

your elixir of life for more energy – oxygen

As medical knowledge has shown, the intake of oxygen decreases with age and also under excessive stress.

The organism is unable to store the elixir of life – oxygen – it has to be supplied continuously by breathing. In the lungs, the element promptly enters the blood; it is received by the body and transferred to the brain, organs and tissues for various metabolic processes.

Oxygen is essential to the metabolic processes, and only when it is available in the body in sufficient quantity does combustion work properly and energy may be obtained from the nutrients. The body needs oxygen all the time and any deficiency may result in serious disorders in many organs: the finely branched capillary system provides for distribution as required - the pulmonary arteries respond to any oxygen deficiency by an oedema that significantly reduces the supply of oxygen to the organs.

Such symptoms as fatigue, lassitude and trouble with concentration are the most marked signs of an oxygen deficiency. Sufferers typically complain of exhaustion and sleep disorders. More advanced deficiencies may be accompanied by dangerous heart blood supply disorders - angina pectoris.

Oxygen inhalation within a multi-stage oxygen therapy programme may prevent these consequences.

this is your multi-stage oxygen therapy

The multi-stage oxygen therapy is based on findings by Professor Manfred von Ardenne: The German physicist proved that regular inhalation of oxygen may improve the supply of oxygen to the tissues over a period of time.

The therapy is divided into three components:

1. The body is prepared for the oxygen supply through the doses of vitamins, mineral substances and trace elements. These essential substances improve the oxygen intake in the cells.
2. An air mix saturated with oxygen is inhaled through disposable masks. The proportion of oxygen is controlled with an ioniser.
3. The blood supply in the body is supported by targeted units of motion, such as cycling, which improve the intake of oxygen in tissues and organs. Even intellectual action stimulus (reading, doing crossword puzzles) counts as activation of the body.

The objective of the multi-stage oxygen therapy is to increase the oxygen content in the blood to an almost youthful level. After suitably long administration, this effect will really occur.

- Upon commencement of the spa treatment, you will be examined by a spa physician. The physician will check the condition of your heart with respect to your ECG and the laboratory will test the blood cholesterol level before establishing a diagnosis and specifying a suitable form of therapy.
- Oxygen therapy and vitamins will be administered on a daily basis.
- Conventional, underwater and reflex massages promote blood supply to the tissues and improve the metabolism.
- Hydrotherapy, carbonated and bubble baths dilate the vessels in an agreeable manner.
- Exercises in the gym and additional swimming will improve the oxygen intake even more.

The precise number and kind of procedures are prescribed by the physician according to the patient's state of health.

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How can I enhance the therapy?

Avoid any stress: take compensatory measures so that the daily stress burden is not excessive.

Walk and hike regularly, indulge in other activities such as swimming, which support the intake of oxygen in the lungs, tissues and organs.

Give your brain proper exercise. If the brain cells are activated continuously, the oxygen metabolism will not cease. Read a lot, do crossword puzzles, learn poems by heart and try to remember as many telephone numbers as possible. Make provisions for well-balanced nutrition. If all the required minerals and vitamins are available in sufficient quantities, oxygen intake also works at an optimum level.

Do not smoke. Tobacco prevents the optimum intake of oxygen in the body.

Oxygen

Health indications

As documented in numerous studies, multi-stage oxygen therapy is suitable for treating the following conditions:

- Angina pectoris
- Arteriosclerosis
- Illnesses of the coronary vessels
- States following myocardial infarct
- Improvement of oxygen supply for pneumonic and bronchial illnesses
- Fatigue
- Hypertension
- Blood circulation disorders
- Blood supply disorders
- Manifestations of ageing
- Memory impairment
- Sight dysfunction
- Due to impairment of immune system
- States of exhaustion
- Painful syndromes of locomotor system