

An Overview to Using the SOTA Units



SOTA offers five units—Silver Pulser, Magnetic Pulser, Water Ozonator, Bio Tuner and LightWorks. We include suggestions on how to use all five units in this overview.

- 1) *The Silver Pulser* for both Micropulsing and for Ionic~Colloidal Silver
- 2) *The Magnetic Pulser* to apply Pulsed Magnetic Fields
- 3) *The Water Ozonator* to freshly Ozonate and Oxygenate Water
- 4) *The Bio Tuner* to apply a broad range of relaxing frequencies
- 5) *The LightWorks* to apply LED light plus seven healthy frequencies

Additional Tips...

- Please refer to the product manuals for complete instructions, including cautions for each unit. For detailed information on how to use each of the SOTA products, check the “How to Use” videos on our website: www.sota.com
- The following overview on the use of the SOTA units has been developed based on our personal experience and feedback from others.
- The following are suggestions only—you may decide to use more or less than is suggested for each unit.

Recommendations Before You Begin

- While the SOTA units are designed to be used independently, they can also be used together as part of an overall Wellness Lifestyle. When beginning, some individuals find it easier to introduce one unit at a time — allowing the body to adjust before introducing the next unit. Others start all the units at the same time. As with all Wellness Tools, pay attention to what works for you.
- Drink plenty of water—especially when Micropulsing. Have a glass of water before, during, and after each session.
- When using the SOTA units, listen to your body, pay attention to how you feel. If you are experiencing sluggishness, flu-like symptoms or other minor symptoms showing the body is moving itself towards wellness, reduce the time you are using the unit or depending on the experience take a break for a few days before resuming. The keys



are tuning in to your body and consistency of effort. Listen to your body, respect what it's telling you, and use the feedback. Make adjustments if you need to. The point is not to rush. Increasing the amount of water you drink throughout the day may also be helpful. Remember, a Wellness Lifestyle is not a race - it's a journey we choose for ourselves each day.

- Those who are most successful in achieving their wellness goals have also made other healthy lifestyle choices. Changes to consider are: improving diet, reducing stress, improving elimination, emotional healing, getting moderate exercise, and avoiding environmental toxins such as molds, chemicals and GMO products.

Micropulsing Using the Silver Pulser

The Silver Pulser provides a simple way to apply microcurrents by placing the electrodes over the two pulse points on the wrist.

Basic Wellness Program:

- When first using the Silver Pulser, it is best to gradually build up the amount of time used daily. Start slowly with 10 - 20 minutes a day. Increase the time each day until you are Micropulsing for a minimum of 2 hours each day. Once you are using for 2 hours each day, use daily for a minimum of 8 to 12 weeks.



More Intense Wellness Program:

- When starting, increase the amount of time daily and/or continue to use beyond the 8 to 12 weeks minimum.
- How long? Depending on how you feel and your own individual needs, you may need to apply the Micropulsing for many months or even years to reach your wellness goals. Because micropulsing is supporting your body's natural abilities, it is important to ensure that the body is ready to maintain your wellness goals on its own, without the additional support of the micropulsing. If stopped prematurely, it is possible the body will not be ready to maintain wellness without the assistance of micropulsing.
- When stopping Micropulsing, whether you have used for several weeks or more, it is best to gradually reduce the amount of time used daily. If using two or more of the SOTA units daily, remember to only discontinue the use of one unit at a time.

Continued Wellness Program:

- To maintain the beneficial effects of Micropulsing, suggestions for upkeep are a) 1 to 3



times per week, b) 1 week per month, or c) as needed.

- At any time, the Basic Wellness Program for 8 to 12 weeks can be repeated or resume the More Intense Wellness Program if needed.

Make Ionic~Colloidal Silver Using the Silver Pulser

The SOTA Silver Pulser offers a simple system to make your own Ionic~Colloidal Silver at home.

Ionic~Colloidal Silver is a mild silver electrolyte that supports the body's natural defenses. Silver is used in burn ointments, bandages, and for water treatment. Health stores usually carry several brands of Ionic or Colloidal Silver.

Basic Wellness Program:

- When consumed on a regular basis—daily or several times per week—drink 1 to 2 ounces (30 to 60 ml) at a time. To consume larger amounts—1 cup or more for several weeks—it is better to take smaller amounts throughout the day rather than all at once.

More Intense Wellness Program:

- Consume larger amounts per day—up to 2 cups for a few weeks, then 1 cup for several months—drinking 1 to 2 ounces (30 to 60 ml) at a time. It is better to spread the amount taken throughout the day rather than consume the Ionic~Colloidal Silver all at once.
- Over several days, or weeks if preferred, gradually decrease the amount of Ionic~Colloidal Silver taken daily.
- It is a good idea to take breaks from the use of Ionic~Colloidal Silver from time to time.

