



Negative Ions ~ Vitamins In The Air

The Secrets of Negative Ions & Calcium

The Simplest Way of Healthcare ~ Wear Anions

Negative Ions - Vitamins in the Air

An ion is an electrically charged atom or molecule formed by the loss or gain of one or more electrons, as a Positive Ion (cation) which is created by electron loss, or as a Negative Ion (anion) which is created by an electron gain. These terms were introduced by English physicist and chemist, Michael Faraday in 1834.

Ions can be created, by either chemical or physical means, via ionization. Yet, ions are ubiquitous in nature and occur naturally in the air that surrounds us. The air around the mountains, forests, waterfalls and sea sides, has the highest density of Negative Ions. This phenomenon is called the Lenard effect or the waterfall effect. Based on several experiments, the German physicist and Nobel Prize for Physics in 1905 for his research on cathode rays, Philipp Lenard scientifically proved that the air tends to be charged more negatively where water splashes.

These types of environment make us feel calm, relaxed and rejuvenated because Negative Ions increase oxygen flow to the brain – keeping us more alert while improving our memory and mental energy. Negative Ions therefore balance out the positive ions found in polluted air – haze, smog, electrical radiation, air-conditioning, etc., which are bad for our health.



Unexplainable Soreness Might Be Due to the Lack of Negative Ions

A study by the Japanese Ministry of Health, Labour and Welfare shows that many medically unexplained symptoms in Western medicine, such as insomnia, shoulder pain and back pain might be related to the deficiency of negative ions in the body. Negative ions are negatively charged particles. There is 20% of positive ions and 80% of negative ions in a new born baby. This ratio is most beneficial to the body. However, the content of negative ions in human body will decrease while the content of cations will increase, contributed by aging process and other circumstances such as changes in the weather. The change in the ion content in the human body leads to the formation of viscous and acidic blood. Furthermore, it also hinders nutrient absorption process, waste elimination process and metabolism process. As a consequence, the overall body function becomes weak and leads to all kinds of illnesses.

(Source: United Daily News)

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*Asian Medical Journal:**The Content of Negative Ions in One Cubic Centimetre of Air*

Content of Negative Ions	Manifestation / Function
100,000~500,000 ions/cc	Natural healing power
50,000~100,000 ions/cc	Killing germs, deodorisation, detoxification
5,000~50,000 ions/cc	Enhance immune system
1,000~2,000 ions/cc	Provide basic requirement to maintain health
Below 50 ions/cc	Inducing physiological malfunction

*Induction of "Civilisation Diseases" due to**Ionic Imbalance in the Environment".*

Space		Content
1.	Enclosed spaces with air-conditioning	0~25 ions/cc
2.	Rooms in urban residential areas	40~50 ions/cc
3.	Streets with greenery	100~200 ions/cc
4.	Parks in cities	400~600 ions/cc
5.	Suburbs, countryside	700~1,500 ions/cc
6.	Mountains and seaside	5,000 ions/cc
7.	Waterfalls in natural forest	50,000 ions/cc

More and more urban people who work long hours in the office are affected by the air-conditioning induced illnesses - cold limbs, headaches, backache/lumbago, physiological malfunction, insomnia, etc. This is due to the mass production of positive ions during the rapid cooling process of air-conditioning.

(Excerpt from book "High-Voltage Treatment")

Effects of Negative ions

1

Blood Purification

"Viscous blood" is the main culprit of modern illnesses. However, it can be improved through blood purification process, which will improve physical fitness; prevents blood turbidity and stickiness; and prevents the slowdown of blood flow. Conditions such as reduction of the oxygen content in the blood, accumulation of lipids, slowdown in metabolism rate, chronic illnesses, high blood pressure, diabetes, gout, arteriosclerosis, fatty liver disease, etc. might lead to more serious problems such as stroke and myocardial infarction.

