



# Heart Rate Variability (HRV) Test of Cell Phone Use With & Without the EMF Harmonizer+

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BIOLOGICAL MEASUREMENTS TAKEN WITH THE NILAS MV SYSTEM  
DECEMBER, 2018

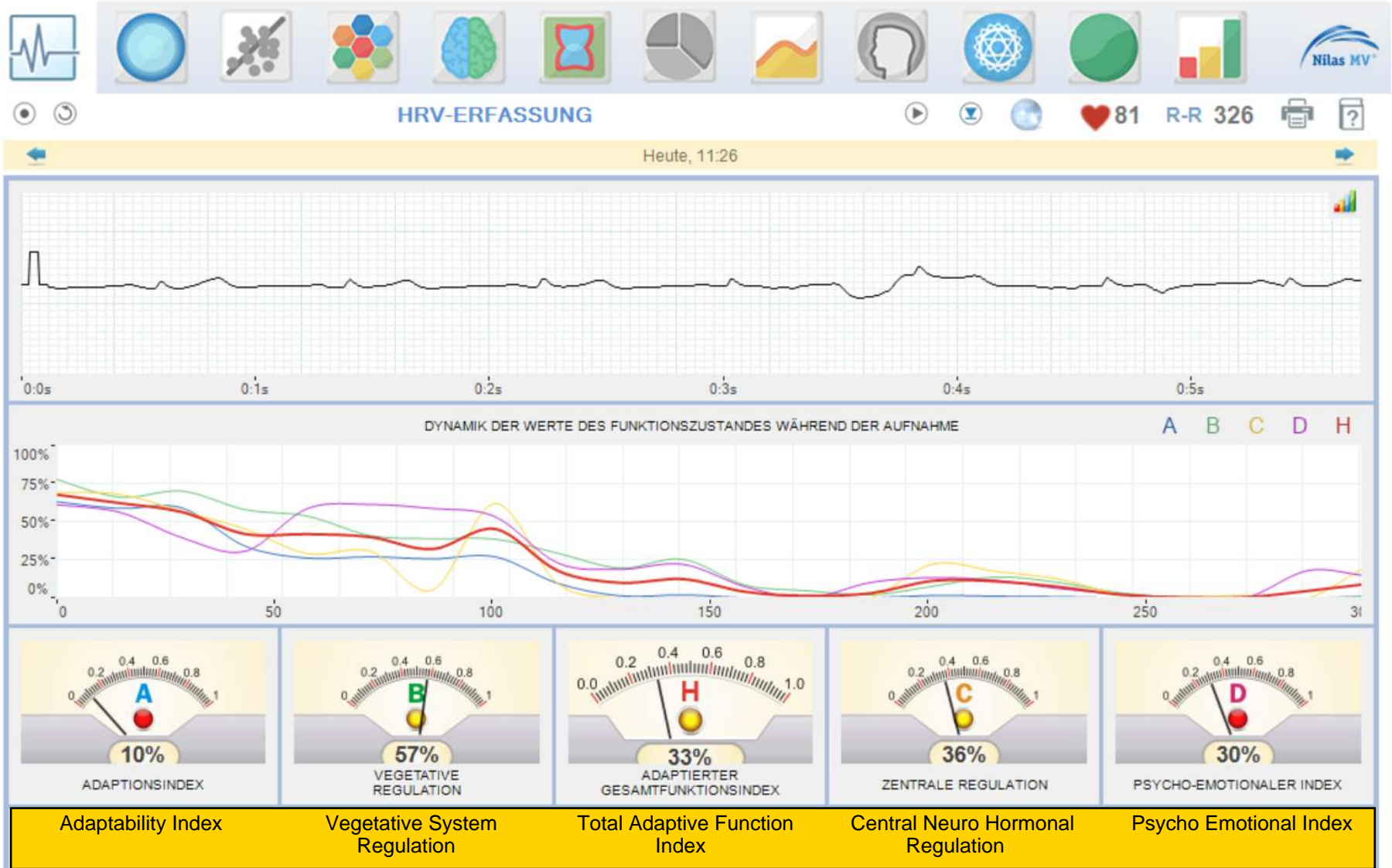
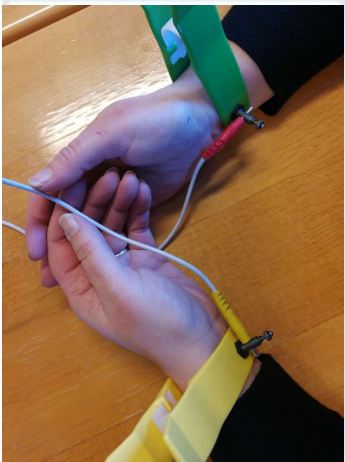
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These first 3 pages show a series of 5 health state measurements that present an overall picture of the test subject's condition. The "meters" at the bottom indicate the values for each of the 5 measurements, and the higher the better. This first page shows the measures before the test subject began using the cell phone, the second page shows the measures after using the phone for 5 minutes with no protection, and the third after 5 minutes using the phone with the EMF Harmonizer+.

