

Airnergy on stress: Case study with Dr. Chi

INTRODUCTION: STRESS COSTS \$ 1 TRILLION ANNUALLY AROUND THE WORLD

Stress has become a significant health concern over the last decade. An estimated \$1 trillion in yearly lost productivity is attributed to stress, and it is forecasted to reach \$16 Trillion by 2030. The ubiquitous nature of stress causes a broad range of physical and mental health issues, and it impacts people of all ages, professions, and cultural backgrounds. Despite numerous clinical, conventional, and lifestyle-oriented interventions, it remains a real challenge in stress management. This therapeutic case study was conducted at the biggest holistic wellness cruise to evaluate Airnergy as a viable green technology for effectively releasing systematic stress in the mind and body.

STUDY DESIGN AND METHOD

The study was carried out with a thorough health analysis conducted with the CHI Fractal Bioanalysis System (property of CHI Awakening Academy, Sweden), a proprietary health and bioenergy assessment device. Amongst other technologies, the CHI Fractal has specifically incorporated a stress analysis module based on the General Adaptation Syndrome principles of Hans Selye, the Father of Stress. In addition, it has integrated Heart Rate Variability analysis, fractal dynamics analysis, and a proprietary neurodynamic algorithm.

Before the Airnergy therapy, a baseline systematic analysis was conducted as a benchmark. Continuous monitoring was made during the intervention and a comparison measurement was done prior to the ending of the therapy. Airnergy Travel Plus was used for the study, and breathing instructions were given during the 20-minute Airnergy Session.

The candidate is a healthy male over 50 years old, who has been working under extreme stress for a long time. He is also involved in managing the wellness cruise which leads to a lack of sleep and long working hours.



Figure 1: CHI Fractal Bioanalysis System

STUDY RESULTS

Systematic and Mental Stress Analysis:

Before the Airnergy therapy, the candidate's Global Stress Index (normal value: 10-100) and Mental Stress Index (normal value: 35-145) were exceptionally high, about 5-fold higher than the normal values. An increased level of hormonal usage and reduced Psycho-emotional State Index were observed at the baseline. These results suggest an elevated systematic stress with particularly severe mental stress.

After 20 minutes of the Airnergy session, all parameters improved dramatically. The Global Stress Index decreased from 448 to 58, and hormonal usage reduced from 57% to 20%, both returning to normal levels. The mental stress level dropped from 681 to 457, a reduction of over 30%, though it remained outside the normal range. These changes suggest that Airnergy therapy is a powerful tool in stress management. However, mental stress is a prolonged critical issue, and additional sessions are required.

