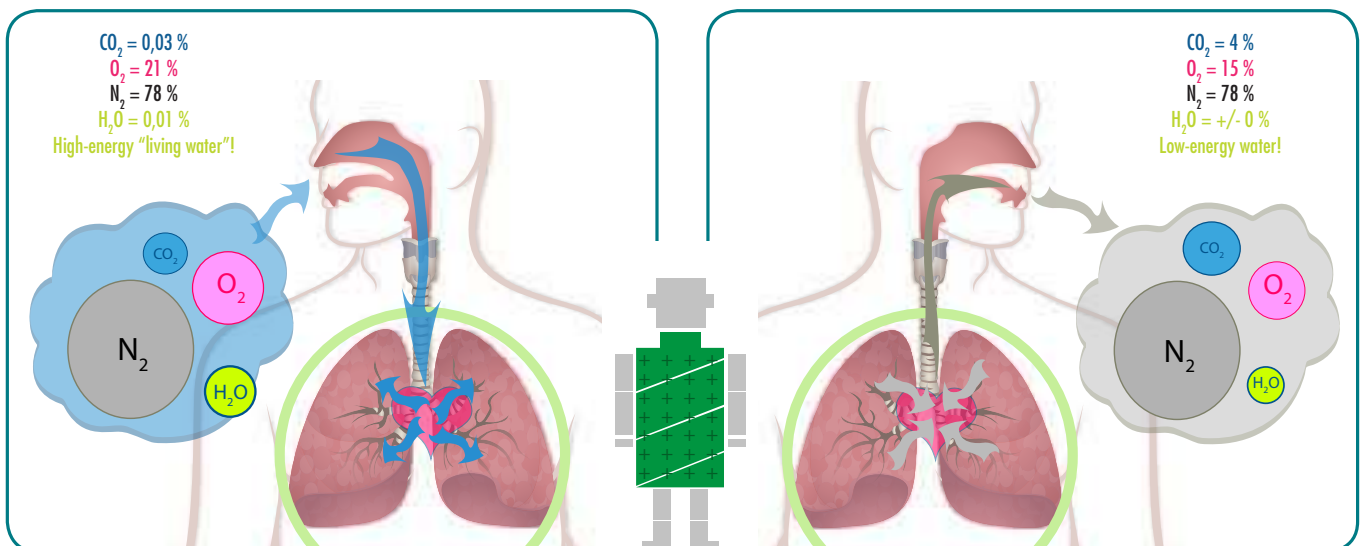
Water molecules combine to form so-called clusters. The smaller the clusters, the more reactive they are. Many ye-

ars of research into the structures of water in the human body and its cells, especially in Japan, South Korea and the USA, revealed that there must be a special form of water directly around the cell membrane, consisting of only 6 water molecules ( $6 \text{ H}_2\text{O}$ ), which are stable.

**Fig. 1:** This is what normal clusters look like; and that is hexagonal water, the fourth physical state of water: crystalline. Actually, it is no longer  $\text{H}_2\text{O}$ , but  $\text{H}_3\text{O}_2$ .

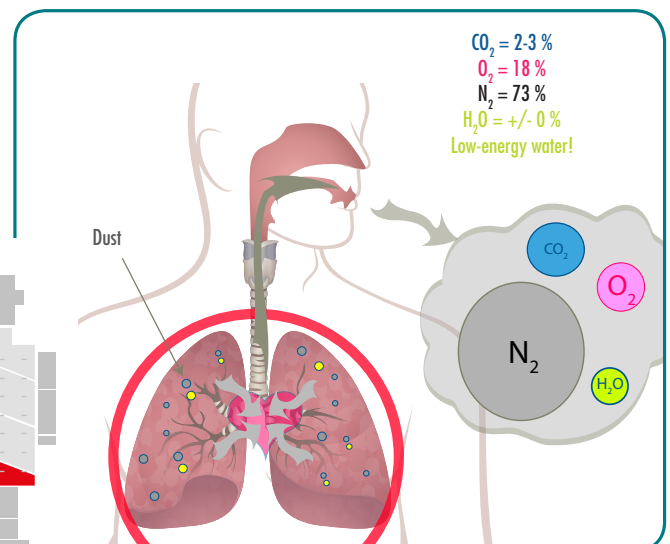
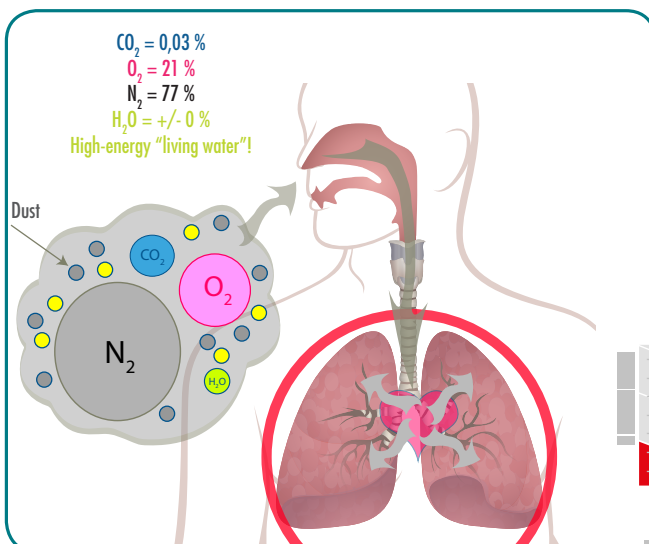


