

## INVEST IN YOUR HEALTH WITH AIRNERGY

### WHY DO I WANT TO DISCUSS THIS TOPIC?

If you think about the journey we are going through in our lifetime, it is rather ironic and pathetic. At a young age, we try to learn all the knowledge and skills that are required for making a successful career in our life. At that stage, we have no money but good health and vitality. After entering the professional workforce, we put all our efforts into making a great success in wealth and fame. This is the phase in which we make an exchange between our health and wealth. We want to accumulate as much money as possible by sacrificing our health. At an old age, unfortunately, we take all our life earnings and savings to buy our health back. In the end, we have neither the wealth nor the health. This physical and mental emptiness is nothing like the spiritual emptiness in Buddhism, yet it does confirm that emptiness is the reality. There is nothing that came with us and nothing that goes with us in our lifespan. Big-data surveys revealed that people spend up to 75% of their medical expenses beyond the age of 65, with up to 20% of the costs occurring in the final year of their lives.

This is too hard to believe, yet it is the reality. Clearly, we have to do something for the well-being of our loved ones and ourselves. Because of this reality, many people start to take control of their health and well-being. With the deteriorating environmental, social, and economic situations around the world, this need has become even more important. This is why there is a booming industry out there fueled by the desires of both consumers and industries. Many people proudly tell me how big the markets of different health segments are. I always respond with one simple question – how can the market be so big if what we have been doing is right? Isn't this true? If all these, backed by tons of publications, best-sellers, and famed gurus, are right, we should see much less need and much smaller markets. This is a legitimate question that we should ask ourselves in this world of information and misinformation.

People have asked me so many times how to manage their illnesses or health through taking supplements or using health systems like Airnergy. This has been the inspiration for me to address it. Rather than addressing all the different options one by one from a scientific point of view, I would like to approach it in a manner that people can relate to. Our health is an important asset, so let's explore how we should invest in our health.

### 1. DEFINE WHAT IS HEALTH BEFORE INVESTING IN IT

When we talk about health, the first thing that comes to people's minds would be being physically fit and having no disease. The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This definition sounds rather convincing, yet there is a fundamental flaw with it. How can someone be in a "complete" state of well-being? Life is built upon adaptation; this is how our immune system and all physiological regulation work. This is also the essence of General Adaptation Syndrome, a concept developed by the father of stress theory. The problem is that the WHO definition takes health as a standstill state, rather than a dynamic process. Living beings can only thrive with dynamic responsiveness within their physiological systems. As such, there is no plausible way to define health without reference to the nature of life. A state of health should possess a radiant spirit, abundant joy in the heart, and a body and mind full of vitality.

I often tell people that there is no disease in nature, only states of energy and adaptation. The body is like a temple; we must treat it with great care and respect. The care you give to your body enables it to work in the best possible way, and the respect you pay to your body makes it holy, which is the foundation of your health. Respect is a simple word, yet it carries great value in our well-being. We mostly direct our respect toward external senior people or higher spiritual beings. I believe this is a root obstacle in our journey to find true health and well-being. Our mindset shapes our world; the power of belief can only grow from where it is seeded. Isn't this true? Think about how the divinity radiates in your mind and how the people you look up to turn into your idols. If you understand that "all is mind" and oneness is the true nature of the world, then you must first respect your own temple. When there is respect, it brings belief and faith, which are the most powerful superconscious energies in the world. This is a prerequisite that we must be clear about before deciding how to invest in our health.

## 2. UNDERSTAND YOUR NEEDS BEFORE INVESTING IN YOUR HEALTH

After understanding the definition of health, we can move on to think about what is needed to foster our health. Since respect is the foundation of it, we need to have a sound mind, spirit, and conscious connection with our bodies. The body is the best pharmaceutical company in the world. When I tell people this, they always think about the positive side of good medicine to save their lives. But this is not the right understanding. Yes, it can absolutely produce the best medicine for you, but it can also produce the most toxic toxins at the same time. Isn't it true that emotion plays an important role in all the health problems we encounter physically and mentally? Thus, we need to know what we can do with ourselves – how to purify our mind and body and choose the way to live. Next to that, we need to look into what things we need to do to care for the temple. This is a logistic matter that works at the operational level on how we can keep ourselves well. However, it is a very personal one; it has a lot to do with who you are, what you like, and what you do. We can only be the best of ourselves and make the best out of ourselves. Having said that, the basic principles and rationale should be the same.

Coming down to the practical rationale, think about keeping yourself well like cooking a nice meal. You will need tools, ingredients, and methods to create the dish of desire. The tools are the hardware you need to have in your kitchen, the ingredients can be stored or incidentally purchased based on what you want to cook, and the method is what you have mastered. Tools are the things that you must have no matter what you cook. When it comes to ingredients, you need to think about which are needed more often and which are incidentally needed. Once this is clear, you will know which should be stocked and which should be acquired at the time of need. Now, the method is something that you have learned and works for you. You need these three items to work together to make a good meal. Managing your health is the same.