Before Using Phone

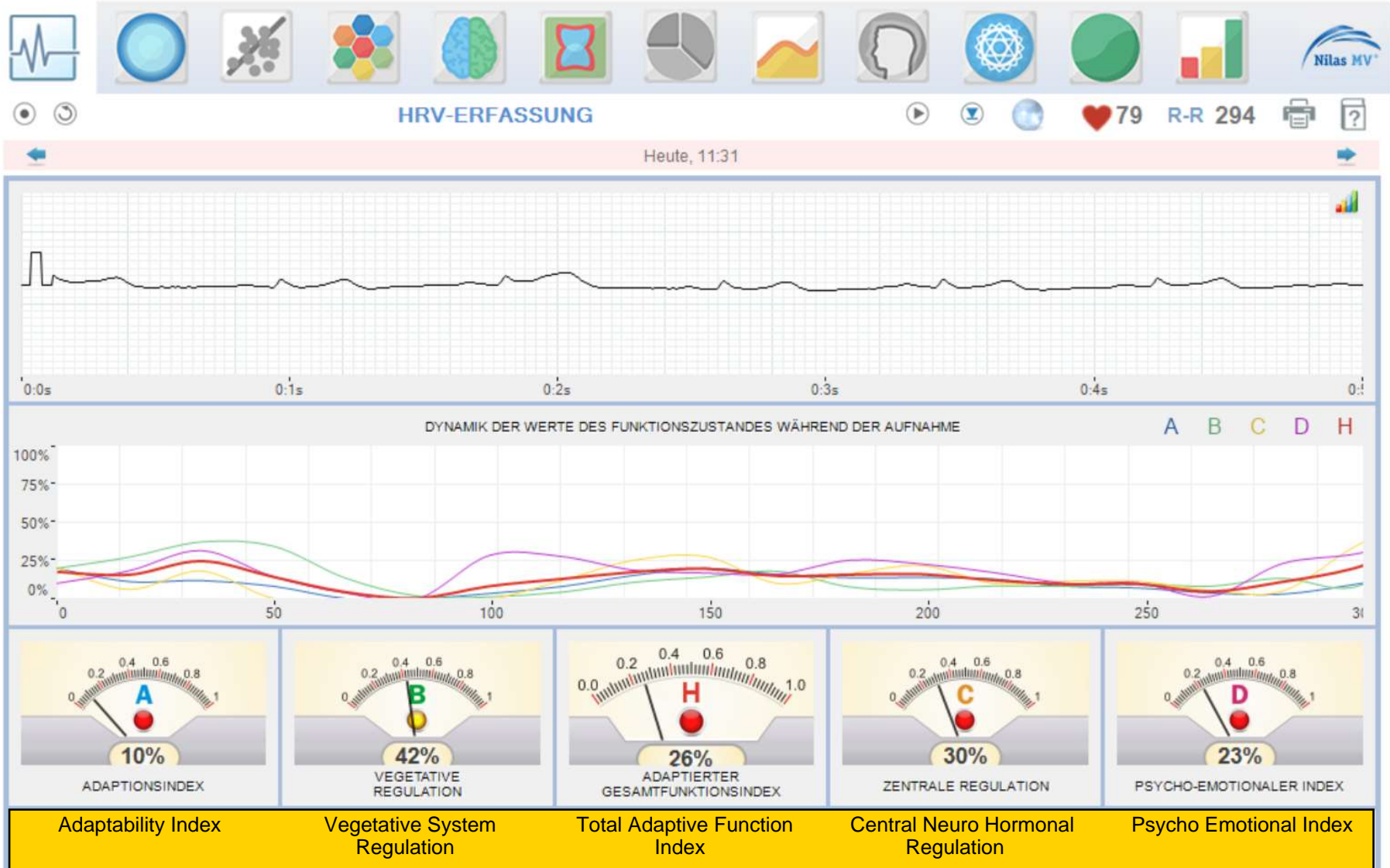
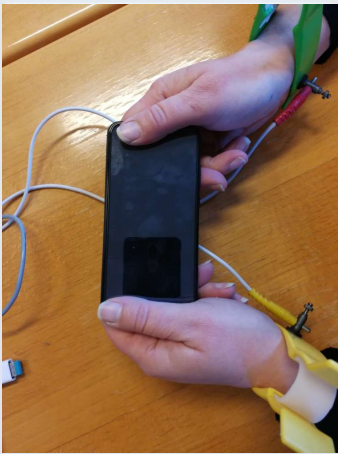
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You can see below that the subject's health condition has worsened significantly on all but one measure after using the unprotected cell phone for 5 minutes. The Vegetative System Regulation worsened by 26%, the Total Adaptive Function by 21%, the Central Nervous System Regulation by 16%, and the Psycho Emotional Index by 23%.

