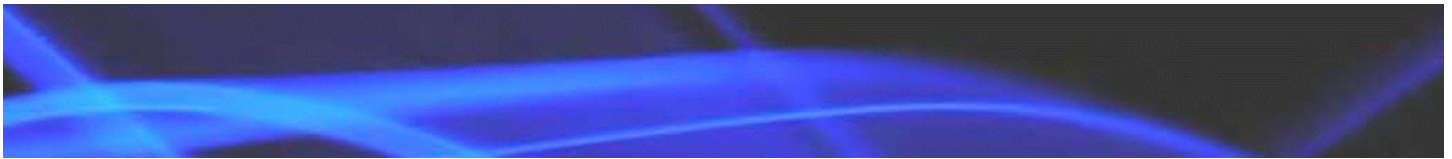




User Manual



PLEASE REVIEW OUR DISCLAIMER, GUARANTEE & WARRANTY

GUARANTEE: Within 90 days from delivery (usually within a few days), you will experience substantially enhanced physical and mental performance, and deeper more restful sleep; or your purchase price will be refunded. The device must be returned in 'like new' condition between 30 & 90 days.

Please return your feedback/rebate form for return authorization.

WARRANTY: Your EarthPulse™ device is unconditionally warranted from defects in materials and workmanship for 1 year from delivery. Please provide insurance & tracking number when shipping to our repair facilities. Between 1-3 years we will repair or replace any bad component for nominal fee. See web for detailed schedule of fees.

Call us at most convenient number: Intl: +1.541-434.0318 /

<http://help.futuretechsupport.com> / US: +1.866.747.7447

for customer service and detailed repair / return shipping instructions.

DISCLAIMER: PEMF research contained on our web site and in this and other printed materials are not offered to suggest or imply that you will achieve similar results with use of our BioMagnetic-Supplementation device and methods. Published studies are provided for your reference and research only and are not intended to recommend our device as a drug or as a diagnosis for any illness or disease condition; nor as a product to eliminate disease or other medical condition. EARTHPULSE™ IS STRICTLY A PERFORMANCE ENHANCEMENT TOOL; UTILIZING BIOMAGNETIC-SUPPLEMENTATION PRINCIPALS TO ACHIEVE BETTER SLEEP AND IMPROVED PERFORMANCE. EARTHPULSE™ WILL SUBSTANTIALLY IMPROVE SLEEP AND PERFORMANCE OR YOUR PURCHASE PRICE WILL BE REFUNDED. Information and opinions provided by Future Tech Today Inc. are based upon reputedly published journals and first hand experience. Information found and opinions expressed anywhere on our web site, in printed materials or user documentation are never to be construed as medical advice. Readers should consult appropriate health professionals on any matter relating to their health.

Our product is not intended to be used to diagnose, treat, cure or prevent any disease. The information herein has not been evaluated by U.S. Food and Drug Administration. Worldwide, there are no governmental health agencies that recognize a need to supplement natural magnetic fields. Future Tech Today Inc. makes no medical claim as to the benefit of our device and methods.



Advanced Human Performance Enhancement!

The best way to use this manual is online where links will provide support information. If offline but on the computer, internal cross-references will add to your experience. Links and Cross-References are designated by a **blue box**. When printing, keep in mind the pages of support documentation at end do not need to be printed as part of this manual.

See **TROUBLE SHOOTING** if any agitation (rather than relaxation) is felt. By reading this manual cover to cover (eventually), you will improve your statistical probability of success under most conditions.

The easiest way to objectively monitor body's progress at the cellular level is via the **Resting-Breath-Hold (RBH) test** that accurately monitors efficiency of mitochondrial oxygen metabolism. It proves your cells are producing more energy from each breath of air.

PLEASE learn how to record your baseline RBH at the link above prior to ANY EarthPulse™ exposure. RBH test every 6 months will serve well to gauge oxygen metabolism. True even if suffering chronic respiratory disease. You should find small increases year over year for several years.

PLEASE FOLLOW DIRECTIONS IN APPLICABLE MANUAL SECTION PRECISELY FOR A WEEK BEFORE EXPERIMENTING ON YOUR OWN.

REBATE OFFER: FILL OUT THE 90-DAY FEEDBACK FORM SENT IN WORD DOCUMENT ATTACHED TO AN EMAIL AS TICKET AT <http://help.futuretechsupport.com> (**COMPLETE TO 90 DAYS**); RECEIVE A \$20 REBATE TO CREDIT CARD UPON DELIVERY TO US BY EMAIL.

TO RECEIVE AUTHORIZATION AND INSTRUCTIONS FOR REFUND, PLEASE RETURN THE FEEDBACK FORM.DOCUMENT BY EMAIL OR FAX (COMPLETE TO AT LEAST 30 DAYS).

RETURNING FOR REFUND: WITH COMPLETED. 90 DAY FEEDBACK FORM GETS ADDITIONAL \$20 REFUNDED TOWARD SHIPPING FEES.

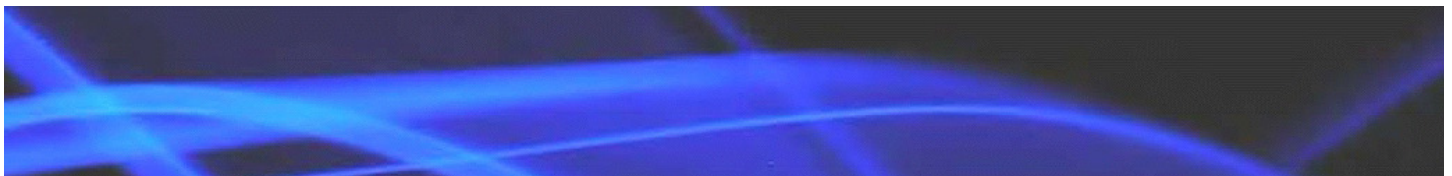


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These PEMF Research Archives are conveniently arranged by disorder.

BASIC SAFETY PRECAUTIONS: SHOULD ALWAYS BE FOLLOWED WHEN USING ANY ELECTRICAL PRODUCT; ESPECIALLY WHERE PETS, CHILDREN OR WATER MAY BE PRESENT.

PREGNANCY: UNTIL EARTH PULSE HAS BEEN PROVEN SAFE AND BENEFICIAL FOR THE UNBORN, UNFORTUNATELY WE MUST ADVISE THE DEVICE SHOULD NOT BE USED AT ALL.

PACEMAKERS: UNTIL EARTH PULSE™ HAS BEEN PROVEN COMPATIBLE TO CURRENT STATE OF PACER TECHNOLOGY, YOU SHOULD NOT USE THIS DEVICE WITHIN 12 INCHES OF PACER, IMPLANTED WIRES OR HEART

ADOLESCENTS: IF STILL IN GROWTH PHASE LIMIT ALL-NIGHT EXPOSURE TO AIR-CORE ELECTROMAGNET UNDER MATTRESS. HIGHER AMPLITUDES APPLIED ALL NIGHT MAY INFLUENCE RATE OF GROWTH.

IF UNDER 100 LBS / 48 KG: LIMIT NIGHTTIME USE TO AIR-CORE ONLY (ANCHOR TO LIFE SIZED AIR-CORE PHOTO); GRADUALLY ADD AMPLITUDE BY ADDING METAL CORE FIRST THEN BASE PLATE (LEAVING CORE UNSCREWED), THEN TIGHTENING CORE ONE FULL TURN AT A TIME. (POWER INCREASES AS MORE THREADS OF THE CORE COME IN CONTACT WITH BASE).

