

Formula One drivers test new method against burnout

Medical-scientific report indicates improvement for affected people

Professional racing drivers as Formula One World Champion Jenson Button are physically and emotionally in top form. His colleague Rubens Barrichello took part in more than 300 racing competitions and thus had to put up with the extreme strain in a Formula One racing car more often than the several-time World Champion Michal Schumacher.

If they were weakened or ill they would not be allowed to drive. It is the enormous responsibility for men and material which makes the drivers enjoy the best sport medical and therapeutic treatment with the best equipment available. But during a race the only companion between steering wheel and accelerator pedal is respiratory air which enables them to continuously put in an maximum performance. To increase their performance and to better regenerate Jenson Button and Rubens Barrichello tested a new method developed in Germany which evidently helps the body to absorb more energy from respiratory air. According to current scientific findings and because of these tests and measurements in Formula One circles the two drivers have implemented this method into their daily fitness programme. Until today this "Power-air" mainly was used with weakened and stressed people suffering from burnout, sleeping disorders and a lack of energy. The functions of heart, brain, eyes, muscles as well as all essential metabolism processes are supposed to be improved. The process of cell regeneration is increased and therefore new energy (ATP) can be produced. The so-called spirovitalisation follows the example of photosynthesis and works with the help of artificial sunlight and a patented catalyst which functions similar to chlorophyll in green leaves. Neither is the volume of oxygen increased, oxygen ionised nor are ozone or any other extraneous substances added. No unnatural side effects can occur and it does not belong to prohibited methods and is not considered to be doping.

Balbir Singh, physiotherapist and former trainer of Michael Schumacher supports the spirovital therapy developed by Airnergy in Hennef, Germany. "Airnergy helps the human body to absorb more energy from respiratory air. The air we breathe contains more energy than we can imagine", Singh confirms. Prof. Dr. med. Klaus Jung, today's head of Airnergys' scientific council, lead the department for sports medicine (prevention and rehabilitation) of Johannes-Gutenberg-University in Mainz, Germany for 25 years. Jung, who has extensive experience in the field of competitive and popular sports, has evaluated available facts and figures of Airnergy success. Due to this analysis and his own experience with the Airnergy method he sees a potential of the spirovital therapy to be used against the burnout syndrome both as efficient prophylaxis and therapy. He sees this potential because Airnergy can be used by people of almost every age and is easy to handle in everyday life. It is possible to operate the device at home or in the office and in this respect Airnergy is a good investment in one's own health or in the health of employees respectively.

Jenson Button always carries his portable energy station (running on battery) with him and uses it before every race. At home he prefers a model which is made of glass and gives an insight in the technology. Button said about this design to the General Manager of Airnergy Guido Bierther: "Metaphorical speaking my eyes are breathing as well."

The German celebrity and singer Herbert Grönemeyer said that breathing Airnergy has become part of everyday life as is brushing teeth and that it has the paradox quality to refresh and calm down at the same time. Grönemeyer is proud to be "airnergized".

Find the report of Prof. Dr. med. Klaus Jung on www.setupyourself.com