

NATURAL ACTION TECHNOLOGIES, INC.

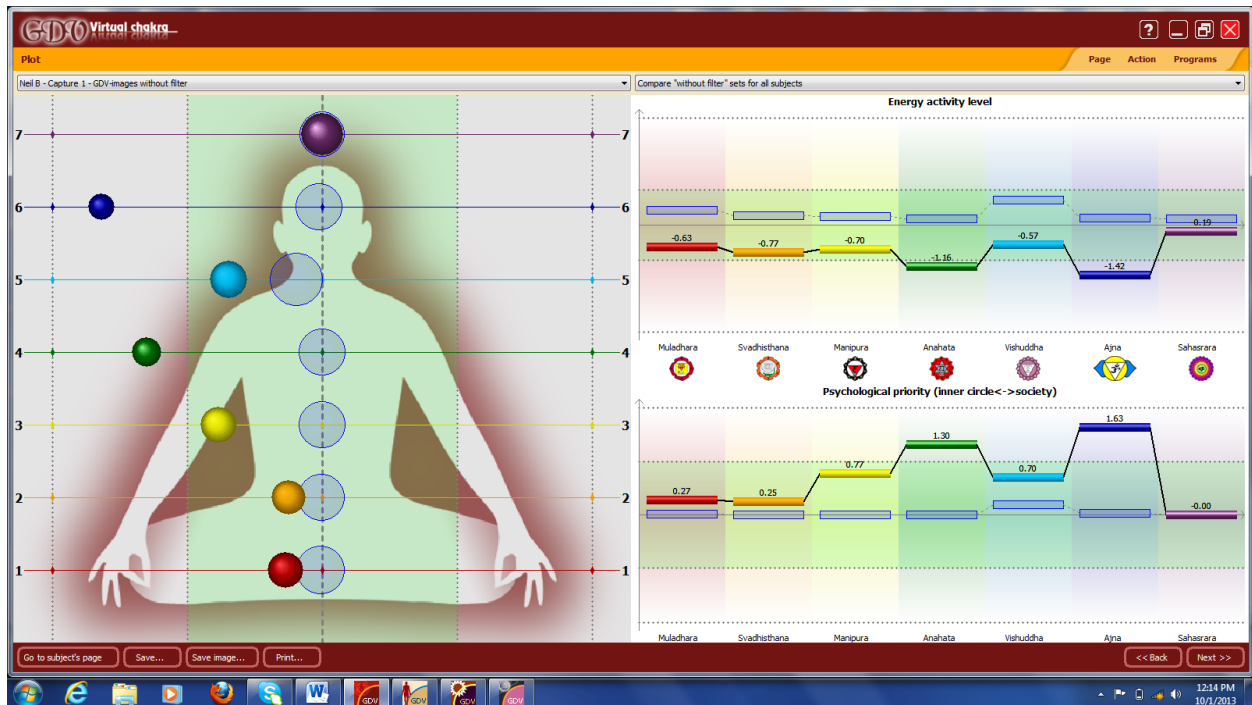
Presents

Instantaneous Physiological Changes from Structured Breathing™

These are GDV test results from 9 breaths of Structured Breathing™ done with participants at the 2013 Tesla Convention. Notice the before and after changes. These are quite dramatic shifts for any known therapy! The benefits of structured breathing are immense and when done in combination with 8-16 oz. structured water delivers amazing results for human health. One of these results is the balancing of pulses from the acupuncture fields of Traditional Chinese Medicine Cun Guan Chi Pulse and Korean Hand Therapy's Yin Yang Pulse.

This paper highlights readings from the following GDV programs: 1) Virtual Chakra, 2) Energy Field, 3) Qualification, 4) Energy Diagram, and 5) Atlas.