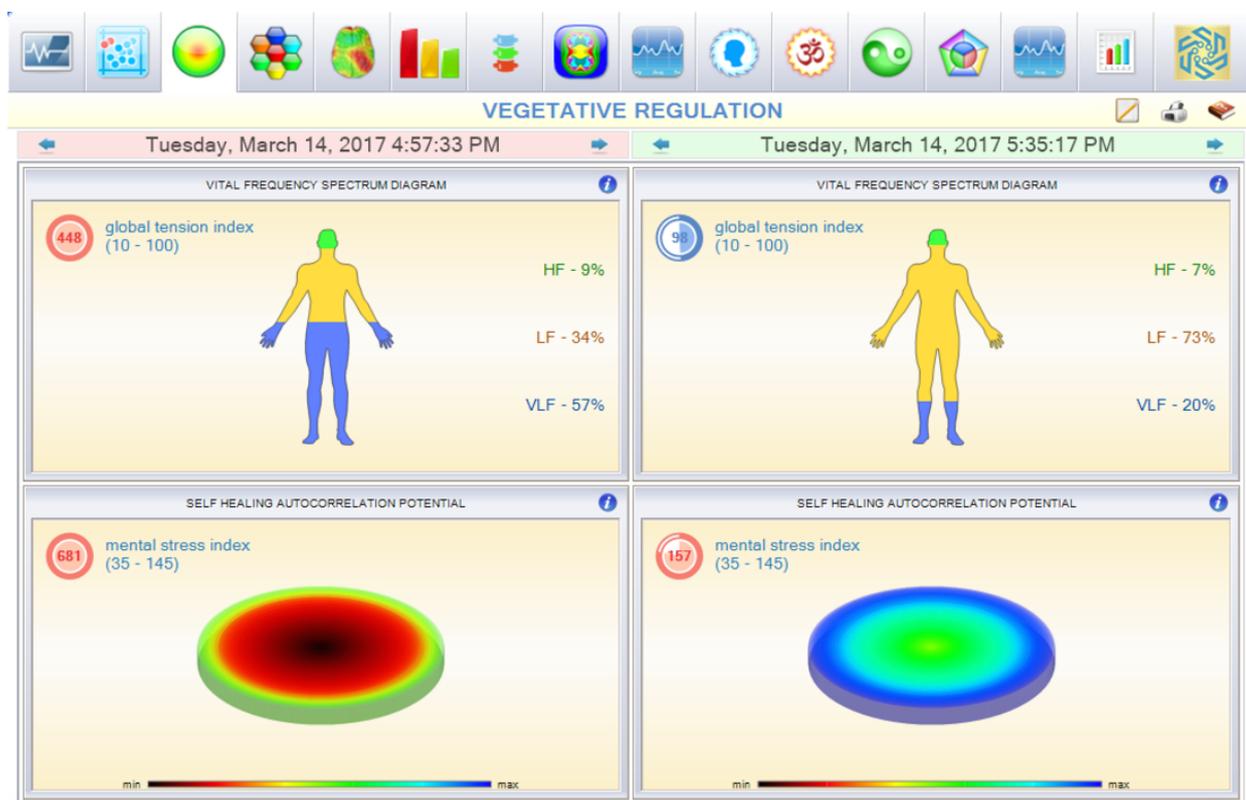


Figure 2: Systematic and Mental Stress Analysis

Cardiac Adaptation Analysis

Before the Airnergy session, the cardiac reserve (normal value: 15-50) was significantly reduced. This indicates the heart is operating at its maximum capacity and requires additional support from its controlling systems such as the brain, hormones, and autonomic systems. In addition, the current performance of the heart has reached its maximum capacity. This was demonstrated by reduced Heart Rate Variability (normal value: 0.25-0.60).

After 20 minutes of Airnergy therapy, both cardiac reserve capacity (from 99 down to 45) and Heart Rate Variability (from 0.15 to 0.37) have returned to normal ranges. This indicates that Airnergy therapy is extremely efficient in restoring cardiac capacity.

