

## **BRAIN FOG – A NON-MEDICAL CONDITION THAT REQUIRES AN OVERKILL**

Brain fog has become an increasingly encountered health condition in the general population, especially as a result of long-term COVID-19 infections. Interestingly, it is not considered a medical condition even though it is strongly linked with many clinical conditions such as chronic fatigue syndrome, fibromyalgia, depression, autoimmune disease, and COVID-19.

This frustrating condition can be weary, and its underlying causes are not fully understood. Several scientific explanations have been proposed, such as neuroinflammation, oxidative stress, hormonal imbalance, compromised blood flow or oxygenation, and energy production, etc. When it comes to treatment options, it is rather ambiguous and non-specific to the condition itself. When looking at advocated treatments, you get a feeling of “shooting in the dark” – blasting on everything you can think of, from lifestyle changes, diet modifications, exercises, stress management, and medical investigations, to supportive therapies. Isn’t it an “overkill” for a condition that is not even classified as a medical condition? This article will explore brain fog and how Airnergy can be a unique solution for this non-medical yet debilitating condition.

### **LOOKING AT BRAIN FOG FROM ENERGY PERSPECTIVE**

The term brain fog is pretty much spot-on about the condition, it is like the foggy experience when you just started a car in a cold winter. Under such a weather condition, you will find the cold mist on the car window making it impossible to see clearly. The reason behind this is very easy to understand, it is due to coldness the humid air is condensed and becomes mist on the windshield. The solution is practically common knowledge to everyone, you just need to turn up the heater and use the heat energy to blast away the mist. I want to use this daily experience to make a simple comparison to illustrate the energetic root cause of brain fog.

It is a known fact that everything is about energy and life is simply a manifestation of energy adaption. When it comes to the living function of the body, there are two aspects of energy we need to consider. On the one hand, we require energy to perform various tasks for functional purposes, such as digesting food, running a marathon, or simply keeping us alive. On this account, there are various physiological regulations and biological operations that are keeping it in check. On the other hand, the body itself requires energy to maintain its structural integrity which is not associated with any functional tasks, but rather a basic operational condition. For example, the electric charge asserted on the wall of cells (so-called transmembrane potential), or the pH level in the blood. These two kinds of energy requirements can be compared to a car: gasoline for driving (functional energy) and engine oil to keep the engine in good condition (structural integrity). Similarly, while brain fog isn’t considered a medical condition, the lack of engine oil isn’t a technical problem with the car.

Although this comparison simplifies brain fog, it relates to many life situations. If you have an electric device that works with a 220V electric supply, but you take it to the USA and plug it into a 110V socket. We all know what can happen to the device, it simply will run in “slow motion”. If it is an audio player, the music that comes from it will be a completely distorted melody. In today’s world, we experience it more often when we try to watch a movie but the internet is too low. So, the so-called brain fog is essentially a matter of energy deficiency or “legging behind” in cellular respiration. Let me explain what I mean by this in an understandable manner.

The human bodies are extremely complex and our brain is by far the most complicated system. It is well understood in science that the complexity of the human brain is the same as the entire universe. Scientists have revealed the striking similarity between the dark matter in space and the human nerve cells and neural networks. Thus, the concept of a universal mind is proposed to reflect the human consciousness and our intricate connection with the world within ourselves and the world outside. In such a vast network, you can imagine how many electro-bio-physiological processes are being processed each second. It requires lightning communication with electrons, neurons, and sophisticated regulation of electromagnetic fields. Despite making up only 2 percent of a human's body weight, the brain uses roughly a fifth of the body's energy. The energy load per cell is extremely dense, which requires resilient structural integrity of the cells to perform various tasks. At the same time, there are essential needs such as waste disposal and an efficient cooling-down mechanism.

You can relate this to the use of a computer or a car, which all need cooling and exhaust systems in place. This may sound like a usual necessity, but it is rather challenging for the brain since it can't use ordinary mechanisms as we have in the rest of our bodies due to its high sensitivity and vulnerability to viruses and bacteria. The blood-brain barrier serves as a protective shield to prevent any unwanted entrance, even lymph can't enter the brain. So, the human brain is designed in an ingenious way to meet these challenging demands. In short, there are three essential elements for a healthy brain:

1. A high concentration of mitochondria, the powerhouse, is present in the brain cells. It is estimated at over 2 million mitochondria per cell. This ensures a great energy supply to the brain cells.
2. The special water content of the brain fluid serves as the universal reservoir of energy and information storage. At the same time, it serves as a unique cooling system for the brain.
3. A unique glymphatic system works with cerebrospinal fluid to remove various toxins from the brain during sleep.

