

# **INFORMATIONS ABOUT IONS**

# Allergies and asthma

## BREATHE FREELY AGAIN

In Germany, around 8 million people suffer from asthma (“Note: 262 million people worldwide”) - and around 20 million people are affected by allergens. The WHO warns that allergies are a serious health risk with almost pandemic proportions. They are never harmless and chronic illnesses are not to be taken lightly, as they can always get worse if left untreated. The cause of this is unclear, but in addition to air pollution, obesity, poor diet and lack of exercise are probably responsible. Another factor is probably the reduction in air circulation in rooms due to airtight construction and an increased concentration of positive ions from electronic devices. Pollutant levels can be much higher indoors than outdoors, and air pollutants are one of the most serious environmental risks to health anyway. If patients are not treated symptomatically, causal complaints can be treated, which is why allergies do not always have to persist. Positive ions can exacerbate asthma in children during exercise. However, if negative ions are applied to these, they combine with the positive suspended particles from dirt particles and other pollutants. As a result, germs, mold, pollen and other allergens become too heavy, sink to the ground and can no longer be inhaled from the air. As a result, germs, mould, pollen and other allergens become too heavy, they sink to the floor and can no longer be inhaled from the air. As a result, they are removed from the indoor air and are no longer able to cause asthma, allergies or lung diseases.

Mindell: Der Happiness-Effekt. Die positive Wirkung negativer Ionen auf unsere Gesundheit, E. Murnau: Mankau 2016, S. 47 Fred Soyka und Alan [Denis] Edmonds: The Ion Effect: How Air Electricity Rules Your Life and Health, New York: Bantam Books 1977, S. 82 und C. A. Pope, R. T. Burnett et al.: Lung Cancer, Cardiopulmonary Mortality, and Longterm Exposure to Fine Particulate Air Pollution, in: Journal of the American Medical Association, Vol. 287 (2002), No. 9, S. 1132–11 <https://www.lungenaerzte-im-netz.de/krankheiten/asthma-bronchiale/haeufigkeit> <https://www.lungeninformationsdienst.de/krankheiten/allergien/index.html>

# Attention deficit disorder ADD/ADHD

## CURBING SYNDROME WITH NEGATIVE IONS

ADD/ADHD are two of the most common psychiatric disorders in childhood and adolescence, affecting around 6% of children. In principle, this disorder alters the young person's ability to concentrate. In addition to hyperactivity, symptoms often include inattention, disruptive behaviour, impatience, reduced cognitive thinking, anxiety, daydreaming, carelessness or little perseverance with tasks. The children tend to be impulsive, have explosive outbursts of anger over small things, constantly strive for immediate rewards or show a strong urge to move. These disorders can be treated with behavioural or drug therapy, as well as a 'multimodal treatment concept' consisting of in-depth medical consultations with parents and other caregivers, curative education, behavioural therapy or family therapy. The use of negative ions can be an additional form of treatment: They can increase the ability to concentrate, calmness and attention. It also relates to the physical space surrounding the children. This is because clean air can ensure that sleep-related breathing disorders are avoided, for example. It is important to have a place where a child feels safe and protected and where they can breathe freely. This has numerous other health benefits. Negatively charged ions can help remove allergens and pollutants from the air as they combine with dust and mould particles, pet dander or pollen to form heavier clumps. Because negative ions increase overall concentration, they may also have a positive effect on children with ADHD by providing more oxygen to the brain and regulating serotonin levels. In addition, negative ions can also stimulate the immune system and strengthen the body's self-healing powers.

<https://www.bundesgesundheitsministerium.de/themen/praevention/kindergesundheit/aufmerksamkeitsdefizitsyndrom> <https://www.neurologen-und-psychiater-im-netz.org/kinder-jugend-psychiatrie/erkrankungen/aufmerksamkeitsdefizit-hyperaktivitaets-stoerung-adhs/multimodales-behandlungskonzept-therapieziel><https://www.bundesgesundheitsministerium.de/themen/praevention/kindergesundheit/aufmerksamkeitsdefizitsyndrom>