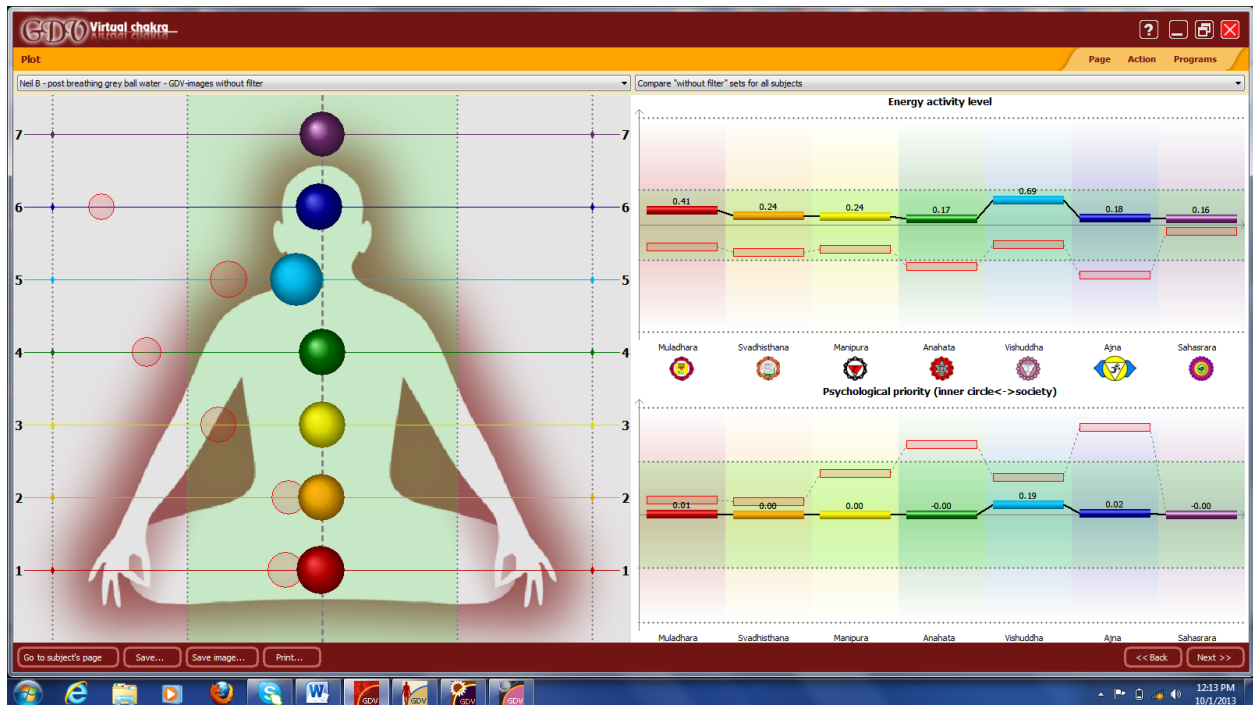
GDV Virtual Chakra before Structured Breathing™



This man is reaching outward to the community for help in all his chakras except the 7th. The 4th and especially the 6th Chakras show extreme movements out past normal (green area) parameters. He is very stressed and ungrounded before sampling structured breathing.

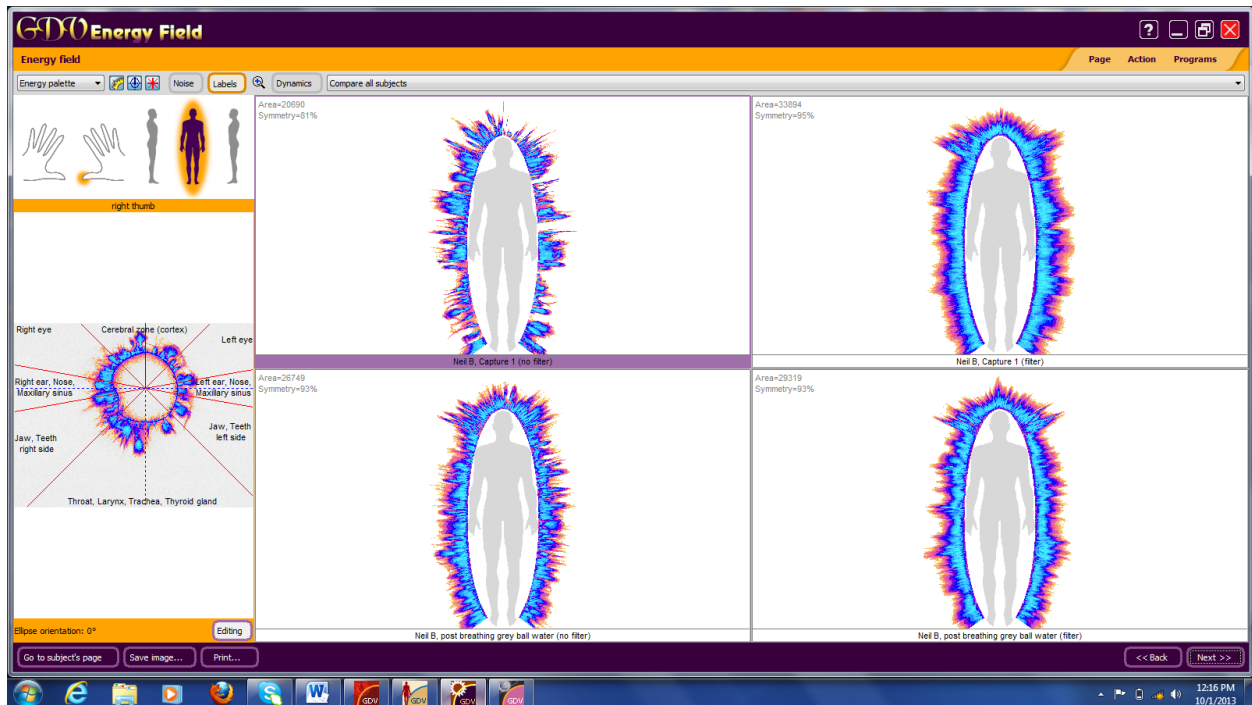
Also the shrinking of the Chakra circles demonstrates he is clearly in a state of energy loss.