The trinity of the above three elements is critically important for a healthy brain. A proper brain function heavily relies on the energy input from efficient cellular respiration and waste removal, through which oxygen is converted into water as pure green energy. In my past articles, such as topics on free radicals and oxidative stress, this has been extensively explored. Without duplicating those works, I want to direct our attention to the phenomenon of brain fog.

As explained earlier, brain fog is essentially the outcome of a reduced energy supply and excessive buildup of toxicities. To maintain a healthy status, the neurons in the brain require a high state of electric membrane potential. Typical values of the transmembrane potential are in the range between -70 to -40 mV. The transmembrane potentials of neurons, however, are between -80 to -70 mV. If this is not satisfied, the brain simply has to work in "slow motion", like what we exemplified with an electric device, music player, or internet.

At the same time, there is a so-called Cell Danger Response, which is a defensive mechanism cells assert to protect them under adverse conditions. Events such as chemical toxicity, physical trauma, microbial attack, or psychoemotional abuse, can lead to the activity of Cell Danger Response. This will result in a cascade of conserved metabolic and immune responses, which can further deteriorate the energy supply due to mitochondria

dysfunction. This by itself is already a great challenge for the human body, yet it is even more difficult for the brain. The bottom line of all these is intricately linked with cellular respiration, which is the root source of energy supply to the cells. Through cellular respiration, electrons are extracted from oxygen for bio-physiological regulation and water is formed as the ultimate green bioenergy for the cells. Water has even been regarded as “the molecule of the mind” due to its essential biophysical role in brain activation. As outlined in past articles on cellular respiration under increased oxidative stress or inflammation, there is a disruption in generating the pure green energy of water. Thus, brain fog and associated symptoms are some of the many potential consequences of the altered energy status.

## AIRNERGY AS A UNIQUE TOOL FOR BRAIN FOG

I have stressed often in the past about the concept of “Butterfly Effects” and how I use Airnergy as an indispensable tool to address health at the root level. Brain fog is just one of the many possible adaptive responses of the body to a particular pathological energy alteration at the cellular level. There is an expression that when it rains, it pours. What I mean by this is that brain fog is never a single event or symptom, rather it comes with a host of physiological changes. If we consider cellular respiration as the butterfly, then the electric energy in “oxygen” and “water” are like the flipping wings of it. Airnergy bypasses human limitations to create pure green energy for the body through breathing, a process that is what gives us a life, a soul, a conscious mind, and a vital brain. The mechanism of Airnergy has been described in previous articles, I kindly ask you to use them as reference. Here I just want to give a couple of examples I have encountered in my consultation with different individuals.

One individual suffered brain fog after being infected with COVID-19 even though she had been vaccinated against the virus. She had suffered from brain fog for several weeks before reaching out for help. The most disturbing problem of this brain fog was the sleeping problem, she could only sleep for 2-3 hours a night. After she started with Airnergy, she could immediately feel the difference. When I tried to check on her about one month later, she told me that her sleep was completely fine and the brain fog was gone. But the funny thing she asked me was what she should do with the Airnergy machine since her sleep problem had gone. I find this reflected the ironic truth that people are focusing on symptoms rather than the root causes. Therefore, she could only think of the particular problem she was concerned about and not what Airnergy was able to do for total well-being.

Another individual had a much more severe brain fog with memory issues and easily lost her thoughts during a talk. What’s even more, she could hear the sound of blood flow in her brain during the night. This sounded extremely scary to her and she felt like lost her mind. I explained that this was caused by extreme narrowing of the cerebrovascular, which could create a sharp pitch when blood flowed through. Nevertheless, it is the same solution that uses Airnergy to address the root cause. Similar to the previous individual, she recovered from everything after using Airnergy for less than a month.

## THE FINAL WORDS

Nature is one. It is not divided into physics, chemistry, or quantum physics. The human body is a part of nature, and whatever happens to our body or mind is inseparable from the vast vital energy of life. I can only encourage everyone to look into life and look into Airnergy for true well-being.

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