Having the right tools is essential; this enables you to take control of your health into your own hands. Since tools will always be needed, you should select tools that are simple to use, indispensable, and require little maintenance. The most essential elements are none other than light, air, water, and sound. When it comes to ingredients, it varies from time to time depending on the stage of your health and what you intend to achieve. In this category, certain supplements, diets, and exercises are out there to be explored.

### 3. WHY INVEST IN YOUR HEALTH WITH AIRNERGY

As illustrated above, it is important to make sure you have the combination of tools, ingredients, and skills to manage your health. This should be the starting point of your evaluation of where and how to invest in your health. Regardless of how much or how few your resources are, you have to start with essential tools that are fundamental for your health and well-being. Breathing is the only thing that keeps us alive, which is known to everyone. At the same time, it is also the root cause of illnesses due to human physiology, as we have to activate the toxic oxygen inside the body. Thus, Airnergy is the ultimate bio-hacking tool that can bypass human limitations to bring pure green energy to the body. Therefore, Airnergy is an absolute tool that everyone should consider first in their decision to invest in health. With this essential tool of Airnergy technology, the essential ingredients of “air,” “light,” and “water” are all there. What it requires from you or your family is breathing. If you have learned certain ways of breathing or meditation techniques, Airnergy will take you extra miles like never before. Over the years, I have demonstrated the effects of using Airnergy on people who are experts or instructors of breathing, meditation, yoga, or Chi Gong practices. The results were remarkable, and it made them much faster to enter the state they intended to reach.

Another point I want to make is about the importance of using Airnergy to cleanse your body and boost its hidden potential. On this point, I will use the example of cooking again. If you want to cook a meal, the first thing you need to do is wait for the pan to get hot. After that, you will add oil to make it ready for all the ingredients you need to cook. It would not work if you start by putting ingredients in, then heating the pan and adding oil. Today, many people are doing it this way with their health. They start by taking supplements or getting onto certain diets, etc., without preparing their bodies first. Airnergy is like a heating system to boost your vitality at the cellular level. So before taking anything else, you should use this activated energy to cleanse your metabolic system and get the biological system working in optimal status. You can experience positive changes immediately by using Airnergy. However, it needs a week or two to cleanse the body, depending on your baseline condition. This also enables your body to function more efficiently. Once you have reached such a stage, you can then take the next step to think about what else you need to consider to improve your health further.

### 4. HOW TO INVEST IN SUPPLEMENTS

Supplements have been available for more than a century already. They were first termed “accessory substances,” later changed to “vitamins,” and now are called dietary supplements. As the name suggests, these items are generally not essential but are additive to your food intake. They can help to boost your health condition, but they are not the baseline of your health. Today, the global supplements market is sitting at a staggering \$180 billion a year. What has become a problem over the years is that supplements have gradually become the baseline for health. What people have failed to realize is that overuse of externally imposed supplements may deplete or interfere with your internal system. It is important to keep things in perspective and use them in the right way.

There are so many supplements out there that it is a challenging task to decide what to choose. I often joke with people that they just bought expensive pee because most of the contents are either destroyed before reaching the gut or eliminated through urination. So the first thing you should pay attention to is how effectively a supplement can be utilized by your body. Further, you should avoid taking too many supplements since the mixture can cause

more issues than help. NMN (nicotinamide mononucleotide), for example, is a very popular anti-aging supplement due to the big buzz it has created. Now, the criticism from the scientific community has resulted in the resignation of the key scientist behind this supplement. The way NMN works is to create a state of autophagy that mimics fasting. The body will enter a state of cannibalizing everything in the cells, similar to experiencing starvation. Often, people take this supplement together with other supplies like vitamins or minerals, which send the signal of stimulation and growth. Thus, there is a conflict between these supplements. Certainly, this is not going to generate the outcome you intend to achieve.

As mentioned earlier, the body can produce whatever is needed based on the instructions it receives and the operational conditions it gets. It is like a machine; it has a user instruction manual. As we grow older and life becomes more hectic, our bodies need more repairing and cleansing than stimulating. It is like a house: the longer you live there, the more furniture you will have, and the more worn out they will become. The first thing is not to bring in new things but to throw away old and non-functional items. Airnergy brings the required fundamental energy to reboot your body. Simply by applying Airnergy with some simple breathing or meditation practices, you can achieve great rejuvenation and health benefits. In addition, it creates a perfect operational condition for whatever “ingredients” are brought into the body.

## 5. AIRNERGY HELPS YOU TO GET THE BEST RETURN ON YOUR HEALTH

In the Western world, at least, most people have very good health coverage through either private insurance or a national health scheme. Because of this, people are not accustomed to the idea of paying out of their own pockets, particularly for capital investments. This is understandable. However, I believe the criterion should be the return on your investment. Over the years of working with people, I have been astonished by how much is spent on various health gadgets or supplements. While I hope they contribute to better health, this is not always the case. The main issue is that people focus more on “ingredients” rather than “tools” or “methods.” Let’s think of it as an investment to understand it better. Today, taking holidays is a great way to escape the hectic pace of daily life. However, people would often prefer to buy a house, as it is a daily necessity and provides the highest return on investment. In this sense, Airnergy is like investing in your house. By having this essential tool, you can enjoy your life daily, and it is much cheaper than “renting” or “going on holiday.” The bottom line is that it addresses fundamental vital energy. There are two types of energy systems in the body: one is the fossil fuel of sugar, and the other is electric energy. Common understanding suggests that electric energy is better and essential. However, this is not entirely true; we need both. Ultimately, health relies on pure green energy in water at the end of cellular respiration. This is what Airnergy is about. It provides the fundamental framework for your body. So, let’s consider how Airnergy can enhance those “ingredients,” such as popular supplements.