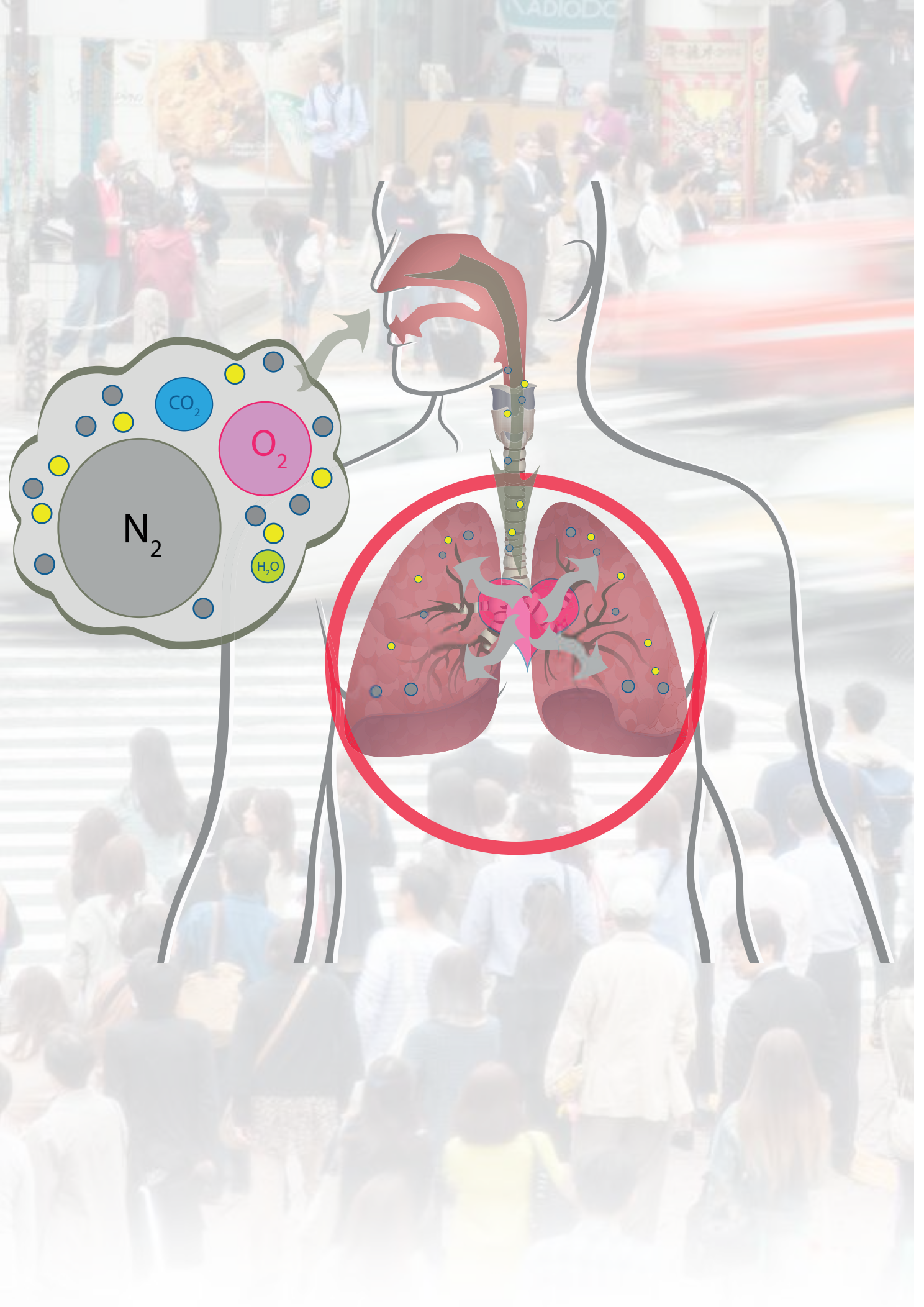
Only 150 years ago, people around the world lived in a clean atmosphere:





Today, most people worldwide live in this atmosphere:





## Our air

**The ambient atmosphere** in cities and industrial areas, but also in other regions in most countries worldwide, is heavily contaminated with waste of the globally still increasing large-scale production for “prosperity” and “progress” of humanity. This has escalated to the extent that the elementary present water in the atmosphere loses its energetic function: by binding to the fine dust and toxins in the air. In addition, naturally occurring humidity is effected negatively, because of the extensive industrial destruction of man’s natural environment.