- Enhances blood circulation
- Eliminates excessive fats, cholesterol and waste materials from the blood
- Increases oxygen content in the blood, revitalise cells
- Enlarges and increases the flexibility of blood vessels
- Changes in blood pH, from acidic to alkaline

2

Cell Metabolism

The ability to enhance the "power of self-restoration", the ability to resist oxidation inside and outside the body and the good functionality of body cells are determined by cell permeability.

Our skin, bones, blood and organs are constituted by 6×10^{13} cells and pathological changes in these cells are a source of all illnesses.

The pores in our membrane cells will shrink if there is more positive ions outside the cell. This phenomenon prevents the transportation of oxygen and nutrients to the cells and the elimination of waste products from the cells.

- Sends water, nutrients and oxygen into the cells
- Decomposes toxins in the cells, enhances cells metabolism
- Restores the function of damaged parts in the body
- Rejuvenates and freezes the aging process, new cells give vibrancy to the skin from inside out

3

Enhancement of Immune System

Negative ions strengthen immune system and improve sensitive-prone conditions. Negative ions strengthen immune system by enhancing cells of the immune system and the **engulfing** capability of **phagocytes in the** white blood cells. Despite intrusion of germs and pathogens, with strong immune systems, we will not fall sick easily. Even if we fall sick, we will make quick recovery. Furthermore, negative ions also enhance the speed and quantity of **antibodies** produced by the **lymphocytes**.

- Helps diabetic and gout patients or other patients who have metabolism problems in enhancing their metabolism rate
- Enhances the formation of new skin cells, prevents the existing wound from being re-infected
- Effectively improves immune system related problems like eczema, nasal allergy, asthma, systemic lupus erythematosus and rheumatoid arthritis

4

Balancing the Autonomic Nervous System

Experts have discovered that certain illnesses with certain unexplained symptoms that cannot be cured in modern medicine are due to malfunction of autonomic nervous system. **The irregularity of modern lifestyles** and increase in pressures in life interfere with the normal functions of **sympathetic nerves and parasympathetic nerves**, causes hormone imbalance, physiological malfunction and autonomic nervous system malfunction. The symptoms of autonomic nervous system malfunction are insomnia, migraine, nausea, frequent urination, poor appetite, tiredness, fatigue, etc.

- Negative ions suppress the activity of sympathetic nerves and stimulate the activity of parasympathetic nerves to balance back the function of the autonomic nervous system
- Enhances the blood calcium ion concentration to facilitate smoothness of transmission process of neurotransmitters
- Improves sleeping quality, migraine, menstrual pain and lethargy
- Prevents indirectly the occurrence of high blood pressure, stroke, myocardial infarction and other cardiac related diseases

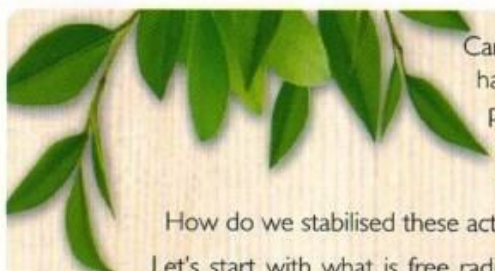
Negative ions - Effective to Treat Cancer

Initially negative ions were proven for its effectiveness in treating fatigue, high blood pressure and asthma but the research conducted in the laboratory on animals by Dr. Kusturica has proven that negative ions are also very effective in treating cancer.

In a research led by Dr. Kusturica, different types of cancer cells were transfused into rats. One group of rats was induced with negative ions each day (experimental group) while the other group of rats was not intervened (control group) to compare their survival rate. The results showed that the rats which were induced with negative ions lived on an average of 59 days, while the rats which were not intervened lived on an average of 34 days. In other words, the rats from the experimental group lived on an average of 25 days longer than the rats from the control group. Some rats in the experimental group even lived for more than 80 days! Hence, it is very clear from that experiment that negative ions have life-prolonging properties.