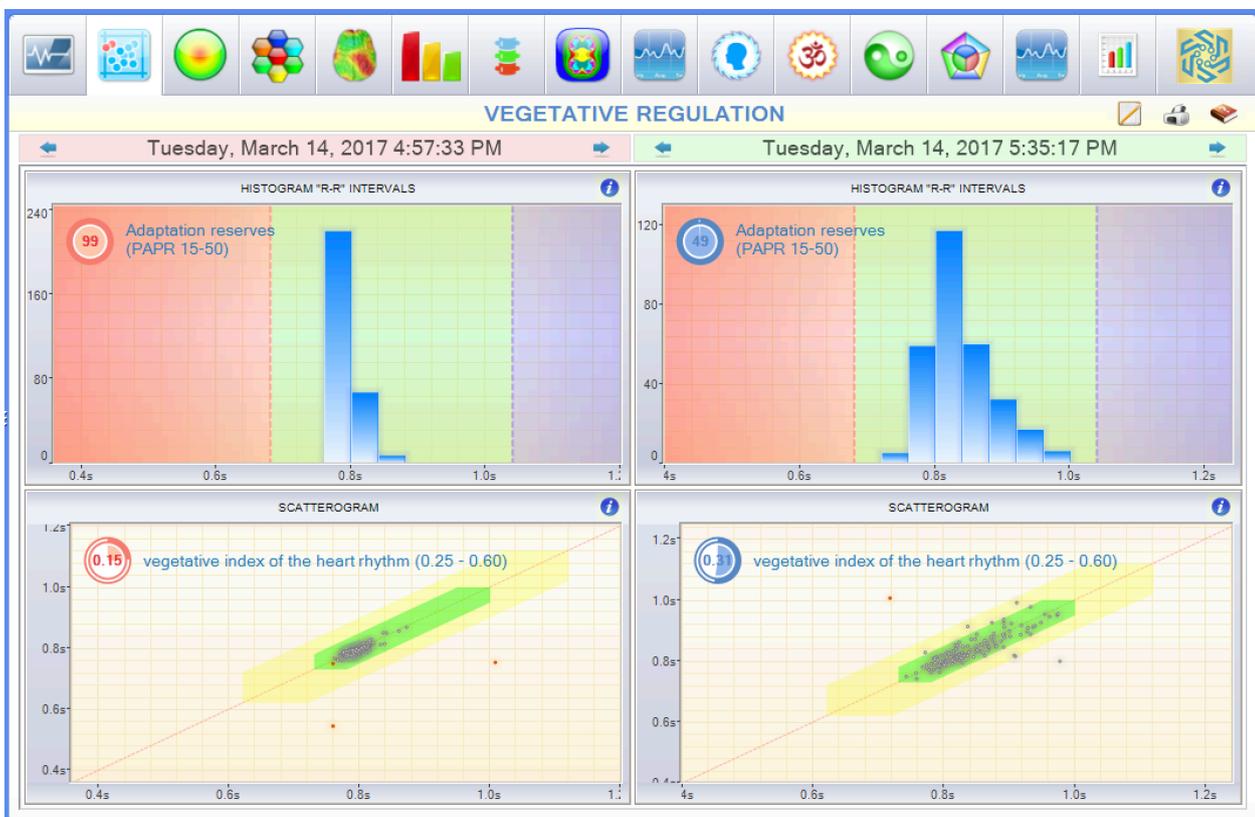


Figure 3: Cardiac Adaptation Analysis

Hormonal Regulation and Metabolic Energy Balance Analysis

Before the Airnergy therapy, the candidate had almost no hormonal regulation capacity, with the Hormonal Regulation Index (normal value: 50-100%) down to 1%. Additionally, his total energy level (normal value: 150-600) was extremely low at 24. This suggests the candidate had impaired hormonal regulation and metabolism.

After 20 minutes of Airnergy therapy, the improvements in hormonal regulation and metabolism were remarkable. The hormonal regulation index increased from 1% to 86%, indicating a significant restoration of hormone status. Moreover, the total energy level increased over tenfold, from 24 to 292. This improvement strongly demonstrates Airnergy’s exceptional capacity to elevate energy at the cellular level. Stress is essentially a lack of energy at the cellular level due to impaired cellular respiration. The use of Airnergy effectively addresses stress at its root level.