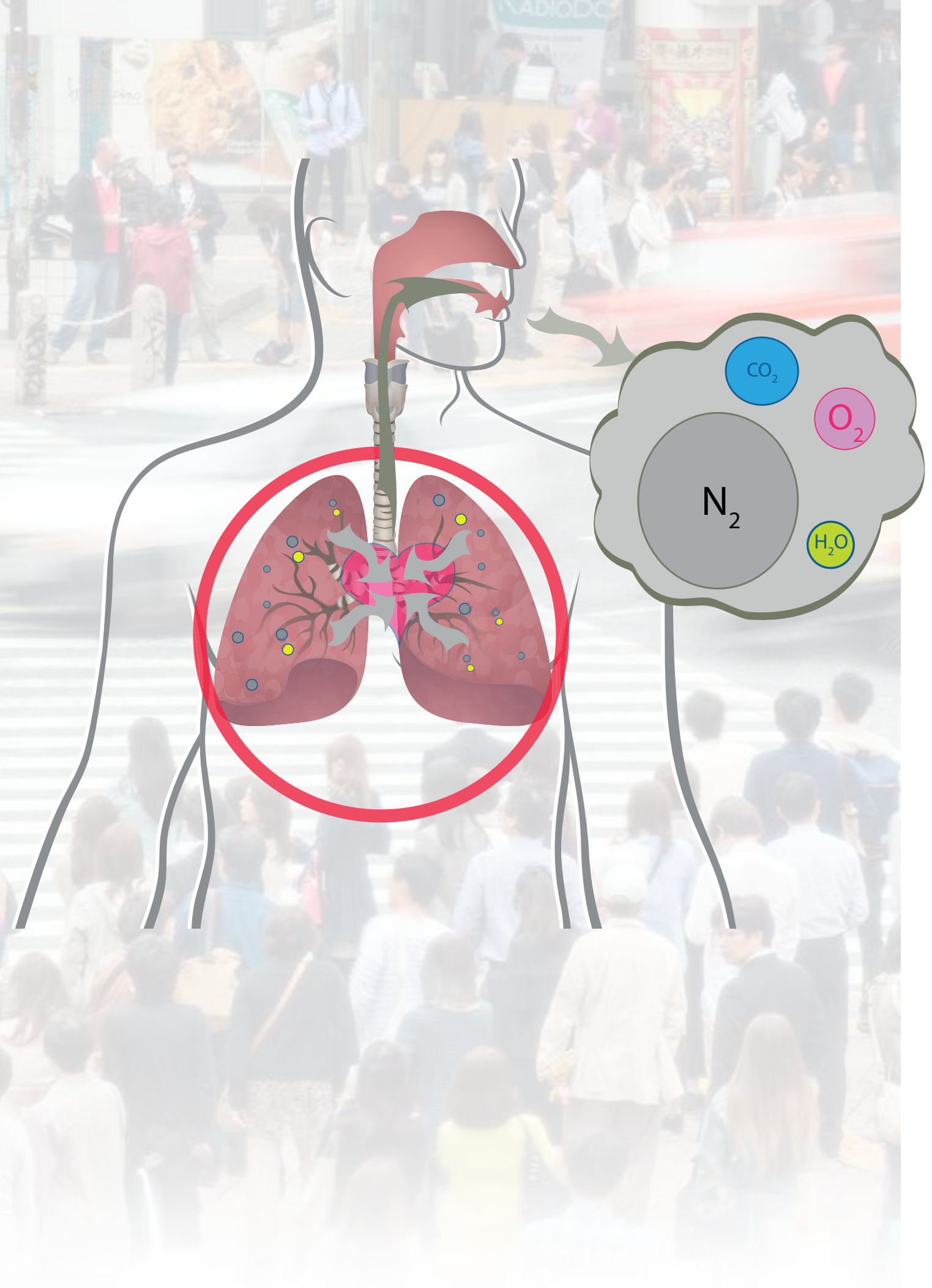
As a consequence,

1. the mucous membranes of the nose dry out and slowly lose their natural filtering function; hence fine dust, pollen, viruses and bacteria can penetrate our body.

2. As a result, the bronchi are affected and can no longer fulfil their barrier function: they begin to clog and humans can no longer cough up the fine dust.
3. As a consequence and due to the “lack of water” in the air we breathe and the fine dust invading our lungs, the alveoli, whose natural purpose is the gas exchange, lose their prerequisite membrane function and gradually stop functioning altogether.
4. Finally, gas exchange in the lungs decreases, the blood does not carry enough oxygen and, on the other hand, can no longer sufficiently dispose of the  $\text{CO}_2$ .

**This is the root cause of all kinds of illnesses in this day and age!**





## Increasing air pollution

Reduced lung function as a result of increasing pollution of the ambient atmosphere in which we live today, causes a significant shift in the onset of the natural ageing process from previously 70 to 80 years of age to 40 to 50 years in the present!

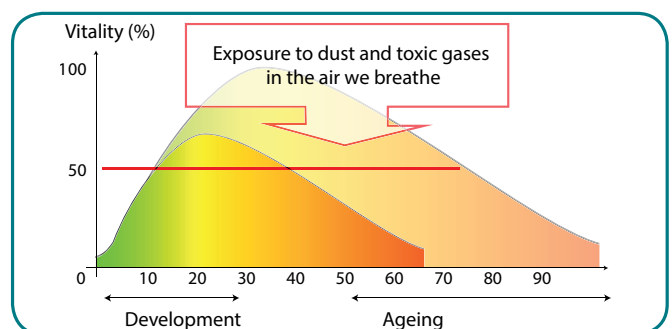
This is documented and can be proven by means of globally available statistics spanning the last century.\*

Cellular ageing and the resulting organic changes increase the likelihood of dying of an age-related disease or of an atypical disease at a young age.

Typical geriatric disorders are many cancers, cardiovascular and cerebrovascular diseases, bronchitis, diabetes mellitus type II, osteoporosis and osteoarthritis. Age-related diseases are one of the main reasons why the maximum human lifespan is only very rarely reached.\*\* [95]

**In general terms, medicine defines the human life cycle as an age-dependent vitality function, dependant upon eight important parameters (ref. next page) which can be measured using conventional medical methods.**

