

*The*

# *Sota Products User Guide*



**S**OTA offers six units—Silver Pulser, Magnetic Pulser, Water Ozonator, Bio Tuner, LightWorks and the LightWorks Pad. We include suggestions on how to use all six units in this guide.

- 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 beneficial frequencies
- 6) *The LightWorks Pad* to apply LED light using an easy-to-use flexible pad

### *Using this Guide*

We offer a choice of three Wellness Programs:

- Basic Wellness Program - This program is designed for those who are new to the SOTA Products, as well as for those who have taken a break and are wanting to use the products again.
- Focused Wellness Program - This program is for those who need a more intense program.
- Ongoing Wellness Program - This program outlines how to incorporate the SOTA Products into your Wellness Lifestyle.

### *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 or other minor symptoms, 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.

### *Additional Tips*

- Please refer to the product manuals for complete instructions, including cautions for each unit. The most up-to-date manuals for your SOTA Units are always available for viewing or download at our website. For detailed information on how to use each of the SOTA products, check the "How to Use" videos on our website: [www.sota.com](http://www.sota.com).
- The following guide 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.

### *Micropulsing Using the Silver Pulser*

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

Gentle microcurrents of electricity work with the body's natural electricity for more energy, general health & well-being.

- A Silver Pulser session is a minimum of 2 hours daily.
- When starting out, gradually increase the length of a session. Start with 10 to 20 minutes a day and gradually increase the time each day until you are Micropulsing for a minimum of 2 hours each day.
- Once using for at least 2 hours each day, use daily for a minimum of 8 to 12 weeks.
- When stopping Micropulsing, gradually reduce the amount of time you use the Silver Pulser per day. If you notice benefits diminishing, return to Micropulsing regularly.
- If using two or more of the SOTA units daily, remember to only discontinue the use of one unit at a time.



### Basic Wellness Program:

- Use for at least 1 session per day.

### Focused Wellness Program:

- Once you've worked up to 2 hours per day for 4 weeks, you can a) increase the amount of time used daily by doing a longer session or by doing multiple sessions per day and/or b) continue to use beyond the 8 to 12 week minimum.
- Depending on how you feel and your own individual needs, you may need to apply Micropulsing for many months or even years.
- As you reach your wellness goals, you can gradually reduce the length of your Micropulsing session each day. If you notice benefits diminishing, return to using the Micropulsing regularly.

### Ongoing Wellness Program:

- After the initial Basic or Focused Wellness Programs, the Silver Pulser can be used as needed. Suggestions for general maintenance are a) 1 to 3 times per week, b) 1 week per month, or c) as needed.
- At any time, the Basic Wellness Program or Focused Wellness Program can be repeated.

## *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 silver electrolyte that can be used around the home, topically as well as taken internally.

Ionic~Colloidal Silver is meant to be used when needed rather than consuming continuously. Start with the Basic or Focused Wellness Programs to get the benefits of Ionic~Colloidal Silver and then move into the Ongoing Wellness Program.

- Ionic~Colloidal Silver can be taken daily—1 to 2 ounces (30 to 60 ml)—at a time.
- Larger amounts of Ionic~Colloidal Silver—1 cup or more—can be consumed for a short period of time, for example, a few weeks. It is better to take smaller amounts throughout the day rather than all at once.
- When stopping, gradually decrease the amount of Ionic~Colloidal Silver taken daily.

### Basic Wellness Program:

- Take daily for 2 to 3 months.

### Focused Wellness Program:

- For the first few weeks, consume up to 1 cup per day—drinking 1 to 2 ounces (30 to 60 ml) at a time. It is better to take smaller amounts throughout the day than all at once.
- After the initial period, continue with 1 to 2 ounces (30 to 60 ml) per day, for 2 to 3 months.
- If wanting to use the Focused Wellness Program for longer periods of time, it is important take breaks. For example, every 3 months take a 1 month break.

### Ongoing Wellness Program:

- After the initial Basic or Focused Wellness Programs, Ionic~Colloidal Silver can be taken as needed.
- At any time, the Basic or Focused Wellness Program can be repeated.

## *Pulsed Magnetic Fields Using the Magnetic Pulser*

The SOTA Magnetic Pulser generates pulsed magnetic fields which provide a simple way to apply focused, gentle microcurrents of electricity using a Hand Paddle. The Magnetic Pulser can be applied over clothing as the magnetic field penetrates clothing. The Hand Paddle can be used on one area or moved to different locations during a session.

- A Magnetic Pulser session varies from 20-30 minutes to two hours or more daily.
- When starting out, gradually increase the length of a session. Start with 10 minutes per day and gradually increase the time each day until you are using for a minimum of 20 minutes per day.
- Once using for at least 20 minutes per day, use daily for a minimum of 8 to 12 weeks.
- When used as part of a wellness program, consistent daily use for many weeks is more important than using occasionally. Longer and more frequent sessions may be more beneficial.
- When stopping, gradually reduce the amount of time you use the Magnetic Pulser per day. If you notice benefits diminishing, return to using the Magnetic Pulser regularly.
- If using two or more of the SOTA units daily, remember to only discontinue the use of one unit at a time.



### Basic Wellness Program:

- Use daily for at least 1 session.