In another study conducted by another research team, cancer cells were transfused into small rats (about the size of a quail egg) to determine the proliferation rate of cancer cells in them. One group of rats was induced with negative ions while the other group of rats was not intervened. The results showed that the cancer cells in rats which were not intervened increased on an average of 58 mg per day, while the cancer cells inside the rats which were induced with negative ions increased on an average of less than 27 mg per day. It was even more amazing to find out that the cancer cells in about one third of these rats showed significant decrease and eventually total disappearance! The presentation of this research finding has gained international interest.





Cancer cells are not formed within a day. Experts have estimated that one out of every 3.7 persons is affected by cancer. Changes in the environment, diet and lifestyles produce numerous free radicals in our body.

How do we stabilise these active free radicals?

Let's start with what is free radical? A free radical is any particles that has a single unpaired electron in an outer shell. All particles such as atoms, molecules or ions are stabilised by paired electrons.

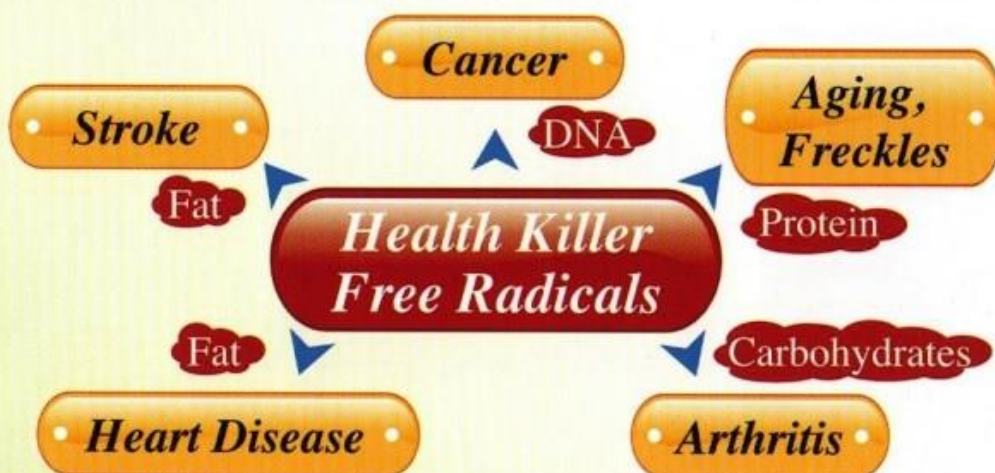
As free radicals lack one electron, they move around freely and react easily with other compounds. In our body, this type of reaction causes damage to the cells as it changes the structure and function of the cells to become abnormal. It leads further to chronic diseases such as cancer, cataract, diabetes, arthritis, heart diseases, arteriosclerosis, Alzheimer's, stroke, etc.

Medical literature presented on more than one hundred different illnesses that caused by free radicals. How do we stabilise free radicals and reduce their negative impact on our body?

Negative ions can deoxidise free radicals, prevent them from being absorbed by the body. Negative ions can also purify blood, revitalise cells, enhance the immune system and balance autonomic nervous system.

(Source: "Scientific American", an article published by the Faculty of Chemistry, Tsinghua University)