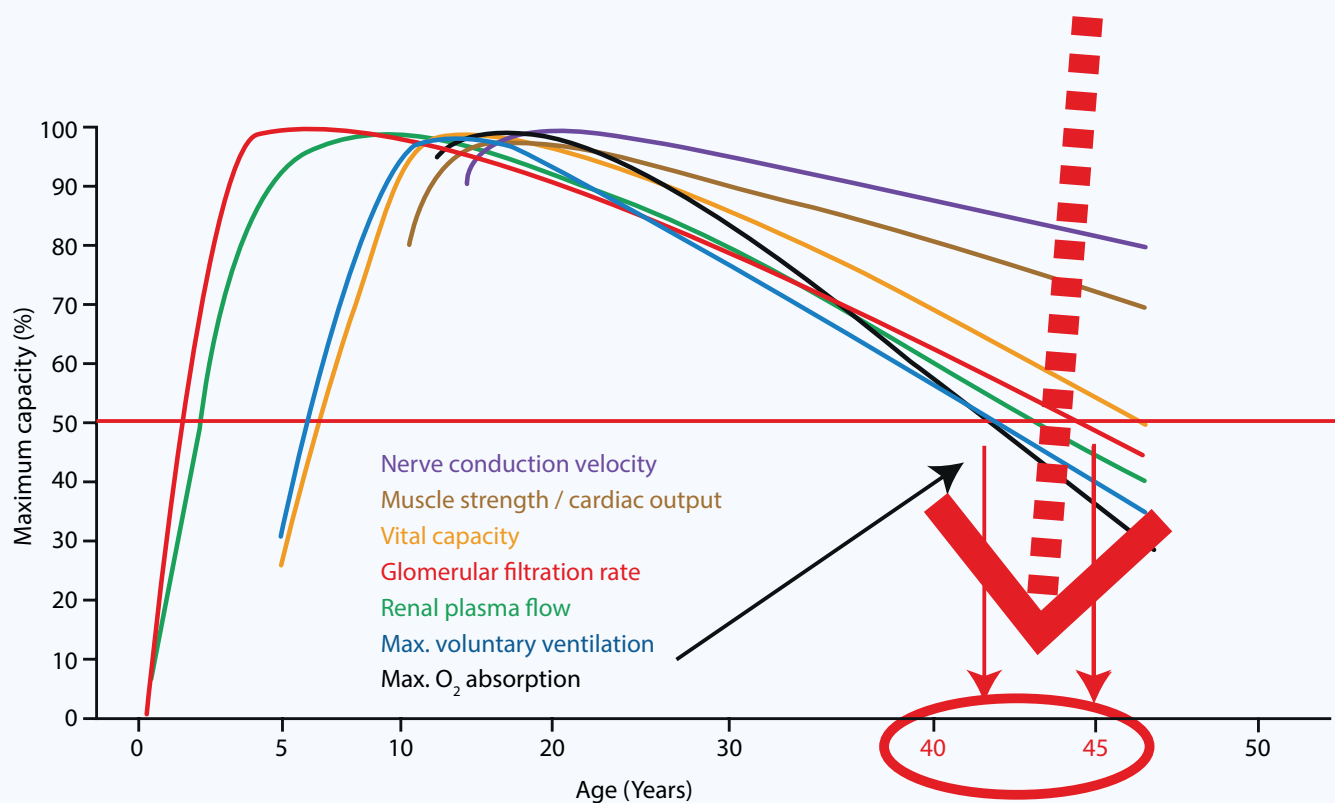
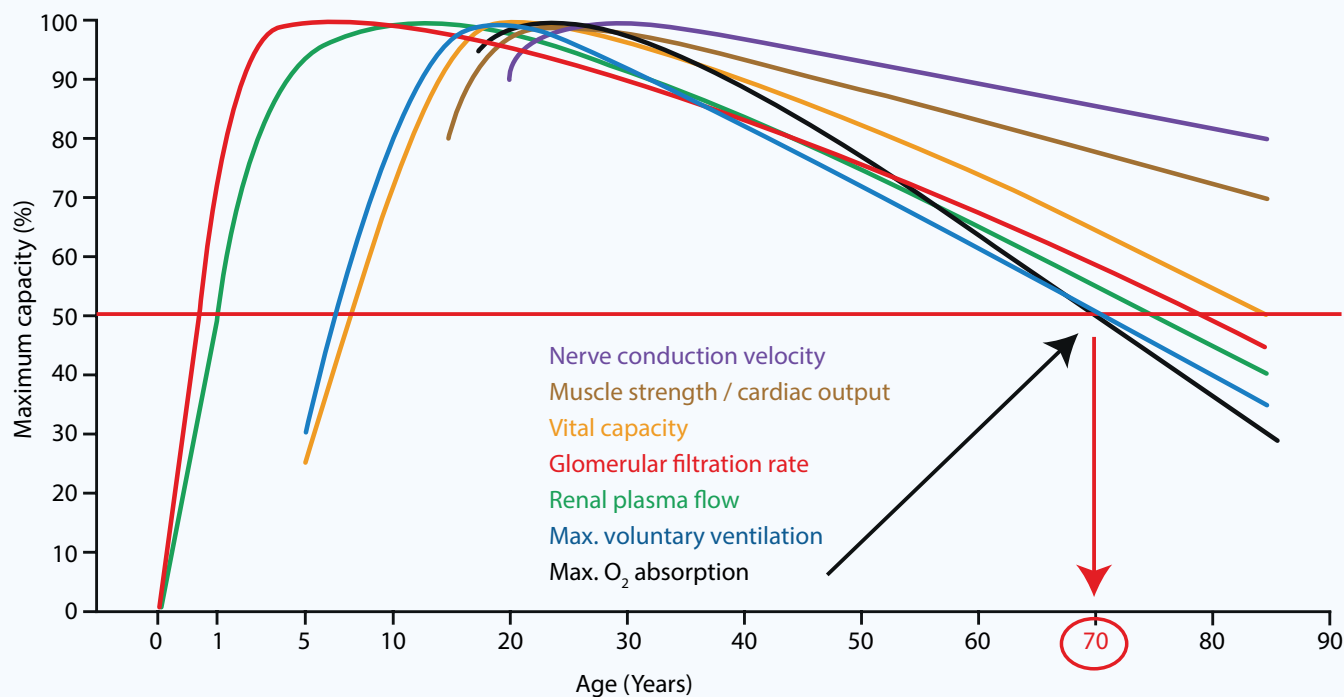
**If the vital capacity drops below 50 %, vitality is no longer sufficient to maintain essential functions for a healthy life, resulting in typical age-related diseases.**



