

Supplement

Since the publication of the 4th German edition (1987) new results have been gained, which are detailed in the following three original papers Nos. 373, 374, 375 and 380 of our publication list.

It has been found that there are two basic types of action of oxygen multistep therapy. In specific studies using mostly large numbers of individuals, the efficacy of the oxygen multistep therapy and oxygen multistep immunostimulation has been demonstrated by the improvement of about 30 physiological parameters (primary and secondary effects). There are only few therapeutic regimens in the history of medicine, the positive effects of which could or can be proven by measuring of numerous parameters. In the long run, scientific truth has prevailed over methodological errors and prejudice.

The consideration of the human body in terms of physical energy and its dynamics may be strange in established medicine, but is nevertheless obvious. Since 1987 the author has passed more and more on to considering general issues of the human body and life, as well as the problems of illness, immune defense, therapeutic effects, health and age, from an energetic point of view.

New findings have resulted in supplementing the definition of the *oxygen status* (arterial

oxygen partial pressure $P_{O_2\text{-art}}$, at rest; venous oxygen partial pressure $P_{O_2\text{-ven}}$, at rest; value of η ; O_2 uptake at rest; maximum O_2 uptake) by ergometric measurements of the *energetic status* (charge maximum during 2 min, PWC test). Several more detailed explanations of the energetic status of man, the deterioration of this status with progressing age, the energy consumption by illness and stress, as well as of the improvement of the energetic state and, hence, the energetic reserves by means of physical exercise and oxygen multistep therapy are given.

Studies of the proportionality between the energetic state and the cancer cell-killing capacity of the defense mechanisms of the body have made it reasonable to report in more detail on the different concepts of combatting cancer by using the oxygen multistep immunostimulation. Many clinical results obtained by our medical partners and ourselves indicate that these concepts will become an indispensable element of future anticancer strategies.

Note that each part of the supplement has its own reference list.

Dresden

Weisser Hirsch, July 1988 Manfred von Ardenne