We Are Undergoing Oxidation Process Every Second

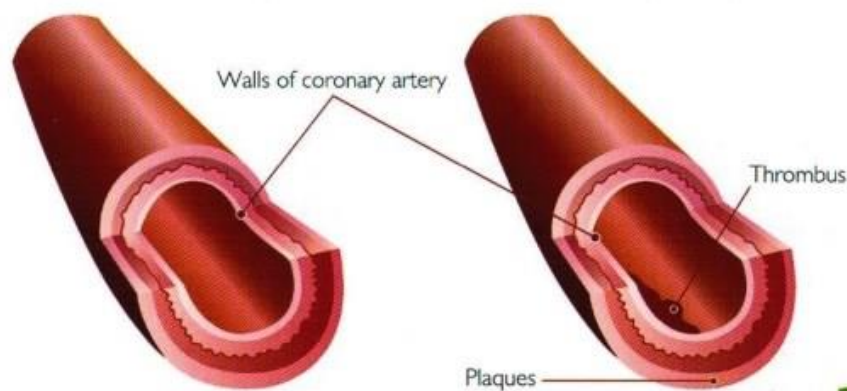


In 1950, Dr Haskell applied negative ions to patients with hypertension and found out that the negative ions significantly lowered their blood pressure. No significant effects were observed when positive ions were applied. It was found that negative ions was also effective against bronchial diseases like influenza and asthma.

• Pathological Changes in Coronary Artery •

Normal Coronary Artery

Pathological Coronary Artery



There are no signs or symptoms will be noticed even if 70% of a blood vessel in our body is blocked.

Would you have any feeling if your blood vessel is blocked? Most people assume that we need to pay attention to heart problems only when we are getting old.

Most people do not know that the rate of plaque formation in our blood vessel is speeded up after we reach the age of 30. Fatigue, unhealthy eating habits and the lack of exercise speeds up blood vessels aging and damages.

All experts recommend: Prevention is better than cure.

“Japanese Fibre Industry, Experiment Proven”

Negative ion fibre when being rubbed with skin or any materials will produce powerful negative ions.



Experiments carried out indicate that :

Various fibres (nylon, wool, cotton, silk, acrylic, synthetic resin, etc.) will be charged when being rubbed with different materials (sometimes positively charged, sometimes negatively charged)

How do Negative Ions Enter the Human Body?

15% through breathing, 85% through absorption by our skin.

Negative ions are absorbed through hair follicles into our body → go through capillaries → into the blood stream

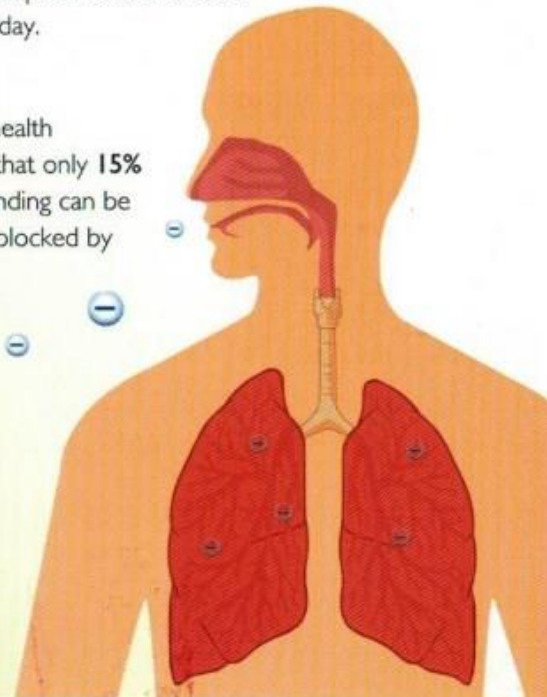
There are three requirements to achieve best result of negative ions absorption into our body :

“Large Quantity, Long Hours, Close Distance”

Negative ion fibre fulfilled the above mentioned requirements and it is a healthcare method that can be worn 24 hours a day.