DO NOT USE CROSS-POLARIZING RING FOR OVERNIGHT APPLICATIONS UNLESS FIXED TO THE EXACT SPOT SECURELY.

DO NOT USE CROSS-POLARIZING RING ANYWHERE ABOVE THE NECK: SO AS NOT TO EXPOSE GREY MATTER TO SOUTH POLE FIELD. SOUTH POLE FIELD APPEARS TO INDUCE OR AMPLIFY HEADACHES PARTICULARLY IF DUE TO A HANGOVER.

NORTH POLE: (NORTH=NEGATIVE) SIDE OF ELECTROMAGNET IS POSITIONED TOWARD BODY AT ALL TIMES. NORTH POLE IS DESIGNATED WITH FOUR "N"s ON THE BLACK PLASTIC ELECTROMAGNET COIL-HOUSING.

SOUTH POLE: (SOUTH = POSITIVE) SIDE OF ELECTROMAGNET IS OF COURSE THE OPPOSITE SIDE. **IT IS NOT TO BE FACED TOWARD THE BODY AS THIS CONSTITUTES MISUSE.** HOLDING THE SOUTH POLE SIDE OF THE MAGNET IN ONE HAND WHILE APPLYING NORTH POLE MAGNETIC FIELD TO ANOTHER BODY PART IS ACCEPTABLE, AS IS USING DUAL-POLE CROSS-POLARIZING ATTACHMENT WHEN USED IN LOCAL-RECOVERY.

CLEANING: USE SOFT CLOTH/TISSUE SLIGHTLY DAMPENED WITH A BIT OF WINDEX AND WATER OR ALCOHOL.

WATER / MOISTURE: DO NOT USE THE EARTH PULSE™ WHERE CONTROL BOX MAY CONTACT WATER. IF WANTING TO USE THE COIL INSIDE THE BATH YOU MAY STRETCH A CHILD'S BALLOON OVER THE MAGNET AND TIGHTLY TIE STRING AROUND CORD/BALLOON SO BALLOON/STRING SHIELDS COIL FROM WATER. MILD SHOCK CAN RESULT IF SOLDER POINTS INSIDE OF COIL MAKE CONTACT WITH WATER. CURRENT OUTPUT FROM CONTROLLER TO MAGNET IS JUST 4.5 VOLTS.

TECH SUPPORT:

Email: help.futuretechsupport.com

Intl: +1.541.434.0318

US: +1.866.747.7447

www.PulsedMagneticTherapy.net



EarthPulse v.4.6 Features:

- Variable Frequency: 1/2 - 14.1 Hz.
- MODES:
- SLEEP 1-4
- RECOVER
- ALERT,
- ENTRAINMENT-UP
- ENTRAIN-DOWN

Brain Wave Tutorial:

0.5 -3 Hz.....	Delta rhythm
3 -7 Hz.....	Theta rhythm
7 -12 Hz.....	Alpha rhythm
12 -14.1 Hz.....	(Low) Beta rhythm

EarthPulse™ frequency range emphasizes known “Natural Magnetic Fields” on page 26 between 1/2 - 14.1 Hz

Delta rhythm: associated with deep, rejuvenating sleep as respiration, heart-rate, brain activity and all organs are utilizing least amount of ATP to maintain life force.

Theta rhythm: Associated with lucid dreaming, sleep, and other mental states where the mind is wandering, like dreaming, day-dreaming and imagining. Theta irregularity has been linked to several neurological disease states including; Alzheimer's, epilepsy, Parkinson's, MS, ADD, ADHD, schizophrenia, migraine, cluster and other headache symptoms have been linked to

electromagnetic anomalies in the Theta frequency band by Anninos and Sandyk.

Alpha rhythm: occur when you are relaxed, calm, and in a meditative state. Alpha rhythms also occur during sleep, particularly when falling asleep and prior to waking. Associated with thought process and heightened learning.

Low-Beta rhythm: 12 to 14.1 Hz (and higher), are the “normal” waking rhythm and occur during intense concentration. Associated with alert, active thought processing state with little or no stress. Frequencies above low-Beta occur when agitated or fearful.

Mid to high-Beta rhythm: is characterized by more and more stress and anxiety. High Beta range associated with “Fight or Flight Response”. Dozens of animal studies show constant exposure to frequencies above Mid-Beta rhythm (>15 Hz) results in stress.

Constant exposure to 50-60 Hz AC power and cell phone / wireless communication radiation is slowly causing havoc in body's control mechanisms. See Appendix D.

Notes:

Every other device in this genre (whether slightly less expensive or more than 40 times the price) uses at least some biologically and / or neurologically incompatible frequencies and / or inappropriate waveforms, and / or apply alternating polarity (AC) fields.

In addition most of them also use pads containing multiple electromagnets causing field intersections, vectors, hot-spots; or alternatively put body inside center of a large coil. These are not the best nor most efficient way to apply electromagnetic fields.

Obviously the most convenient way to use electromagnetic fields would be while you are already sleeping (enhancing the experience of sleep) to help promote natural healing mechanisms in perfect circadian rhythm.

Repetitive, low amplitude, long duration exposures beat expensive, time consuming and inconvenient daytime applications almost every time.

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4 QUICK START

Chapter 1: Quick Start Guide



EarthPulse™ v.4.6 Contents;

- Sleep on Command™ v.4.6 digital controller
- Modular Electromagnet (shipped with CROSS-POLARIZING ring attached)
- 100 - 240 volts AC to 7 volt DC power supply
- local plug adapter
- convenient padded carrying-case

Electromagnet CROSS-POLARIZING ring should be removed prior to use. CROSS-POLARIZING RING IS FOR LOCAL-APPLICATION ONLY
Magnet will now look like photo below.



PRIOR TO Turning Unit On : Please find a plug near your couch or bed as you will set the device now for your 1 hour initiation session. You should find this relaxing and enjoyable. You may set timer for as long as you would like.

- 1) Plug the POWER-SUPPLY into wall outlet (100 - 240 volt AC). Use international plug adapter if required.
- 2) Plug power-supply cord into the large jack on the right-rear of control unit.
- 3) Plug ELECTROMAGNET-CORD firmly into small jack on left-rear of control unit.

4) Powering-On EarthPulse™: depress ON / OFF button and device boots to the start screen MODE-SLEEP 1 as shown below.



If you make a mistake anywhere in the following steps, press the ON/OFF button once to turn -OFF- and again to turn back to -ON- so you may begin over again.

Function Buttons:

5) CHOOSING MODES: To familiarize yourself with MODES function please scroll up and down through the menu using the UP / DOWN arrow buttons.

You may choose between MODES;

- SLEEP 1 - 4
- RECOVER
- ENTRAIN-UP
- ENTRAIN-DOWN
- ALERT

See Sleep Mode chapter or applicable Appendix section for in depth explanation of frequency range for each.

5a) For your initiation session please CHOOSE MODE - RECOVER.

Press the UP or DOWN arrow until MODE - RECOVER is visible on screen. Press the ENTER / START button. Your screen will show the chosen MODE and 8:00 (hours).

6) SETTING TIMER: use UP DOWN ARROW BUTTONS to set timer (in intervals of 15 minutes).

- Timer can be set for up to 12 hours in MODE SLEEP 1-4, RECOVER & ALERT
- For ½ - 1 hour ENTRAINMENT-UP
- 1 hour (ONLY) ENTRAINMENT-DOWN.
- **Set timer now for 1:15 (1 hour 15 minutes or more if you would like).**

Once timer shows desired time press ENTER/START button to begin. You should see red diode BLINKING. BLINKING diode represents output being generated by controller. The diode's pulse repetition rate will change tempo depending upon programming and time lapse.

