

Air Ions and Life

Why it is Crucial to Re-Ionize Air inside Offices & Homes

In life we pay so much attention to what we eat and drink, yet at the same time we show little interest in the quality of the air that we breathe. In olden times our medics used to say something along the lines of: “The air is a pasture of life...the state of the health of a person is dependent on the quality of air...” Good quality air is essential to good quality health.

Experiments carried out in the 1800s by I I Kiyanitsyn showed some very disturbing – but to scientists, puzzling – results. He carried out experiments on guinea pigs, rabbits and dogs. He placed two sets of the animals in bell-glasses and with one set he fed them *filtered air*. The second set was fed *fresh air*. The animals living in the filtered atmosphere soon felt sick and died after several days. Yet the animals kept in the same conditions fed *fresh air* stayed safe, healthy and sound.

These experiments puzzled scientists at the time, because chemically there was no difference in the air at all! There had to be something else involved, something that fresh air had which was critically essential for all biological life forms. Yet disturbingly was missing from filtered air.

It was many years before scientists solved the ‘problem’. Further experiments established that even using something as basic as cotton as a filter in the air pipe led to the same results – the death of the animals. Careful research followed to try and solve this apparent enigma. Eventually scientists discovered that the reason the animals died from breathing in filtered air was quite simple! They discovered that filtered air did not transmit any electric charge – it was not ‘energised’ air! Or more correctly stated, filtered air was devoid of air ions – it was dead lifeless air.

It is now well established that unpolluted air found in wide open spaces of Nature contains many Light Ions of both polarities – positive and negative. These are referred to as Small Air Ions (SAI), produced naturally in nature in our lower atmosphere. This is due in part to the Ionosphere acting as an anode and the Earth as a cathode. This creates Vertical Potential Gradients (measured in V/m) which is essential for all life-forms because it creates an essential balance between, and abundance of, positive and negative SAI essential to all life. This is known as Air Ionization, or energised ‘living’ air.

All living organisms of planet Earth have naturally evolved and developed thanks to a healthy ionized environment. Air ionization is, and has been, one of the most important conditions for the normal development of highly organised life. Today we are working against nature by living and working in buildings that deprive us of an adequate level of health-supporting SAI – energised ionized air. Air filtration systems, Air Conditioning, and the plethora of electronic equipment we have been brainwashed into believing we cannot do without, all add to the deprivation of natural ionized air essential to health and well being. This is often why people, who go out into nature, or to the seaside and walk along the sea’s edge, instinctively feel better and more invigorated.



In nature we typically find that there are around one thousand to many tens of thousands of SAI (Light Air ions) per cubic cm. The more SAI we have in the air the more invigorated we feel. However, in large Towns and Cities the light air ions count (SAI) drops to 50-100 ions per cubic cm. In buildings, offices and houses, this reduces further to less than 25-30 SAI per cubic cm, and can sometimes drop down to zero.

Further, it was discovered that when the quantity of SAI was reduced in the air, there was a resulting proliferation of Heavy Ions. In a city where SAI is typically no more than 50-100 ions per cubic cm the Heavy ion count rise to tens of thousands per a cubic cm. What is worse for the air quality we breathe in enclosed spaces is that each human contributes around 500 thousand Heavy ions per cubic cm into the atmosphere of the 'room' through exhaled air. Therefore, in every room where people spend much of their time – work or home – the number of oxygen ions nears zero as the number of people increase. Additionally, man-made fabrics also seriously reduce the amount of SAI in our 'rooms/buildings' as well as furniture, bedding, carpets and electronic equipment treated with Fire Retardant and other toxic chemicals. Together, we can see just how we are creating an unhealthy 'non-ionized' and 'de-energised' working and living air-environment which impacts adversely upon our health and well-being.

As a person spends on average about 90% of his/her life indoors (work and home), this means that they experience what is known as 'chronic-aero-ionic starvation'. This eventually leads to auto-poisoning of the person with products of partial oxidation, leading long term to dystrophy and atrophy of organs and tissues, contributing to aging and various diseases.

Heavy Ions are detrimental to our health and the health of all biological life forms. In the absence of an abundance of SAI, heavy ions proliferate, leaving the air we breathe detrimental to health. Heavy ions are responsible for the proliferation and spread of bacteria, microbes, pathogens, viruses, mould spores and more.

However, when there is an abundance of SAI present in the air then heavy ions cannot exist. Clean air full of SAI does not contain any heavy ions at all. In fact Bipolar Air Ionization destroys airborne Bacteria, Viruses, Fungi and Allergens, as well as many Volatile Organic Compounds (various chemicals found in: paints and lacquers, paint strippers, cleaning supplies, pesticides, building material and furnishings, office equipment such as copiers and printers, glues and adhesives, permanent markers). So what is the solution?

