

## Natural Action Technologies, Inc.

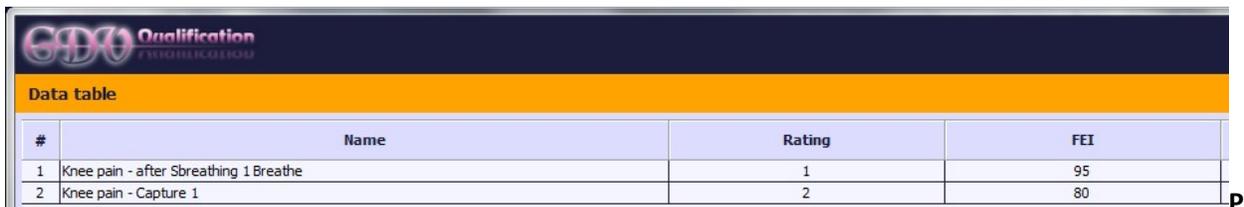
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### **NAT Structured Water and Structured Breathing Reduce Stress 2**

In the first paper entitled, “Structured Water and Structured Breathing Reduce Stress 1”, we saw a person in relatively good health, shift into even better health through lowered stress response via the use of NAT Structured Water and Structured Breathing. Now, we present a similar story of these 2 powerful NAT energetics improving the health of a young man.

The following GDV images were taken with a 40 year old man in fairly good health. However, by comparison, he was considerably more stressed than the lady in our first paper. In outward appearance, this gentleman was quite revved up, possibly from long travels, business obligations, and limited time schedule...or earlier emotional scenarios? He also complained about a very real knee pain.

We did a GDV series of photographs. Here’s what resulted.



The image shows a screenshot of a software interface titled "GDV Qualification". Below the title is a yellow header with the text "Data table". Underneath is a table with three columns: "#", "Name", "Rating", and "FEI". The table contains two rows of data.

#	Name	Rating	FEI
1	Knee pain - after Sbreathing 1 Breathe	1	95
2	Knee pain - Capture 1	2	80

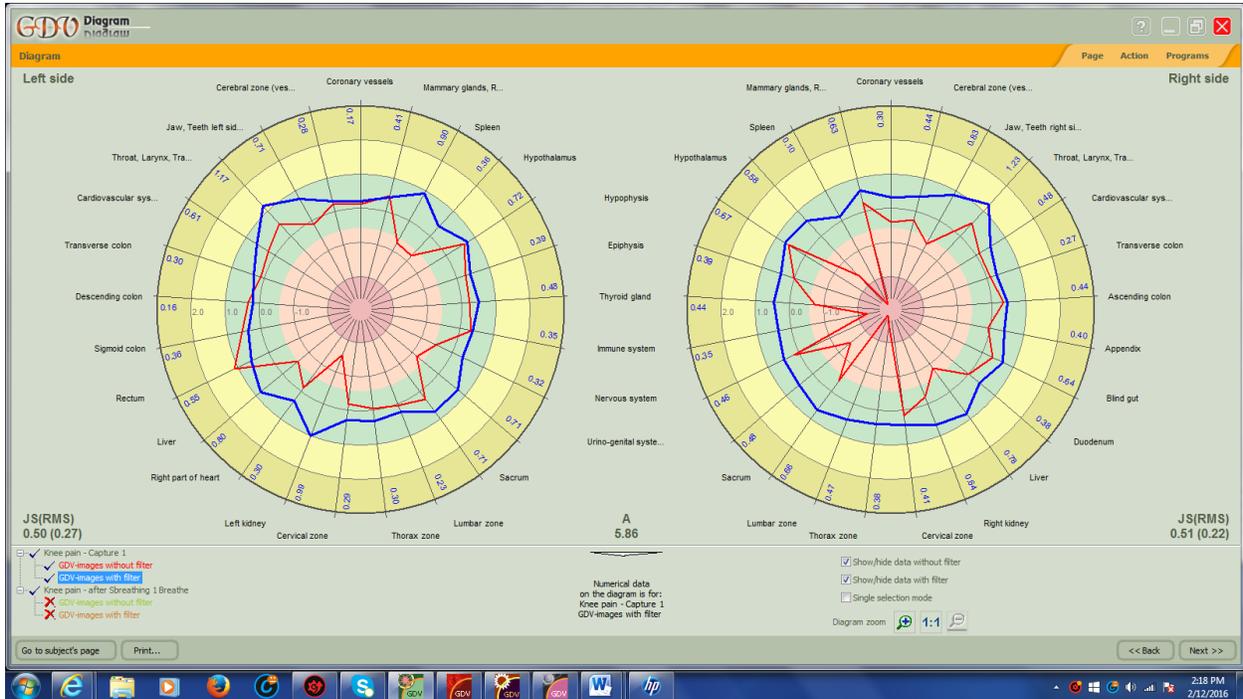
#### **ic 1. 40 year old man knee pain. Baseline Capture 1 and After Structured Breathing and Water.**

We look first to the GDV Qualification Program (Pic 1) for a general observation that his current condition Baseline was taking him down to an 80% Functionality (FEI) Rating of a possible 100%. Another way to look at it is 20% dysfunctionality. This was just a beginning indicator that his present state of health could be improved.