7) The BLINKING set of numbers on the screen = how many hours : minutes left in the program run-time prior to shut down.

7a) The "R" stands for RECOVER.
(MODES SLEEP 1-4 SHOW "S1", "S2", "S3", "S4" next to non-blinking time-setting.

7. Testing pulsed magnetic output; by taking the metal CROSS - POLARIZING ring and use as a magneto-sensor. See photo below.



Hold the edge of the ring 1/2 cm (1/4 inch) over the screw-driver-slit in center of the core (notice you will feel it pull in time with

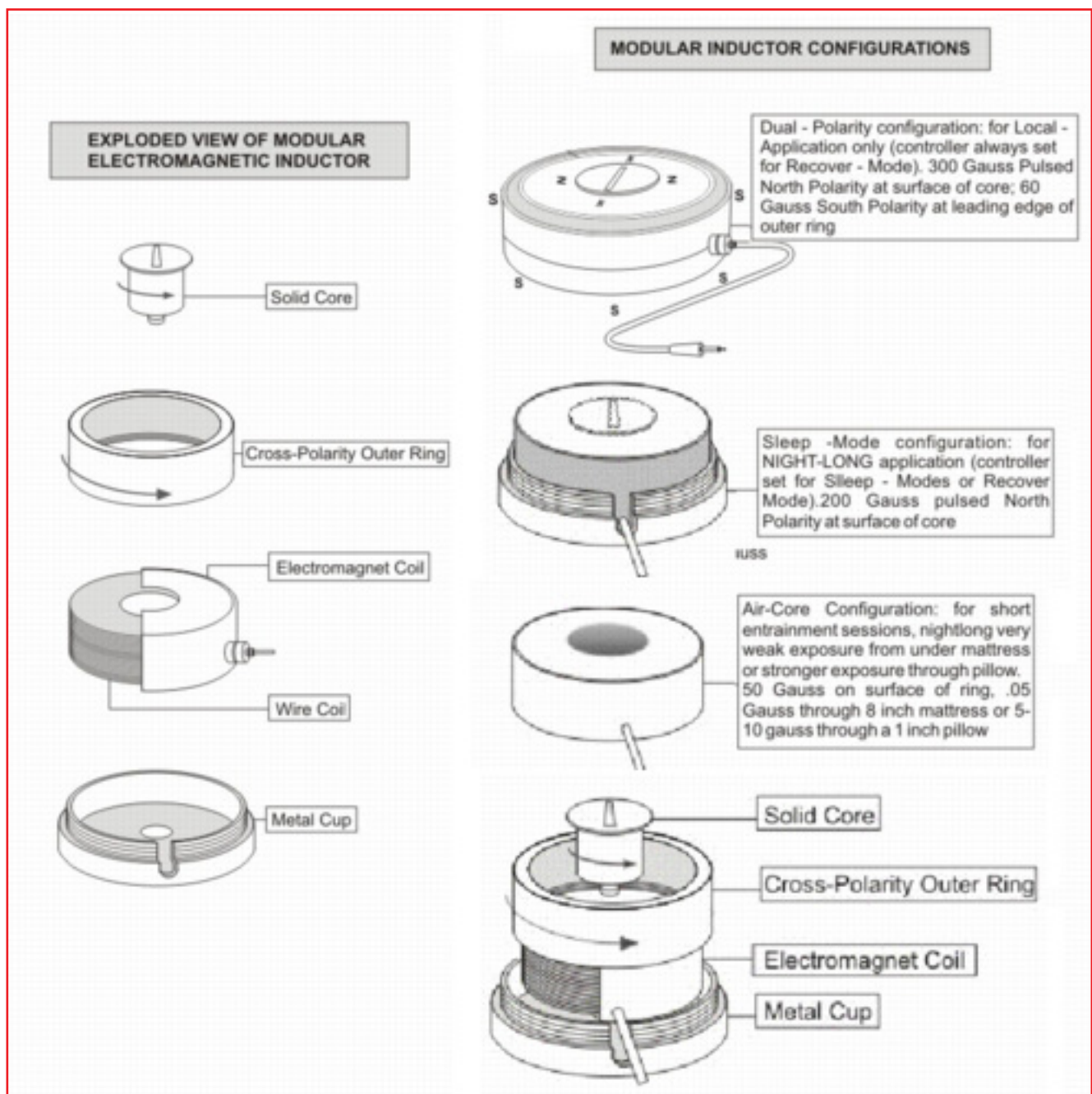
the blinking red-diode).

This is especially important when your device first arrives. Please repeat this step intermittently during the life of the device. If you do not feel the ring vibrating make sure electromagnet is plugged into controller snugly.

Do not use unfamiliar metal items for testing output as they may not be ferromagnetic (capable of being attracted by a magnet).

8) **To test electromagnet output, MAGNET MUST HAVE CORE AND BASE-PLATE INSTALLED OR IT WILL BE TOO WEAK TO FEEL.**

- AIR-CORE (black plastic donut) is rated



60 Gauss at plastic surface.

- Core installed SLEEP Configured electromagnet is rated at 220 Gauss (1/2 - 2 gauss through an average 8-14 inch mattress).
- CROSS-POLARITY ring installed further amplifies field amplitude at surface of North Pole core to 300 Gauss. Surface of ring is 60 Gauss (South-pole).

9) Remove remaining metal parts from electromagnet (see schematic above) by turning SOLID-CORE clockwise until loose. Remove CORE from black plastic donut. Put thumb-finger inside of hole (where core was) and jiggle the AIR-CORE ELECTROMAGNET (BLACK-PLASTIC DONUT) OUT OF THE BASE PLATE. Plastic electromagnet housing should look like photo below.



Notice the embossed "N"s designating the entire side of the electromagnet North pole.

10) INITIAL SESSION: Place black plastic donut with embossed "N"s facing up toward the head under a thin 1 inch (2-3 cm) pillow. Position your head to have the magnet (donut) directly under the base of the skull. Turn off the lights, close the eyes and enjoy your first session.

INITIAL SESSION CHECKLIST;

1. RED BLINKING DIODE
2. MODE-RECOVER ("R")
3. BLINKING TIMER showing more than one hour of time left
4. BLACK PLASTIC DONUT (ELECTROMAGNET) ONLY
5. N's" SIDE FACING UP
6. THIN PILLOW or PADDING
7. SET YOUR WAKE UP ALARM CLOCK TO RING WHEN BLINKING TIMER LAPSES
8. LAY DOWN ON BACK
9. MAGNET ALIGNED TO BASE OF SKULL
10. CLOSE AND SHIELD EYES FROM ANY LIGHT

Effects of your first 'head-centric" session should be very relaxed or sleep.

Upon waking; increased focus and clarity of thought, better balance and coordination, better hand-eye-motor coordination. Faster typing. Other's might call it a "grounding" effect.

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SLEEP MODES

Chapter 2: Sleep Modes 1 - 4



Magnet Configuration: Solid-core w / bottom plate as shown in photo above.

Core may be loosened to reduce amplitude from 200 Gauss (CORE-tight) down to 100 Gauss (CORE-completely loose). If any agitation is felt during the night, back the screw all the way out for weakest setting and re-tighten over the course of several nights/weeks. Through mattress = .1 - 2 G depending upon mattress thickness.

Frequency Specifications:

Frequency steps up / down in 1/10th Hz steps

MODE SETTINGS;

- **SLEEP 1:** starts at RECOVER-MODE (ALPHA -9.6 Hz), holds then steps down through THETA to low-DELTA, cycling between low-DELTA & REM (low-THETA) 3 more times during the night; w/WAKE-UP phase (RECOVER then ALERT / low-BETA rhythm) prior to shut down.