# Respiratory diseases

## NEGATIVE IONS LET BREATHE YOU BETTER

When negative ions are highly concentrated, they are able to purify the ambient air of mold spores, odors, cigarette smoke, bacteria, viruses and other dangerous airborne particles. This is possible because the negative ions combine with the positively charged suspended particles of dirt particles and other pollutants. As a result, germs, mold, pollen and other allergens become too heavy. They fall to the floor or attach themselves to a nearby surface. This removes them from the indoor air and they can no longer cause asthma, for example. In this respect, it stands against the development of respiratory diseases. Breathing exercises in this air, which is rich in negative ions, have a remarkable therapeutic effect on the respiratory tract. They alleviate allergies and asthma, have a positive effect on the blood, improve metabolism and concentration, eliminate fatigue and increase resistance to illness. And smokers' sick lungs, the development of which is stupid and unnecessary - every smoker is responsible for it! - can be treated with negative ions to cleanse them.

Fred Soyka und Alan [Denis] Edmonds: The Ion Effect: How Air Electricity Rules Your Life and Health, New York: Bantam Books 1977, S. 68/69 und 78 und J.-Y. Côté: The Ion Miracle. The effects of negative ions on physical and mental well-being, St. Raymond: Francois Lepine 2007, hier insb. S. 52–57 Fred Soyka und Alan [Denis] Edmonds: The Ion Effect: How Air Electricity Rules Your Life and Health, New York: Bantam Books 1977, S. 51 und 91 und C. A. Pope, R. T. Burnett et al.: Lung Cancer, Cardiopulmonary Mortality, and Longterm Exposure to Fine Particulate Air Pollution, in: Journal of the American Medical Association, Vol. 287 (2002), No. 9, S. 1132–1141]

# Immune system

## HEAL IT - A NEW BREATH OF FRESH AIR

What is the difference between normal, everyday air and “fresh” air? Why do you go to parks or the seaside to get oxygen and breathe fresh air? Fresh air or outdoor air contains many negative ions that can revitalize you and improve your general well-being. In an enclosed office space, air is always circulating, constantly being recirculated. This polluted air is not fresh, but stale, as it were. It is more polluted than the air outside and you are constantly breathing it in (and out again). An air purifier should therefore be installed in an indoor room where people are constantly working. They provide healing. And negative ions can also stimulate the immune system and strengthen the body’s self-healing powers. The acceleration of the healing process is due to the ability of negative ions to prevent inflammation caused by microorganisms, experts say. Negative ions prevent oxidation and thus alleviate all types of inflammatory processes

B. Baldwin: Why is Fresh Air Fresh?, in: The Journal of Health and Healing, Vol 11, No. 4, S. 26–27 K. Takahashi, T. Otsuki et al.: „Negatively-Charged Air Conditions and Responses of the Human Psycho-Neuro-Endocrino-Immune Network“, in: Environment International, Vol. 34 (2008), No. 6, S. 765–772

# Pain

## RELIEVE YOUR PAIN - EVEN OVERNIGHT

Serotonin in the blood plays a major role in the sensation of physical pain and, depending on its concentration, even intensifies it. Negative ions help to lower serotonin levels. They can also be used to treat migraine attacks and prevent headaches. According to studies, simply placing an ion generator in an office space where there is a lack of these ions reduces headaches by 50%, as well as the occurrence of dizziness and nausea in migraines. In cancer patients, it was found that they had to take less medication when using negative ions and that wound healing was accelerated. And negative ions seem to be even more effective at night than during the day!

L. H. Hawkins: „The Influence of Air Ions, Temperature and Humidity on Subjective Wellbeing and Comfort“, in: Journal of Environmental Psychology, Vol. 1 (1981), No. 4, S. 279–292 und Fred Soyka und Alan [Denis] Edmonds: The Ion Effect: How Air Electricity Rules Your Life and Health, New York: Bantam Books 1977, S. 75/76 N. Jonassen: Are Ions Good for You?, in: Compliance, 1.8.2013  
<https://incompliancemag.com/article/are-ions-good-for-you>

# Mood

## BREATHE “VITAMINS OF THE AIR”

We humans spend up to 90% of our time indoors. Although air conditioning regulates the temperature, it often spreads germs, bacteria and spores in the room itself. There are also chemicals in rooms from evaporated cleaning agents, building materials, carpets or furniture. This can lead to the development of depression, which is a highly stressful illness. Stress and anxiety are also part of this. However, light and negative ion therapies act like antidepressants. The methods without medication can therefore help to avoid the side effects and common contraindications associated with antidepressants. Stress trauma and mood disorders can be alleviated by negative ion therapy; air ionization helps against depression, anxiety and mood swings and strengthens the mental well-being that your body craves! Allow negative ions, pay attention to your mood and increase your well-being!