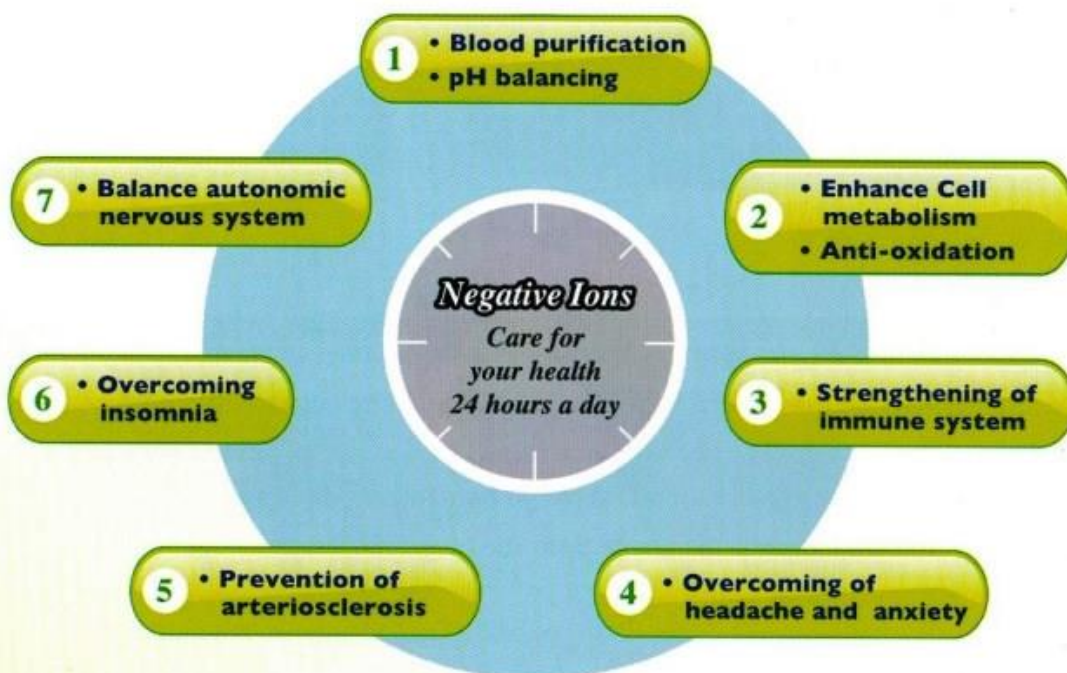
The book entitled An Approach to Health says :

Negative Ions, which was written by a Japanese health preservation practitioner, Dr Lino Setsuo, states that only 15% of the total negative ions that exist in our surrounding can be absorbed through our lungs. The other 85% are blocked by our clothes, thus cannot be absorbed.





• Amazing Restoration Effects of Negative Ions •



The Extreme Impacts of Ions

Impact of Negative Ions	Impact of Positive Ions
De-oxidation, produces mild alkaline properties	Oxidation, increases acidity
Enhances cells' metabolism	Passivates cells
Balances autonomic nervous system strengthens	Leads to autonomic nervous system imbalance
Strengthening of the immune system	Weakens the immune system
Enhance consistency in body functioning	Leads to hormonal imbalance
Purifies blood	Leads to turbidity of blood
Stabilizes blood pressure	Increases blood pressure
Slows down aging process	Speeding up aging process
Improves sleep	Causes insomnia
Overcomes tiredness	Causes tiredness



The Effects of Negative Ions Observed on the Body



Excerpt from book :
"It is better to wear the right clothing than consuming good food"

• Sleeping Problems •

Negative ions stimulate the activity of the parasympathetic nerves, reduce tiredness, stabilise emotion and promote sleep.

The superior heat insulation and moisture permeability properties of anion fibre create an excellent sleeping environment.

• Heart Related Problems • • High Blood Pressure •

Negative ions promote the elimination of excess cholesterol and waste materials from the body, and enhance blood circulation.

• Frozen shoulder / Sciatica / Joint pain •

Negative ions promote blood circulation, improve the problems induced by nervous system and blood vessels.

• High glucose level in the blood •

Negative ions regulate hormonal functions, stimulate the secretion of insulin to reduce the symptoms caused, preventing the condition from getting worse.

• Cancer •

Negative ions revitalise all cells in the body, resist oxidation process and enhance metabolism rate.

• Sensitivity •

Negative ions improve sensitivity conditions and strengthen immune system.