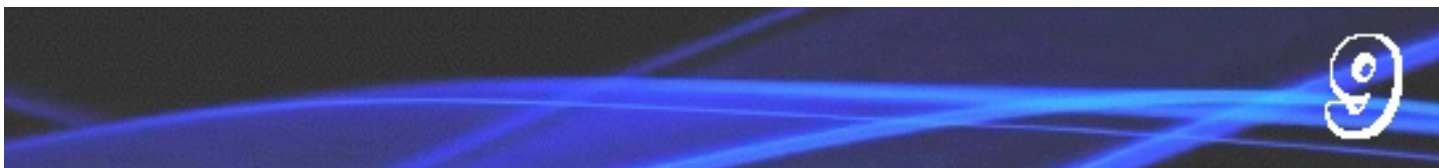
- **SLEEP 2:** starts at RECOVER -MODE (ALPHA), steps down through THETA to low-DELTA, cycling within DELTA 3 more times during the night; w/WAKE-UP phase (RECOVER then ALERT / low-BETA) prior to shut down
- **SLEEP 3:** starts at high DELTA (3 Hz), cycles though low-DELTA 4 times during the night; w/WAKE-UP phase (THETA, RECOVER, ALERT / low-BETA) prior to shut down
- **SLEEP 4:** starts and stays at 1 Hz (DELTA), NO-wake-up phase, no frequency sweep. **Start with SLEEP 4 only if your sleep is terrible and your stress levels high**
- **RECOVER-MODE:** Centered at 9.6 Hz with 1/2 Hz float up and down until WAKE-UP phase (ALERT / low-BETA) prior to shut down

Timer Setting: up to 12 hours

Choosing Sleep Program:

- you currently sleep less than 2 hours per night; start with SLEEP 4
- you sleep 2-6 hours per night; SLEEP 3
- you sleep 6- 8 hours per night but wish you slept deeper or with faster onset SLEEP 3, 2 OR 1.
- you sleep pretty well but are seeking the overall performance enhancement; MODE-RECOVER providing it does not deteriorate normal sleep quality.

Use SLEEP-MODES 4, 3, 2, 1 as a crutch to eventually sleep well in RECOVER-MODE.



This is pretty subjective, but there is no magic formula. You'll have to find what works best for you. You have 3 full months to experiment; please contact us by email if you have any questions or desired results fail to manifest to help increase the statistical probability of success.

Follow QUICK START directions to boot the device. When screen completes boot sequence, screen shows MODE SLEEP 1.

Scroll DOWN until screen shows desired program. Choose program by clicking ENTER/START button once.

Now set timer (8:00 = 8 hours) using the UP / DOWN arrows and press ENTER/START again. The device is active as shown by the BLINKING red diode.

The timer window designates running program with "S1", "S2", "S3", "S4", "R" next to the set time.

Sleep Electromagnet Placement:

Place electromagnet (looks like photo page 8 - RING OFF-) between mattress and box spring (or under futon, water bed couch pillows, etc.). "N"s = North polarity = Negative facing up toward the body.

For best results place approximately in line with the spine (unless positioning between two people to share it). Effective area for acceptable recovery effects is about 18-24 inches (45-60 cm) either side of the center line. For SLEEP effect it can be 48 inches

(120 cm) or more away. Keep in mind that the magnet is much more efficient pushing the field up perpendicular to the base, than it is horizontal to the base.

Place about chest level, unless lower back or hip or some other body part is particularly troubling. Then you may wish to orient magnet directly under it so you address both sleep and recovery of that trouble during the nighttime. Or directly under shoulders if neck/shoulders are problematic. Directly under the head will radiate SLEEP effect most efficiently to brain and radiate down the rest of the body. If your lower back is problematic then see directly under it improves both sleep and your lower back.

EarthPulse™ works with up to 16" / 35 cm mattress thickness (or more). Works with foam, water bed, air mattress, futon, couch or recliner.

If you feel sleepy (as opposed to relaxed) during the day, use all weekend and sleep as long as you can in effort to correct your sleep-bank deficit.

Make sure you set your wake-up alarm to coordinate with the end of the WAKE-UP phase of SLEEP AND RECOVER MODES to assist in waking. If you're still tired at the end of the sleep cycle. Hit the snooze button on your alarm and set the EarthPulse™ to ALERT-MODE for 15 minutes to assist in waking.

Some individuals haven't had a good night sleep in many years; so allow them to catch up on their sleep for a couple of weeks before reducing exposure if one finds them sleeping too much.

Alternative Electromagnet Placements:

Sometimes, depending upon need, you may like to put magnet facing up from under the bottom sheet (CROSS-POLARITY RING -OFF-), covered with a folded towel for padding and lie body part directly upon the magnet for a good portion of the night.

It will radiate up primarily through that particular body part (less strong laterally up and down the body) at favourite SLEEP-MODE or RECOVER setting affecting the sleep. The added field amplitude directly into the area of concern should step up the natural response.

We find if you have a problem with the feet or ankle;

- tape the sleep configured magnet to a pillow (make a 360 deg. band of masking or scotch tape tight around a soft pillow with the electromagnet taped down under the band of tape)
- put the pillow under the bottom sheet toward the foot of the bed
- form pillow so that the magnet is up on its side with the "N" side facing toward the soles of the feet
- fit bottom sheet over the pillow
- when falling asleep or during the night if waking lightly, place sole of foot against the NORTH-POLE side

If you feel "agitated" in any way by the SLEEP or RECOVER-MODES while magnet is under the mattress;

- remove the SOLID-CORE and BASE-PLATE from the sleep electromagnet
- place the AIR-CORE magnet back under the mattress
- place about chest level/between the

- shoulder blades
- retry with last program choice
- if agitation still occurs try the pillow below the feet method as above with AIR-CORE
- you may increase the field amplitude by adding the BASE and SOLID-CORE
- The AIR-CORE magnet ALONE yields only 1/10th gauss through a standard 8 inch mattress (60 gauss on the surface of the coil).

See Appendix 1 RECOVER-MODE during Sleep (see next page) for more detailed instruction.

Don't do direct application on top of the mattress (under the sheet) until after you've had the device for a week or two under the mattress.

Do not sleep in contact with the electromagnet more than twice per week as the rest of the body will miss much of the benefit. The magnet radiates up more efficiently than horizontally.

Once per week you may experiment putting sleep magnet under bottom sheet under the pillow in SLEEP OR RECOVER-MODE for added effect upon daytime mental focus.

Wait for at least two weeks for full acclimation to the Sleep on Command™ System before using the SLEEP-CONFIGURED electromagnet under a pillow once or twice per week.

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Appendix A: Recover-Mode During Nighttime



Magnet Configuration: CROSS-POLARITY-RING OFF as in photo above.

Core may be loosened to reduce amplitude from 200 Gauss (CORE-tight) down to 100 Gauss (CORE-completely loose).

Mode Setting: RECOVER

Timer Setting: up to 12 hours

Variable Frequency from
9.1 Hz to 10.1 Hz

- Centered at 9.6 Hz with 1/2 Hz float up and down until WAKE-UP phase (ALERT / low-BETA) prior to shut down
- 1/2 the program time is spent centered at 9.6 Hz

RECOVER-MODE (9.6 Hz) program is where most of the “magic” happens although recovery, breathing, wind-under-load, strength, & stamina will improve with use of SLEEP-MODES during the night.

We do feel that RECOVER-MODE has superior results in this regard.