E. Mindell: Der Happiness-Effekt. Die positive Wirkung negativer Ionen auf unsere Gesundheit, Murnau: Mankau 2016, S. 47 A. H. Frey: “Modification of the conditioned emotional response by treatment with small negative air ions”, in: Journal of Comparative and Physiological Psychology, Vol. 63 (1967) No. 1, S. 121–125 AA.VV. in: BioMed Central Psychiatry 2013 sowie M. Terman, J. S. Terman und D. C. Ross: A Controlled Trial of Timed Bright Light and Negative Air Ionization for Treatment of Winter Depression, in: Archives of General Psychiatry, Vol 55 (1998), No. 10, S. 875–882 D. Strachan und J. Karnstedt: „Negative Ionen – Vitamine der Luft? [https://www.tyent-europe.com/media/files\\_public/tyent-europe-com-negative-ionen.pdf](https://www.tyent-europe.com/media/files_public/tyent-europe-com-negative-ionen.pdf)

# Concentration and cognitive skills

## BOOST YOUR HEALTHY MIND IN A HEALTHY INDOOR CLIMATE

Electric current can have a positive effect on human well-being! The experiments on the healing effects of ion therapy date back to 1891, when the ingenious inventor and electrical engineer Nikola Tesla presented the coil named after him for the wireless transmission of electrical energy. He succeeded in demonstrating that he could not only conduct electricity through his own body without injury. On the other hand, he even discovered that the energy boost improved sleep, lowered blood pressure and alleviated allergies and respiratory diseases. Earl Mindell deals in detail with the effect of positive and negative ions on the human body in "The Happiness Effect". In particular, he describes the benefits of treatment with negative ions, which occur more frequently in the great outdoors, e.g. near water, in the forest and generally in high humidity. These include the reduction of a large number of allergens in the air, the increased supply of oxygen to the brain and thus an increased ability to concentrate and the stimulation of the immune system. "The Happiness Effect" is a guide to the effective use of an amazing method for increasing happiness and health, an understandable explanation of negative ions and their effects. Mindell provides clear evidence of the health benefits of negative ion therapy - he presents a fascinating wellness strategy!

R. Harf: Nikola Tesla: Das betrogene Genie, o. J., E. Mindell: Der Happiness-Effekt. Die positive Wirkung negativer Ionen auf unsere Gesundheit, Murnau: Mankau 2016 K. Sakakibara: Influence of Negative Air Ions on Drivers, Research Domain, No. 17, R&D Review of Toyota CRDL, Vol. 37, No. 1 (2002)  
<https://www.geo.de/magazine/geo-kompakt/6553-rtkl-erfinder-nikola-tesla-das-betrogene-genie>



# Sporting performance

## **FASTER, FURTHER, HIGHER WITHOUT DOPING - WITH NEGATIVE IONS**

Unfortunately, there are not enough negative ions in our homes and workplaces. Even if you keep the windows open, the concentration of negative ions in the air is far too low. Air pollution in big cities and all the air conditioning systems and electrical appliances that generate lots of positive ions contribute to this. By using negative ions during sport, you will achieve an enormous increase in your performance, you will have faster reflexes and improve your reaction times as well as stabilizing your sense of balance and your stamina. You also simply regenerate faster! However, it is essential that you still (have to) move yourself! And look forward to showering afterwards, because unbeknownst to you, you already have an ionizer at home: if you use your shower head intensively with a special shower head, negative ions are generated in a natural way. This is probably the reason why so many people don't want to miss the stimulating water jet to wake up, especially in the morning!

Denise Mann: „Negative Ions Create Positive Vibes“, S. 5 F. G. Portnov: Electroaerosol Therapy, Riga: Zinatne 1976E. Mindell: Der Happiness-Effekt. Die positive Wirkung negativer Ionen auf unsere Gesundheit, Murnau: Mankau 2016, S. 23  
<https://www.webmd.com/balance/features/negative-ions-create-positive-vibes#1>  
<https://freshideen.com/gesundheit/negative-ionen-ionisator.html>

# Cardiovascular health

## DO YOU KNOW VASODILATION ?

High cholesterol levels in the blood are linked to cardiovascular diseases, as they can lead to arteriosclerosis. However, the completely natural use of negative ions can lead to the cure of these diseases. Tests with athletes show better cardiovascular and respiratory adaptation during physical exertion, and subsequent regeneration is faster: in every patient, pulse, blood pressure and respiratory rate decreased earlier than expected. They relax and expand your blood vessels in what is known as vasodilation, which lowers blood pressure and relieves the cardiovascular system. Positive cardiovascular results in connection with negative ions have been demonstrated in people with high cholesterol levels. So add negative ions to improve your daily life and therefore your health!