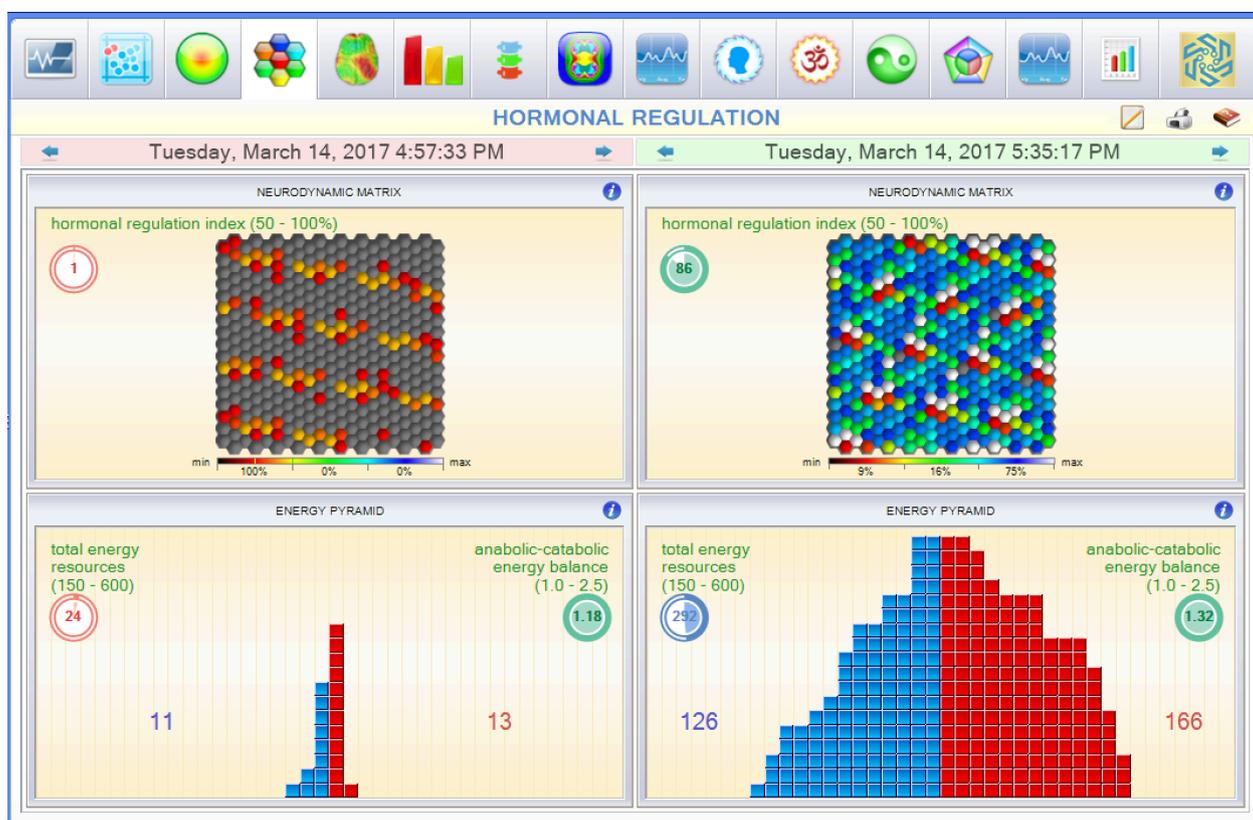


Figure 4: Hormone and Metabolic Energy Analysis

Total Power and Self-Healing Capacity Analysis

Before the Airnergy therapy, the candidate had extremely low self-healing potential. This can be observed from the significantly low Vital Force (normal value: 150-500) and low Index of Centralization (normal value: 1.0-3.0). The Vital Force is an indication of the dynamic regulation of energy, heart, hormones, and vegetive nerve systems. The Index of Centralization is an indicator of the balance between the Central Nerve System (CNS) and the Autonomic Nerve System (ANS). Ideally, it should be more of autonomic regulation and less of central nerve or brain regulation.

After 20 minutes of the Airnergy session, a 10-fold increase in the Total Power was observed (from 248 to 2400). This is a tremendous improvement. Meanwhile, the self-healing potential has been improved with increased Vital Force (from 44 to 106) and Index of Centralization (from 0.8 to 4.0). In particular, the Index of Centralization has exceeded the normal level which indicates a much greater autonomic regulation is achieved due to the therapy.