Therefore, if you find you can sleep well in RECOVER-MODE it is suggested you use this on most nights. When sleep onset fails to occur (this happens occasionally) switch mode to SLEEP-MODE 3 which will immediately put device into DELTA-rhythm for the rest of the night.

Be sure to do the math so that device runs into ALERT-MODE prior to your alarm ringing.

NASA discovered 4 times baseline tissue regeneration, gene-sequences switching from maturation to developmental. Those gene sequences encompassed over 240 genes. Other research shows mitochondrial replication, higher rates of trafficking, higher output of ATP at this same exact frequency. 3 decades of Eastern European research showed superior results in all types of tissue at 10 Hz.

Make sure you set your wake-up alarm to coordinate with end of WAKE-UP phase to assist in waking. If using the snooze function of your alarm-clock, take the time to reset the EarthPulse™ to ALERT-MODE until you get out of bed.

Electromagnet Placement:

As with SLEEP-MODES you may position magnet under the mattress either under a body part that is of concern, so as to help speed the natural healing mechanism of that area all night long but at distance so that field has opportunity to spread.

Alternatively for general use, you would place the electromagnet in line with the spine (unless sharing between two people) at about chest level.

Sometimes, depending upon local concern, as discussed in prior manual section, you may like to put magnet facing up from under the bottom sheet, covered with a folded towel for padding and lie body part directly upon the magnet for a good portion of the night. This generally steps up the natural repair response further in that local area.

Don't do direct application through the night from on top of the mattress until after you've had the device for a week or two under the mattress.

Do not sleep this close more than twice per week as the rest of the body will miss most of the benefit. The magnet radiates up perpendicular to the base more efficiently than horizontally.

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Appendix B: Recover-Mode Local Application



Magnet Configuration: Solid-core w/ CROSS-POLARIZING ring installed as shown in photo above.

Field amplitude at surface of the core is 300 gauss with all metal parts tight.

CROSS-POLARITY applications are only for use where issue is smaller than the diameter of the plastic donut (in other words, if total area fits within the CROSS-POLARITY RING). We believe that South-pole energy should never be directed into damaged tissue.

To set electromagnet for LOCAL-RECOVER application make sure CORE and RING are screwed tight for maximum field amplitude. Now 300 Gauss at the surface of the SOLID-CORE.

The CROSS-POLARIZING ring improves overall effect by wrapping the SOUTH POLE FIELD around electromagnet to the application surface. This results in a concentric circle relationship between the CENTER-CORE (NORTH POLE) and the OUTER CASING (SOUTH POLE) which increases field gradient substantially at the site of application. This added field gradient seems to step up changes considerably.

Set program for MODE-RECOVER. See Quick Start Guide for help in setting MODES and TIMER.

Electromagnet Placement:

Place North-pole (SOLID-CORE) as precisely as possible over spot of concern.

It is VERY important to find the focal point by using your fingertip in a pressing motion to find the exact spot of concern and to direct the North-pole field directly into it.

Use adequate padding between body part and electromagnet if ANY body weight is placed upon electromagnet. A folded towel or a small pillow works nicely to avoid pressure point which cuts off blood and energy flow at the application site.

YOU DO NOT WANT TO CREATE A PRESSURE POINT where body and electromagnet meet, as this will reduce effectiveness due to decreased blood and energy flow.

Take a nap if possible and let EarthPulse™ go to work. Repeat as often as needed. RECOVER-MODE can be used at night for local recovery (see RECOVER-MODE During Sleep in preceding section).

If concern emanates from larger area use SLEEP-CONFIGURED MAGNET WITH (NO CROSS-POLARITY RING) moving from place to place hourly or as necessary.

For example;

- place electromagnet under heel for 15 minutes (with padding under heel or by wearing a thin soled slipper / shoe)
- then move to top-back of ankle
- center of calf muscle
- back of knee
- back of thigh
- then buttocks
- hip
- then spine where nerves tie in

Move the electromagnet so that you direct energy into the spot from different angles every 15-60 minutes if during daytime use.

Be creative, this is not exact science; find what works for you. You may find sleeping with electromagnet held in place with ace bandage in each of these positions one night per spot works (NO CROSS-POLARITY RING). You may continue this for up to 8 hours at a time or longer during daytime or nighttime use.

For issues in feet and ankles, while reading, watching TV or working at desk, place electromagnet on floor and place foot on top of the electromagnet with either a thin soled slipper, sneaker, shoe or upon a thin pillow. Remember, no pressure points on the sole of your foot by resting body weight upon the coil in bare feet.

For thighs, hips and lower back, position the electromagnet in chair for best contact without sitting awkwardly. Don't create a new problem while tending to an existing one.

Issues for neck and shoulders, position electromagnet with soft pillow and lay directly upon it using care that North-Pole of electromagnet is in direct contact with issue.

Other examples; place electromagnet under pillow (CROSS-POLARITY RING ALWAYS OFF HERE); or position toward headache focal point on one side of head or other or on forehead. North-pole side always oriented / facing body.

For feet and legs, you may place directly under legs (with padding) or tape electromagnet to foot-board (sleep with feet very close to it) pointing horizontally towards soles of feet, or alternatively for head, neck, shoulders tape at headboard facing down at top of head (crown chakra) with pillow placed close to headboard.

In these electromagnet positioning techniques, you want to position and maintain

position of coil in proximity to issue during the night so electromagnet does not move orientation. Tape to headboard, footboard or tape to pillow put under sheet.

Pillows placed under the bottom sheet on either side of body part helps keep legs, arm or body in position close to the electromagnet during the night.

Remember, NO PRESSURE POINTS BETWEEN BODY AND ELECTROMAGNET.

RECOVER MODE has tendency to cause drowsiness so if attempting to maintain alertness while applying magnetic field you may want to use ALERT MODE. ALERT MODE is slightly higher frequency than is optimum however it should not result in drowsiness.

EarthPulse™ can be used at night for local recovery by loosely wrapping with ace bandage or towel to secure position. Enhanced sleep will be noticeable even if attached to foot or at foot of bed near feet.

RECOVER or SLEEP MODE?

Recover effect will be noticed in SLEEP-MODES and ALERT-MODE; however you should find true RECOVER-MODE use more dramatic than higher or lower frequ.

Some may not be able to sleep on RECOVER-MODE as the frequency is a bit high for those with severe sleep problems. Again, personal experimentation is key.

Nutritional Supplements:

Combine with glucosamine/chondroitin/MSM for better repair of joints ESPECIALLY for arthritis. Your body can't manufacture joint tissue without proper supplementation.

High quality calcium supplement should be used to further assist bone density and formation. Calcium will also have a calming and protective effect to nerve and muscle tissue.

We recommend Bone-Up by Jarrow Laboratories as a calcium supplement and GLC 2000 from www.GLCdirect.com for joints and ligaments. Both are very reasonably priced and provide excellent results in conjunction with pulsed electromagnetic fields.

Bone-Up can be found at almost every health food store. GLC is available from their web site only.

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Appendix C: Entrainment-Up



Magnet Configuration: Air-Core as shown above (all metal parts removed).

Field amplitude at surface of the plastic donut is 60 Gauss.

Mode Setting: ENTRAINMENT-UP

Variable Frequency from 9.6 Hz down in 1/10th Hz steps to .5 Hz then back up to 14.1 Hz

Timer Setting: 30 - 60 minutes only

Magnet Placement: under thin pillow, top of neck. Do your first entrainment session in a darkened room with no outside distractions; or use eye covering.

Subsequent entrainment sessions can be accomplished anywhere you choose, locker room, automobile (with DC to AC converter), just about anywhere you have power and a bit of peace and quiet.