GDV Virtual Chakra after Structured Breathing™



In just nine breaths of Structured Breathing™, the alignment and energy of his Chakra circles have come back completely. The 5th Chakra is the only area still showing imbalance. This is a phenomenal shift of energetics from just one minute of Structured Breathing™!

GDV Energy Field Before After Structured Breathing™



This is another example of phenomenal before and after change possible with Structured Breathing™. The top left Emotional Body photo shows his Aura field is riddled with energy gaps. In the bottom left Emotional Body photo after, these gaps have substantially filled in.

Also, another important understanding here is the balancing of the Autonomic Nervous System. The top two photos read 20690 Emotional Body (top left) and 33894 Physical Body (top right). Subtracting the difference between the two numbers is 13,204. Now, compare the bottom two photo area reads. They are 26749 Emotional Body (bottom left) and 29319 Physical Body (bottom right). This is a numerical difference of 2570. This lesser difference between the left and right area of energy of 2570 clearly shows a much more balanced and aligned Autonomic Nervous System. A balanced Autonomic Nervous system equals good health!

GDV Qualification Program 1 Data Table Before and After Structured Breathing™

#	Name	Rating	FEI	FEB	ED	SED
1	Neil B - post breathing grey ball water	1	98.3	2	1.67	0
2	Neil B - Capture 1	2	61.7	8	38.3	6.67

The main numbers to see here are under the FEI classification (Functionality Indicator). Neil's shift from 61.7 upward to 98.3 shows an amazing change in his ability to function or perform at any given area in life, whether job, sports, or relationships.

GDV Qualification Program 2 Summary Before and After Structured Breathing™

Summary	S1	S2	S3	S4	S5	C1	C2	C3	C4	C5	D1	D2	D3	D4	D5
Neil B post breathing grey ball water	+	+	+	+	+										
Neil B Capture 1	+	+		+	+					+					