M. Deleanu und M. Moses-lörincz: Effect of Negative Air Ion Exposure on Adatation to Physical Effort in Young Sportsmen, in: Biometeorology, 6, Part I.: H. E. Landsberg and S. W. Tromp (Hg.): Int. J. Biometeor. Supplement, Vol. 19: 131 F. G. Portnov: Electroaerosol Therapy, Riga: Zinatne 1976 S. Yamada und D. Chino: Inhibitory Effects of NAI on Erythrocyte Aggregation, in: Medicine and Biology, Vol. 141 (2000), No. 3, S. 79-83

# Free radicals

## FREE RADICALS ARE REMOVED FROM THE AIR

Free radicals are atoms or groups of atoms with unpaired electrons, but electrons want to exist in pairs. The free radicals strive to steal these from other molecules in order to reach an even number themselves. Free radicals are therefore capable of damaging our own cells. Nevertheless, even though they are constantly produced by the body, they are one of our most important components. Reactive oxygen species (ROS) are formed in normal metabolism. We can protect ourselves against them using special molecules, antioxidants, which can neutralize them. The influence of negative ion therapy has been studied with regard to the important antioxidant superoxide dismutase (SOD). People were treated with negative ions generated by an ion generator. The increase in the activity of their SOD levels was obvious. Therefore, negative ions most likely play an important role in protecting cells from free radical damage and the problems associated with it.

E. A. Kosenko, Yu Kaminsky et al.: The Stimulatory Effect of Negative Air Ions and Hydrogen Peroxide on the Activity of Super-Oxide Dismutase, in: FEBS Journal, Vol. 410 (1997, No. 2/3, S. 309–312

# Serotonin and Irritation Syndrome

## **NEGATIVE IONS HELP TO LOWER SEROTONIN LEVELS**

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E. Mindell: Der Happiness-Effekt. Die positive Wirkung negativer Ionen auf unsere Gesundheit, Murnau: Mankau 2016, S. 81 A. P. Krueger und D. S. Sobel: Air Ions and Health, New York, NY: Harcourt Brace Jovanovich 1979 M. C. Diamond et al.: Environmental Influence on Serotonin and Cyclic Nucleotides in Rat Cerebral Cortex, in: Science, Vol. 210 (1980), S. 652–654

# Better sleep

## **BEST, REGULAR SLEEP IS ESSENTIAL**

Sleep is extremely important for our lives - and it has a fundamental function! However, sleep disorders, lack of sleep or even suffering from insomnia cause serious health problems. Microsleep is also becoming more and more common in our civilization; all of these phenomena are constantly on the rise. It is not surprising that research has shown that exposure to negative ions, which reduce serotonin levels, promotes healthy sleep. Tests have shown that overproduction of serotonin can cause insomnia and nightmares. However, negative ions have a calming, i.e. positive, effect on your sleeping habits and therefore on your general well-being. They are often described as a natural antidepressant. In general, negative ions promote the flow of oxygen to the brain.

According to Pierce J. Howard, this leads to greater alertness, reduced sleepiness and more mental energy

J. Misiaszek, F. Gray und A. Yates; The Calming Effects of Negative Air Ions on Maniac Patients, in: Biological Psychiatry, Vol. 22 (1987), No. 1, S. 107–110  
Fred Soyka und Alan [Denis] Edmonds: The Ion Effect: How Air Electricity Rules Your Life and Health, New York: Bantam Books 1977, S. 56 <https://www.tourmahealth.com/tourmaline-science/negative-ions>

# Loss in weight

## **PROVIDE NEGATIVE IONS FOR YOUR BODY**

High blood pressure, diabetes or an increased risk of stroke are a threat to your health and the quality of your daily life! Being overweight can also lead to health complications. In times of stress or when you are personally unstable, your body craves more food, it needs something to lift your mood - so-called comfort food! Eating more carbohydrates increases your serotonin levels - in difficult moments your body craves them. But that is exactly what you have to prevent! Because the effect achieved by this only lasts for a short time, while more weight is not desirable as a result. Detoxification diets cleanse the body for a short time. But if they are not maintained, they usually do not have a lasting effect. In addition to a healthy diet and enough exercise, the effect of a higher concentration of negative ions on you is crucial - it can reduce stress because they regulate the serotonin in your body.