5 Mins Phone Use No Protection

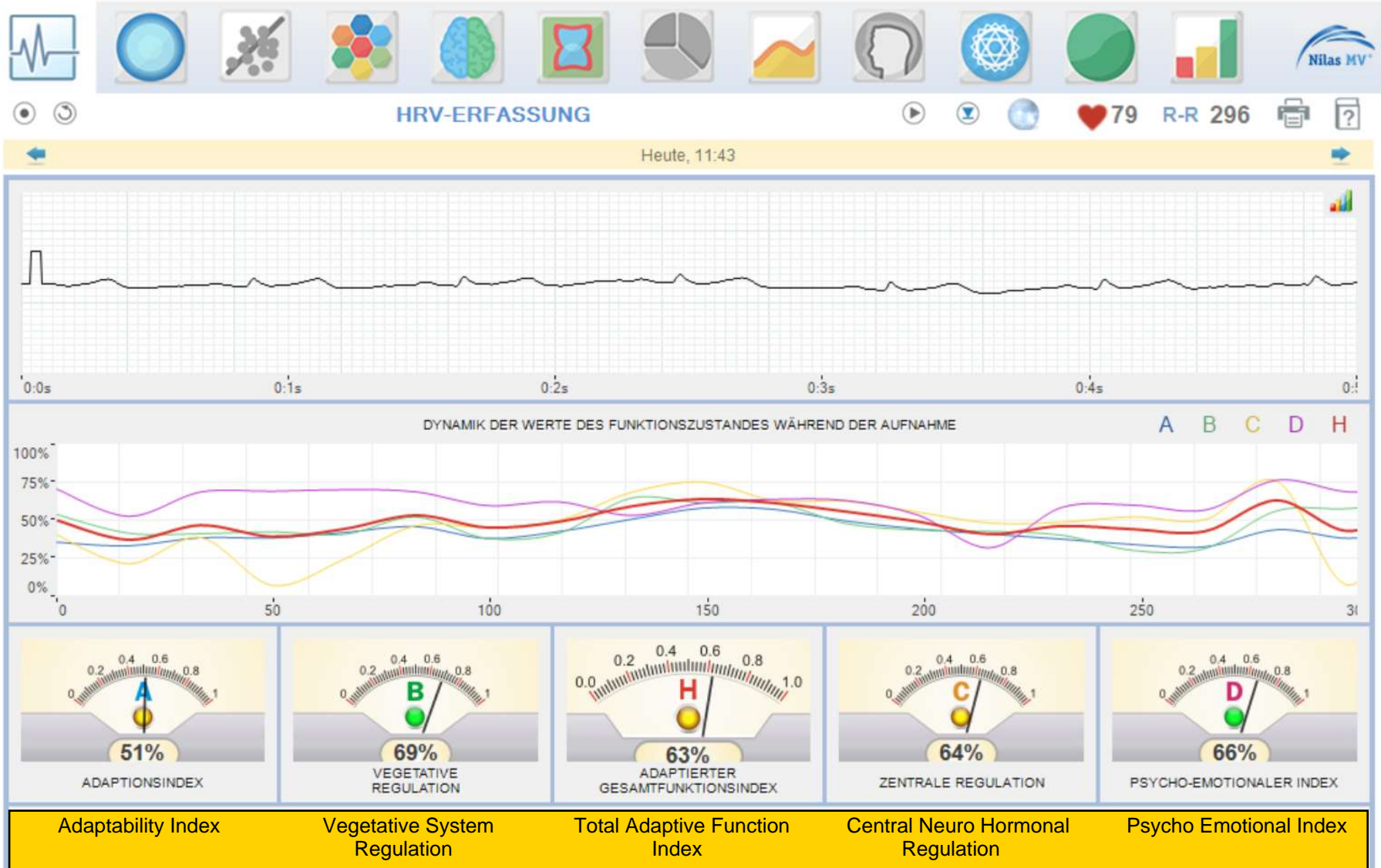
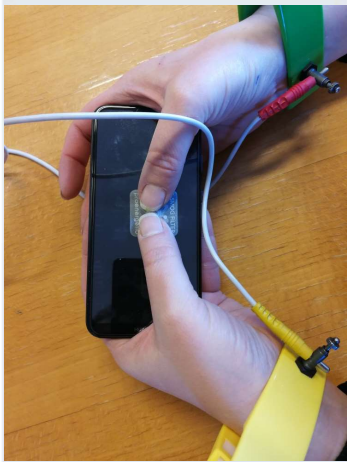
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Now you can see that the subject's health condition has improved significantly on all measures when using the EMF Harmonizer+ compared to using no protection. In addition, all measures are actually higher than those taken initially before using the cell phone. This demonstrates the ability of the EMF Harmonizer+ to support one's overall state of health beyond even the EMF radiation protection function that it provides.

