

# Natural Action Technologies Water Structuring Portable Unit Optional Breathing Apparatus Materials:

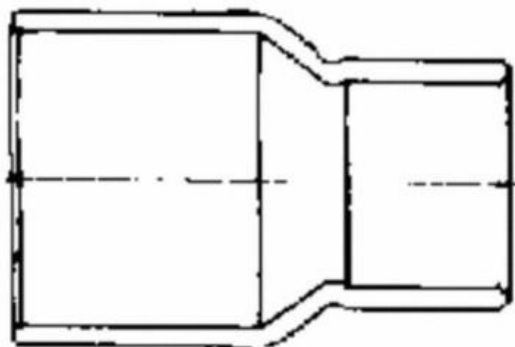
**In order to use the NAT Portable unit for structured breathing, no extra equipment is needed.** Simply breathe in through the narrow end of the unit and out away from the unit, as shown in the video here: [http://www.biophotonicwater.com/The\\_Science.html](http://www.biophotonicwater.com/The_Science.html) (scroll down the page to watch the 58 second demo)

If more than one person will be breathing through the portable unit, each person can have their own 'straw' (vinyl tubing) for structured breathing. You can use a 1/2" x 3/8" brass coupling to attach the vinyl tubing. The copper coupling fits over the narrow end of the NAT Portable Unit. Cut a 2 to 3 inch piece of the 3/8" Inside Diameter x 1/2" Outside Diameter tubing and put it into narrow end of the copper coupling.



You should be able to find a copper coupling like the one in the picture above (also below) at any hardware store.

[http://www.amazon.com/gp/product/B001E3CK8W/ref=oh\\_aui\\_detailpage\\_o04\\_s00?ie=UTF8&psc=1](http://www.amazon.com/gp/product/B001E3CK8W/ref=oh_aui_detailpage_o04_s00?ie=UTF8&psc=1)



Elkhart Products 1/2X3/8 Cop  
Coupling (Pack Of 25) 3069 Copper  
Couplings & Reducers

by Elkhart

★★★★★ 7 customer reviews

Price: \$24.27 ✓ Prime

**Note:** Available at a lower price from [other sellers](#), potentially without free Prime shipping.

**Only 2 left in stock.**

Sold by [BROOKLYN WHOLESALE SUPPLY INC](#) and  
Fulfilled by Amazon. Gift-wrap available.

For using a Nasal Cannula, attach the wide end of the tubing of the cannula (very short piece) to the copper coupling / structured water unit:



Here's the Nasal Cannula in the picture above:

[http://www.amazon.com/gp/product/B00881RIOE/ref=oh\\_aui\\_detailpage\\_o03\\_s00?ie=UTF8&psc=1](http://www.amazon.com/gp/product/B00881RIOE/ref=oh_aui_detailpage_o03_s00?ie=UTF8&psc=1)



