



Marco Ruggiero, MD, PhD, is one of the world's leading scientists in the fields of immunotherapy, radiology, quantum biology and microbiome medicine.

After graduating from the School of Medicine in Firenze, Italy, Dr Ruggiero served in the Army as a Lieutenant Medical Officer where he received expert training in nuclear, biological and chemical warfare, with emphasis placed on protection against all types of electromagnetic fields.

From 1984 to 1986 Dr Ruggiero worked at the Laboratory of Cellular and Molecular Biology of Burroughs Wellcome, and then at the National Cancer Institute of the National Institutes of Health in Bethesda, USA.

He was appointed Professor of Molecular Biology at the University of Firenze, Italy, in 1992 where he worked until 2014.

He has published more than 240 scientific articles in peer-review journals, with over 25 peer-reviewed papers on the biological effects of electromagnetic fields. He had the honor of being invited to publish an essay on electromagnetic fields and cancer in the prestigious Encyclopedia of Cancer.

For more, visit www.Praesidium.Life/Marco



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Praesidium is manufactured in Switzerland and distributed by Praesidium Life Limited, Auckland, New Zealand.

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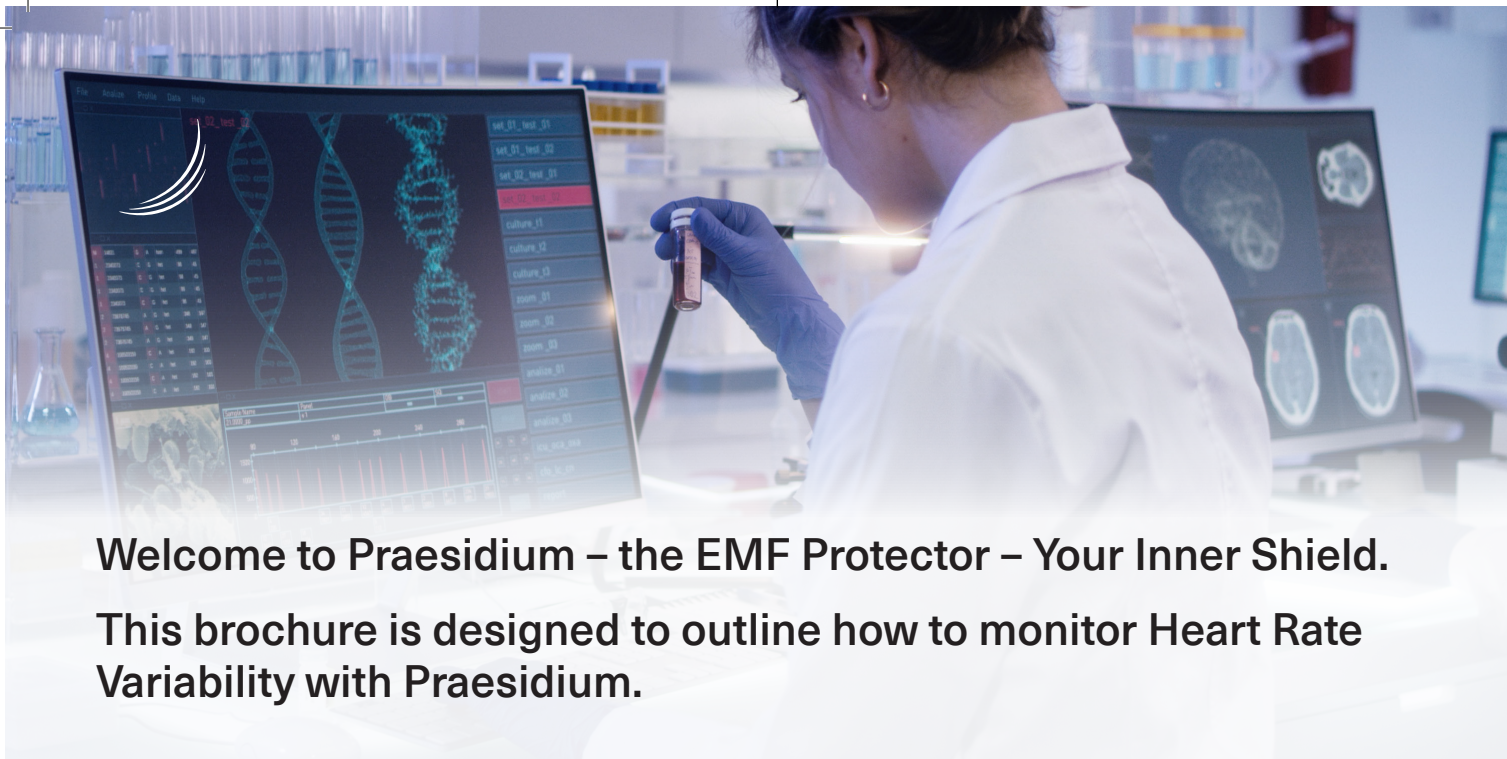
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Praesidium®
The EMF Protector