5 Mins Phone Use With EMF Harmonizer+

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The top figures show the test subject's stress load, with red indicating the level of stress hormones, and green the level of relaxation. The overall stress load is indicated in the small charts in the upper left, and you can see that after using the EMF Harmonizer+ the stress load at 42% is lower even than before the test started at 63%, and significantly lower than using the phone with no protection at 86%.

Before Using Phone

5 Mins Phone Use No Protection

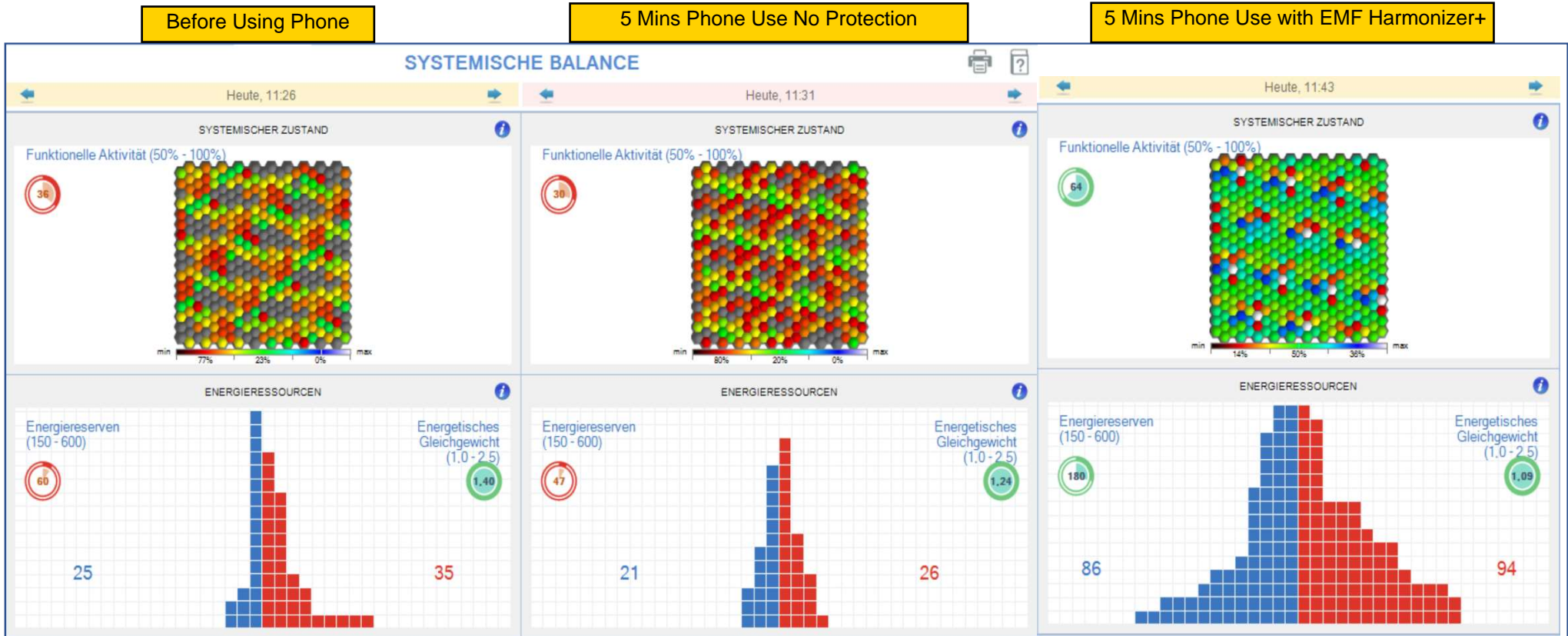
5 Mins Phone Use with EMF Harmonizer+



