Natural Action Technologies, Inc.

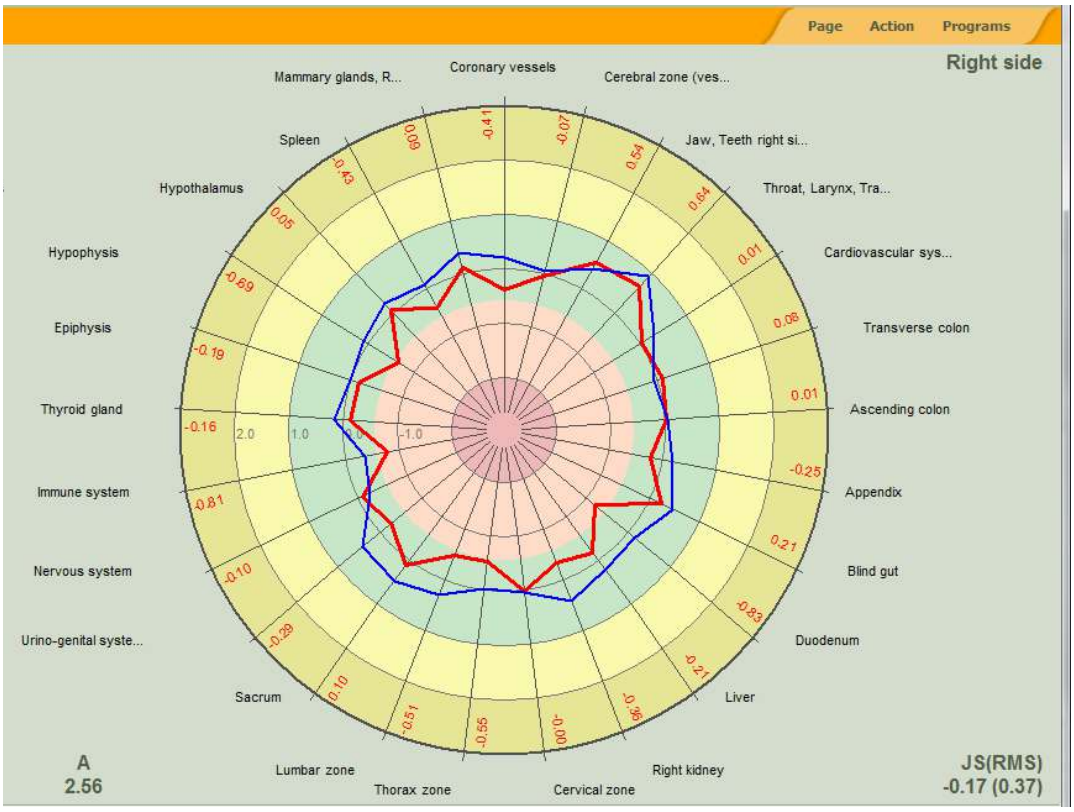
presents

NAT Structured Water and Structured Breathing Reduce Stress 1

This is a fine example of how healthy people benefit from NAT Structured Water and Structured Breathing in a minute in their daily lives. In the next 3 images, witness the fitness increase with an NAT Portable Unit.

These three GDV Energy Diagram pictures were captured while working with a 50 year old woman in above average physical health. The first GDV Capture (Pic 1) shows a lot of angularity (stress) in the Emotional (Red) Line, with an A (Stress) Rating of A 2.56. Now, in GDV Energy Diagram knowledge, an A level of 2-4 is considered normal or average, and is considered an acceptable level of stress for the "usual" day-to-day activities.

However, stress is actually taking this woman into a light physiological deficiency state in the immune system, small intestine, and brain stem areas. Stress is known as the silent killer. Watch the documentary **Stress, Portrait of a Killer!** How could her stress be brought into even better terms?

