



FEEDBACK FORM

NAME: Allemano, Peter **AGE:** 58 years **PURCHASE DATE:** 10/1/13; **first use:** 10/17/13

If DEVICE FAILS TO PRODUCE SATISFACTORY RESULTS, PLEASE RETURN THIS FORM COMPLETED 30-90 DAYS TO RECEIVE RETURN-AUTHORIZATION AND YOUR RETURNS INSTRUCTIONS (DEPENDS UPON YOUR LOCATION).

RE-SAVE THIS DOCUMENT EACH TIME YOU UPDATE IT

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	()	()	()	()	(x)	()	()	()	()	()
My energy level is	()	()	()	()	(x)	()	()	()	()	()
My physical performance level is	()	()	()	()	(x)	()	()	()	()	()
My mental performance level is	()	()	()	()	(x)	()	()	()	()	()
My resting-breath-hold (RBH) is	In seconds: 85									
My pain level is (10=worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	115 lbs. or _____ kgs.									
I usually wake to urinate	3 - 4 times per night									

	1	2	3	4	5	6	7	8	9	10
Day 7 on EarthPulse™ I'm sleeping	()	()	()	()	()	(x)	()	()	()	()
My energy level is	()	()	()	()	()	()	(x)	()	()	()
My physical performance level is	()	()	()	()	()	()	(x)	()	()	()
My mental performance level is	()	()	()	()	()	()	(x)	()	()	()
My resting-breath-hold (RBH) is	In seconds: 65 (but performed when tired)									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	115 lbs. or _____ kgs.									
I usually wake to urinate	3 - 4 times per night									

Resting Breath Hold (RBH) almost never fails to improve during first week. If RBH did fail to improve (or got worse which is even more rare), please re-read your RBH test instructions (in the same email this document was attached to. Usually a reduction can be tracked to a failure to oxygen load consistently with the past RBH test, or taking under different conditions.

Comments: Please write as much as you would like in the space below. PARTICULARLY HELPFUL WOULD BE YOUR COMMENTS ON ANY CHANGES IN NUTRITIONAL SUPPLEMENTATION OR MEDICATION DURING THE TIME OF YOUR 90 DAY TRIAL. The page will continue down as necessary. Call for technical support if you have any questions. Contact numbers are at end of this document. Thank you!

Initially, I found the instructions confusing. For example, they refer to a "red blinking diode." But the only red light on the equipment shipped to me is on the A/C adapter, and it does not blink. There is a blinking light on the digital controller.



but the light is blue. Moreover, the numbers on the unit do not blink, as the instruction manual says they do. Rather, it is an asterisk, next to the numbers, that blinks. Eventually, I realized that the language in the manual probably referred to an older model and that the manual had not been updated to conform to the equipment sent to me. But, initially, reading and re-reading the instructions only bewildered me, and I became so distracted that for my initial test — the “head-centric” session” described on page 7 — I neglected to remove the cross-polarizing ring. But I experienced no ill effects as a result.

So that night, I experimented with the unit, using the “SLEEP 1” setting and placing the electromagnet at chest level under my Dux bed’s “topper” mattress (which is only 2.5” thick; see <http://www.duxiana.us/beds/>). I slept soundly, but it was dismaying to discover that, yet again, I’d made a mistake: I’d left on the cross-polarizing ring. I removed the ring for all subsequent nights and slept with the unit in “CROSS-POLARIZING” mode. The effect, overall, has been refreshing. One night, I had insomnia, and after lying in bed awake for about 30 minutes, I cured it via the technique that usually works for me: I ate a snack and drank a large glass of cold milk. The technique worked, as usual. It is very common for me to have to perform this routine 3 or 4 times a week, so having to perform it only once over the course of seven days constitutes — for me — remarkable improvement.

I’ve experimented a little with treating sore and stiff muscles in “CROSS-POLARIZING” mode with the ring on, but I cannot say to what degree this use of the EarthPulse has helped me report overall improvement at the end of my first week.

In sum: (1) Results so far seem good! (2) The manual needs to be revised. (3) Purchasers ought to be alerted that credit card payments are processed off shore. I was charged a \$17.97 foreign transaction fee by Citibank. Had I used my Chase credit card instead, I would not have been charged a fee.

	1	2	3	4	5	6	7	8	9	10
Day 14 on EarthPulse™ I’m sleeping	()	()	()	()	()	(x)	()	()	()	()
My energy level is	()	()	()	()	()	()	(x)	()	()	()
My physical performance level is	()	()	()	()	()	()	(x)	()	()	()
My mental performance level is	()	()	()	()	()	()	(x)	()	()	()
My resting-breath-hold (RBH) is	In seconds: 75									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	115 lbs. or _____ kgs.									
I usually wake to urinate	3 – 4 times per night									

Comments: Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Please make sure you oxygen load properly to make your RBH as accurate as possible.