The bottom figures show the balance of the vegetative system. The vegetative system is responsible for the automatic maintenance of essential life functions like heartbeat, respiration, metabolism and digestion. Additionally, the vegetative nervous system controls our blood vessels, sexual organs, pupil reaction and much more. In other words, the vegetative nervous system is the central control system of our bodies.

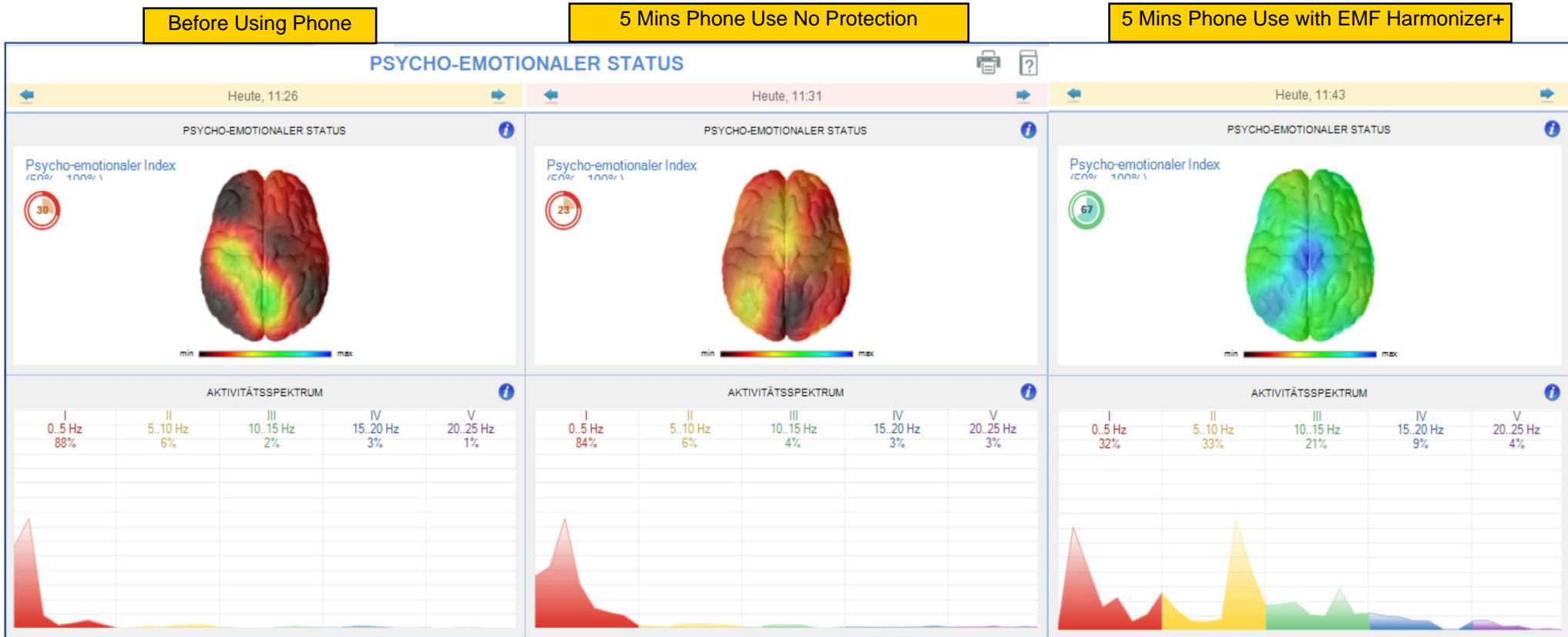
The small charts in the upper left indicate the balance, and you can see that after using the EMF Harmonizer+ the balance is close to the optimal 150, even better than before the test started, and significantly better than after using the phone with no protection.