Ionization of the Air – How it works & How Our Health Benefits

Russian guidelines for workplaces have set a maximum level of 50,000 NSAI/cm³ (Negative Small Air Ions) and 50,000 PSAI/cm³ (Positive Small Air Ions). Bipolar Ionizers reproduce the same SAI that are found in nature, thus eliminating all of the air quality problems and associated health issues resulting from inhalation of polluted and 'dead' non-energised air.

Lemstrem (1902) discovered that by 'ionizing' plants they would increase in weight and length. The same results were gained using carrots, peas and cabbages. Hesterman (1910) also 'ionized'

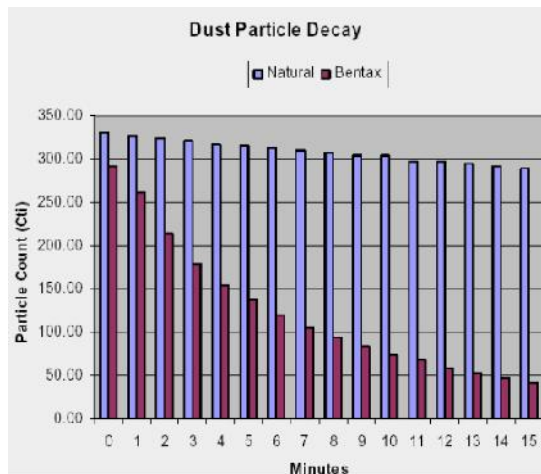
plants and observed an increased weight of 25%. More recently Kruger proved that the growth of plants accelerated in an atmosphere with artificially increased concentrations of positive and negative ions. Their length increased by 60% fresh, and dry weight increased between 25-73%.

Unfortunately today 99.9% of ionizers bought and sold worldwide are *unipolar* ionizers! This simply means that they only produce one type of ion, a negative ion.

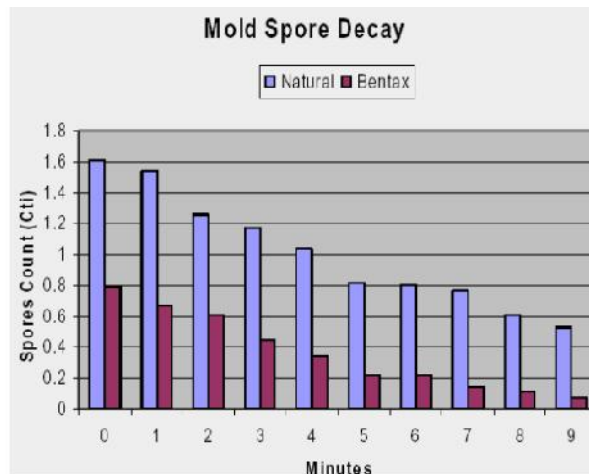
Whilst science has shown that the short term use of *unipolar* ionizers may be beneficial in some instances, **long term exposures to such regimes are not recommended for health reasons**, (Kimura S 1936; Kellog III E W and Yost MG 1986; Baron R A 1987). The use of *unipolar* ionizers is actually prohibited in Russian workplaces (SanPiN 2003, Ministry of Health of the Russian Federation/Russian Ministry of Health Protection, SanPiN guidelines 2.2.41294-03...)

Worden also reported the results of his experiments with plant seeds and stated that "...while negatively ionized plants died." Further tests in the United States have shown that long-term *unipolar* exposure can result in exposed animals having significantly shorter life-spans than those under non-enhanced conditions (Kellog III E W and Yost MG 1986). Whilst the authors of Building Health – The Need for Electromagnetic Hygiene (Isaac A. Jamieson, Paul Holdstock, Helen M. ApSimon and J. Nigel B. Bell) say: "For reasons such as this, SAI regimes more closely resembling those found in nature, such as those recommended in Russia, are recommended...for areas where people spend large periods of time."

Effects of Bipolar Ionization on common Allergens



Natural 12.8% Bi-Polar Ionization 85.8%



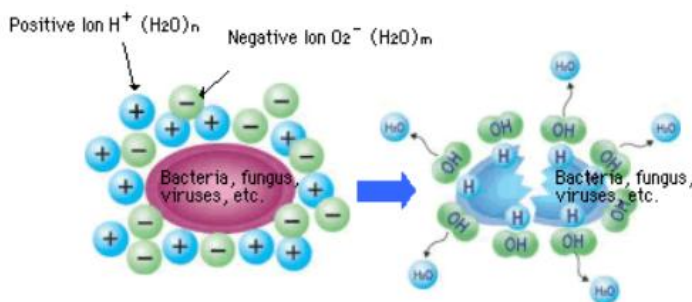
Natural 67.1% Bi-Polar Ionization 91.1%

Indoors we can only reproduce the levels and balance of SAI found in nature by using a **Bipolar Ionizer**. Numerous tests using bipolar ionizers for Air Ionization have shown that they can offer great benefits to all biological life forms. Kruegar and Reed indicated that bipolar ionization may help reduce the mortality rates of animals infected with influenza. Reports of experiments on air ionization of animals, cattle, birds, pigs, rabbits all showed that these 'animals' recovered from disease quicker, put on weight and that the death rate decreased. Relief from, and improvement

