Magazia Wald Supplementation	Do you take thyroid supplements or drugs? No If Yes, Then please describe I usually awake to urinate these many times per night 0 My Body Weight is 147 Ibs kgs
Last Name: Sterling Age: 53 Sex: Female	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst) Issue 1 Tow body temperature Severity 8
First Date of Use 4/10/15 Device: v5 SAVE THIS DOCUMENT EACH TIME YOU UPDATE IT	Issue 2 allergic seasonal allergies/night asthma Severity 5
Day 0 On a Scale of 1 -10 (10=BEST) Prior to EarthPulse™ I'm sleeping 8	Issue 3 muscle tightness/soreness in back and neck 7
My Energy Level is 8 My Physical Performance Level is 8	Write in 4 different resistance or training movements. Write your current performance level in reps &/or
My Mental Performance Level is 7 My Resting-Breath-Hold (RBH) is (in seconds) 105 Saturated blood oxygen if known %	resistance; or event length and speed or best combination that fits. (If this doesn't apply to you, leave blank.) If you play Golf, please add comment.
If known Sleep Apnea, rate it (10=Worst) If pain please describe area(s) /types(s) Iow and upper back, neck, traps, shoulder- tightness My Pain Level is (10=Worst) 5 Iow and upper back, neck, traps, shoulder- tightness	Comments
	Save and close this document and come back on Day 7

Day 7	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 7 on EarthPulse™ I'm sleeping 8	Issue 1 Iow body temp. Severity 5
Program-mode used for sleep easy	Issue 2 allergies/asthma Severity 3
Write in Primary use frequency(ies) 70% Amplitude setting used for sleep 70%	Issue 3 muscle tightness/pain Severity 5
My Energy Level is 9	Write in 4 different resistance or training movements in
My Physical Performance Level is 8	the space provided, write your current performance level
My Mental Performance Level is 8	in reps &/or resistance; or event length and speed or best
My Resting-Breath-Hold (RBH) is (in seconds)	combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add comment.
Saturated blood oxygen if known 🗌 %	Resting Breath Hold (RBH) almost never fails to improve during first week. If RBH did fail to improve
If known Sleep Apnea, rate it (10=Worst)	(or got worse which is even more rare), please re-read your RBH test instructions (in the the Important-Read-Me-First document. Usually a reduction can be tracked to a failure to oxygen load consistently with the past RBH test, or taking under cooler ambient temperature.
My Pain Level is (10=Worst) 3	
If pain please describe area(s)/ types(s) no pain really, slightly in shoulder and tightness in neck and low and upper back	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.
I usually awake to urinate these many times per night 0	
My Body Weight is 145 lbs kgs	Comments from David Estrosense about a month before EP. Had been using
Do you take thyroid supplements or drugs? No	Day 7 Asea 2 months. Used these to try and raise basal temp and lose weight with no changes in either. Stopped Asea for app. 3 weeks prior to using EP. Noticed improved
If Yes, Then please describe	Save and close this document and come back on Day 14
	Save and close this document and come back on Day 14

Day 14	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 14 on EarthPulse™I'm sleeping 8	Issue 1 Severity 3
Program-mode used for sleep recover	Issue 2 Severity 4
Write in Primary use frequency(ies) Amplitude setting used for sleep 100	Issue 3 Severity 3
My Energy Level is 9	
My Physical Performance Level is 9	Write in 4 different resistance or training movements in the space provided, write your
My Mental Performance Level is 9	current performance level in reps &/or
My Resting-Breath-Hold (RBH) is (in seconds) 112	resistance; or event length and speed or best combination that fits (if this doesn't apply,
Saturated blood oxygen if known 📃 %	leave blank.) If you play Golf, please add
If known Sleep Apnea, rate it (10=Worst)	comment.
My Pain Level is (10=Worst) 4	Please use the device nightly during the first 90-day period to maximize statistical probability and level of success. Please make sure you oxygen
If pain please describe area(s)/ types(s) tennis elbow, pain under left rib cage when too full from eating	load properly to make your RBH as accurate as possible.
I usually awake to urinate these many times per night 0	Comments from Day 14 Started using Asea again now that I know it's the magnet causing increase in basal
My Body Weight is 146 lbs kgs	temperature. So happy!! Still not losing weight. Muscle pain and tightness
Do you take thyroid supplements or drugs? No	continuously lessening. Almost needed asthma spray but didn't use it to see what
If Yes, Then please describe	
	Save and close this document and come back on Day 21