The top figures show the test subject's central neuro hormonal system regulation. Green indicates good, moving through the colors to red being the worst. In the upper left corner is the overall value for this measure, which worsened from 36 down to 30 after 5 minutes of unprotected phone use, but improved up to 64 after 5 minutes of phone use with the EMF Harmonizer+ - better even than before the test.



The bottom figures show the test subject's energy reserve and energy utilisation within the system, with the blue squares indicating the anabolic and the red squares indicating the catabolic processes. These energy reserves decrease under stress load, and also with increasing age. You can see the values lowering after 5 minutes of unprocted phone use, but increasing significantly after 5 minutes of phone use with the EMF Harmonizer+ - again to a state significantly better even than before the test.

The top figures show the test subject's psycho emotional state. Green indicates good, moving through the colors to red being the worst. In the upper left corner is the overall value for this measure, which worsened from 36 down to 23 after 5 minutes of unprotected phone use, but improved up to 67 after 5 minutes of phone use with the EMF Harmonizer+ - better even than before the test.



The bottom figures show the test subject's brain wave patterns. From left to right these are delta, theta, alpha, beta, and gamma. The most interesting note here is that after using the phone with the EMF Harmonizer+ the spectrum of the brain waves increases, indicating a more balanced and synchronized mental state. Delta, alpha, and gamma brainwaves are active during deep meditation, which would imply a more peaceful state of mind after using the EMF Harmonizer+.

The top figures show – in the form of fractal graphs – the test subject's level of 'heart coherence', which in medicine combines the synchronization of heartbeat, respiration and blood pressure. The larger the coherence, the more efficient is the interaction of the three factors, and therefore their balance and equilibrium. You can see that the value for this measure increased from an unhealthy 10 before and during the unprotected phone use to a healthy 52 after using the phone with the EMF Harmonizer+, indicating a more optimal balance.

Before Using Phone

5 Mins Phone Use No Protection

5 Mins Phone Use with EMF Harmonizer+



The bottom figures show the test subject's biological age relative their actual age in terms of the heart coherence. You can see that prior to the test the biological age was 5 years greater than the actual age, after 5 minutes of unprotected cell phone use it increased to 7 years greater, and after 5 minutes of phone use with the EMF Harmonizer+ it decreased to 5 years LESS than the actual age.