This week, I began low dose naltrexone (4.5 mg.) therapy at bedtime. I’d been taking it for a couple of years, almost a decade ago, as a prophylactic. But I noticed no benefit, and when the price went up, I discontinued it. At Dr. Windam’s suggestion, I decided to try taking it again. For some reason, on the day after the second dose, I felt weak and a bit “spacey” during waking hours. So I discontinued taking the drug and have been O.K. ever since.

	1	2	3	4	5	6	7	8	9	10
Day 21 on EarthPulse™ I’m sleeping	()	()	()	()	()	(x)	()	()	()	()
My energy level is	()	()	()	()	()	()	(x)	()	()	()
My physical performance level is	()	()	()	()	()	()	(x)	()	()	()
My mental performance level is	()	()	()	()	()	()	(x)	()	()	()
My resting-breath-hold (RBH) is	In seconds: 78									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()



My body-weight is 115 lbs. or _____ kgs.
 I usually wake to urinate 3 – 4 times per night

Comments: ANY CHANGES MADE TO SUPPLEMENTS OR MEDICATIONS?

	1	2	3	4	5	6	7	8	9	10
Day 28 on EarthPulse™ I'm sleeping	()	()	()	()	()	(x)	()	()	()	()
My energy level is	()	()	()	()	()	()	(x)	()	()	()
My physical performance level is	()	()	()	()	()	()	(x)	()	()	()
My mental performance level is	()	()	()	()	()	()	(x)	()	()	()
My resting-breath-hold (RBH) is	In seconds: 90									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	115 lbs. or _____ kgs.									
I usually wake to urinate	3 – 4 times per night									

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

Due to a brain injury, I have weakness and spasticity in my left leg — which slowly, over years of rehabilitative training, has been diminishing. Several times this week, I experimented with placing the electromagnet under my Dux bed's "topper" mattress at the level of my legs — and had the best nights' sleep to date using the apparatus. Moreover, I note improvements in my gait during the day after such a night. I intend to continue experimenting in this way.

	1	2	3	4	5	6	7	8	9	10
Day 60 on EarthPulse™ I'm sleeping	()	()	()	()	()	(x)	()	()	()	()
My energy level is	()	()	()	()	()	()	(x)	()	()	()
My physical performance level is	()	()	()	()	()	()	(x)	()	()	()
My mental performance level is	()	()	()	()	()	()	(x)	()	()	()
My resting-breath-hold (RBH) is	In seconds: 90									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	115 lbs. or _____ kgs.									
I usually wake to urinate	3 – 4 times per night									

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



In general, I continue to fall asleep more quickly with the EarthPulse than before I started using it. For me, that alone makes it worth while. In addition to what I've reported above, I have been experimenting with using the EarthPulse under other circumstances, e.g., (1) before a workout, relaxing for 30 minutes of "ENTRAIN UP" while in a semi-recumbent position with the electromagnet placed behind a pillow, directed at my head; (2) set on "ALERT" with the unit simply sitting out on a stable surface somewhere nearby. In short, if I'm at home, I like to have the EarthPulse turned on.

	1	2	3	4	5	6	7	8	9	10
Day 90 on EarthPulse™ I'm sleeping	()	()	()	()	()	()	()	(x)	()	()
My energy level is	()	()	()	()	()	()	(x)	()	()	()
My physical performance level is	()	()	()	()	()	()	(x)	()	()	()
My mental performance level is	()	()	()	()	()	()	(x)	()	()	()
My resting-breath-hold (RBH) is	In seconds: 60									
My pain level is (10 = worst)	()	(x)	()	()	()	()	()	()	()	()
My body-weight is	115 lbs. or _____ kgs.									
I usually wake to urinate	3 – 4 times per night									

NOW,... IF YOU'D LIKE TO LOAN YOUR EARTHPULSE OUT, TO A FRIEND TO TRY, PLEASE DO SO.

Thank you and be well.

Comments: Please write as much as you would like here, then return to email below.

My RBH test result at this point is diminished — probably due to my being at the tail end of a head cold. Interestingly, one week ago I was so sick that I had to take a day off from work. (I need to call in sick to work very infrequently and do so only about three times a year.) Compared to past recovery times from colds, my almost-completely-well state today is remarkable. I speculate that enhanced sleep, under the influence of the EarthPulse, has helped. I have enjoyed using the EarthPulse during the trial period, and I will continue to use it indefinitely, both at night and during the day. As I reported earlier, if I'm at home, I like to have the EarthPulse turned on, set on "ALERT" and sitting on a stable surface somewhere nearby.