Understanding and
monitoring the biological
effect of Praesidium

Invented by Molecular Biologist,
Dr Marco Ruggiero, MD. PhD.
Author of peer-reviewed scientific
papers on immunotherapy
& quantum biology.



Welcome to Praesidium – the EMF Protector – Your Inner Shield.

This brochure is designed to outline how to monitor Heart Rate Variability with Praesidium.

Monitoring HRV with Praesidium

Heart Rate Variability is a widely accepted measure of the health of the human body, particularly as a measure of a person's stress levels. People with low HRV can easily experience acute stress while people with high HRV rarely experience stress and their cardiovascular system is in superior condition. Higher HRV has been found to be associated with reduced morbidity and mortality, and improved psychological well-being and quality of life¹.

Praesidium acts by shielding and protecting healthy cells from electromagnetic radiation. This, in turn, reduces the stress on the body and corresponds with higher HRV within subjects consuming Praesidium².

Most Praesidium customers report that the benefits they feel are obvious within a few days to a few weeks. However a more objective measure is to monitor a person's sleeping HRV before commencing a Praesidium protocol, and then for several weeks after consuming one Praesidium capsule per day³.

To understand your own HRV improvements while using Praesidium to shield from EMF radiation and stresses, we recommend the following monitoring:

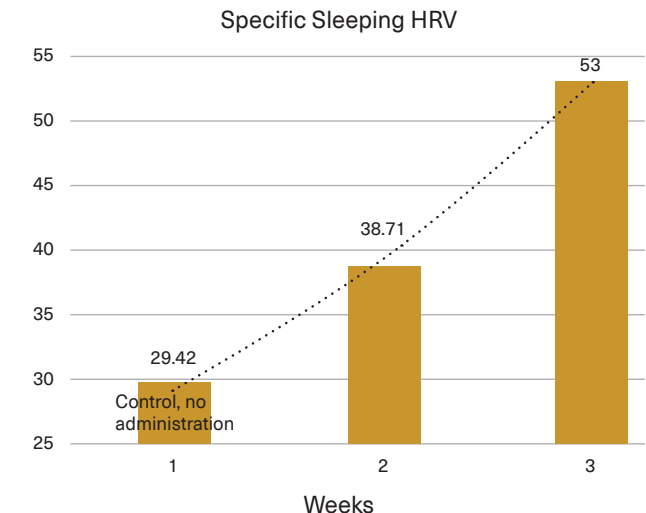
1. Using an HRV capable device⁴, monitor your average sleeping HRV daily for one week prior to consuming your first Praesidium capsule. This is your baseline HRV measured during the control week.
2. Continue monitoring sleeping HRV daily for three consecutive weeks while consuming one Praesidium capsule each day.
3. Average the daily HRV scores for each week to produce an Average Sleeping HRV for each of the four HRV monitoring weeks.
4. Assess each Average Sleeping HRV score for Weeks 1, 2 and 3, as compared to the Average Sleeping HRV score from the control week.

1. <https://www.health.harvard.edu/blog/heart-rate-variability-new-way-track-well-2017112212789>
 2. <https://thescpub.com/abstract/ajisp.2021.14.24>
 3. Demonstrated Sleeping HRV in subjects while consuming Praesidium Probiotic EMF Protector

4. HRV capable devices include most smart watches, or specific chest monitoring devices designed for active monitoring. It is highly advisable to deactivate Bluetooth functionality while monitoring sleeping HRV.

Demonstrated Sleeping HRV in subjects while consuming Praesidium Probiotic EMF Protector

Subject 1



Subject 2