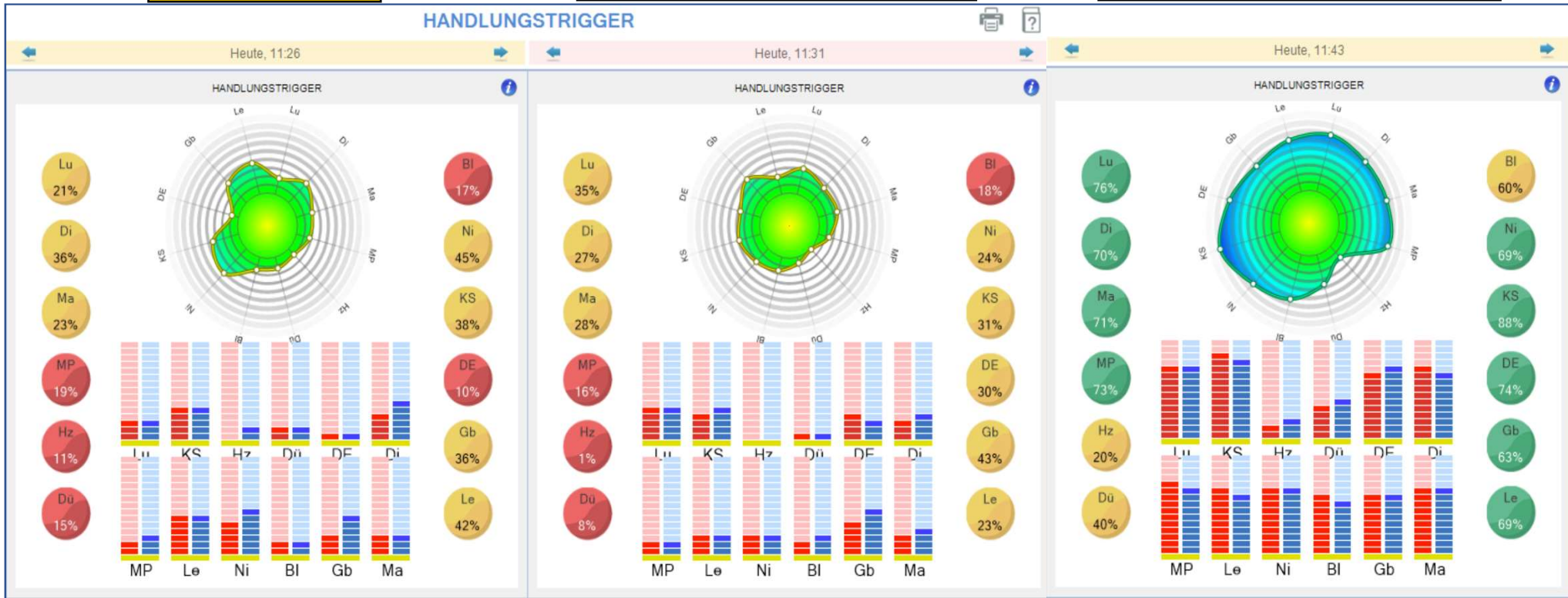


These figures show the health of the test subject's various meridians, the energy channels used in Traditional Chinese Medicine, including acupuncture. The round circles on the sides indicate the values for each one, with a stoplight system of red is bad, yellow is caution, and green is good. You can see that although there was not much change from before the test to using the unprotected phone for 5 minutes, there was a significant improvement in all meridians after using the EMF Harmonizer+ on the phone for 5 minutes.

Before Using Phone

5 Mins Phone Use No Protection

5 Mins Phone Use with EMF Harmonizer+



These charts show an overview of the test subject's various heart rate variability (HRV) health parameters. From top to bottom they are cardiac activity, vegetative system regulation, HRV statistics, HRV frequency spectrum, HRV histogram, and HRV auto correlation. Although the parameter changes were not dramatic from before the test to 5 minutes of unprotected phone use, there were significant improvements in all parameters after 5 minutes of phone use with the EMF Harmonizer+.