by Westmed

## Westmed Super Soft Nasal Cannula 7' TUBING - 0556 - Case of 50

★★★★★ ▾ 27 customer reviews

Price: **\$38.18** & **FREE SHIPPING**

**Note:** Not eligible for Amazon Prime.

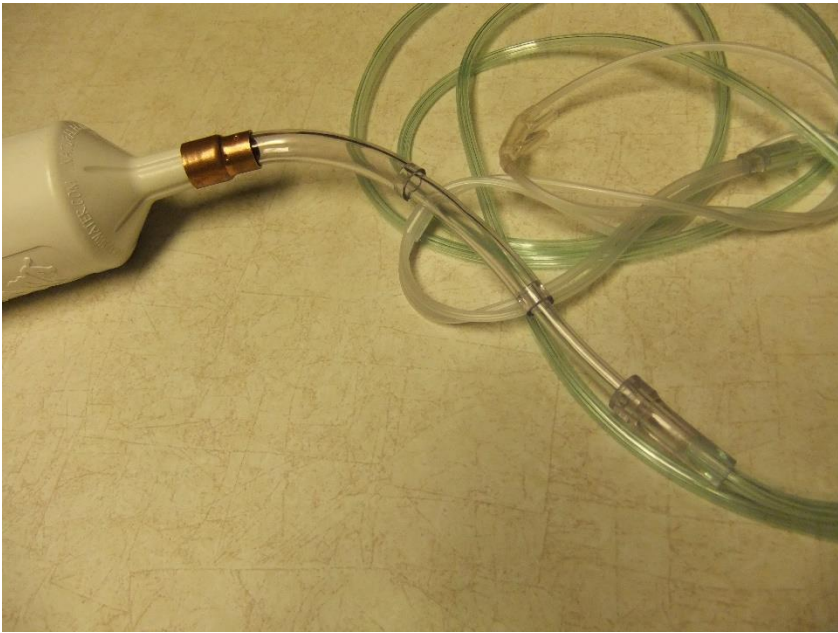
**In stock.**

Usually ships within 2 to 3 days.

Ships from and sold by [Treasure Zone](#).

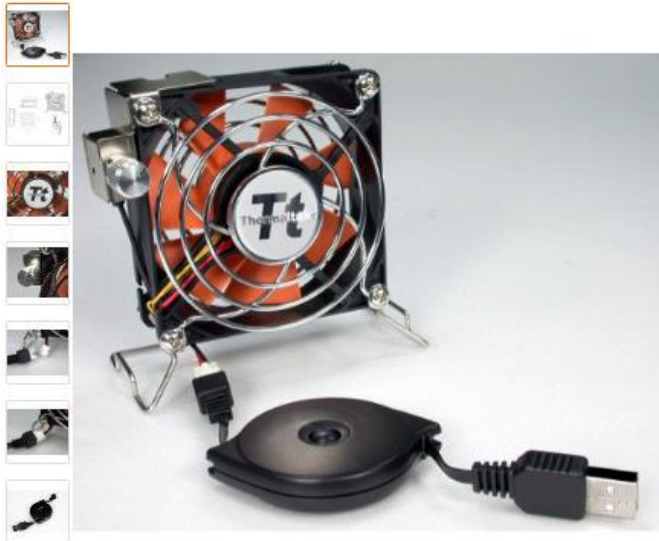
6 new from **\$38.18**

The connection between the copper coupling to the nasal cannula is not a very tight fit, so for a more snug fit, you can put a couple smaller pieces of vinyl tubing into the tubing above which we referred to as 'the straw'. (3/8" ID x 1/2" OD) You can cut a 2 or 3 inch piece of a 1/4" Inside Diameter (ID) x 3/8" Outside Diameter (OD) vinyl tube and place it inside the 'straw' which is attached to the copper coupling. Then cut a 2 or 3 inch piece of a .170" ID x 1/4" OD vinyl tube. Connect one end to the larger size vinyl tubing and the other end to the nasal cannula, as shown below:



For hands free structured breathing while at your computer, you can use this USB mobile fan:





## Thermaltake Mobile Fan II External USB Cooling Fan - Us

by Thermaltake

★★★★★ 1,037 ratings | 697 reviews | 25 answered questions

Price: \$15.99 ✓Prime

**Note:** This item may be available at a lower price from other [sellers](#) that are not eligible for Amazon Prime.

**In Stock.**

Ships from and sold by Amazon.com.

**Want it tomorrow, Oct. 1?** Order within **9 hrs 21 mins** and choose **One-Day Shipping** at checkout. [Details](#)

- P/N - A1888
- Dimension - 80 x 80 x 25 mm
- Rated Voltage - 5V DC
- Started Voltage - 4V DC
- Operating Range - 3.5 V ~ 5.5 V DC

### Slept Better!

I did the 45 breath structured breathing process in the evening... I slept better that night than I had in years.

J.H., Arizona

### Clear Sinuses and Mind

My alkalizing water machine is on the fritz so i have been using the structured unit and like it a lot! Also breathing through it and had a clearing of my sinuses and feel like my mind cleared up!

T.B., Mexico

### Greater Feeling of Relaxation

"After using the structured breathing I had an instant feeling of calmness. My body felt relaxed and my mind was at ease. my breathing was deeper and less restrictive. As I walked for the first time after using the structured breathing, my body was heavy and grounded. Overall, I felt like a different person. I really enjoyed the therapy."

