

FOR YOUR ENERGY



TEST NOW!
1 CELL TRAINING FOR FREE

METABOLIC TRAINING

Your metabolism is the engine that drives you. It affects all life-sustaining reactions in your body and is an essential part of your health.

The core of our Metabolic Training programme is Cell Training. Cell Training increases the energy production in your cells by simulating high-altitude training. Many scientific studies have shown there are numerous positive effects with this type of training on your physical and mental health. This includes:



ATHLETIC PERFORMANCE

Cell Training helps you reach your athletic goals faster. It gives you:

- Improved aerobic and anaerobic performance
- Increased endurance
- Quicker recovery after sporting activities
- Quicker recovery from sport injuries



TREATMENT & PREVENTION OF DISEASES

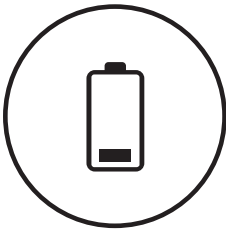
Cell Training helps treat and prevent various illnesses in a non-pharmacological way. Particularly for the following health conditions:

- Cardiovascular diseases (e.g. hypertension)
- Lung diseases (e.g. asthma, COPD)
- Diabetes mellitus
- Borreliosis (Lyme disease)
- COVID, influenza (by strengthening your immune system)



BODY WEIGHT

Cell Training activates your lipid metabolism which supports weight loss. To support you in this area, we have developed our popular Metabolic Week. During this 7-day programme your body learns through Cell Training and nutritional intervention to use its energy by metabolising fat. After completing Metabolic Week, our clients report that they feel more vital and energetic than before. They also struggle less with excess weight and their quality of life improves.



EXHAUSTION / FATIGUE

Mitochondrial disorders are directly associated with chronic fatigue and listlessness. Cell Training regenerates mitochondria and offers a non-pharmacological option for treating fatigue conditions such as burnout, depression, chronic fatigue syndrome (ME/CFS), fibromyalgia, or long COVID. By activating the energy centres in your cells, you are less exhausted and regain your vitality.



RELAXATION / DE-STRESS

Cell Training offers *active* relaxation from your stressful daily routine. During the training you relax and reset yourself. Afterwards, you have more energy and an increased cognitive performance. You are also more balanced, sleep better, and your general wellbeing improves.

HOW IT WORKS

CELL TRAINING

The secret behind our Metabolic Training is called CellAirOne. This is a **certified medical device** which provides **IHHT Cell Training** (Intermittent-Hypoxia-Hyperoxia-Training). During this training you alternately breathe in air with **low oxygen** (hypoxia) and **high oxygen** (hyperoxia) levels through an oxygen mask. This way **high-altitude training** is simulated for your body.

During this relaxing training you lie or sit in a comfortable position. The training is constantly monitored and customised and completely safe. The duration of a training session is approximately 45 minutes. For best results, a minimum of 10 sessions (1-2 times per week) is recommended.

MITOCHONDRIA: POWERHOUSE OF OUR CELLS

The oxygen concentration in the air we breathe is 21%. During Cell Training, controlled therapeutic hypoxia (9-15% oxygen) and hyperoxia (36% oxygen) are implemented at regulated intervals. This **combination of low/high-oxygen stimuli** ensures that the body's own adaptation and self-healing processes occur. As a result, the cells in the body are stimulated to reject old **mitochondria** and form new, powerful ones.

Each of the 70 trillion cells in our body has its own mitochondria. Mitochondria are commonly referred to as the **“powerhouse of the cells”** because they are responsible for the **energy production** in the cells. They do this by converting food into the body's own "fuel" called ATP (adenosine triphosphate). ATP provides the energy for all metabolic processes in the body.