• Menstrual pain • • Disturbance of menopause •

Negative ions modulate the autonomic nervous system, promote the secretion of hormones, and alleviate uterus pain.

Negative ions revitalise cells and hormonal functions.

Alleviate menopause symptoms

• Liver, Kidney Function • • High in Uric Acid •

Negative ions increase the calcium ions content in the blood, neutralise acidic substances, prevent the sedimentation of uric acid which causes gout,

Negative ions revitalise B lymphocytes to produce antibody in response to invasion of pathogens.



High Technology Negative Ion Fibre

Experts uncover the source of "Healthy Ions"



In 1938, the Japanese High Technology Fibre Manufacturers started their researches on healthy fibre which is good for the human body. As a result of collaboration among the experts in the field for more than twenty years, negative ion fibre which uses the exclusive technology based on the principle of friction was produced in 1955.

Over 60 years, the negative ion fibre produced remains the only one "permanently effective" negative ion fibre in the world. The exclusive technology used for the production of anion fibre is still not being duplicated.

A professor in Hokkaido University, Dr Yuko Agishi pointed out that :

Positive ions cause oxidation → decomposition → damage.

Positive ions have a detrimental effect on the health of plants, animals and humans.

Negative ions cause de-oxidation → composition → recovery.

Negative ions promote holistic health in the plants, animals and humans.





Why Is There A Need to Wear A Complete Set of Negative Ion Clothing?

According to the book entitled *An Approach to Health : Negative Ions*, there will be healing effect if there is 100,000 to 500,000 of negative ions in one cubic centimetre (cc) of air. On the other hand, a professor in Japan Toho University, Dr. Maki Takada points out from the perspective of serology that an input of 300v negative ions can improve human physiological function and can promote health and longevity.



Negative ions protect your health 24 hours a day.

Absorption of negative ions from head to toes for 24 hours can promote blood circulation and cell metabolism. It also promotes health in the lymphatic system, skeletal system and nervous system.

According to Traditional Chinese Medicine, night time is the best time for cell restoration hence bedding is the most important coupled with wearing negative ion clothing, your health will be taken care of 24 hourly.

• Detoxification Time according to Traditional Chinese Medicine •

11.00 pm to 1.00 am	Gallbladder Meridian, best time to sleep
1.00 am to 3.00 am	Liver Meridian, best time to sleep in order to rest and replenish the energy
3.00 am to 5.00 am	Lung Meridian, easy get a cough during this period of time, thus, need to pay attention on keeping oneself warm
5.00 am to 7.00 am	Large Intestine Meridian, best time to pass stools
7.00 am to 9.00 am	Stomach Meridian, good to massage abdomen and take food
9.00 am to 11.00 am	Spleen Meridian, good to tap lower legs
11.00 am to 1.00 pm	Heart Meridian, good to massage Heart Meridian
1.00 pm to 3.00 pm	Small Intestine Meridian, good to drink more water to promote detoxification
3.00 pm to 5.00 pm	Bladder Meridian, good to tap lumbar vertebra and caudal vertebra
5.00 pm to 7.00 pm	Kidney Meridian, good to do exercise that stimulates Kidney Meridian points
7.00 pm to 9.00 pm	Pericardium Meridian, good to eat something bitter after dinner (such as lotus tea)
9.00 pm to 11.00 pm	Triple Burner Meridian, good to tap on Triple Burner Meridian



Why Consume Calcium?

1) Calcium is closely related to cell revitalisation :

- Neuron : Insufficient calcium intake will lead to emotional instability, memory impairment, insomnia, tremors, leg cramps, etc.
- Promote hormonal balancing.
- Related to contraction of muscles, which includes the contraction of the heart muscles, peristalsis, contraction of blood vessels. Lack of calcium might lead to constipation, diarrhoea, palpitations, chest tightness and inconsistency in blood pressure.
- Related to blood coagulation and purification. It also plays an important role in reducing cholesterol and uric acid in our body, preventing arteriosclerosis, myocardial infarction and stroke.
- Chronic loss of bone mass will lead to osteoporosis, the symptoms includes body aches and knee pain.
- Related to reproduction cells : It enhances the vitality of sperms and increase the conceiving probability among women.