### Lithium Supplements

Lithium derives from “lithos,” the Greek word for stone, because it is present in all stones. Although available in grains and vegetables, lithium has become a popular supplement for cognitive function and mental resilience. It is believed to work by inhibiting an enzyme called GSK3 (Glycogen Synthase Kinase 3). This leads to effects like reducing sugar levels by converting sugar into glycogen in the liver and muscles. While it has positive effects on the body, there is a major downside. Glycogen is a reserved form of sugar, and too much of it can lead to problems such as weight gain, fatigue, and digestive issues. It can affect key organs like the thyroid, liver, and

kidneys, altering your metabolic profile by storing more sugar rather than removing it from your system. Another potential issue is that it suppresses glucagon, an important catabolic hormone responsible for protein metabolism, energy expenditure, and detoxification. This explains why people may experience various side effects after taking lithium. Active individuals who follow the KETO diet or take protein supplements are more vulnerable to potential liver and kidney issues. Moreover, many people are not suited to use it due to potential interactions with other medications.

For lithium supplement users, Airnergy is extremely valuable because it promotes a healthy metabolism of sugar. It stimulates normal cellular respiration to remove sugar and convert it into the vital energy needed. Above all, it fosters lasting physical and mental wellness, essential for self-healing and well-being.

## Melatonin Supplements

Melatonin is known for its effects on sleep. Recent scientific evidence has reshaped the public understanding of this hormone, now referred to as the next “Vitamin D” due to its relationship with sunlight. Melatonin is a potent antioxidant, a strong immune-boosting agent, and a key mitochondrial regulator. Like plants, our bodies require sunlight continually. In darkness, melatonin acts as an internal light to facilitate cellular activities. It is present in virtually every cell, not just in the pineal gland. The use of melatonin in 2020 more than doubled compared to 2017, particularly among the young population. Its potential health implications are still being explored and could be a game-changer for medicine.

Taking dietary melatonin supplements is akin to increased sunlight exposure for your body. This makes Airnergy a complementary tool for melatonin. Melatonin’s availability allows your body to have more energy for disposal. Airnergy, like a conductor for a music band, helps synchronize the metabolic process and makes it more efficient. This is an excellent combination. Chlorophyll and Athletic Greens (AG) can also benefit from Airnergy in a similar way.

## NMN (Nicotinamide Mononucleotide) & NAM (Nicotinamide) Supplements

Dr. David Sinclair was a key figure in NMN anti-aging research, promoting that NMN could extend longevity by 30%. This claim has made NMN a popular supplement. Similar to NMN, NAM is another purported “magic bullet” for anti-aging. NMN must undergo conversion inside cells to be effective, while NAM can directly enter cells and lead to NMN production. Both supplements induce effects similar to fasting, which is beneficial for anti-aging. However, many scientists have contested Dr. Sinclair’s claims, leading to his stepping down from his prominent research position. Despite this, NMN and NAM supplements remain popular worldwide.

After taking these supplements, the body enters a reset mode of autophagy similar to fasting, where it does not absorb new nutrients but rather retrieves “old” nutrients from weak cells. To make this process effective, attention must be paid to food intake and physical activity. Consuming a lot of food, particularly proteins, or engaging in intense physical exercise can counteract the effects of NMN or NAM. Airnergy is especially beneficial in this scenario as it increases vital energy while reducing energy usage, making the body more efficient. This is akin to the effects of yoga or meditation, allowing the body and mind to enter a coherent state, which can help reverse the aging process.

## A SUMMARY OF THE ROLE OF AIRNERGY IN HERBAL SUPPLEMENTS

Herbal supplements, including various mushrooms, are popular, but understanding how to use them effectively is crucial. According to traditional Chinese herbal medicine, humans and plants are all part of nature, but humans are the last to arrive and have a complete energy profile, while plants have only partial profiles. When someone is unwell or needs to enhance their health, they seek specific missing energy profiles in plants. In traditional Chinese medicine, plants are not given directly to patients but are boiled in water to release their energy. Our digestive system cannot fully extract energy just by eating plants. Alcohol or rice spirit is often used as a catalyst for herbal medicine due to their potency in dissolving invisible energy. Similarly, Airnergy breathing or drinking water from Airnergy stimulates a comparable effect in the body by boosting vital force. This principle applies not only to external supplements but also to internally produced nutrients. At the cellular level, everything is energy, frequencies, and vibrations, similar to the principles of homeopathy. Airnergy changes cellular energy and creates an optimal nurturing environment for your body.

## IN CONCLUSION

"He who has health has hope, and he who has hope has everything." Making the right decision to invest in your health is about having the right hope. May your dream come true by making the right choice.

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