\* <http://www.who.int/whr/en/>

\*\* Source: Anthropologie. Verlag Springer, 2004, ISBN 3-540-21159-4, S. 287





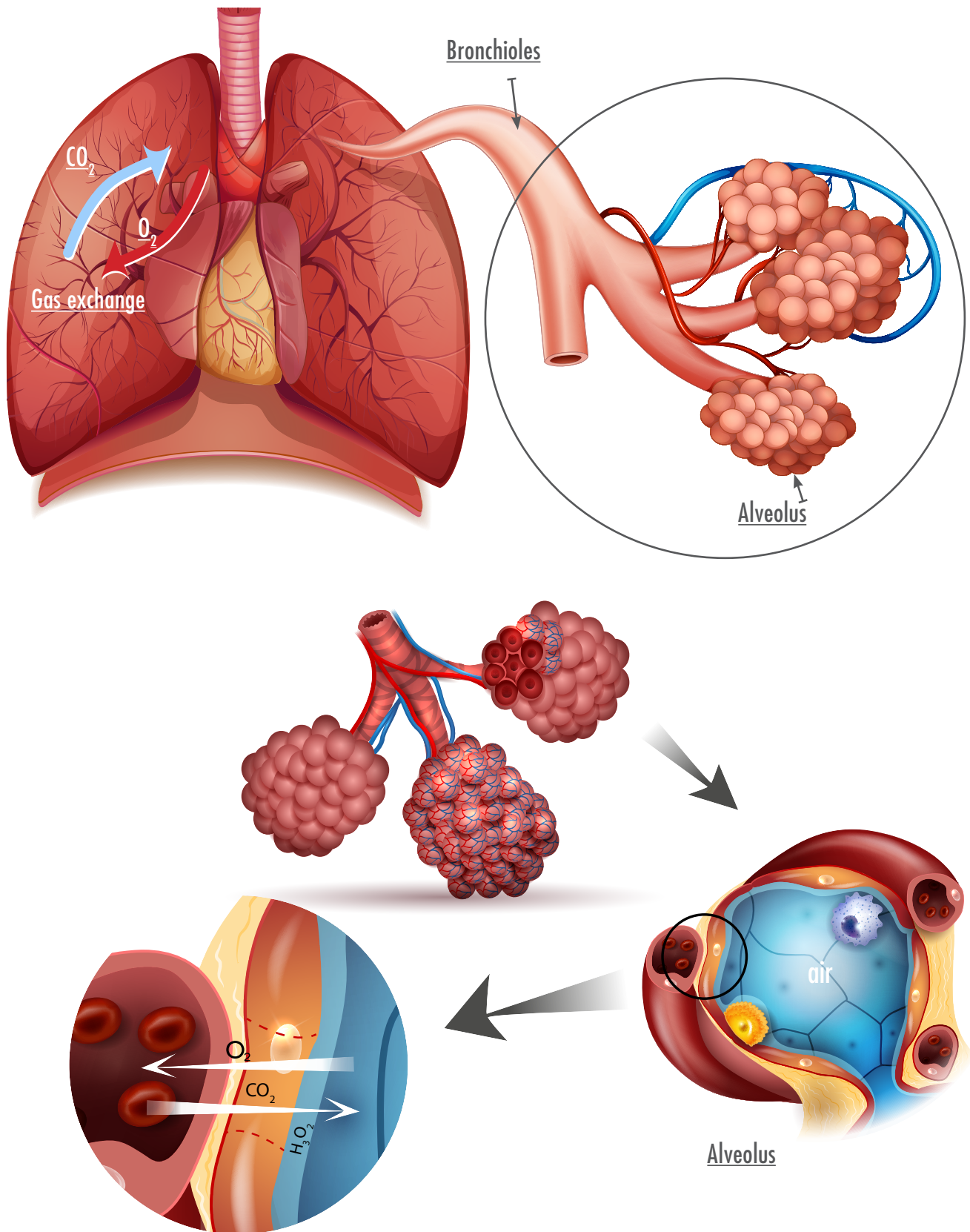
## Our lung function

In internal medicine, the main problem is the decline in vital capacity of the lung function. As a result, the maximum oxygen uptake capacity of the blood under natural conditions is the first to suffer (ref. chart left – black curve), together with a decrease in tidal volume (ref. blue curve). Because of this our quality of life is reduced and we lose our vitality.

Also related to this is a poor blood flow in the brain and the liver as well as a lower cardiac output. The most important neurological change resulting from this is a diminished memory function and a reduction in hormonal control and organ function.

Due to the unnatural conditions (increasing environmental pollution and contamination of the atmosphere) with which we are confronted these days, there is a clear shift towards premature ageing! This means that people aged 30 to 45 years today, experience countless disease-related symptoms which, more than 100 years ago, were only seen (in such proliferation) in people well over the age 60 years.

The root cause is not the lack of oxygen in the atmosphere, but dysfunctional oxygen transport via the lungs into the blood. And the primarily responsible (quantitatively and qualitatively) for this is water in the atmosphere in which we live: the indispensable catalyst in the alveoli.



The membranes (consisting of simple cells) — that lose their elasticity without water molecules, and that need water molecules as a catalyst in order to allow for adequate gas exchange without increased energy consumption

# The primary function of breathing is gas exchange

However, before the breathing air reaches the alveoli, it must pass through a long cleaning filtration line: the bronchial tubes.

The ciliated epithelium, or respiratory epithelium, is a layer of specialised epithelial cells that lines most of the respiratory tract. It is characterised by kinocilia (or cilia) on the lumen-side of the cell surface. However, the respiratory epithelium is not required for the gas exchange, but for cleansing the respiratory tract. Its function is significantly affected (just like a lawn) by the water content of the respiratory air as well as the sympathetic nervous system. Stress, for example, diminishes and interferes with its ability to function, as do increased dust exposure and toxic impacts (e.g., smog, cigarette smoke, dry air and cold temperatures).

Gas exchange ultimately takes place in the alveoli in the lungs; alveoli are only 0.2 mm in size and have a wafer-thin membrane that separates the air chamber from the tiny blood vessels surrounding it (ref. illustration). In total, there are around 600 million of them in the lungs equaling a total area of around 100 to 120 m<sup>2</sup> — a gigantic surface for the 0.25 to 0.5 litres of air we inhale with every breath we take.

**So, the functionality of our lungs and our well-being is not solely reliant upon oxygen, but also upon the water in the air that we breathe and its energetic quality.**

