

# HEALTH News & Notes

## Helping Your Body Eliminate Dangerous Free Radicals

(NAPSA)—Air is your friend, but it's probably not doing as much for your health and well-being as you might think. Ordinary air is inefficient at keeping you going throughout the day.

We need oxygen to live—even more than we need food or water. Conventional wisdom holds that a person can last about three weeks without food and about three days without water, but only about three minutes without air. More than 90 percent of our energy comes from the air we breathe. Of the 1,600 liters of oxygen you breathe in on an average day, however, you breathe more than 1,200 liters right back out again.

### Atmospheric Life Support

Oxygen biochemistry now seems to produce an inexhaustible supply of new research, from cancer treatments to basics of space medicine. Oxygen, in the proper concentration, is needed by the body for energy production, immunological defense, cell health and more. In lung diseases and some others, such as the bends, breathing extra oxygen may prove beneficial. For other people, however, excess oxygen could be dangerous.

To produce energy, your body uses oxygen and the food you eat. These energy source molecules are converted in the cells to fuel for energy-producing processes. Only about a quarter of the energy found in food is properly processed. More efficient use of oxygen may mean your body can get greater benefits from less food.



**Many people may breathe easier when they learn how activated oxygen can help the body's efficiency.**

### Don't Waste Your Breath

Now there's a way you can make more efficient use of the oxygen you breathe. A device, which optimizes the oxygen utilization, can be used to increase physical ability. Independent research studies show that better oxygen utilization improves cell functions by increasing the cell energy; even short-term exposure produces beneficial changes.

This is increasingly used by health spas, health professionals, hospitals and individuals. It has been tested on human athletes in Finland and on racehorses in Norway. A poorly performing horse at the Askin race course there, for example, was treated with Airnergy+ from Natural Energy Solutions after the device was part

of her owner's successful cancer treatment. After 20 minutes exposure to it each day for four weeks, the horse beat the track record.

The company's newest product, the Airnergy+, helps boost oxygen utilization without the potentially harmful side effects of most oxygen therapy devices. Typically, oxygen therapy is accomplished by increasing the concentration of oxygen in the air the patient breathes. Traditional oxygen therapy has a concentration of between 30-100 percent of pure oxygen. This can lead to the production of dangerous free radicals.

Free radicals cause diseases, speed their progression and impede their treatment. While high concentrations of oxygen can be beneficial and therapeutic for some patients, over the long term it can be harmful to health.

### The 21 Percent Solution

The Airnergy+ avoids this by providing a normal oxygen concentration of 21 percent, the same concentration that we breathe in earth's atmosphere. The oxygen gets activated in the device. Studies show that the specially treated air is optimizing the oxygen utilization for the body cells. Such specially treated air promotes... well-being. It's usually given for 20 minutes at a time, three days a week. Users say they sleep better, feel more energetic, have less chronic pain and even see fewer wrinkles.

For more information on this new energy care, go to [www.airgowell.com](http://www.airgowell.com).