Before Using Phone

5 Mins Phone Use No Protection

5 Mins Phone Use with EMF Harmonizer+

HRV-PARAMETERÜBERSICHT			HRV-PARAMETERÜBERSICHT			HRV-PARAMETERÜBERSICHT		
Heute, 11:26			Heute, 11:31			Heute, 11:43		
Parameter	Werte	Norm	Parameter	Werte	Norm	Parameter	Werte	Norm
<b>Herztätigkeit</b>			<b>Herztätigkeit</b>			<b>Herztätigkeit</b>		
HR (Schl/min)	81	[60-90]	HR (Schl/min)	79	[60-90]	HR (Schl/min)	79	[60-90]
IVG	117,3	[35,0-145,0]	IVG	117	[35,0-145,0]	IVG	117	[35,0-145,0]
VIHR	0,31	[0,25-0,60]	VIHR	0,25	[0,25-0,60]	VIHR	0,29	[0,25-0,60]
IAR	60,4	[15,0-50,0]	IAR	61,1	[15,0-50,0]	IAR	44,9	[15,0-50,0]
SI	141,7	[10,0-100,0]	SI	167,8	[10,0-100,0]	SI	101,1	[10,0-100,0]
<b>Vegetative Regulation</b>			<b>Vegetative Regulation</b>			<b>Vegetative Regulation</b>		
B1 (%)	57	[60-100]	B1 (%)	42	[60-100]	B1 (%)	69	[60-100]
B2 (%)	65	[60-100]	B2 (%)	43	[60-100]	B2 (%)	62	[60-100]
<b>Statistik</b>			<b>Statistik</b>			<b>Statistik</b>		
RRNN (ms)	742	[700-1000]	RRNN (ms)	759	[700-1000]	RRNN (ms)	760	[700-1000]
SDNN (ms)	47,9	[30,0-100,0]	SDNN (ms)	35,7	[30,0-100,0]	SDNN (ms)	47,2	[30,0-100,0]
CV (%)	6,5	[3,0-12,0]	CV (%)	4,7	[3,0-12,0]	CV (%)	6,2	[3,0-12,0]
RMSSD (ms)	12,6	[15,0-45,0]	RMSSD (ms)	10,4	[15,0-45,0]	RMSSD (ms)	17,3	[15,0-45,0]
NN50	2	[46-100]	NN50	0	[46-100]	NN50	2	[46-100]
pNN50 (%)	1	[15-34]	pNN50 (%)	0	[15-34]	pNN50 (%)	1	[15-34]
<b>Frequenzspektrum</b>			<b>Frequenzspektrum</b>			<b>Frequenzspektrum</b>		
HF (ms <sup>2</sup> )	56	[770-1078]	HF (ms <sup>2</sup> )	39	[770-1078]	HF (ms <sup>2</sup> )	42	[770-1078]
LF (ms <sup>2</sup> )	236	[754-1586]	LF (ms <sup>2</sup> )	124	[754-1586]	LF (ms <sup>2</sup> )	1119	[754-1586]
VLF (ms <sup>2</sup> )	593	[600-1500]	VLF (ms <sup>2</sup> )	980	[600-1500]	VLF (ms <sup>2</sup> )	845	[600-1500]
HFnu	16,36	[26,00-32,00]	HFnu	23,81	[26,00-32,00]	HFnu	3,59	[26,00-32,00]
LFnu	83,64	[50,00-58,00]	LFnu	76,19	[50,00-58,00]	LFnu	96,41	[50,00-58,00]
LF/HF	5,11	[1,50-2,00]	LF/HF	3,20	[1,50-2,00]	LF/HF	26,86	[1,50-2,00]
TP (ms <sup>2</sup> *1000)	916	[2385-4545]	TP (ms <sup>2</sup> *1000)	1112	[2385-4545]	TP (ms <sup>2</sup> *1000)	2006	[2385-4545]
<b>Histogramm</b>			<b>Histogramm</b>			<b>Histogramm</b>		
Mo (ms)	180	[700-900]	Mo (ms)	720	[700-900]	Mo (ms)	760	[700-900]
AMo (%)	39,94	[30,00-50,00]	AMo (%)	42,96	[30,00-50,00]	AMo (%)	34,13	[30,00-50,00]
VR (ms)	212	[150-450]	VR (ms)	182	[150-450]	VR (ms)	222	[150-450]
HRV-Index	8	[20-50]	HRV-Index	6	[20-50]	HRV-Index	12	[20-50]
<b>Autokorrelation</b>			<b>Autokorrelation</b>			<b>Autokorrelation</b>		
1k	0,957	[0,700-1,000]	1k	0,936	[0,700-1,000]	1k	0,926	[0,700-1,000]
m0	107	[0-18]	m0	36	[0-18]	m0	8	[0-18]
Z	146,4	[50,0-500,0]	Z	41,5	[50,0-500,0]	Z	48,8	[50,0-500,0]
IC	0,6	[1,0-3,0]	IC	0,2	[1,0-3,0]	IC	1,4	[1,0-3,0]



## Conclusion

These measurements taken with the Nilas MV heart rate variability monitor indicate in general a worsening of the test subject's health state after using an unprotected cell phone for 5 minutes. In all measurements there was a significant improvement after using a cell phone with the EMF Harmonizer+ for 5 minutes – always to an even healthier state than prior to the cell phone test.

This improvement with the EMF Harmonizer+ despite using a cell phone with it demonstrates the unique dual-level technology of the EMF Harmony products. The first level of action is a Direct Technology that harmonizes the negative energetic frequencies of the electromagnetic radiation. The second level of action is an Adaptive Technology that supports the cells in your body as they are stressed by the radiation, bringing their energy to an optimal level for good health – as indicated by the biological changes documented in this test.