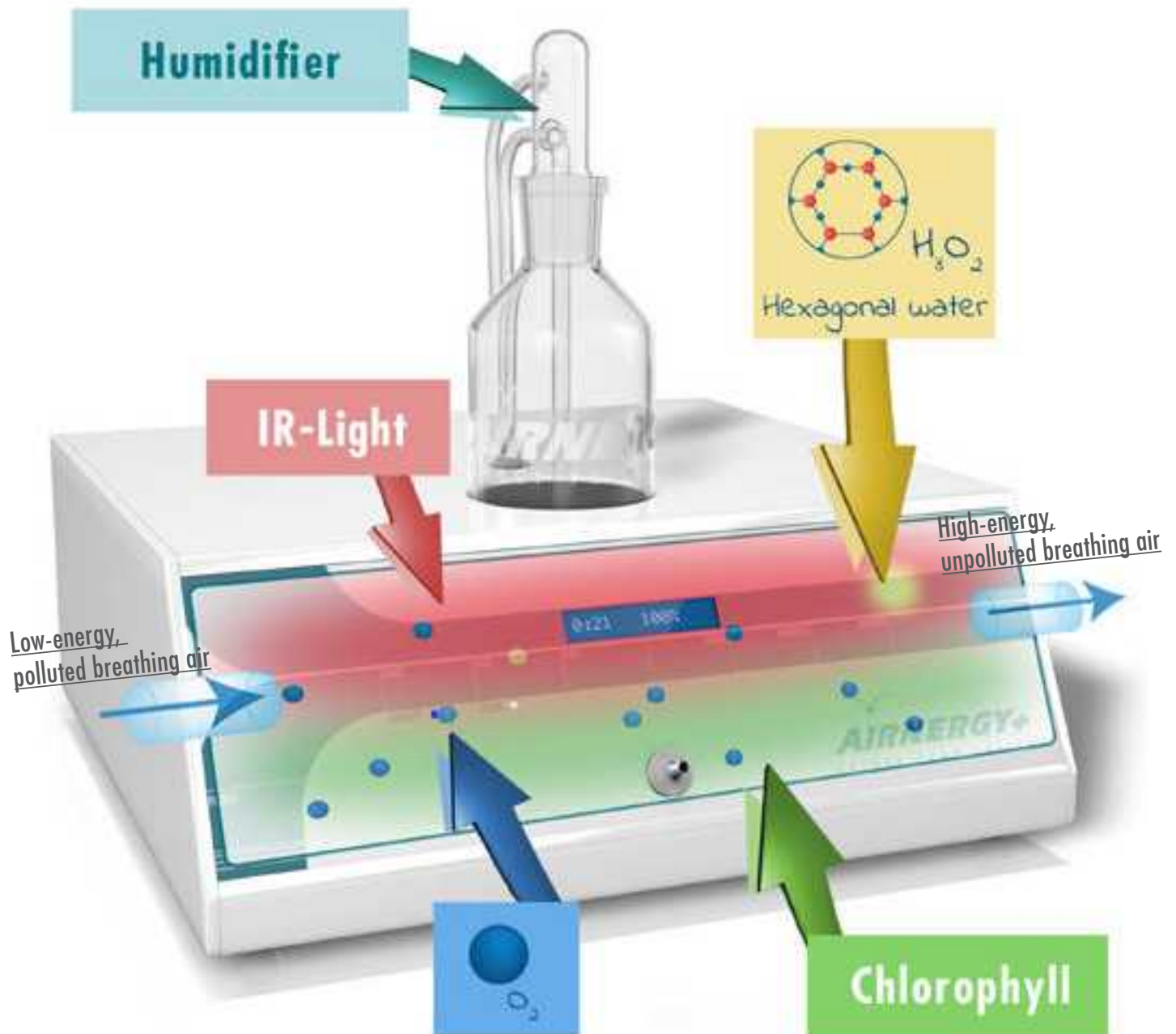


Fig.: Processes within an Airnergy device



## Our water

Under normal circumstances, water is usually energised naturally by two processes before it is released into the atmosphere.

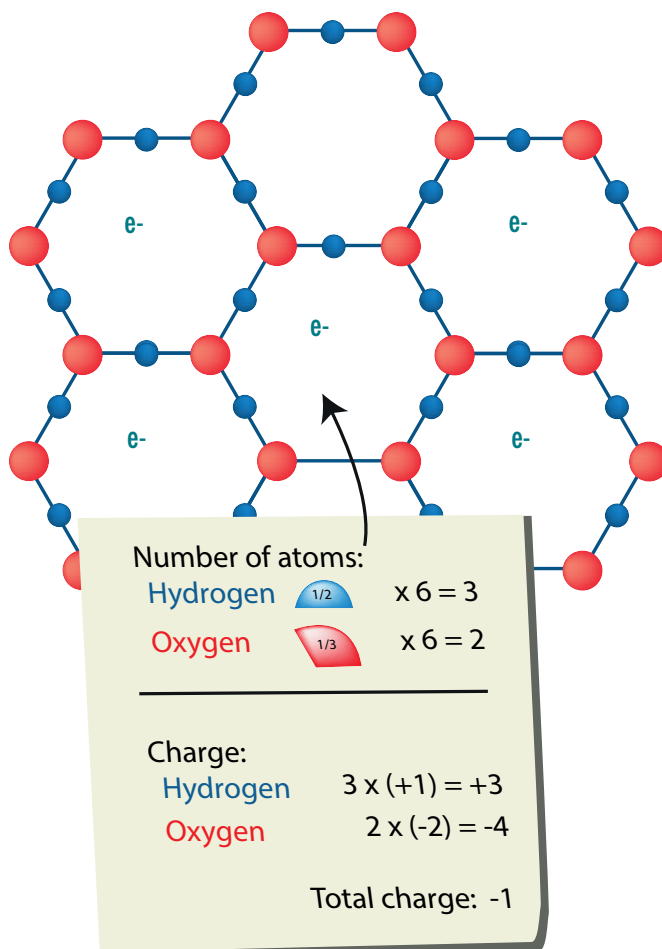
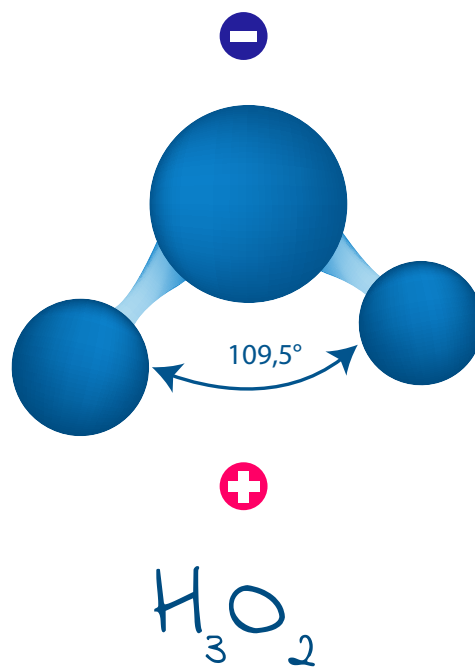
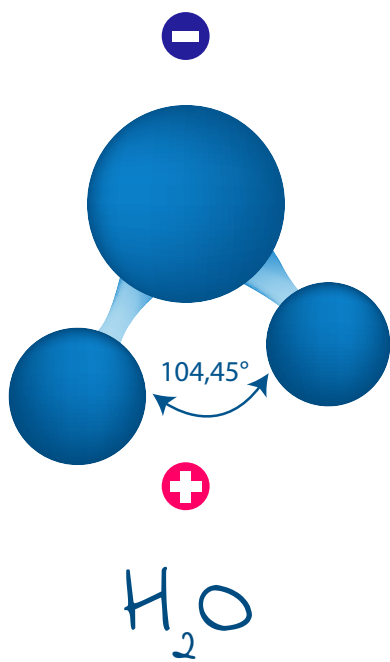
Firstly, by turbulences in streams and rivers; and secondly, by natural thermal radiation of the sun (infrared radiation) in connection with chlorophyll, the green pigment of the leaves of trees and other plants in nature.

These processes have only recently been studied and researched to a greater extent by various scientists.