in, many 'health conditions' have been reported and recorded due to restoring correct levels of SAI through bipolar air ionization. Including, but not limited to: nasopharynx, respiratory tract problems, cardiovascular problems, hematopoietic organs, nervous system, endocrine system, pain relief, high blood pressure, quicker wound and burn healing...the systematic inhalation of SAI in high concentrations per cubic cm reduces fatigue, improves concentration, capacity for work, and reduces the time needed to recover...Air ionization of school classes reduces the number of diseases whilst also improving the growth and weight of children and teenagers...

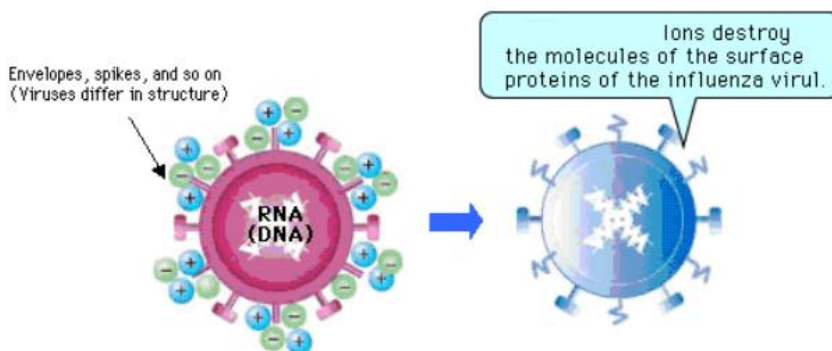
In fact there have been a great number of experiments concerning the bioclimatic influence of atmospheric ionization and the resulting benefits, described in over 300 publications. Recreating the right levels of SAI in our environment not only prevents unhealthy Heavy Ions from developing, but *naturally* increases the amount of oxygen ions in the air. Which we all know from basic biology is very beneficial to all life forms.

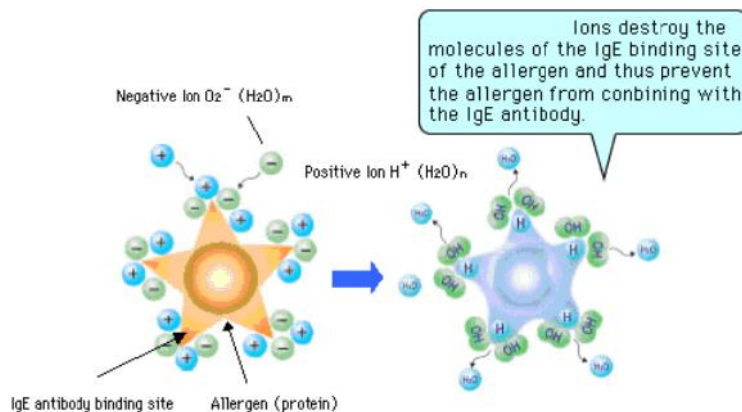
How Bipolar Ionization Neutralises Pathogens



In today's world, where we live and work in poor ionized-air conditions we are continuously breathing in dead air detrimental to health and well-being of all living entities. There is only one solution if we choose to continue to live and work in these conditions. **That 'solution' is the reproduction of natural levels of balanced SAI that we find in nature. This can only be achieved indoors by using a *Bipolar Ionizer*.** No other 'type' of ionizer will achieve this desired air quality.

Specific Actions against Flu Virus





What is of further interest is that each of our cells operate in a healthy state at a charge of around 20mV-DC (-20mVAC). When a cell is compromised and fighting off an attack from a pathogen the cell will be required to utilise more energy at a charge of around 50 mV-DC (-50mVAC) to protect and heal itself. If we are constantly breathing in de-energized air then we are not replenishing the energy stores of the body, let alone supporting the energy requirements of each cell to remain healthy and fight off dis-ease.

Earthing (the body) goes some way to restoring our energy reserves on a cellular level through the flow of free electrons from the Earth into the body. We can easily measure this increase in the body's electric charge in VDC when earthed compared to when not.



However, because we breathe in so often then it is far more critical to the health of the body that we are able to breathe in healthy ion-charged and highly energized air. This will replenish the body's energy stores and increase the cell's electrical charge far quicker and more efficiently than 'earthing' alone.

Additionally, Bipolar Air Ionization supports, energises and strengthens every biological system of the body, and most importantly, on a biophysical level, supports and strengthens the whole body from a cellular level upwards.

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Other Resources:

Air Ions & Life – A L Chizhevsky (Yunay Technik)

Air Ionization in Nature – Aydar Tuktagulov

The results of biological experiments – Aydar Tuktagulov

Building Health: The Need for Electromagnetic Hygiene – Jamieson, Isaac A, et al