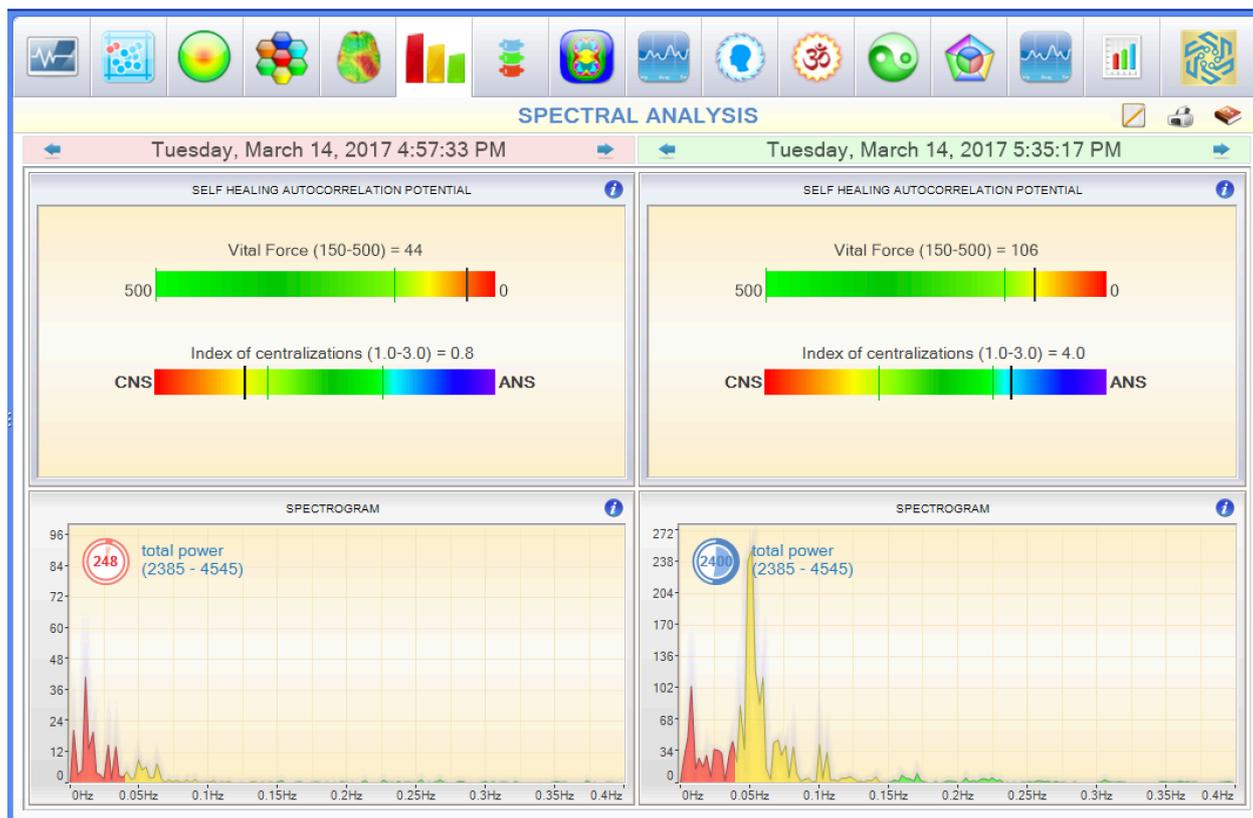


Figure 5: Total Power and Self-Healing Capacity Analysis

Bio-Age Analysis

Prior to the Airnergy therapy, the candidate had a biological age equivalent to that of a 75-year-old, which is 10 years older than his chronological age. After the therapy, his biological age decreased to that of a 41-year-old. This significant reduction indicates that dynamic biological regulation has greatly improved.