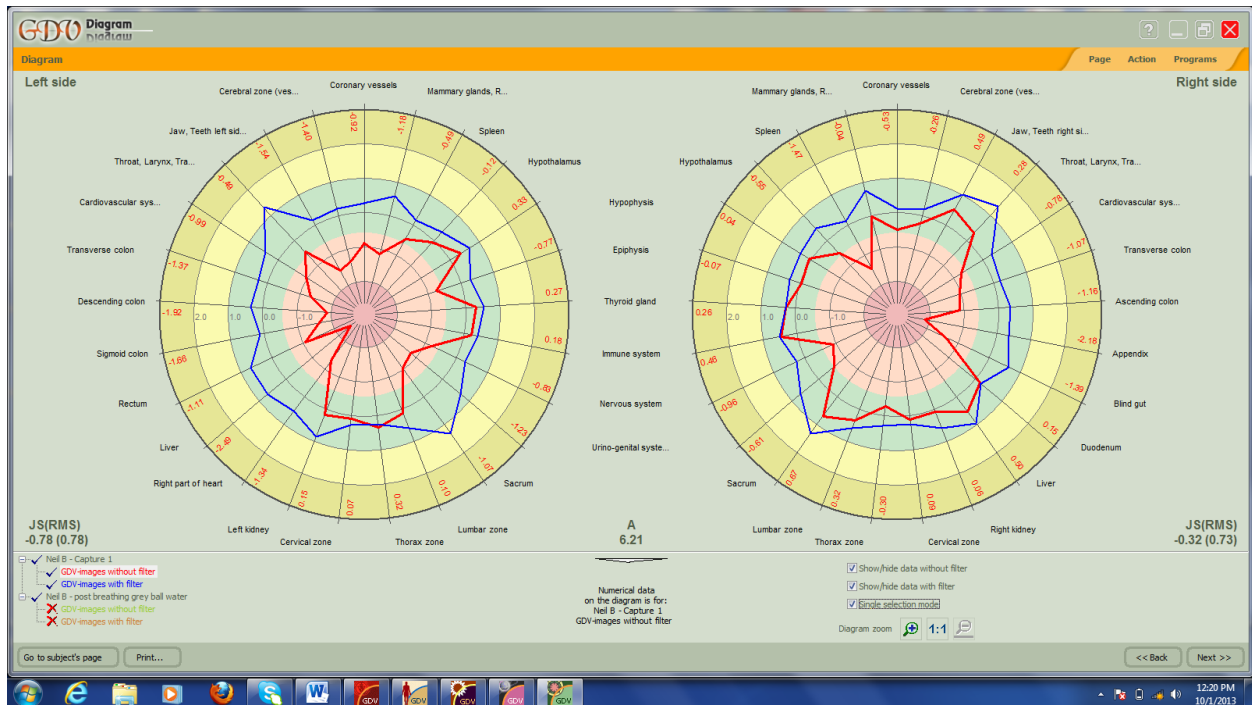
Sport valuable merits:
 S1 - Activity
 S2 - Purposefulness
 S3 - Self reliance
 S4 - Stress resistance
 S5 - Self regulation

Before nosologic changes:
 C1 - Introspection
 C2 - Unsolvable dreams
 C3 - Amotivational anxiety
 C4 - Deterioration of efficiency
 C5 - Irrascibility, irritability

Dysadaptation states:
 D1 - Troubled-hypochondriacal states
 D2 - Tendency to solitude
 D3 - Vegetative dysfunction
 D4 - Energy deficiency state
 D5 - Necessity for check-up

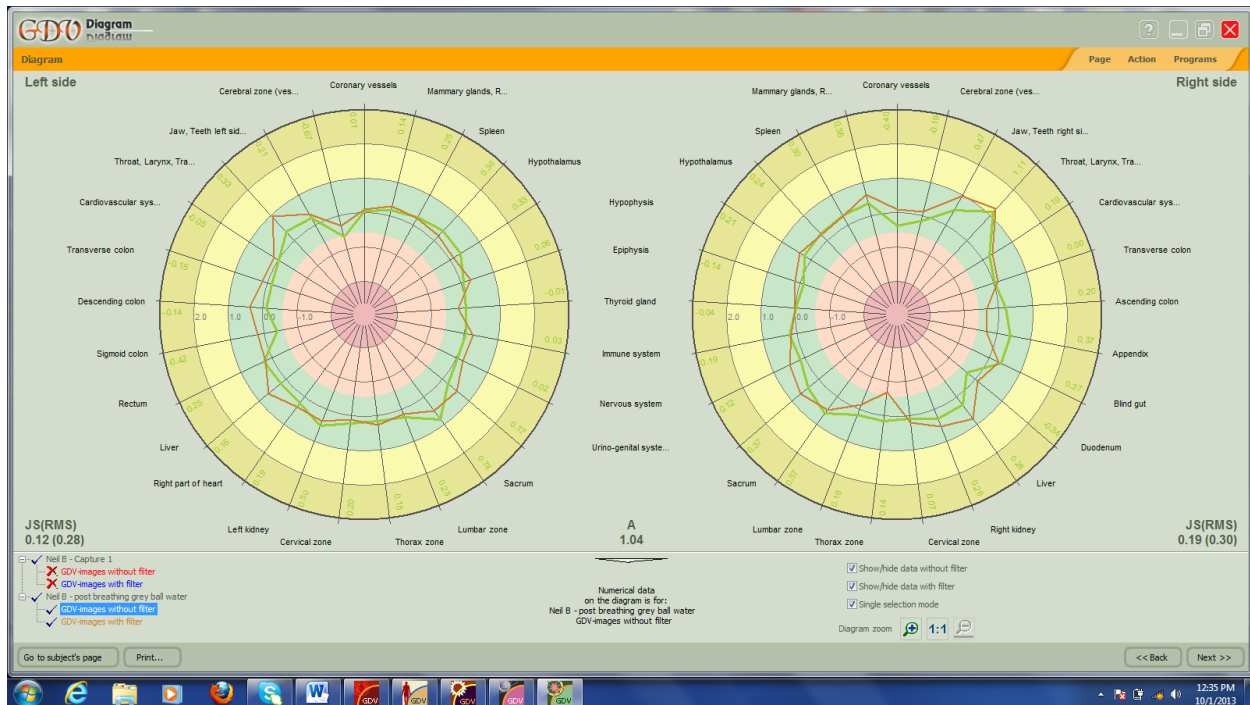
We can also see that the Structured Breathing™ has brought him out of an irritable state along with greater functionality.