### Focused Wellness Program:

- Once you've worked up to 20 minutes per day, you can a) increase the amount of time daily and/or b) continue to use beyond the 8 to 12 week minimum.
- Depending on how you feel and your own individual needs, you may need to continue use for many months or even years.
- As you reach your wellness goals, you can gradually reduce the length of a session each day. If you notice benefits diminishing, return to using your Magnetic Pulser regularly.

### Ongoing Wellness Program:

- After the initial Basic or Focused Wellness Programs, the Magnetic Pulser can be used as needed. At any time, the Basic or Focused Wellness Program can be repeated.

## *Freshly Ozonate Water Using the Water Ozonator*

The SOTA Water Ozonator produces freshly-ozonated water. The fresh taste and extra oxygen are an energizing way to hydrate your body.

- It is best to drink ozonated water on an empty stomach.
- Chilled water holds more ozone, however, room temperature water is better for the stomach.
- Drink daily for 2 to 3 months. If using for an extended period, it is wise to take breaks.



### Basic Wellness Program:

- To begin, drink one glass (8 ounces or 250 ml) per day.
- If well tolerated, gradually increase to two or more glasses (16 ounces or 500 ml) of ozonated water daily.

### Ongoing Wellness Program:

- For ongoing use, drink up to two glasses (16 ounces or 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 SOTA Bio Tuner supports the mind-body connection by offering harmonic frequencies that help create an inner sense of calm, balance and tranquility.

The 6 different modes of the Bio Tuner are comfort settings. The choice of modes enable the user to experiment to discover what feels or works best.

Simply place the ear clips on the ear lobes positioning them closer to the face side of the ear lobe.

- The Bio Tuner is timed for a ~20 minute cycle. One session is generally 1 to 2 cycles (20 - 40 minutes).
- When starting out, gradually increase the length and number of sessions per day.
- Use for a minimum of 30 consecutive days as it often takes at least 30 days of use to experience benefits.
- When doing multiple sessions per day, space the sessions throughout the day. For example, when doing 2 sessions do one in the morning and one in the evening. Remember that one session is generally 1 to 2 timed cycles (20 - 40 minutes).
- When stopping, gradually reduce the amount of time you use the Bio Tuner per day. If you notice benefits diminishing, return to using the Bio Tuner regularly.



### Basic Wellness Program:

- Use daily for 1 to 2 sessions.

### Focused Wellness Program:

- Use daily for 3 sessions.
- Depending on how you feel and your own individual needs, you may need to apply the Bio Tuner for many months or even incorporate it into your daily life.
- As you reach your wellness goals you can reduce the number and/or length of sessions per day. If you notice benefits diminishing, return to using the Bio Tuner regularly.

### Ongoing Wellness Program:

- After the initial Basic or Focused Wellness Programs, the Bio Tuner can be used as needed. At any time, the Basic or Focused Wellness Program can be repeated.

## *LED Light with the LightWorks and the LightWorks Pad*

The SOTA LightWorks and LightWorks Pad combine the ancient wisdom of color and light with the gentle frequencies and LEDs of modern technology to gently awaken the body's natural tendency towards general health and well-being.

The Red and Near Infrared (NIR) LED light can be applied almost anywhere on the body.

- When starting out, gradually increase the length and number of sessions per day.
- Use the LED lights next to the skin as clothing will block the light.



### **LightWorks**

In addition to the Red/Near Infrared Paddle, the LightWorks can also be used with the LightWorks Hand Paddle Set – offering two additional paddles – Green/Blue and Orange/Yellow. See the LightWorks Color Chart for information on the benefits of each color.

#### *LightWorks Color Chart*

The LightWorks Hand Paddles can be kept on one location or moved to different locations during a session.

The LightWorks offers two session options:

Automatic Option:

- This option cycles through the Constant setting plus the 7 beneficial frequencies. Operates for 3 minutes on each setting for a total of 24 minutes.

Manual Option:

- Constant Mode - Provides LED light continuously with no pulsed frequencies. Operates for 20 minutes.
- Pulsed Mode - Provides LED light pulsed with any one of the 7 beneficial frequencies. Each pulsed Mode operates for 20 minutes.



## LightWorks Pad

The larger surface area of the LightWorks Pad makes it ideal for applying Red and Near Infrared (NIR) LED light to harder to reach areas like the back and shoulders and the flexibility of the pad means it can easily be wrapped around areas like the legs and arms.

- The LightWorks Pad is timed for a 20 minute cycle. One session can be 1 to 2 cycles (20 – 40 minutes) or more.
- The LightWorks Pad can also be used with the SOTA LightWorks Model LW2 to receive the added benefits of the 7 beneficial frequencies. When used with the LightWorks, timing is controlled by the LightWorks.



### Basic Wellness Program:

- Use daily, every other day, or 2 to 4 times per week for 1 to 2 sessions per use.

### Focused Wellness Program:

- Use daily for 2 sessions or more.
- Depending on how you feel and your own individual needs, you may need to apply LED light for many months or even incorporate it into your daily life.
- As you reach your wellness goals you can reduce the number and/or length of sessions per day. If you notice the benefits diminishing, return to using LED light regularly.

### Ongoing 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](mailto: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.