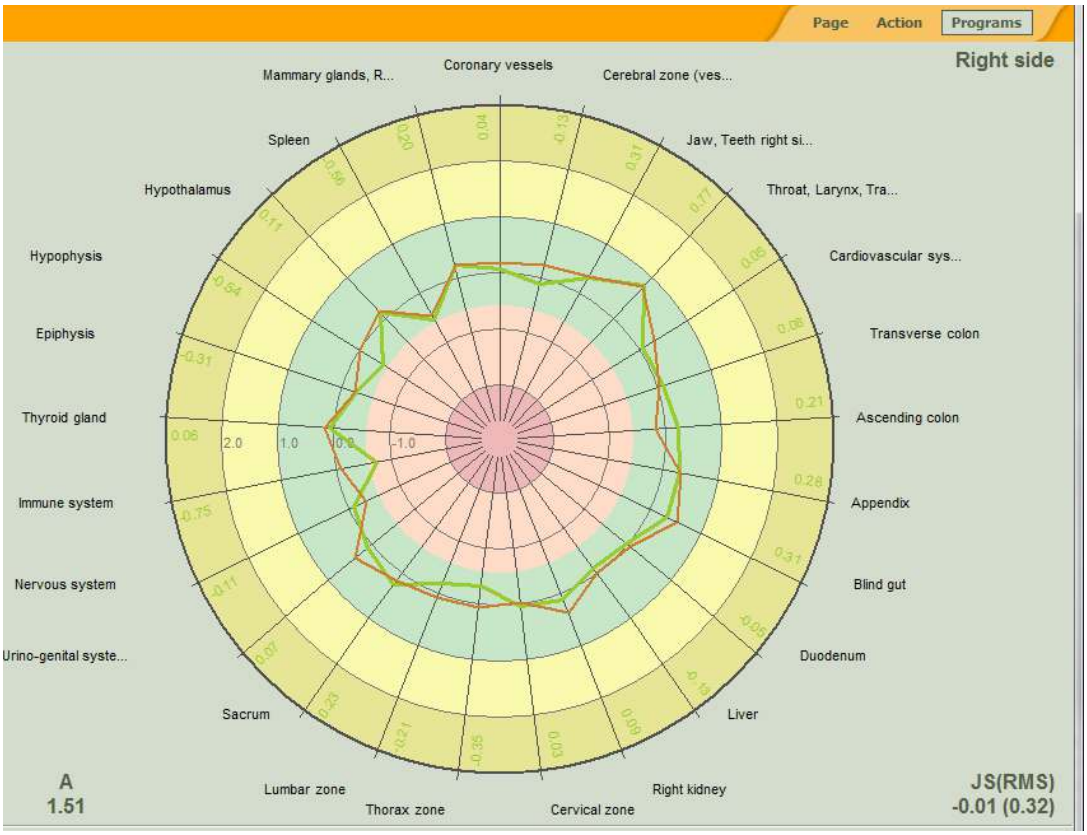


Pic 1. Baseline. 50 year old Female. Emotional Body (Red line). Physical Body (Blue line).

Enter NAT Structured Water and Structured Breathing!

Look what happens (Pic 2) when one 8 oz. glass of NAT structured water is consumed.
First, the Red Line (now Green) shows the Emotional Body has smoothed out by losing a large number of angles. Secondly, it has also moved away from the pink deficiency state caused by the emotions, and is returning to perfect health. The A 2.56 rating has dropped significantly to A 1.51.

We also see that the two lines (green and brown) have become more congruent and integrated (closer together) than the baseline Red and Blue lines. What does this mean? It signifies an integration of mind and body. And THAT, IS what happens with NAT structured energetics!



Pic 2. 50 year old Female. After 8 Oz. Structured Water.
Emotional Body (Green line). Physical Body (Brown line).

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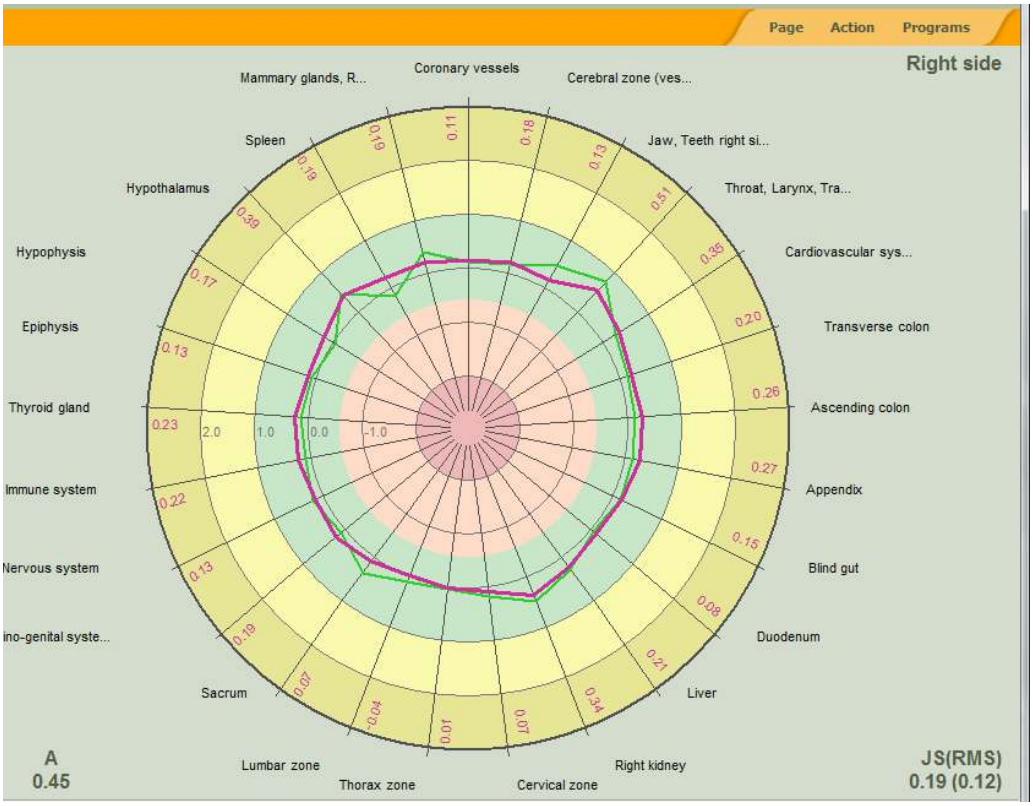
After the Structured Water (Pic 2), she performed Structured Breathing (Pic 3). She did 3 breaths in each of the 5 Step Structured Breathing Procedures (total time water and breathing = 2+ minutes). Now, realize from the Structured Breathing another beautiful reduction in stress; plus, a greater increase in organ function and congruency!

Notice how the strong angles of her baseline Red and Blue Lines (Pic 1) have turned into virtually smooth circles, an indication of even greater congruency and stress reduction. This is backed up by the fact that her A rating reduced even further by dropping to A 0.45. Incredible! This is like a beginner engaged in an hour of qi gong. Here, it is only a couple minutes of structured breathing and water.

No longer are there any pink deficiency states showing, unlike the baseline. Now, there is only maximum congruency and integrated green and purple lines. This is where each and every person in terms of their personal health could and should be! We are showing you what's possible…when are you too ready?

More importantly, who will you be becoming 3 minutes from now… incorporating structured water and structured breathing with Natural Action structuring units…into your daily health routine?



Pic 3. 50 year old Female. After Structured Breathing 5 Step Procedure.
Emotional Body (Green line). Physical Body (Purple line).

A new day of health arrives when you do!

Tim Toula,

Research at Natural Action Technologies, 2/11/2016

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