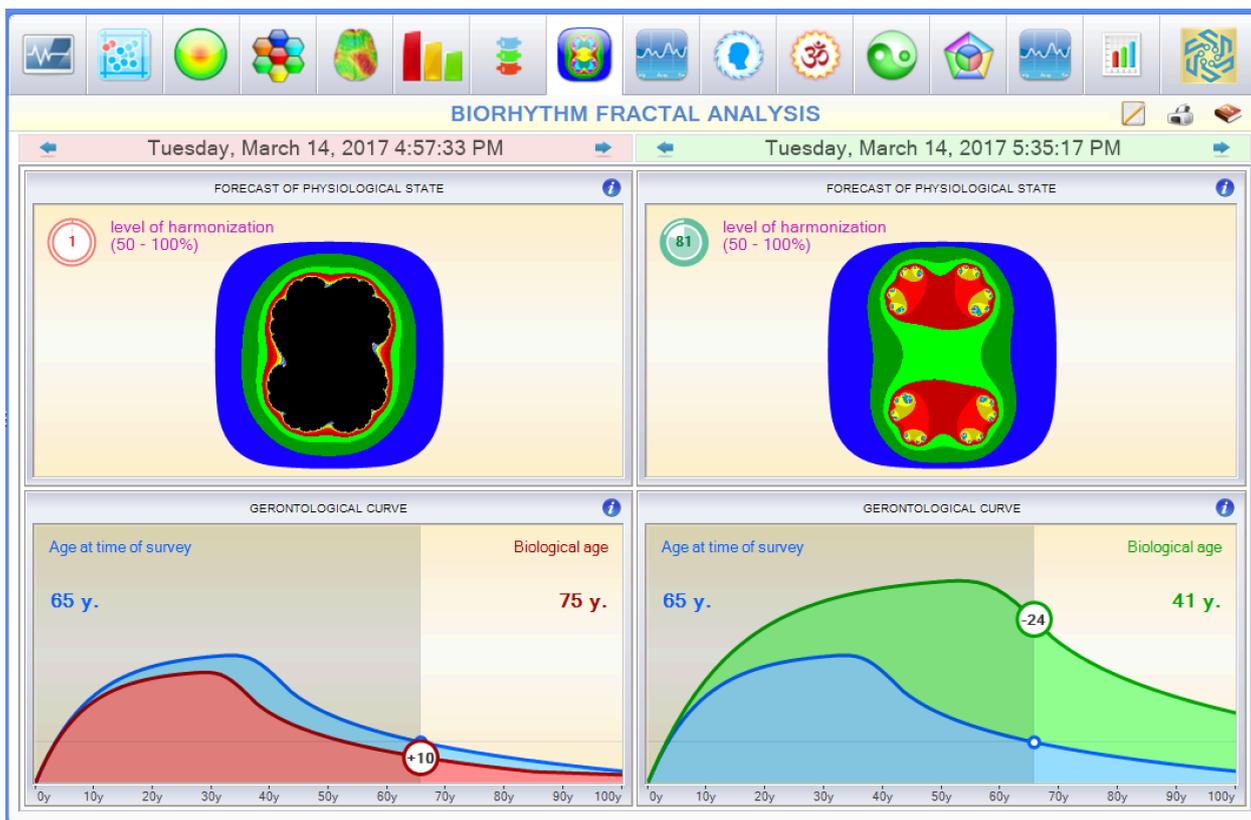


Figure 6: Bio-age Analysis

Bio-energy Analysis

The subtle electrophysiological regulation that functions according to quantum physics principles is known as bio-energy. It manifests itself in the meridian fields and chakra energy levels. After just 20 minutes of Airnergy treatment, there was a marked improvement in both areas.