As a result, the American scientist Professor Gerald H. Pollack succeeded in proving the existence of a special form of water molecules under natural conditions, which play a dominant role as energy sources in all known biological

processes (ref. page 13).  $\text{H}_2\text{O}$  becomes  $\text{H}_3\text{O}_2^+$  — which means: the protons plus one excess proton are the driving force behind catalysis (i.e., gas exchange in the lungs), whereby an electron is “trapped” in the center.

Following the principle of “understanding and copying nature”, Airnergy researchers and engineers have succeeded in developing a device that replicates those naturally occurring processes and transforms the low-energy and polluted ambient atmosphere in which most of us live today, into clean, high-energy breathing air. This patented technology is, and has been for many years, in practical use worldwide. Within the device, the IR light and a specific colour coating briefly activate the oxygen, thus transferring its energy to the water and thereby restructuring it.



# Hexagonal water

**Chapter 4** of his book published in 2013, title: The Fourth Phase of Water, Beyond Solid, Liquid, and Vapor (ISBN 978-0-9626895-4-3).

Author: Professor Gerald H. Pollack from the University of Washington describes the 4th physical state of water. Although many scientists have long attempted to explain, by observation, the particular behaviour of water and its characteristic function and role in biological processes, it was Professor Pollack who, after more than 20 years of research, was able to unravel one of the last mysteries of water. His work was supported, and gained international recognition, especially by the research of the well-known Russian chemist and water scientist Professor Boris W. Derjagin.

Professor Pollack has been awarded for his groundbreaking achievements with the Distinguished Award (2013)

and the Excellence Award (2014). The adjacent illustration from his book graphically explains why water can transport (potential) energy, acting like a battery, and then release this stored energy into (kinetic) energy to stimulate mental and physical performance.

With Einstein's famous equation ( $E = m \times c^2$ ) in mind, Professor Gerald H. Pollack correctly formulates:

**$E = 3 \times H + 2 \times O + e^-$  – resulting in  $H_3O_2$  instead of  $H_2O$ , which is hexagonal water, the water of life!**

**This makes all the difference:**

Normal water molecules have an electromagnetic effect (dipole) but cannot carry any charges; by contrast, hexagonal water no longer has a dipole, however, it can store and transport charges (energy)!

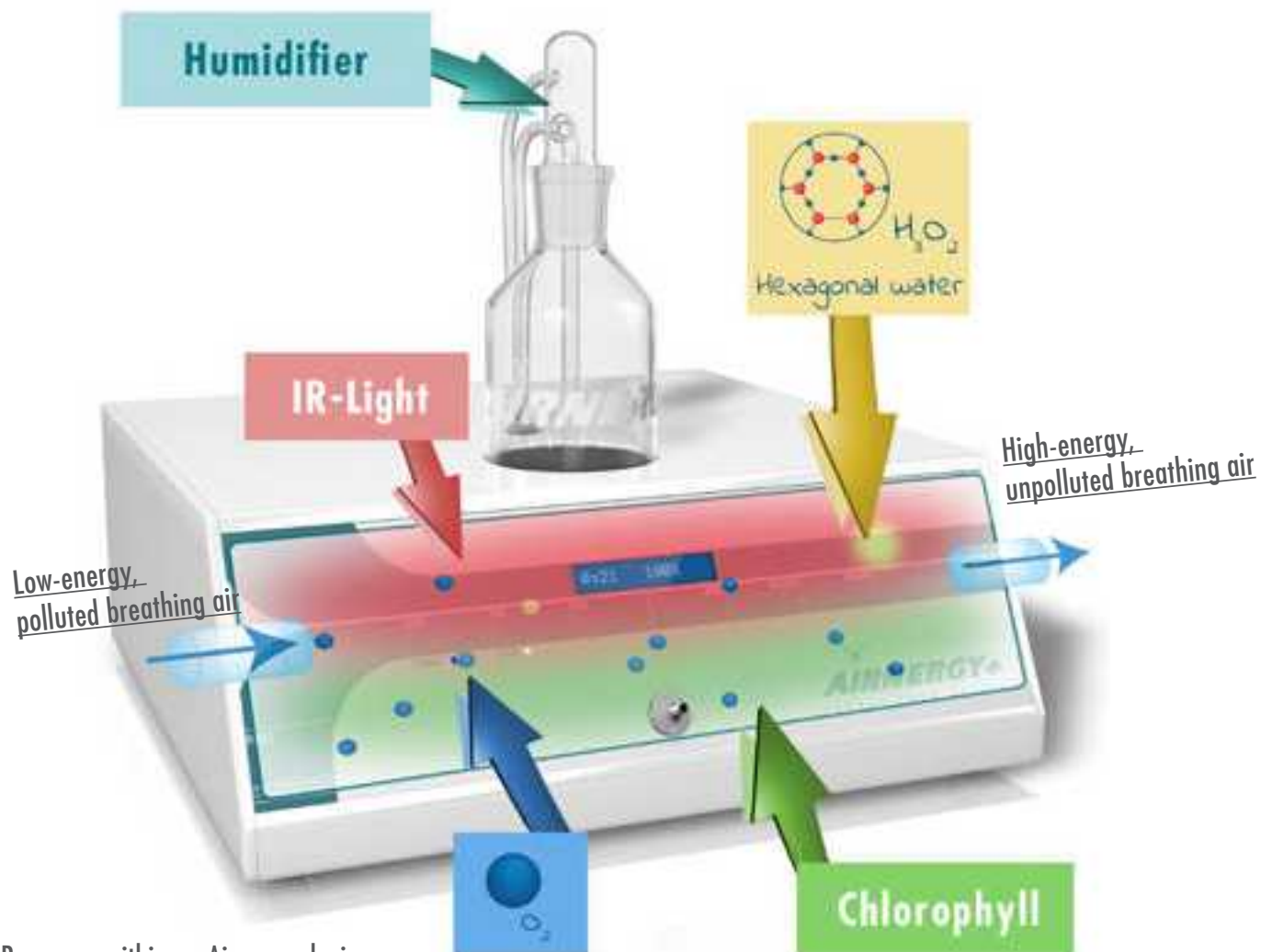
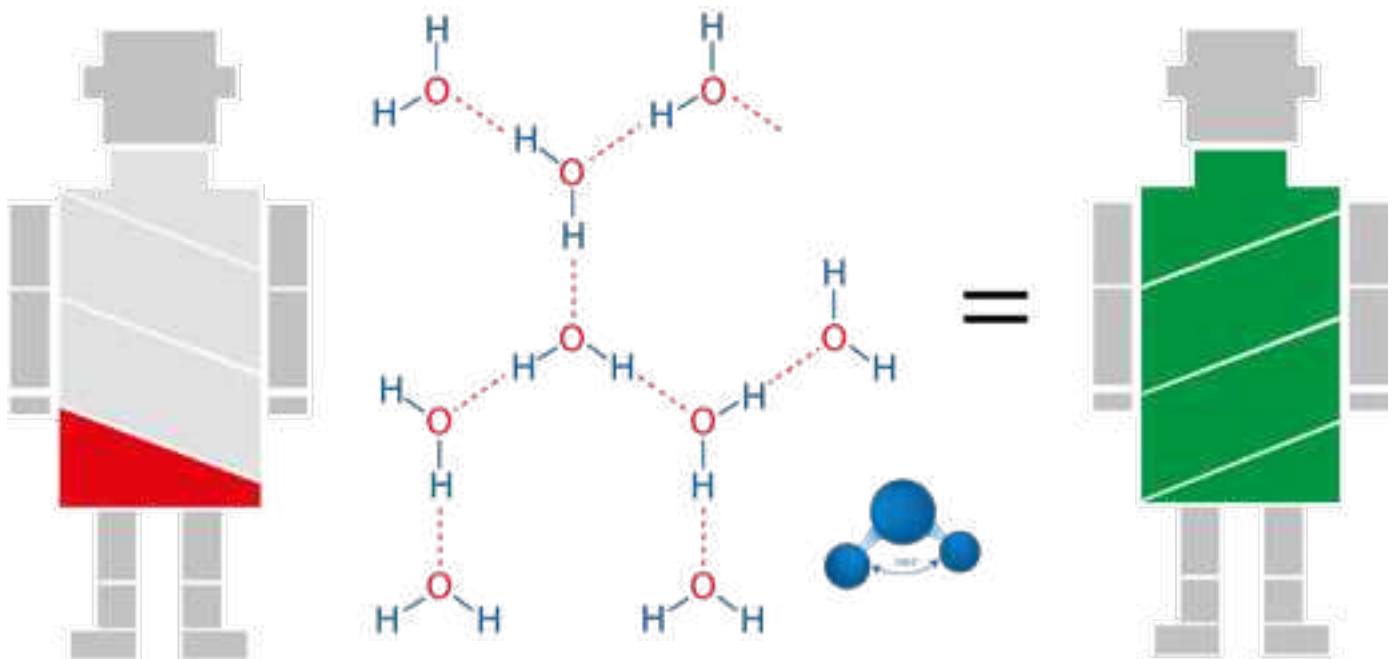