Place the AIR-CORE electromagnet under

a pillow which cradles head about ½ to 2 inches (2 -5 cm.) away from North Pole side of AIR-CORE electromagnet.

NORTH POLE (w/four N's embossed in plastic housing) should be facing up toward the base of skull (cord should be lying flat upon the sleeping surface).

If the room is not dark, use eye-cover (folded towel, scarf or bandanna works good for this). You may fall asleep so set your alarm if you have a time schedule to keep. Shielding light contributes to melatonin synthesis.

After 2 weeks of field amplitude gradually increase amplitude by adding SOLID-CORE (120 Gauss); then adding base-plate with core completely loose (150 Gauss); then screwing core in until tight (200 Gauss). This process should take another 2 weeks of gradual amplitude increases.

RECOVER-MODE should be substituted for ENTRAINMENT-UP intermittently and studied for added effect. If it is found that RECOVER works better for this purpose then it should be used regularly.

It is strongly suggested that those with neurological challenges use this process once (or twice) per day for at least 1 hour until you reach performance plateau, and then as needed. Again, assess whether RECOVER-MODE provides better results than ENTRAINMENT-UP. Use which ever you feel provide better cumulative effects.

Set timer for 30, 45 or 60 minutes (ENTRAINMENT timer limited to up to 60 min.) User should find the entrainment process

quite relaxing. If you fall asleep briefly during the process, it indicates you are reacting very positively.

Generally, healthy athletic individuals may only require one ENTRAINMENT process every other week/month to enhance mental performance characteristics, especially when device is used under the mattress every night. Entrainment automatically occurs during the night for the most part but at greatly reduced field amplitude.

Athletes and other competitors should consider a short ENTRAINMENT-UP / RECOVER session from under a pillow prior to practice or competition.

Entrainment sessions (either ENTRAINMENT-UP or RECOVER-MODE) enhances physical and mental dexterity so that depth perception, spatial orientation typing skills, golf swing and other athletic / physical / hand-eye processes ARE IMMEDIATELY IMPROVED.

You may test this by timing your typing speed (before and after your first ENTRAINMENT session); visiting batting cages, golf driving range, or tennis courts before and after your first entrainment session. You should also detect beneficial changes in spatial orientation while driving.

As with other uses, you may want to set wake up alarm so you don't oversleep.

Most people are in need of rest and may sleep completely through programs (and then some).

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Appendix D: Entrainment-Down



CONFIGURED magnet under the mattress, or after a few weeks under the bottom sheet under the pillow.

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Notes:

Magnet Configuration: Air-Core as shown above (all metal parts removed).

Field amplitude at surface of the plastic donut is 60 Gauss.

Mode Setting: ENTRAINMENT-DN

Variable Frequency from 9.6 Hz down in 1/10th Hz steps to .5 Hz

Good for stress or anxiousness.
(alternatively try SLEEP 4 that starts and stays at 1 Hz only). ALSO FOR those who wish to fall asleep with the EarthPulse™ but have it shut off after one hour RATHER THAN RUN ALL NIGHT LONG.

Timer: accepts 1 hour setting only.

Magnet Placement: under thin pillow, at base of skull.

Alternative Magnet Placement:

under mattress under neck/shoulders. Alternatively you may use with the SLEEP-

Appendix E: Alert-Mode



Magnet Placement: Place electro-magnet over back of chair pointed between shoulders, or alternatively on chair under a pillow /padding at base of spine, or on floor under your chair and alternate resting one foot or the other on the magnet if you wish.

If placed under a pillow or too close to the head, DROWSINESS WILL OCCUR. The author prefers placement at base of spine.

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Notes:

Magnet Configuration: CROSS-POLARITY-RING OFF as in photo above.

Core may be loosened to reduce amplitude from 200 Gauss (CORE-tight); down to 100 Gauss (CORE-completely loose).

Mode Setting: Alert

Variable Frequency; Low-Beta 12.1 Hz - 14.1 Hz

Timer Setting: up to 12 hours

For use while working or trying to maintain ALERT mind state and reducing fatigue. Overshadows detrimental EMF pollution while working. ALERT MODE tunes the mind toward low-beta range keeping mind and reflexes sharp yet stress free.

ALERT-MODE possesses much of the RECOVER-MODE effect but without making you drowsy. However it is slightly out of the physiological 'sweet-spot' for optimum recovery purposes.

www.PulsedMagneticTherapy.net

Appendix F: Athletic Performance Enhancement



Magnet Configuration: CROSS-POLARITY-RING OFF as in photo above.

Core should be tight to allow for maximum amplitude of 200 Gauss

Mode Setting: RECOVER or SLEEP-MODES 1-3.

If you're athletically inclined your strength and stamina will be dramatically impacted (generally within a week or less).

This is best illustrated by working out at the same resistance levels or same distances (as you've been doing prior to initiation of BioMagnetic Supplementation).

Within 14 days, your repetitions at same resistance levels should increase by about 20%-30% (or more). Your peak strength should be about 10-15% greater. These

will increase as the weeks progress. Peak strength gains are generally reached within 3-6 months.

Most athletes will find that sleeping all night upon the RECOVERY MODE program will enhance strength and stamina more effectively than SLEEP MODES.

RECOVER MODE tends to be very conducive to sleep while achieving maximum RECOVERY and ATHLETIC PERFORMANCE ENHANCEMENT.

Post-workout recovery should be REMARKABLE. Nagging issues should become less problematic within a few hours to a couple of weeks.

Don't overdue your workouts and hurt yourself. Let the body strengthen structurally, so as to get used to its newly enhanced strength/stamina characteristics. Further strength/stamina should occur over the following weeks/month as your training intensity increases.

Substantially impacts strength to weight ratio key to personal records in nearly any sport.

Substantially impacts how long one can hold their breath at rest after a few nights (time your breath-hold duration the night before you start and once per week thereafter). Generally this is increased by 20%-40% or more.

Far better "wind" under load will be evident within a few days. If elderly this may equate simply to more effortless climbing of stairs. In world class athletes this will equate to smashing personal records.

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Appendix G: Pets



If you love your pet and want to potentially double its lifetime, you should think about investing in a second device at a \$100 discount. Placed under their bedding and run continuously will afford them the same or better benefits you realize personally.

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Magnet Configuration: CROSS-POLARITY-RING OFF as in photo above.

Core should be tight to allow for maximum amplitude of 200 Gauss regardless of size.

Mode Setting: RECOVER

Generally, you will find that pets are drawn to the magnetic field and will sleep upon your bed more often. Cats especially.

Placed under older animals bedding during the daytime will yield obvious changes in mobility in just a couple of days. Or just run under your mattress during the day.

It will provide them immense well-being, recovery, flexibility and longevity benefits when used regularly. No placebo effects there!

Combine with glucosamine / chondroitin / MSM in their food for even better results.

Notes:

Appendix H: Troubleshooting

If sleep results change for no apparent reason, the first thing you should check is to make sure the electromagnet is generating a pulsed magnetic field.

To do this, boot device and once screen shows MODE SLEEP 1, hit ENTER/START button TWICE; you should now see red diode blinking on controller. Now, refer to the photo below.



Remember, you must have the EDGE of the ring suspended 1/4 inch (1-2 cm) only above the center of the core to be able to feel the pulsing.

If no pulse is felt, unplug the magnet and re-plug firmly. Check for pulse once again. Make sure to spin the jack while inside the plug if no pulse is felt and check again. Call for service if instructions above do not yield recognizable output.

Sometimes, based upon mental state at time of bed, one may have to ratchet down the frequency if sleep onset seems delayed. Usually, if you normally sleep in RECOVER or SLEEP MODES 1 or 2; reset device for MODE SLEEP 3.