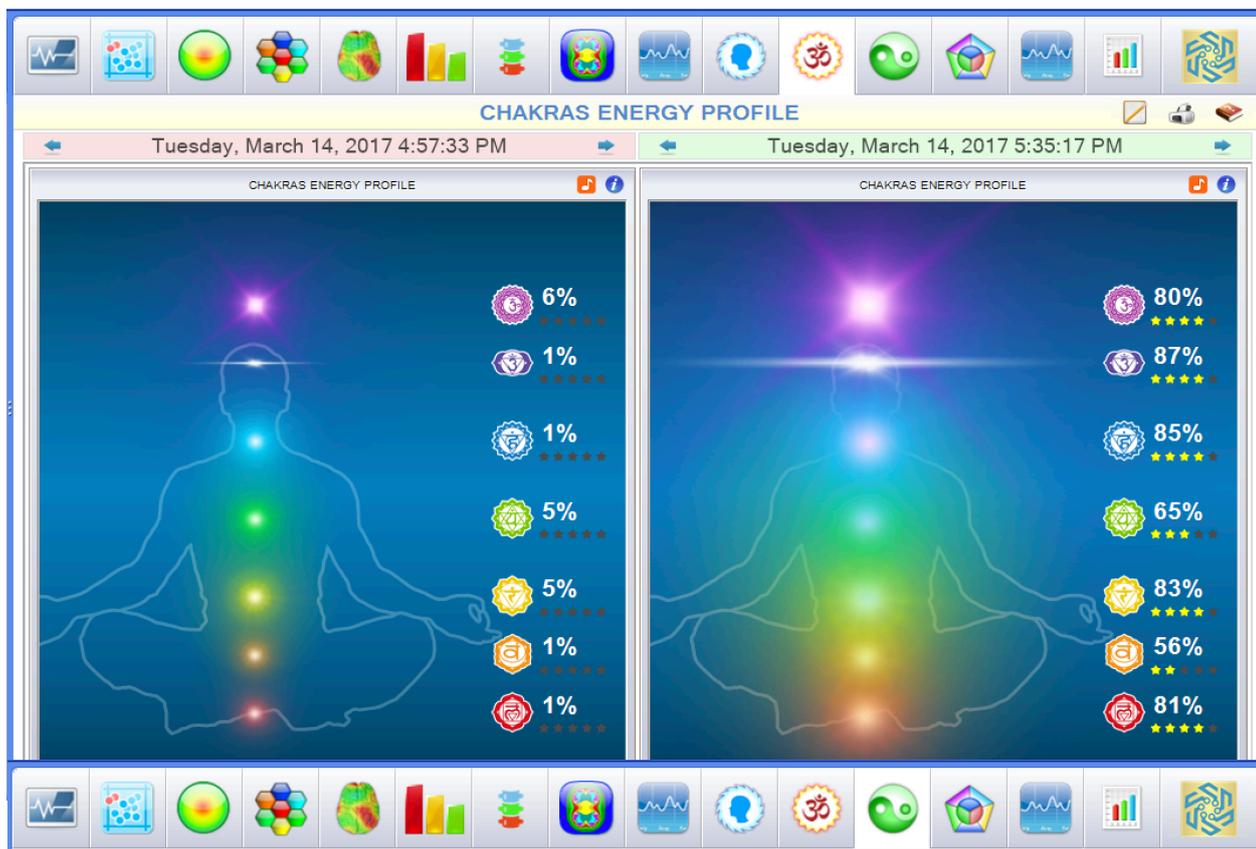


Figure 7: Chakras Bio-energy Analysis



Figure 8: Meridian Bio-energy Analysis

DISCUSSION AND CONCLUSION

Stress management for individual wellness and corporate health has become a top priority in today's fast-paced society. Effective stress management requires a multi-pronged strategy that includes identifying stress triggers and cultivating adequate coping methods. Any therapeutic intervention must address both the causative factors and subsequent health problems.

This study was chosen from the hundreds of cases managed with Airnergy at CHI Awakening Academy. This particular case is highly relevant in demonstrating what is required in stress management in the real world for the following reasons:

Candidate Profile:

The candidate is a management executive of a top wellness program, whose profession involves managing health and well-being. Despite having access to various wellness treatments, he has ongoing work-related stress that has not been adequately addressed. This reflects the reality that even those in the wellness industry can struggle with stress management. It suggests that there is a missing component in effective stress management in the real world. Additionally, it implies that the general public might face even greater challenges in managing stress.

Health Implications of Stress:

The systematic health analysis provided valuable insights into the health implications of stress on the mind and body. Stress significantly affects psycho-emotional capacity, leading to severe mental and hormonal stress due to increased tension in the brain. Physiologically, stress impacts the autonomic and cardiovascular systems, which are critical in health deterioration. Thus, effective stress management should focus on harmonizing the mind and body. In this context, restorative approaches such as breathing exercises and mindfulness are more important than physical exercises.

Effectiveness of Airnergy:

Airnergy has proven to be an efficient stress management tool that can be readily applied in both workplace and leisure settings. It is particularly effective in boosting cellular energy and achieving holistic wellness from the mind to the body.

In conclusion, Airnergy is a powerful stress management system that can greatly reduce systemic stress and improve vitality and well-being.