Dr. G, Arizona

### Pneumonia Cleared Quickly!

I had a patient with pneumonia breathe through a structured unit along with Himalayan Sea Salt under the funnel...it cleared out in 2 days!

Doc Russ, Arkansas



## **Sinuses Opened!**

(paraphrased from telephone conference testimony Natural Action Technologies December 2013)  
...my chronic lifelong sinus problems cleared up with the structured breathing...I only breathed through each nostril 3 times and such a big change occurred. I had to repeat it in 3 days as my symptoms came back. Then, it was 6 days before I had to repeat it. I could finally go into cold air areas where before I could never breathe without mucus accumulating. Now, I was able to go into these places without having mucous accumulating .

## **Shallow Breathing Improved!**

A couple of months ago, on a Wednesday night call, I heard Clayton and Tim talk about breathing through the portable unit. I tried it that night.

All my life my breathing had been shallow. Breathing deeply was difficult and I could sustain it for only a few breaths. After a few breaths through the portable, it was as if deep breaths came easily. It was like I discovered a pathway in my body, a breathing pathway I had not experienced before.

I have not used the portable for this purpose with any frequency. However, I can remind my body to breath deeply and it responds easily on cue. I practice deep breathing frequently and look forward to the time when it is my default breathing pattern. Breathing deeply is so calming, and it increases my awareness of myself and the world. I am assuming that it is also healthier for me.

I am so grateful for structured, energized water and now for structure, energized air and for breathing deeply.

Thank you, for sharing this great gift with me.

Sandy, Florida

## **Breathing Strengthened!**

Our daughter had an accident in November of 2012. She has been weak and unable to blow her nose, since then. We are using the portable as breathing instrument for Sandy especially and she is getting stronger with her breathing. Today she was able to "BLOW" when Lee asked her to blow her nose...This was a FIRST since 11-4-12 so the portable unit is undoubtably making a big difference!!! THANK YOU CLAYTON and TIM

Be blessed,

Pat, Alabama

## **Pain Reduced and Energy Improved!**

In the course of working with people of all ages, we have seen and heard many improvements to the peoples' health. This has included the reduction of different types of pain, such as back pain and headaches.

Peoples' energy also improved with structured breathing. Colds and infections disappeared rapidly.

Much of this is due to the strengthening and balancing of the internal pulses. Simply stated, as the pulses balance, health returns. They notice more clarity of thought. Perhaps the most important part

of this is the emotional balancing that occurs with structured breathing. Every time a person performs structured breathing their nervous system adjusts to increased regulation through the release of emotional toxins. Just as the structuring units neutralize toxins from the water, so it is with the air. Toxins are being released physically and emotionally.

In this state, the body can take care of the internal functions necessary to maintain homeostasis.

We are accumulating more and more evidence for the consistent every day use of Structured Breathing as a top notch practice for improving and maintaining excellent health. It is proving more and more to be like a powerfully condensed Qi Gong session, and then there's structuring every liquid you drink and food you eat...another Big Plus!

- Tim Toula, Researcher at Natural Action Technologies

## **Structured Breathing Apparatus Kit:**

**We make this available to you for just \$10.00  
including shipping to cover our costs**

### **Includes:**

- Six page document of the Breathing Apparatus Materials List. In consideration of the environment, the following PDF files (27 pages) will be emailed to you (though we are happy to print them out and include them in your package per your request): 'Structured Breathing, How it Works For You', 'Structured Breathing Techniques to Improve Brain Wave States', 'Lowered Respiration Rates with Structured Breathing'
- Brass coupling to connect portable unit to vinyl tubing
- 4 'straws' for multiple users of portable unit for structured breathing (vinyl tubing that fits into brass coupling).
- Nasal cannula and 2 smaller pieces of vinyl tubing to connect it to the portable unit (see picture on page 3)

**Other accessories that can be purchased separately: USB Mobile Fan (Thermaltake Mobile Fan II External USB Cooling Fan on [www.Amazon.com](http://www.Amazon.com))**

For more information on structured breathing, visit  
[http://www.biophotonicwater.com/The\\_Science.html](http://www.biophotonicwater.com/The_Science.html)  
or contact Victoria White at (520) 325-3400; [victoria@biophotonicwater.com](mailto:victoria@biophotonicwater.com)