If red diode on power supply is not lit when fully plugged into outlet;

- check outlet, wall switch or move power supply to different outlet
- if controller has power, red diode may have failed on power supply
- if no power on controller power supply may have failed, call for service

EARTHPULSE™ controller does not have power

- If diode is lit on power supply, unplug power supply from EarthPulse™ and then plug in again
- hit ENTER/START button
- if controller fails to receive power call for service

EarthPulse™ LCD characters become jumbled, power off 5 sec. and power on again.

EarthPulse™ LCD characters are light or missing, power off 5 sec. and power on again.

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Appendix I: Natural Magnetic Fields

Schumann Waves Primer

W.O. Schumann, a German astrophysicist, in 1952 hypothesized that the earth acts as a resonant cavity between the earth's surface and the ionosphere.

Schumann waves are a range of very important, naturally occurring electromagnetic fields that circulate within the Earth's ionosphere. They encircle the earth traveling horizontally through all animate and inanimate objects.

A frequency modulated (FM) electromagnetic field in the frequency range of 1 to 100 Hz is created by the approximately 200 lightning bolts that occur globally every second.

The lightning bolts create a very weak resonating direct current (DC). magnetic field with the dominant harmonic frequencies between 0.5 and 15Hz

The long accepted view was that they are caused by solar particles trapped by gravity. More recently they have been attributed to electromagnetic waves generated by lightening which resonate through the ionospheric cavity at light-speed.

Schumann waves have been consistent at particular frequencies with little variation for hundreds of millions of years.

For an excellent paper on Schumann wave effect on human psychobiology, please refer to this article from Nexus Magazine.

Life forms upon the Earth evolved in them and rely on them for optimum physical, psychological and emotional health. They influence the natural biomagnetic fields as well as human and animal psychobiology by 'tuning' (entraining) brain waves to its natural rhythms. Call it 'grounding' if you like.

Today, Schumann waves are being overpowered by man made detrimental EMF from cell phone, radio towers, satellites and even the wiring and appliances in your home.

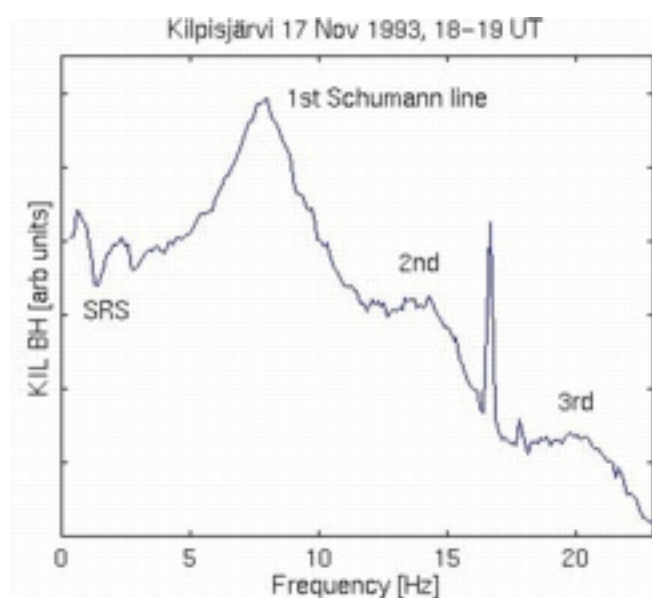
The body can no longer detect the Schumann waves over the man-made electronic noise.. THIS IS WHY PEOPLE ARE NOT SLEEPING WELL ANYMORE.

Without adequate Schumann wave exposure our neurological system is free to 'entrain' or run to higher (and higher) frequencies due to high frequency EMF pollution, This reduces body's ability to attain deep, recuperative Delta rhythm sleep and simultaneously cripples energy generation systems.

There are several Schumann wave frequencies, of which we've chosen the lowest and most prominent ones beginning with the 0.5 Hz. peak and ending with 14.1 Hz peak. It sweeps through those frequen-

cies at just 1/10th Hz steps pauses on .5, 7.8, 9.6 Hz (where the mitochondrial magic happens) and shuts down at 14.1 Hz upon completion of the WAKE-UP PHASE.

Noticed in the chart below how the predominant Schumann waves correspond perfectly to Delta, Theta, Alpha and low-Beta brainwaves.



This is not coincidental correlation; it is a process called entrainment and it is the way nature keeps us in balance.

Entrainment occurs when our mind-body state locks into the rhythm of an external oscillator. The external oscillator is either undesirable EMP or the beneficial Schumann and geomagnetic field.

Normally the brain structure called the thalamus controls our brainwaves, alternatively either Schumann resonances, geomagnetic fields or EMP are 'picked up' by the thalamus, particularly the pineal gland and other magnetite-bearing brain tissues.

We were meant to be relaxed and meditative with natural magnetic fields being the pacemaker; but increasingly we are not.

Earth's Magnetic Field

The geomagnetic field on the other hand is generated by the molten core of the Earth. As the Earth's core cools, the crust of the Earth becomes thicker and the amplitude of the magnetic field becomes smaller. Recently, scientists have "guesstimated" that our early ancestors lived in a field that may have been as high as 5 Gauss. Today, the field amplitude is a paltry .3 -.5 Gauss.

There is a little known background frequency to this geomagnetic field at 9.6 Hz. (Robert. C. Beck circa 1970's). This correlates perfectly with the best Eastern European research that identified 10 Hz as the most effective frequency for use on everything from optic nerve regeneration to pain.

We chose 9.6 Hz. as our RECOVER-MODE frequency in 2001 and it works equal to or better than any published research we have read.

NASA Confirmed the superior effect of 10 Hz. in 2003 identifying tissue regeneration at 4 times baseline (twice that of 5 Hz or 15 Hz), 'maturation' gene sequences switching to 'developmental'; and they have currently licenced the technology for improving in vitro stem cell proliferation.

It is clear to us now, that the remarkable healing and regenerating effects reported

by NASA is due to the effect of 10 Hz upon the cells' mitochondria.

BioMagnetic Supplementation?

The modern era of electric power and telecommunications has created an invisible, global cloud of electromagnetic pollution (EMP) with profound, deleterious impact on your quality of life. Microwaves, power lines, cell phones, and 50 - 60 Hz alternating current (AC) are the producers of the EMP and you are enveloped in them 24/7.

EMP is now so intense and pervasive that it drowns out the Schumann waves and Earth's natural geomagnetic. It is like trying to listen to a flute solo surrounded by a platoon of air horns. This EMP is foreign to the body and impairs its ability to function.

Just as vitamins, minerals and fatty acids are essential biochemical compounds that cannot be produced by body must be consumed in the diet; body also requires "geomagnetic vitamins" supplied by Earth's Schumann waves and geomagnetic fields, particularly the beat frequency at 9.6 / 10 Hz to keep our cells "flush" with energy.

Think of these geomagnetic vitamins as a tuning fork that keep our mitochondria running most efficiently.

Unfortunately, these "geomagnetic vitamins" are partially if not fully blocked out by EMP in much the same way as the flute solo is drowned out in the example above.

Your body really is the most sensitive antennae in the natural world.

Our pineal gland (magnetite bearing tissue) and mitochondria function like antenna that are specifically tuned to Schumann and geomagnetic resonances—these are crippled in the presence of EMP. This is analogous to recharging a battery; a dead battery needs a flow of electrical energy of exactly the right type and strength to re-energize. If there is a short circuit or the input amperage is too high or too low, or the FREQUENCY or current type (AC vs. DC) is wrong, the entire system breaks down catastrophically.

