

## Tips for Writing Your Experience

1. Imagine you are telling your story to a friend.
2. When did your health challenge start?
3. What were your symptoms, and how did you feel?
4. Were you diagnosed as having something specific? If so, please give the official diagnosis and by whom. Please mention any tests you had relating to your health challenge.
5. How did you feel at the worst stage?
6. How long did the symptoms persist?
7. What therapies did you try in addition to the SOTA units? And, what lifestyle changes, if any, did you make?
8. Please describe any setbacks you experienced in your health journey.
9. Which of the SOTA units did you use, how often and for how long? (Include modes or any unique application).
10. How long did you use the units before you noticed a change?
11. How do you feel now?
12. How has your life changed?

Please share any comments about what you have learned from your experience.

