


Can I use the frequency equipment (at night) when I am sleeping?

Q&A – Nighttime Use

- **Can I use the frequency equipment at night when I am sleeping?**
- **YES** – IF being used for brainwave entrainment modality, relaxation, meditation or if a modality/strategy which is known and understood specifically considers and does not interfere with the various natural brain and biological/metabolic process that are scheduled for nighttime operation. *Note: Unfortunately persons asking this question are normally NOT using equipment in this manner and already understand the implications, at least in part.*
- **NO – Absolutely not** if being used for Rife-type applications. Doing so will interfere with MANY biological processes that are suppose to be occurring during sleep, preventing many repairs and immune responses from taking place.



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Probably one of the most often asked questions, most often answered questions, and most often explained questions has to do with instrument use during sleep.

Pulsed Technologies instruments have many uses across many fields. The persons asking these questions fall into 2 categories, for most others utilizing the equipment for scientific or industrial applications, the question would be irrelevant to their application. The 2 categories of inquirers are those using the instruments for two different areas of use:

Group 1 - Those using the instruments for Rife-type bio-resonant frequency research applications

Group 2 - Those using the instruments for brainwave relaxation, stimulation, meditation or other entrainment-type applications to bring about various conscious or unconscious altered states.

The underlying mechanisms of operation are actually quite different as are the recommend rules of use. Most of those using for the latter Group 2, generally know when and how to use in a strategy of brainwave entrainment, and the "when" is largely dependent on "what" they are trying to accomplish. The waveform is different from Group 1, the method of application and induction is different from Group 1, and the processes being directly addressed is different as well. The mechanisms are different but the equipment, (hardware), may be the same.

Electro-Therapeutic Approaches to Personal Disease Management and Health Maintenance.

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Group 2 will be the topic of numerous upcoming articles and incorporated into the new PFG Lab 2 software suite scheduled for Beta release Q4 2015.

Group 1 represents the vast majority of those both asking the question, and administering improperly in an "untimely" manner.

While manufacturers may provide "operational technical information and instruction", in the US they are legally prohibited from providing direction that might be construed of a medical nature.

In the 2007 document by Holman & Dorneanu, *"Bioenergetic Session Considerations"*, Dr. Nena Sylver was quoted:

"Since the allopath medical model is so dominant in the West, people may tend to use Rife technology in a strictly allopathic manner, as in "just zap that sonuvabitch microbe and get rid of the disease."

Unfortunately, Dr. Sylver presents an all too true understatement. The fact is, many who ask have not examined or considered the full depth of what needs to be included into an effective strategy.

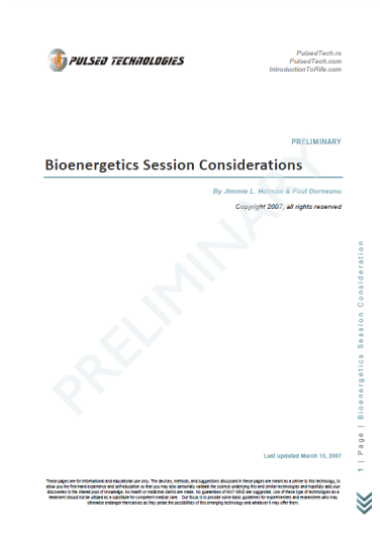
Misunderstanding "nighttime use" is a very common mistake that, despite recommendations, many users fail to investigate and often may even inadvertently degrade their situation or at least not get the results they had hoped for. Admittedly, it is a very convenient time for most, but this time is set aside by the body for processes most folks remain unaware of.

Most of us realize to some extent that sleep is both a mental and physical resting state in which a person becomes unaware and detached from the environment. A detachment time which is important for normal cognitive and motor functions, and it is critical for proper functioning and overall health. Few people really investigate "WHY?"



