



# Cardihaler

Happier – Healthier – Calmer – Stronger – Energized







**Cardihaler** – A breathing reset

Life and balance begins with  
your breath

## What is the Cardihaler?

The Cardihaler offers one of the most effective breathing therapies ever discovered—backed by science, designed for real life. It upgrades the way your body uses oxygen—by adding carbon dioxide (CO<sub>2</sub>) and gently reducing oxygen intake.

When using the Cardihaler, you inhale air spiked with CO<sub>2</sub>-levels up to 8%. Use it five minutes daily. Inhale calmly. Let CO<sub>2</sub> do the work. This subtle shift brings powerful effects. The Cardihaler helps rebalance your respiratory chemistry, restoring natural CO<sub>2</sub> levels, enhancing oxygen efficiency, calming your nervous system, and unlocking more energy, better focus, and relaxation.





## The Oxygen Paradox

Oxygen is vital—but too much can be harmful. Excessive oxygen intake, typically because of stress, over-breathing, junk food, alcohol, medication, and inactivity, leads to oxidative stress, inflammation, and premature aging.

CO<sub>2</sub>, on the other hand, is protective, your body's natural shield against oxidative damage. CO<sub>2</sub> dilates blood vessels, calms the nervous system, and ensures that oxygen reaches where it's needed most—your brain, muscles, and vital organs.

Oxygen is activating, CO<sub>2</sub> is relaxing. The key to being calmer, stronger, and healthier is a balance between the two.

### **The Cardihaler may support your well-being and performance by:**

- Raise your tolerance to CO<sub>2</sub>
- Retrain your brain's breathing and fear centers
- Helping reduce over-breathing, stress and tension
- Encouraging activation of your body's natural rest-and-repair response
- Open up your body's natural flow of air and blood

# Trusted by top athletes and recovery specialists

**Dr. Mark Allen, Neuroscientist, USA**

*"I usually manage around 110 push-ups on my mountain run. After using the Cardihaler, I hit 165. That's a 50% increase."*

**Marc Chamberlain, Mountain Bike Racer, United Kingdom**

*"I can't recommend the Cardihaler enough—it might even be life-changing. I've even won the first four rounds of the 2025 MTB national series."*

**Clay Holmes, New York Mets, Two-Time Baseball MLB All-Star, USA**

*"I use the Cardihaler daily—before training sessions and before I pitch—to sharpen focus, boost endurance, and improve recovery."*

**Seungjae Chin, Personal Trainer, Korea**

*"After four years of running my own company, I was overworked and unfit. Two weeks after starting with the Cardihaler I had energy to run again—though my speed was slow at 7:54 per km. But after three weeks and 14 runs using the Cardihaler before each run, I improved to 5:30 per km. Amazing!"*



**Chris Fürich, VfB Stuttgart and German National Team**

*"I don't get tired after using the Cardihaler. I feel game-ready from the first minute."*

**Steven J. Saltzman, M.D., Anesthesiologist, USA**

*"The results of the Cardihaler are dramatic. By increasing CO<sub>2</sub> tolerance, oxygen is delivered more efficiently to muscles and the brain during exertion—something I've never seen matched in over 20 years of using oxygen therapies like HBOT, ozone, and EWOT."*

## Research references

- 5% CO<sub>2</sub> inhalation increased blood flow to the brain by 54.5% [[ref1](#)].
- 5% CO<sub>2</sub> inhalation stopped epileptic seizures within seconds [[ref2](#)].
- Low oxygen/high CO<sub>2</sub> increased sprint capacity by 64% vs. 6% in the control [[ref3](#)].
- CO<sub>2</sub> inhalation accelerated detox from alcohol [[ref4](#)] and carbon monoxide [[ref5](#)].

*These testimonials reflect individual experiences. The Cardihaler is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or medical condition. Always consult a healthcare professional for medical advice.*



“It’s not sleep, food, or exercise that’s the fundamental difference between deep relaxation and severe stress—it’s your breathing. In panic you’re overloaded with oxygen and starved of CO<sub>2</sub>. The Cardihaler helps restore balance.”

— **Anders Olsson**



## Key Benefits of the Cardihaler

### 1. Stress & Anxiety Relief

- Calm your mind and nervous system
- Reduce anxiety and over-breathing
- Enjoy deeper states of relaxation

### 2. Enhanced Physical Performance

- Boost endurance and stamina
- Improve post-exercise recovery
- Increase muscle strength and reduce fatigue

### 3. Mental Clarity & Focus

- Improve concentration and mood
- Fight brain fog and mental fatigue
- Access post-run euphoria and drive

### 4. Better Breathing, Naturally

- Shift from shallow to low, diaphragmatic breathing
- Support your lungs' blood filtering ability
- Rebuild healthy breathing patterns



# Calmer, happier, healthier

## Success Stories

**Kimberly Moller**, Voice Teacher, Neuro-Centric Trainer, USA

*“As a voice teacher, I’ve seen how anxiety, poor sleep, and sluggish warm-ups hinder singers—especially those with reflux or tense breathing. I use the Cardihaler in my studio to help performers overcome breath tension. A true vocal game changer.”*

**Hans Kessler**, Switzerland

*“Despite taking two blood pressure medications, my blood pressure was always around 160-200. After using the Cardihaler regularly for a few months, my blood pressure is now usually 120-140. I only need a pill once every 10 days when I feel stressed. This is amazing!”*

**Mareen**, 48, Germany

*“After my liver transplant, I had to go to the hospital every second week, stay overnight, and receive antibiotics—for 10 months straight. But after starting with the Cardihaler, the recurring infections and fever stopped. It’s now been two months without a single hospital visit.”*

**Nathan Franco**, 40, USA

*“About 1.5 years ago, I developed a serious eye condition that caused debilitating binocular diplopia, along with intense ocular/head pressure and pain. Despite countless treatments, only the Cardihaler provided real relief—within days, my symptoms significantly improved.”*



**Laura Merc**, 19, former athlete, Austria

*“After 2½ years with Long COVID, I’ve finally found relief with the Cardihaler. Every time I use it, it becomes easier to breathe. I’m incredibly happy—this is the first device in a long time I can honestly say is truly helping me!”*

**Arlow Pieniak**, 47, Work It Training, Germany

*“As a gym owner with ADHD, I struggled with energy dips, poor recovery, and overwhelm in busy environments. My kids also had trouble with sleep and focus. I’ve cut my ADHD medication in half, and my kids are sleeping better and focusing more easily. The Cardihaler has become a life-changing tool for our whole family.”*

The Cardihaler is your everyday reset tool—powered by science, grounded in physiology.

It’s simple. It’s portable. It works. Just five minutes a day can help you regain control of your energy, breath, sleep, and mental state.

**Learn more at:**

[www.consciousbreathing.com](http://www.consciousbreathing.com)

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