E. Mindell: Der Happiness-Effekt. Die positive Wirkung negativer Ionen auf unsere Gesundheit, Murnau: Mankau 2016, S. 87

# Office and everyday life

## **GO INTO YOUR DAILY LIFE MORE RELAXED- NO NEGATIVE SIDE EFFECTS DUE TO NEGATIVE IONS**

Air is transparent, tasteless and odorless. This means that we cannot see, taste or smell what we breathe in. It is common knowledge that the air outside is polluted. Many people do not know that the air in enclosed spaces is also polluted. This can be clearly seen in a beam of light that falls into a room! Polluted air is worthless, is harmful to health and makes you sick in the long term. This makes it all the more important to protect yourself. Research results show that negatively charged ions stimulate the supply of oxygen to cells and tissue, strengthen the immune system, promote sleep and generally have a positive effect on well-being. Scientists believe that polluted indoor air can be the cause of numerous complaints around the world. Allergy sufferers, asthmatics and chronically ill people in particular suffer from it. The WHO now refers to these symptoms as sick building syndrome (building-related illnesses). Research results show that negatively charged ions stimulate the supply of oxygen to cells and tissue, strengthen the immune system, promote sleep and generally have a positive effect on you.

M. Terman und J. S. Terman: Controlled Trial of Naturalistic Dawn Simulation and Negative Air Ionization for Seasonal Affective Disorder, in: American Journal of Psychiatry, Vol. 136 (2006), No. 12, S. 2126–2133 C. A. Pope, R. T. Burnett et al.: Lung Cancer, Cardiopulmonary Mortality, and Longterm Exposure to Fine Particulate Air Pollution, in: Journal of the American Medical Association, Vol. 287 (2002), No. 9, S. 1132–1141 S.-Y. Jiang, A. Ma und S. Ramachandran: Negative Air Ions and Their Effects on Human Health and Air Quality Improvement, International of Molecular Sciences, Vol. 19 (2010), No. 10 (2966), S. 1–19

# Lower blood pressure

## **ALWAYS PAY CLOSE ATTENTION TO YOUR BLOOD PRESSURE**

Blood pressure usually refers to the pressure in your larger arteries. In a healthy body, blood pressure regulates itself. High blood pressure has a detrimental effect on health and life expectancy, but is often not perceived subjectively. An environment with mostly positive ions can also have a detrimental effect on this; other mood disorders such as anxiety can follow. And if you already suffer from high blood pressure, this can have serious consequences for you. Let negative ions work on your organism: They stabilize the colloidal blood system and cause it to grow or increase the hemoglobin content in the blood, and they reduce blood clotting. This property has long been exploited in practice

<https://www.mingan-power.de/alles-über-negative-ionen>



# Rejuvenation of the skin

## **YOUR SKIN MUST NOT AGE**

The skin is functionally the most versatile and the largest organ in the human body in terms of surface area. It serves as a protective organ that separates the inside from the outside, protects against environmental influences and maintains an internal balance. However, it is constantly exposed to harmful external influences. This leads to increased exposure to free radicals. But air pollution and UV radiation also play their part in ensuring that our skin needs a special level of protection and care. Negative ions are highly concentrated and can clean the ambient air of pollen, dust and other harmful air particles. These cause your skin to age. The most important component in anti-aging is therefore protection against UV radiation and now also against environmental pollutants. Negative ions can slow down skin aging, help repair cellular damage and promote new collagen formation. Use the power and effectiveness of negative ions to act on the pollutants. By using them, you can achieve the rejuvenation of your skin.

