

## Active Air successfully used to treat fibromyalgia

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Fibromyalgia is a chronic disorder. Those affected suffer permanent pain in their locomotor system, and often their physical and mental performance is impaired too. This is why Dr. Krüger, an orthopaedic specialist from Naila, treated 28 fibromyalgia patients in his practice with Active Air therapy. Some of his patients had been suffering from the condition for a number of years by this point and previous therapies had brought little or no improvement in their condition. The question was whether Active Air therapy might help alleviate their symptoms.

Active Air therapy is based on activating ambient air in the activation units of the Active Air medical device through photodynamic processes. The energy released (relaxation energy from singlet oxygen) is transported through water molecules in the air moisture and inhaled through a nasal cannula. No extraneous substances or increased oxygen are introduced into the body during this process. "The therapy was therefore carried out on all 28 patients without any side effects," explains Dr. Krüger.

The Active Air therapy was administered by Dr. Krüger on 28 fibromyalgia patients over the course of 10 applications, taking place one to 3 times a week and lasting between 20 and 30 minutes each. The average age of the men (n= 4) was 67 while the women (n=24) were 52 years old on average. After therapy was complete there was no improvement noted in the health of 13 of the patients (46 percent). In contrast, however, 15 patients (54 percent) experienced a clear improvement in their state of health during the course of therapy. This improvement is represented through points on the VAS (visual analogue scale) for rating pain as follows: The condition of 7 of the 15 patients (25 percent) improved by 1 to 2 points. There was an improvement of 2 to 4 points in 5 patients (18 percent) and 3 patients (11 percent) indicated that their physical performance had even improved by more than 4 points. What is more, some patients reported an alleviation in what were, in some cases, persistent concomitant disorders. Their general well-being improved significantly. They were sleeping more soundly and restfully again and experiencing fewer incidences of tinnitus or migraine attacks. Their therapy is currently being continued.

The results presented indicate that Active Air therapy is highly effective and demonstrate that Active Air therapy goes to the cause of many complaints and can alleviate symptoms. As a result of this therapy the relationship between tension and relief, stress and relaxation is more balanced again and processes secondary to the autonomic nervous system, such as hormone production, energy supply and metabolism function more effectively again.

Clarifying and removing the causes of a disorder, as well as therapy which improves self-regulation, often result in a sustained improvement in a patient's health. Active Air therapy can be combined with both conventional and naturopathic therapies. Further information on areas where Active Air therapy is used can be found at [www.active-air.com](http://www.active-air.com)

Medical Biophysics GmbH develops, produces and sells Active Air therapy devices (medical products) as well as Active Water devices used to treat drinking water according to chemical, physical and biological criteria.

As well as medical practices and clinics, customers of Medical Biophysics GmbH and its distributors include employers and employees, non-medical practitioners, physiotherapists, the sports and wellness sector and private individuals.

The company is certified according to ISO 13485 (manufacturer of medical devices)

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