2) There are two forms of calcium in human body: 99% of calcium exists as calcium hydroxyapatite, stored in the bones; while another 1% exists in the form of ions, mainly found in the cells. When there is a lack of calcium ions in the cells, the calcium in the bone will be released into blood. Unfortunately, this type of calcium is not able to enter into the cells, thus it will be accumulated in the blood and increases the viscosity of the blood which will lead to heart related disease such as arteriosclerosis. As a consequence of the loss of calcium from the bone, it will lead to serious health problems. However this condition can be improved by taking L. Acidophilus Calcium.

L-Acidophilus Calcium



- Excellent absorption: It is added with CPP III (casein phosphopeptides) and vitamin D3, which enhance its ability to be absorbed and retain by human body.
- Excellent water solubility: It is 3800 times more soluble than the calcium phosphate (such as cow bone powder) and 6800 times more soluble than the calcium carbonate (such as sea shell powder) available in the market, thus easily absorb by human body.
- Safety : Certified by the Food and Agriculture Organization of the United Nations (FAO) and the World Health Organization (WHO).
Researches have shown that the lead content in bone powder is the highest, followed by sea shell powder.



• Healing Reaction •

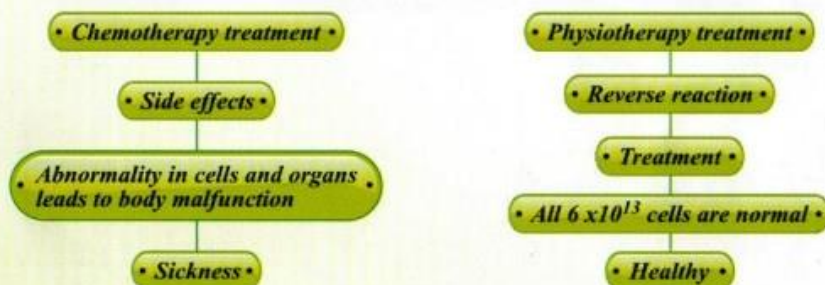
Understanding the logic of healing reaction to avoid panic

Healing reaction is a reaction that takes place when human body changes from unhealthy to healthy condition.

- Symptoms of sickness at initial stage : Occurrence of reverse reaction depends on the seriousness of the illness.
- Sick condition : Occurrence of reverse reaction
- Healthy condition : No occurrence of reverse reaction

What leads to healing reaction?

- Symptoms of sickness at initial stage : Changes in the environment leads to pathological changes in the body tissues. Antibodies help to restore the affected body tissues back to normal.
- Sick condition : Antibodies fail to defend the body against pathogens, thus we fall sick.



- Physiology responses will happen continuously for 24 hours
- From pathological condition changes to normal condition (increase in activity)
- Promotes cell metabolism in the organs at a deeper level.

Healing reaction differs among individuals

At the beginning stage of using negative ion products, due to the differences in the physical fitness of individuals, the reverse reaction symptoms appears also differ. However, the symptoms that appear are not due to the side effects of the products. Please find below examples for reference: increase in soreness sensation, increase in pain sensation, increase in numbness sensation, throbbing pain, drowsiness, feeling warm, feeling cold, increase in urine volume, increase in sweat volume, flatulence, increase in phlegm secretion, sleepiness, hot flushes, rashes, diarrhoea, swollen skin, increase in breathing rate, increase in heartbeat, increase in secretion, emergence of dormant diseases, dry mouth, being energetic, increased alertness. The symptoms mentioned above differ among individuals. Do drink more water if you feel uncomfortable and consult your product introducer on how to adjust your clothing to speed up the detoxification process until the reverse reaction symptoms subside.