<https://www.mtr-ag.ch/negativ-ionen-und-alterung.html>

# Acceleration of wound healing

## ACCELERATE YOUR WOUND HEALING

Burn victims can achieve a great effect on the bacterial load in wounds by using negative ions. This significantly reduces pain and discomfort and speeds up wound healing. This was observed in burn victims as early as 1960. In these cases, the healing process was probably improved by the negative ions, as they are able to prevent inflammation caused by microorganisms. This impression was confirmed by new studies which found that the effect of negative ions was effective during surgical interventions, whereas positive ions increased the growth of harmful microorganisms in soft tissue that lacked oxygen. So you can activate your own self-healing powers and promote wound healing through therapy with negative ions!

P. Mäkela, J. Okajärvi et al.: Studies on the Effects of Ionization on Bacterial Aerosols in a Burns and Plastic surgery unit, in: The Journal of Hygiene, Vol. 83 (1979), No. 2, S. 199–206 R. Gualtierotti, I. H. Kornblueh und C. Sirtori: Aeroionotherapy, Mailand: Carlo Erba Foundation 1960 H. Iwama und H. Ohmizo et al.: Inspired Superoxide Anions Attenuate Blood Lactate Concentrations in Postoperative Patients, in: Critical Care Medicine, Vol. 30 (2992), No. 6, S. 1246–1249 J. Jaskowski, A. Mysliwski et al.: Effect of Air Ions on L 1210 Cells: Changes in Fluorescence of Membrane- Bound 1,8-Aniline-Naphtalenesulfonate (ANS) After in Vitro Exposure of Cells to Air Ions, in: General Physiologie and Biophysics, Vol. 5 (1986), No. 5, S. 511–515

# Stress reduction

## **FIGHT STRESS WITH NEGATIVE IONS**

Stress or illnesses such as depression, which are unpleasant disruptions to everyday life, often develop unexpectedly. However, if they are present and you are exposed to light and negative ion therapies in these states, you can reduce the stress load that is often coupled with anxiety. They work like natural antidepressants. Without the help of medication, you can help avoid the side effects and usual contraindications associated with antidepressants. Stress trauma or mood disorders can also be alleviated by negative ion therapy, because air ionization is helpful against depression, anxiety and mood swings and it strengthens mental well-being. Negative ions, for example, limit the secretion of sweat on the skin, which can be attributed to the nervous system. Stress and anxiety are thus reduced.

<https://www.mtr-ag.ch/negativ-ionen-und-alterung.html>

# Removal of viruses and bacteria

## BETTER LIFE WITHOUT INVISIBLE PATHOGENS !

Viruses and bacteria are invisible to the human eye and can only be seen under a normal light microscope. However, viruses are without exception harmful to the body. On the other hand, not all bacteria make us ill, as there are thousands of them living inside us and they perform important functions. Viruses cannot reproduce on their own, so they attack a foreign cell and introduce their genetic information there in order to reprogram the host cell's genetic material so that many new viruses are produced through cell division. As different as the two pathogens are - we must protect ourselves from them! Bacterial cells are attacked by antibiotics and can destroy them, but as independent cells they develop corresponding resistances. Viruses have no metabolism, antibiotics are powerless - antiviral drugs are one means of defence. Another is the effect of negative ions, and this is proven by many studies. For example, a study by the US Department of Agriculture in 2001 found that high levels of negative ions in the air lead to a significant reduction in bacteria, viruses and dust particles from the air and clean it accordingly. Negative ions can therefore be more than helpful in killing potential pathogens and removing pests.

K. H. SEO, B. W. MITCHELL, P. S. HOLT und R. K. GAST: Bactericidal Effects of Negative Air Ions on Airborne and Surface Salmonella Enteritidis from an Artificially Generated Aerosol, in: Journal of Food Protection, Vol. 64 (2001), No. 1, S. 113–116 <https://meridian.allenpress.com/jfp/article/64/1/113/169104/Bactericidal-Effects-of-Negative-Air-Ions-on> Fred Soyka und Alan [Denis] Edmonds: The Ion Effect: How Air Electricity Rules Your Life and Health, New York: Bantam Books 1977, S. 79 und [D. Strachan und J. Karnstedt: „Negative Ionen – Vitamine der Luft?“, S. 3

SMARTCAP Entwicklung & Projekt GmbH

Distribution Stuttgart  
Hauptmannsreute 26  
70192 Stuttgart  
Germany

Tel. +49 711 86054590

[info@smartcapbyrs.de](mailto:info@smartcapbyrs.de)  
[www.smartcap.de](http://www.smartcap.de)