During this time of seemingly inactivity of this physical and mental rest, vital processes take place for rejuvenation and repair. Most physical activities are shut down and while we are asleep, our body shifts into a different mode. The Melatonin created at the end of each day as we lose access to the ultraviolet light of the sun is that nighttime natural "sleep aid" which encourages us to sleep. Artificial lighting, (especially fluorescent), computer monitors, televisions and even the electromagnetic pollution within the environment are all thought to have an adverse effect on this production. After production the half-life of melatonin is only 30 minutes. The rhythmic and

regulated release (controlled by the anterior hypothalamus), is supposed to begin appx 2 hours before bedtime and most believe it only lasts till appx 2 AM in most cases. Many doctors believe, (and has been



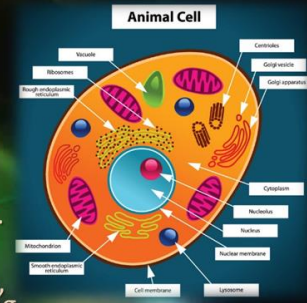
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Q&A

- **REPAIR OF ENVIRONMENT** (Time for Repairs – Time of Day)

- One of the major non-destructive mechanisms eluded to above has to do with repairing the environment within the body which is allowing or assisting the adverse situation to occur. This can actually be accomplished in several different ways. (For example, a low pH - acidic tissue equates to a desirable environment for pain transmission and pathogenic growth) Simply the nature of electronic device use provides electrons to move that local environment toward a higher pH forming a less hospitable location for reproduction and growth. This can occur even if the WRONG frequency is used! Additionally, the powering of metabolic functions also occur boosting immune function and "jump-starting" functions that may be deficient or not working at all.
- Sufficient Time is needed for these modification of the body environment. Specific "time-of-day" also must be considered. Many of these crucial re-constructive repairs that occur happen ONLY at night. The body operates in scheduled cycles. Although late evening is often the most convenient time for most folks to have a session, this is in most cases the WORST time to do so as it interferes with the natural metabolic cycles, postponing those repairs till the next daily cycle. Early morning to late afternoon, the time when the body is meant to eat and exercise is the ideal time for application, working WITH your body for most efficient delivery.



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our experience), that when these circadian cycles are interfered with, these processes cannot be reinitiated until the NEXT sleep cycle the following day. As mentioned and eluded to above, this disturbance or disruption CAN come from the use of electromagnetic fields or electric stimulation! (See *IMPORTANT NOTE**)

Q&A

- **REGULAR & CONSISTANT APPROACH**

- From the above points, you can see a strategic, planned, and consistent approach is needed for effective use. By wavering from the strategic plan, taking vacations from treatment, gives the target pathogen "army" the time to regroup, recover, reorganize, and the opportunity to become an even more formidable foe. A consistent strategy it to constantly reduce the target army, continually keep it in their weakest form with the inability to reproduce until totally removed is needed.



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When we sleep properly, our bodies produce hormones such as HGH (Human growth Hormones, which helps to build and repair muscle mass, tissue and cells. Melatonin, the hormone that is released during the onset and duration of sleep until around 2 am or 3 am, helps us fight infections. The immune system is also boosted at this time. To unwittingly put off or loose these crucial repair, regeneration, restoration, and recuperation processes is asking for the introduction of even more serious problems.

Good natural sleep has a direct effect on our disposition, productivity, concentration, but especially our health and energy level. Lack of good deep sleep has an opposite effect. Sleep deprivation symptoms include irritability, memory loss, high blood pressure, headaches and muscle aches. A lack of sleep can also cause a number of physical problems including overall fatigue, and it can even lead to serious health conditions including hypertension, diabetes and the inability to effectively fight normal compromises allowing them to progress to something more serious. Persons are more prone to illness and often show signs of advanced aging.

For a fuller understanding, I would highly recommend to the reader:

"Sleep Cycle and Stages"

<http://www.allsleep.com/about-sleep/sleep-cycle-stage/>

"The Roll of Melatonin in the Circadian Rhythm Sleep-Wake Cycle"

<http://www.psychiatrictimes.com/sleep-disorders/role-melatonin-circadian-rhythm-sleep-wake-cycle>

**IMPORTANT NOTE: Bioenergetics & Pulsed Technologies (Europe) with Pulsed Technologies Research (USA) in close association with HER Technologies (Kuwait & Mid-East) and other international affiliates have been quietly investigating the close Body-Mind-Spirit metabolic and physiological relationships in great detail so as to help address these growing concerns. Over the coming months many new "enhanced strategies" will be being introduced which may actually better support existing protocol performance. For current PulsedTech users, this will not require new hardware but will necessitate the move to the soon to be released, next generation Pulsed Technologies PFG Lab 2 or planned HER Technologies SAL-369 software suite with integrated PFG support.*

