



IHHT CELL TRAINING

FOR HEALTH,
POWER & LIFE ENERGY

IT'S ABOUT ENERGY. IT'S ABOUT YOUR ENERGY.

Modern life is stressful. A lot drives us and a lot is bothering us at the same time. This applies to mind and soul, but also to our bodies.

Stress and an unhealthy lifestyle cause a loss of energy – literally. This stress and these toxins can cause the energy suppliers in our cells, the mitochondria, to lose their full capacity in the production of the body's own “gasoline” known as adenosine triphosphate – ATP, for short.

The result can be fatigue and listlessness. Studies assume that some diseases of civilization are also associated with damaged mitochondria.

Interval hypoxia-hyperoxia training – this is what the abbreviation IHHT stands for – ensures that the cells are stimulated to reject old mitochondria and form powerful, new ones.



LIKE WEIGHT TRAINING – BUT LYING DOWN!

The interval hypoxia-hyperoxia training is carried out while lying down or sitting up. Wearing a comfortable breathing mask and closing your eyes, you relax and simply breathe. At the same time, oxygen is extracted from your breathing air and additional oxygen is added. This puts your cells under tension and leads to the formation of new mitochondria. The procedure is, of course, completely safe, and both the supply and withdrawal of oxygen are continuously monitored and individually adjusted.

ABOUT MITOCHONDRIA

Mitochondria are called cell power plants, but a closer look reveals they are more like refineries. They produce adenosine triphosphate (ATP) from a variety of nutrients taken from food, which, in turn, provide energy for the cells and ensure that muscles can move.

Without proper nutrition or even just as we age, mitochondria lose their functional capacity leaving the body with less “fuel” at its disposal.

The good news is that we can replace old mitochondria with new ones. This is exactly what happens, for example, to top athletes during altitude training. Mitochondria that are no longer efficient are replaced by new ones.

THREE OF MANY ...

The IHHT cell training ensures that your life is lived in a better way – thanks to new and powerful mitochondria. Three examples of how this can happen for you:

✓ **Weight loss**

Powerful mitochondria ensure that fats and sugar are burned and not stored in the body. With new mitochondria, you will have powerful partners in the fight against excess weight. Less weight generally means more well-being and a healthier life.

✓ **Better performance instead of burnout and stress**

With no energy, drive is missing. A lot of things appear exhausting and painful – which shouldn't be. Healthy mitochondria create fuel for a more vital life. Furthermore, healthy mitochondria play a major role in sports since they increase performance through every type of movement.

✓ **Enhancement**

In the fight against pathogens, the body's own strength plays a crucial role, which is easy to understand. Common infections and colds can be a sign of a deficiency of adenosine triphosphate. The IHHT can help because it ensures that the mitochondria are in top shape.



IN BRIEF AND AT A GLANCE!

Cell training offers many advantages when it comes to a carefree, easier and healthier life:

- Improved blood circulation
- More cell energy
- Improved sleep quality
- Increased ability to concentrate
- Supporting weight loss
- Improved metabolic activity
- Improved stress resistance
- Increasing physical and mental performance
- Improved autonomic nervous system
- Balanced cellular energy generation from carbohydrates and fats
- Shorter regeneration times
- Balanced hormone production



CONTACT

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