Continued Wellness Program:

- Do what works for you. Suggestions are: a) a few times a week, b) 1 week per month, c) as needed.
- At any time, the Basic or Intense Wellness Program can be repeated.



Pulsed Magnetic Fields Using the Magnetic Pulser

The Magnetic Pulser generates pulsed magnetic fields which are known to create microcurrents.

For most applications, it is best to use the Bio North (-) polarity side of the Hand Paddle—the polarity is clearly marked on the Hand Paddle. The Bio North (-) polarity of the Hand Paddle can be applied to any area of the body. The Magnetic Pulser can be applied over clothing as the magnetic field penetrates clothing.



Keep the Hand Paddle on one area or move to different locations during a session.

Basic Wellness Program:

- Begin slowly, 10 minutes per day, and then gradually increase the length of each session until you are applying at least 20 minutes per day. Daily use varies from 20-30 minutes to two hours or more. Continue use for 8 to 12 weeks minimum.
- When used as part of a wellness program, consistent daily use for many weeks is more important for results than using occasionally. Longer and more frequent sessions may be more beneficial.

More Intense Wellness Program:

- Increase the amount of time used daily by increasing the number of sessions. Use beyond the 8 to 12 week minimum. When following a more intense program, it may be necessary to continue for many months or even years.

Continued Wellness Program:

- Generally, the Magnetic Pulser can be used on an as-needed basis. At any time the Basic or Intense Wellness Program can be repeated.

Freshly Ozonate Water Using the Water Ozonator

Ozone is Nature's purifier. Adding ozone to water creates additional oxygen in the water.

Basic Wellness Program:

- When starting to drink ozonated water, gradually increase the amount you drink. To begin, it is suggested to ozonate only one glass of water a day. If well tolerated, increase to two or more glasses, 16





ounces (500 ml), of ozonated water daily. It is best to drink the ozonated water on an empty stomach.

Continued Wellness Program:

- For ongoing use, drink up to 16 ounces (500 ml) a day or as preferred.
- If using for an extended period, it is wise to take breaks.

Harmonic Frequencies Using the Bio Tuner

The 6 different modes of the Bio Tuner are comfort settings. The choices enable the user to experiment to discover what feels or works best. With extended use, vary the mode used during a session.

The broad range of frequencies created by the Bio Tuner helps the body to relax and promotes a sense of well-being. Simply place the ear clips on the ear lobes positioning them closer to the face side of the ear lobe.



Basic Wellness Program:

- One cycle is timed for approximately 20 minutes. One session can be up to two cycles or 20 to 40 minutes. Information indicates that if used longer than 40 minutes at a time, the benefits may be reduced.
- Use for 4 weeks and then gradually reduce the number and length of sessions.

More Intense Wellness Program:

- The unit can be used for up to three 40-minute sessions per day. Space the sessions to allow time between each session. For example, one in the morning, one in the afternoon and one in the evening.
- With extended use, it is recommended to vary the comfort settings (modes) used from time to time.

Continued Wellness Program:

- The unit should be used daily for 4 weeks or longer. After the initial Basic Wellness Program, the Bio Tuner can be used as needed. At any time, the Basic or Intense Wellness Program can be repeated.



LED Light and Seven Healthy Frequencies Using the LightWorks

The Hand Paddle with the LED lights can readily be applied to any area. Keep on one location or move to different locations during a session. Use the LED lights next to the skin as clothing will block the light.

The LightWorks offers several choices:

- 1) An Automatic setting cycles through the Constant setting plus the 7 healthy frequencies. Operates for 4 minutes on each setting for a total of 32 minutes.
- 2) Constant Mode—provides LED light continuously with no pulsed frequencies. Operates for 30 minutes.
- 3) Pulsed LED light applied with any one of 7 healthy frequencies. Each pulsed Mode operates for 15 minutes.



Basic Wellness Program:

- Information about the use of LED light suggests shorter rather than longer exposure times. Build up the time used gradually. Recommended use varies from minutes per session up to 1/2 hour or more. Apply LED light every other day or depending on tolerance, apply from 2 to 4 times per week.
- LED light triggers ongoing effects. As a result, it is not necessary to apply LED light and frequencies daily or use continuously. It is best to take breaks.

Continued Wellness Program:

- Apply LED light as needed.

Share Your Experience

We invite you to tell us about your experience with any of the SOTA units:
story@sota.com.

And a Reminder

Refer to the product manuals, or the “How to Use” videos, for more information about the use of the SOTA units.