Fig.: Processes within an Airnergy device

## “Water is more than just H<sub>2</sub>O”

**With his scientific work, “Water is more than just H<sub>2</sub>O”, Professor Pollack proves that water is the primary energy storage medium and energy carrier substance and thus – like a battery – the engine of life.**

In a natural and intact environment, those batteries (water molecules) are repeatedly charged with solar energy and made available to every living organism.

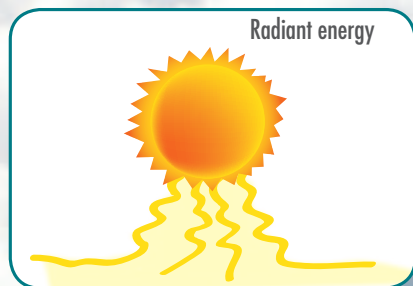
Today, due to the polluted natural atmosphere, which is increasing from year to year and in which over 60% of the world’s population live, the natural process of recharging the water in the atmosphere is significantly disturbed and negatively impacted.

**The reasons are:**

1. The IR radiation of natural sunlight is no longer reaching people or water molecules in the atmosphere at a sufficient level (also known as the greenhouse effect).
2. The energy normally contained in water molecules is reduced, before it can reach and be made available to us, by all the particles and toxins that are unnaturally present and polluting our atmosphere.

The solution: the Airnergy Energy Station, the world’s first system to (significantly) restore high-energy breathing air from the polluted atmosphere of our environment.





### What is EZ water?

The team around Gerald Pollack discovered a “fourth” physical state of water: In addition to the solid, liquid and gaseous states, the researchers were able to identify a state in which the molecules of liquid water arrange themselves in a hexagonal “crystal lattice”.

This state is called **“EZ water”** (exclusion-zone water) and features some amazing properties, such as a change in electrical resistance, a higher, almost gelatinous viscosity, a strong absorption of infrared light, an altered pH value and a distinct negative charge.

## The operating principle

**The operating principle of Airnergy is derived from nature.**

Electrically charged water molecules in the air, dissolved with the help of oxygen, known as EZ water, provide our body with more than 2,000 times the energy that is contained in the compact, liquid form and are thus considerably more biologically active. Therein lies the secret of the health-promoting properties of forest air. No, we don't drink that either, but unfortunately places in nature where

you can breathe healthy forest air are becoming fewer and far between. The positive effects on our body last for three to five days and protect us from all negative environmental influences because our immune system, now electrically charged, can engage more actively.

**Thanks to Airnergy, this natural energy can now be made available everywhere!**





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# THE SMALLEST HEALTH RESORT IN THE WORLD

FROM A PHYSICIST'S POINT OF VIEW

## Application:

**Workplaces**  
**Medical practices**  
**Workshops**  
**Beauty parlours**  
**Health food stores**  
**Offices**  
**Fitness studios / gyms**  
**Health care centres**  
**Gastronomy**  
**Golf clubs**  
**Naturopath practices**

**Hotels**  
**Cosmetic institutes**  
**Motor vehicles**  
**Massage studios**  
**Physiotherapists**  
**Motorway service stations /**  
**truck stops**  
**Rehab centres**  
**Salt caves**  
**Saunas**  
**Beauty clinics**

**Swimming pools**  
**Retirement homes**  
**Spas / Day-Spas**  
**Sports facilities**  
**Companies / organisations**  
**Wellness institutes**  
**Dentists**  
**At home**  
**Here and there ...**