Day 21	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 21 on EarthPulse™ I'm sleeping 7	Issue 1 basal temp. Severity 1
Program-mode used for sleep recover	Issue 2 allergies/asthma Severity 1
Write in Primary use frequency(ies) Amplitude setting used for sleep 100	Issue 3 tennis elbow, muscle tightness Severity 2
My Energy Level is 9	
My Physical Performance Level is 9	Write in 4 different resistance or training movements in the space provided, write your
My Mental Performance Level is 9	current performance level in reps &/or
My Resting-Breath-Hold (RBH) is (in seconds)	resistance; or event length and speed or best combination that fits (if this doesn't apply,
Saturated blood oxygen if known 📉 %	leave blank.) If you play Golf, please add
If known Sleep Apnea, rate it (10=Worst)	comment.
My Pain Level is (10=Worst) 2	Comments from Started doing bicarb in water. Helped with digestion. Put magnet directly under rib cage
If pain please describe area(s)/ types(s) tennis elbow, pain under left rib cage when too full	Day 21: (Also tell us if ANY CHANGES MADE TO SUPPLEMENTS OR MEDICATIONS) Feeling completely -un-winded going up hills on
I usually awake to urinate these many times per night	fast walk. Two training sessions and felt very minimal- if any- post fatigue and no lactic acid
My Body Weight is 145. Ibs kgs	
Do you take thyroid supplements or drugs?	
If Yes, Then please describe	Save and close this document and come back on Day 28

Day 28	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 28 on EarthPulse™ I'm sleeping 7	Issue 1 tennis elbow Severity 1
Program-mode used for sleep recovery Write in Primary use frequency(ies) Amplitude setting used for sleep 100	Issue 2 allergies/asthma Severity 1
My Energy Level is 10	Issue 3 neck back tightness Severity 2
My Physical Performance Level is 9	Write in 4 different resistance or training
My Mental Performance Level is 9	movements in the space provided, write your
My Resting-Breath-Hold (RBH) is (in seconds) 110	current performance level in reps &/or resistance; or event length and speed or best
Saturated blood oxygen if known 🦳 %	combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add
If known Sleep Apnea, rate it (10=Worst)	comment.
My Pain Level is (10=Worst) 1 If pain please describe area(s)/ tennis elbow, bakc and neck, under rib types(s) I usually awake to urinate these many times per night My Body Weight is 145 lbs kgs	Comments from Day 28: (Please use the device nightly during the first 90-day period to maximise statistical probability and level of success.)
Do you take thyroid supplements or drugs?	
If Yes, Then please describe	Save and close this document and come back on Day 60

Day 60	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 60 on EarthPulse™ I'm sleeping 8	Issue 1 Sore/tight upper body muscles Severity 1
Program-mode used for sleep Recovery or sl	Issue 2 Severity 1
Write in Primary use frequency(ies) 9.6 Amplitude setting used for sleep 80 or §	seasonal allergies Severity 1
My Energy Level is 9	Issue 3
My Physical Performance Level is 9	Write in 4 different resistance or training I started golf again. I'm very flexible and hiting much better than expected.
My Mental Performance Level is 9	movements in the space provided, write your current performance level in reps &/or
My Resting-Breath-Hold (RBH) is (in seconds) [119]	resistance; or event length and speed or best
Saturated blood oxygen if known 📃 %	combination that fits (if this doesn't apply, leave blank.) If you play Golf, please add
If known Sleep Apnea, rate it (10=Worst)	comment.
My Pain Level is (10=Worst) 1	I'm waking up a couple of times per night with hot
If pain please describe area(s)/ types(s)	flashes. My cardio stamina has improved and Comments from maintained, I noticeably don't get winded walking
l usually awake to urinate these many times per night 1	Day 60 up hills. My allergies are much improved; sneezing much less, eyes are not nealrly as irritated as last
My Body Weight is 143 lbs kgs	season. Slight pain in left armpit barely perceptible
Do you take thyroid supplements or drugs? No	
If Yes, Then please describe	Save and close this document and come back on Day 90

Day 90	Describe up to 3 pre-existing issues if any (other than thyroid) and rate severity (10=Worst)
Day 90 on EarthPulse™ I'm sleeping 8	Issue 1 Severity 3
Program-mode used for sleep manual Write in Primary use frequency(ies) 9.6 Amplitude setting used for sleep 80-90%	Issue 2 Severity 1
My Energy Level is 8	Issue 3 Severity 2
My Physical Performance Level is 8	Write in 4 different resistance or training Yes I play golf. I just started
My Mental Performance Level is 8	movements in the space provided, write your again after 6 years. I was brrand new then and only
My Resting-Breath-Hold (RBH) is (in seconds) 102	current performance level in reps &/or resistance; or event length and speed or best just started again and I have no
Saturated blood oxygen if known 9%	combination that fits (if this doesn't apply leave blank.) If you play Golf, please add comment.
If known Sleep Apnea, rate it (10=Worst)	I am not finding any difference in my breathing
My Pain Level is (10=Worst)	Any comments you capacity according to my tests. In fact it kind of would like to give on peaked and then went down again. Can you
If pain please describe area(s)/ types(s)	your 90-days trial period please do so l can do to adjust it? Are there other ways to test oxygen levels that might be a better way? I would
l usually awake to urinate these many times per night 1	also like to use PEMF in my practice for my clients.
My Body Weight is 144 Ibs kgs	Now if you'd like to loan your earthpulse out, to a friend to try, please do so
Do you take thyroid supplements or drugs? No	Please write as much as you would like here, then submit your feedback to us. Thank you and be well
If Yes, Then please describe asthma rescue inhaler when needed. Not used in the last 4 or five months.	