After NAT Structured Breathing and Water, we see that his (FEI) Functionality has improved to 95%. This is quite a lift back up to ease and comfort in his body. Consequently, he was trying to find the knee pain with which he walked in.

Let’s look further to his baseline GDV Energy Diagram (Pic 2) below.

His GDV readouts show that he is a very good example of a typical stressed individual. His A Rating is quite high, A 5.86. The sharp Red lines sinking all the way into the deep pink “bullseye” center make a loud statement that this person is enduring high stress levels. The Blue Physical Body line is not even touching the Red line, showing that he is not very connected in terms of his physical body and emotions.

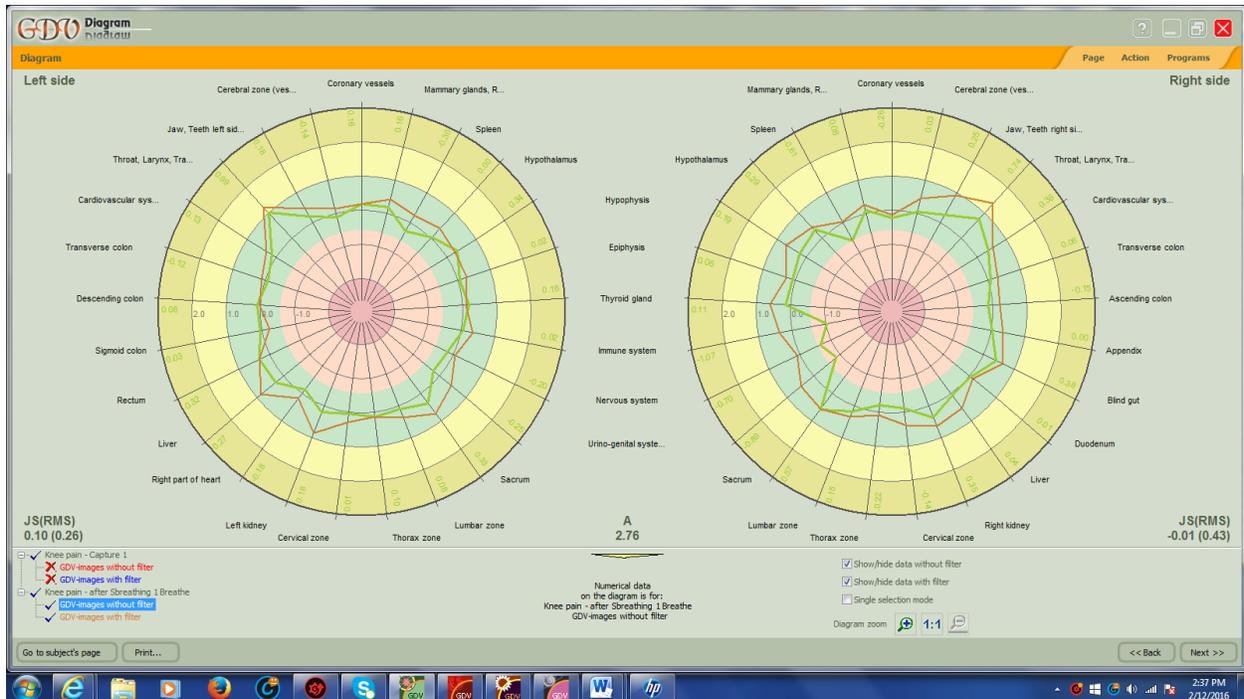


Pic 2. 40 year old man knee pain. Baseline. Emotional Body (Red line). Physical Body (Blue Line).

Now, we offered to do a 5 Step Structured Breathing Process. He accepts. However, because he is short on time, we do only one structured breath through each of the 5 steps (Pic 3). We focus our thinking on his knee pain as we are doing the Structured Breathing.

The results were compelling. The Red Line (now Green) shifted completely out of deep pink deficiency stress on both sides. It has almost shifted out of both light pink zones. This is a significant stress reduction, backed up by the A Rating dropping to over half than the first reading, from 5.86 to 2.76!

By the way, no more knee pain as his stress melted away.



**Pic 3. 40 year old man, knee pain. Structured Breathing 5 Step Process 1x. Emotional Body (Green Line). Physical Body (Brown Line).**

When we tested him, he had just begun to drink structured water in the amount of three glasses. While the GDV camera was being prepped for the shots, the NAT Structured Water had already shifted his physiology to a greater relaxed state than when he first walked in.

It was such an immense shift, that he had to immediately lay down. What a dramatic change in blocked Autonomic Nervous System function! The water had taken his fight or flight, non-stop status quo into a complete reversal of “shut down the factory” and sleep! And when Structured Water gives that order, it is fast. He collapsed on the floor for a minute until he could come back around.

We then went on to the GDV tests with the Structured Breathing. Then we saw the huge shifts in his physiology.

This is another great example of what happens with structured energetics! We see the return of the body to health and homeostasis...in a minute, if not seconds!

Those using structured water and structured breathing now have a tremendous gift to offer their fellow man and woman.

Want to give someone the gift of health?

Offer them a glass (or two) of structured water and a couple minutes of structured breathing.

Now, stand back and watch the benefits before your eyes.

Tim Toula

Research at Natural Action Technologies, Inc. 2/12/2016