Much like the battery example above, man-made EMP essentially robs our natural ability to generate and store adenosine triphosphate (ATP) the fuel that fires all cellular processes. The body's control and power generation mechanisms subsequently fail in unison. Overall health and vitality subsequently follow.

EarthPulse™ BioMagnetic Supplementation produces a broad spectrum of these "geomagnetic vitamins" from very low-Delta, Theta, dominant Schumann resonances, Alpha and low-Beta wave frequencies.

What you can expect is deeper more restful sleep, more vivid dream states, enhanced energy, better aerobic capacity, better focus, less mental negativity, vastly improved recuperation, and a 15 to 30% increase in muscular strength and stamina respectively all within 14 days.

As goes oxygen metabolism, goes your

overall health and vitality! They are tied more closely together than current science recognizes.

Quite simply, the Resting-Breath-Hold (RBH) test (see immediately below) shows how long your body can sustain itself on one breath of air. This is a function of oxygen metabolism and is directly related to mitochondrial efficiency.

Although lung volume may increase slightly due to improved diaphragm muscle function, lung-volume isn't going to increase more than a % or two; which is nowhere near the % increase you should expect to see in your RBH; routinely 20% or more in 7 days.

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Appendix J:

RESTING-BREATH-HOLD (RBH) TEST DIRECTIONS:

Preparation & Oxygen Loading:

You will oxygen load the blood and tissue prior to each RBH test so that each attempt is made with near full Oxygen load.

Oxygen load is to be replicated perfectly each time to insure accuracy of the RBH.

IT IS IMPERATIVE YOU USE CONSISTENT OXYGEN LOADING TECHNIQUE

- same amount of time
- in same position

You will need a watch or clock with a second hand nearby so you may view time without moving. Moving consumes energy and will affect your RBH time.

SIT AND RELAX for 10 minutes while watching TV or reading.

1. Allow heart rate to slow.
2. After 10 minutes, begin DEEP-BREATHING for 60 seconds
3. Do not hyperventilate!
4. If you feel yourself getting dizzy you are cycling the breath in and out too quickly.
5. continue deep breathing to 60 seconds

Testing the RBH;

- **exhale last loading breath as fully as possible**
- **now, take the largest-deepest breath of air possible**
- **start your timer, or write down second hand position**
- **close the eyes (or not) and just relax**
- **clear the mind of thought**
- **periodically take a look at your time**
- the process of exhaling counts toward total time (as you are still using the breath being timed to sustain body)
- you'll know when you need to exhale, and how fast
- the exhale technique can vary; you may find you like to exhale a little bit at a time to rid yourself of CO₂; the exhale process may take from 20 - 35 seconds.

Consistency enables RBH test to accurately track improvements in Oxygen burn rate-efficiency during your lifetime.

We suggest only one RBH test per-WEEK during the first month of EarthPulse™ use, and once per-MONTH thereafter (so practice cannot be associated with improved RBH duration).

Once every 6 months is adequate after the first 3 months; once a year after the first couple of years. Hold-time will improve quickly for the first few weeks and more gradually after that. RBH increases are purely a function of improved mitochondrial use of oxygen, and should improve gradually for YEARS.

If no rise is seen the first week, please call for tech support so we can assist you in the highest probability of success. You have a better than 90% probability of success if you adhere to the nightly program. Good Luck!

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Notes:

Homepage: www.PulsedMagneticTherapy.net

SAMPLE FEEDBACK FORM

PLEASE use the Word .document sent with User Manual this .pdf is not editable, and return by email / fax only to: @[] å^•\O @[] È ċ !^c&@~]][!d& { / Fax: +1.1 €-0€€€ €

LAST NAME:

PURCHASE DATE:

PLEASE RE-SAVE THIS DOCUMENT TO YOUR HARD DRIVE EACH TIME YOU UPDATE IT.

Satisfied clients get a Å€ shipping rebate by returning this form complete to 90 Days

Clients who request return authorization w/completed 90 day form get their \$€] ååå shipping !^åå æ Åvell.

On a Scale of 1 -10 (10=BEST)

Base-Line	1	2	3	4	5	6	7	8	9	10
Prior to EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	()
My energy level is	()	()	()	()	()	()	()	()	()	()
My physical performance level is	()	()	()	()	()	()	()	()	()	()
My mental performance level is	()	()	()	()	()	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10=worst)	()	()	()	()	()	()	()	()	()	()
My body-weight is _____	lbs. or _____ kgs.									

Day 7 on EarthPulse™	1	2	3	4	5	6	7	8	9	10
I'm sleeping	()	()	()	()	()	()	()	()	()	()
My energy level is	()	()	()	()	()	()	()	()	()	()
My physical performance level is	()	()	()	()	()	()	()	()	()	()
My mental performance level is	()	()	()	()	()	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10 = worst)	()	()	()	()	()	()	()	()	()	()
My body-weight is _____	lbs. or _____ kgs.									

Resting Breath Hold (RBH) almost never fails to improve during first week. If RBH failed to improve or got worse (even more rare), please read your RBH instructions (contained in the email this blank Rebate form was attached) and carefully redo the RBH test. Usually a reduction can be tracked to a failure to oxygen load consistently with the past RBH test.

Day 14 on EarthPulse™	1	2	3	4	5	6	7	8	9	10
I'm sleeping	()	()	()	()	()	()	()	()	()	()
My energy level is	()	()	()	()	()	()	()	()	()	()
My physical performance level is	()	()	()	()	()	()	()	()	()	()
My mental performance level is	()	()	()	()	()	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10 = worst)	()	()	()	()	()	()	()	()	()	()
My body-weight is _____	lbs. or _____ kgs.									

	1	2	3	4	5	6	7	8	9	10
Day 21 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	()
My energy level is	()	()	()	()	()	()	()	()	()	()
My physical performance level is	()	()	()	()	()	()	()	()	()	()
My mental performance level is	()	()	()	()	()	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10 = worst)	()	()	()	()	()	()	()	()	()	()
My body-weight is _____	lbs.		or		_____		kgs.			

Comments: Please use the device nightly during the first 90-day period to maximize statistical probability and level of success.

	1	2	3	4	5	6	7	8	9	10
Day 28 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	()
My energy level is	()	()	()	()	()	()	()	()	()	()
My physical performance level is	()	()	()	()	()	()	()	()	()	()
My mental performance level is	()	()	()	()	()	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10 = worst)	()	()	()	()	()	()	()	()	()	()
My body-weight is _____	lbs.		or		_____		kgs.			

Comments: Please write as much as you would like here. Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Thank you!

NOW JUST ONE QUESTIONNAIRE SEGMENT PER MONTH FOR 2ND & 3RD MONTH

	1	2	3	4	5	6	7	8	9	10
Day 60 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	()
My energy level is	()	()	()	()	()	()	()	()	()	()
My physical performance level is	()	()	()	()	()	()	()	()	()	()
My mental performance level is	()	()	()	()	()	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds:									
My pain level is (10 = worst)	()	()	()	()	()	()	()	()	()	()
My body-weight is _____	lbs.		or		_____		kgs.			

Comments: Please write as much as you would like here. Please use the device nightly during the first 90-day period (don't loan it out!) to maximize statistical probability and level of success.

	1	2	3	4	5	6	7	8	9	10
Day 90 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	()	()	()
My energy level is	()	()	()	()	()	()	()	()	()	()
My physical performance level is	()	()	()	()	()	()	()	()	()	()
My mental performance level is	()	()	()	()	()	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds:									
My body-weight is _____	lbs.		or		_____		kgs.			