GDV Energy Diagram Before Structured Breathing™



From this GDV Energy Diagram, it is possible to see many things about Neil's health. The first is that his overall daily stress level is quite high. This is shown by the "A" number 6.21 reading in the bottom center of the photo. Normal range of daily stress should be between 2-4. Also, the red line in the right and left circles depict that he is struggling from emotionality. This is bringing his energy to a state of deep deficiency (dark pink inner circle, and deficiency (pink outer circle).

GDV Energy Diagram After Structured Breathing™



The differences between the top and bottom photos are vast. Notice after Structured Breathing™ the “A” reading has dropped significantly down to 1.04. His stress dropped right before our eyes. That is, his physiology was noticeably more settled and grounded.

Notice also how the red line from read 1 has now become a smoother circle with the disappearing of the angularity (irritability) in the green circle of the “After” photo. More significantly, the deep energetic deficiencies from his previous emotionality have completely disappeared.

He noted how much better he felt. This was noted as “I feel so much more relaxed and centered; also clearer in my thinking. Also, I can breathe much deeper. My breaths feel balanced when I inhale and exhale now.

GDV Atlas Before Structured Breathing™

The screenshot shows the GDV Atlas software interface. The title bar reads "GDV Atlas". Below it, the window title is "GDV atlas". The main content area displays a human figure with all internal organs and systems highlighted in red, indicating they are under duress. The sidebar on the left, titled "ANALYSIS BY SYSTEMS", lists the following systems, each with a red "NB!" indicator and a checked box: Cardiovascular System, Digestive System, Endocrine System, Immune System, Locomotor System, Nervous System, Respiratory System, and Urogenital System. Below the sidebar, there is a note: "Each organ indicated in the atlas should be considered not only as an anatomical formation but primarily as functional and tissue one". The right-hand side of the interface shows a list of organs, all of which are checked. The system tray at the bottom indicates the time is 1:00 PM on 10/7/2013.

Here we see the GDV Atlas Program displaying that all his physiological systems are under great duress (noted by red NB) because of Emotionality. The picture of the man has all the systems firing, meaning they are stressed.

GDV Atlas After Structured Breathing™

The screenshot shows the GDV Atlas software interface after structured breathing. The title bar reads "GDV Atlas". Below it, the window title is "GDV atlas". The main content area displays a human figure with only the respiratory system highlighted in red. The sidebar on the left, titled "ANALYSIS BY SYSTEMS", lists the following systems: Cardiovascular System (checked), Digestive System (unchecked with a red X), Endocrine System (unchecked with a red X), Immune System (unchecked with a red X), Locomotor System (checked), Nervous System (checked), Respiratory System (checked), and Urogenital System (unchecked with a red X). Below the sidebar, there is a note: "Each organ indicated in the atlas should be considered not only as an anatomical formation but primarily as functional and tissue one". The right-hand side of the interface shows a list of organs, all of which are checked. The system tray at the bottom indicates the time is 1:12 AM on 10/7/2013.

After the Structured Breathing™, we now only see 4 systems still having stress in the GDV Atlas Program. A significant clearing has taken place in only 9 breaths.

Summary and Discussion

The GDV and other physiological markers such as acupuncture pulse testing and Applied Kinesiology (AK) Testing have shown how Structured Breathing can lead to significant improvements both emotionally and physically for the human body.

Air and water, especially air and water free of toxins and energetically powerful, are the top two biologic factors for health of the human body. Without these two nutrient copilots, the human declines rapidly or perishes. These GDV programs show how Structured Breathing can bring about remarkable improvements in the function of the human body. Continued use of Structured Breathing™ and Structured Water are highly recommended for overcoming current stress, ailments, and disease, as well as long term health maintenance!

Natural Action Technologies, Inc. Research Team 10/1/2013