



# How-to Video *Bio Tuner BT9*

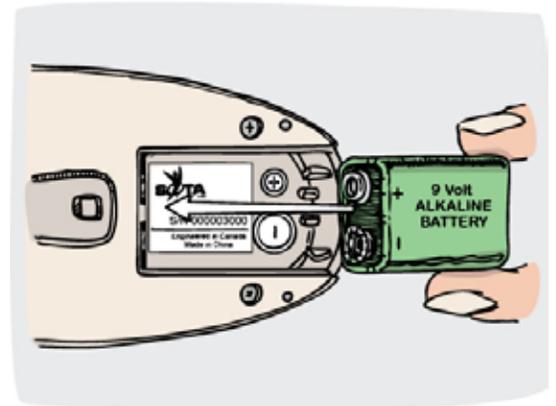
## Transcription

**W**ello. I'll be demonstrating the use of the SOTA Bio Tuner. The Bio Tuner shown here is our latest model, the Model BT9. Please remember to read your Bio Tuner manual, it's filled with great information, trouble shooting, cautions and just everything about the operation specifications of the unit. It's important to read your manual.

### Inserting the Battery

The Bio Tuner is powered by a 9-Volt Alkaline style battery shown here. The battery that you have may have a protective covering over the terminals, just please remember to peel that protective covering off to expose the battery terminals and here's a battery with the protective covering removed. Remember to use Alkaline style batteries and not heavy duty. Heavy duty batteries just simply don't have the capacity of the alkalines and the alkalines allow your battery to do the greatest efficiency for your unit and operate properly.

To insert the battery into your Bio Tuner is very simple. You turn your Bio Tuner over and remove the battery compartment lid and inside there are two plastic rings. There's a larger negative ring at the bottom and a smaller positive ring at the top and that's how to align the battery as we put it into the unit but I need to show you this first. Inside there are two spring metal contacts and they are meant to touch the battery terminals. If they're not already pulled forward you need to get in there, grab it with your finger and pull them forward, like on about a 45 degree angle. They're made out of spring metal; you can't hurt it, so just bring it forward. Take your battery, align it correctly with the plastic rings, push it in, snap it into place, put your battery lid back on.



Now turn the unit over and turn it on. Right away it will go into Mode 1 and the green light will be on. And at this point it tells me your battery is working great, the unit is powered up and we're ready to go.

### Rechargeable Batteries

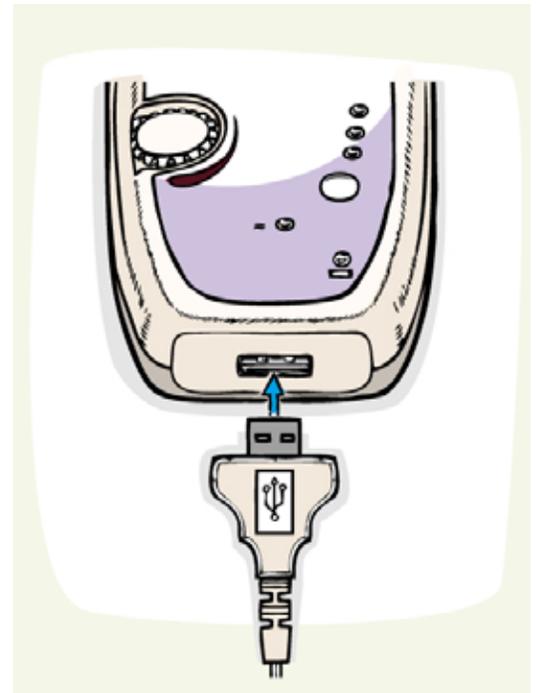
You may also use rechargeable batteries. I have a nickel metal hydride 9-Volt battery shown here. The rechargeables work really well, you can use nickel-cadmium, lithium but the only thing is the battery sizes can vary and we have no control over that so if it's possible see if your battery, before you commit to purchasing it, will fit in the unit and that way you can obviously buy with confidence. But they work very well.

### Low Battery Warning

Now when you turn your unit on and you have a low battery you might see the low battery warning light come on. That's the red light in the bottom corner. If you see a red low battery warning light it's time to replace your battery. You'll have a little bit more time left but this is telling you that it's near the end of the battery's life and it's time to replace it.

### Connecting the Cord to the Unit

Okay the next step now is to connect our cord to the Bio Tuner unit. Our cord has a USB style connector on one side, shown here. And please remember not to plug this USB cord into your computer and don't plug any computer cords into our Bio Tuner. They're completely different and not compatible. Hopefully you can see that there's a small symbol on the one side of the Bio Tuner cord that shows the top of the plug. And it's very simple, that orientates correctly with the unit in this fashion and you simply plug it into place.

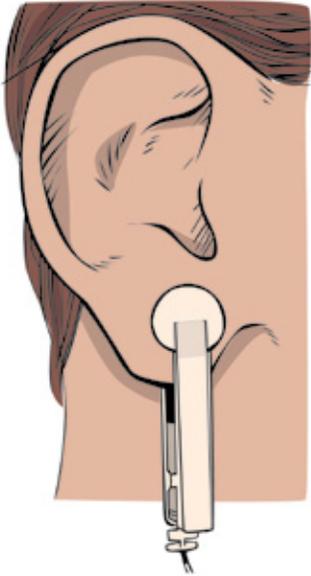


### Connect the Ear Clips to the Cord

On the other end of the cord we have these little gold pins. And just make sure that they're clean and wiped clean with maybe tissue paper before you put the ear clips on. These are the ear clips that are going to fit into the cord and on the end of the ear clip there's a small hole where the pin gets inserted. Very simple, you take your metal pin and you kind of turn it and push it into place and make sure that it goes in fully and is fully inserted. And I'll put the second one on. Just roll it into place and just make sure that there's no exposed pin. And that you can see is nice and tight fitting.

The next thing we want to do now is to put a drop of water on the end of the ear clips. So

you just get your drop of water with your water dropper bottle and you take the ear clips, open them up— it's a little bit difficult to do here. And then you put one drop. And I'll put that back. And we just want to now take a piece of tissue paper and just clean that off. Just to make sure there's no residue left from your previous session. And I'll do the same on the second ear clip, put one drop of water, which is done. And then I'll just clean that off. Now we know that it's ready to be clipped onto my ear.



### Placing Ear Clips on Ear Lobes

Now this cord can be pulled apart so I can easily place the clips onto my ear. The first thing you want to do is take your first clip, get another drop of water, this is now the conductive drop of water that you're placing on here, just a little bit more, there we are. It will bead up on the end of the electrode. These are conductive rubber electrodes so we need to have a conductive medium, water, in order to transmit the electricity properly and then I'm going to take the ear clip and I'm going to clip it onto my earlobe as tight and as close into the TMJ point as I can. That's a correct placement. I need to pull this wire apart slightly and I'm going to put a drop of water on the second ear clip. You'll see it bead up a bit. And I'm going to place that on the second earlobe. And that's a correct orientation.

### Turn the Unit On

Now when I turn the unit on the first thing—what will happen as I turn it on here, I can feel it already, it goes into Mode 1 and that will be the green light on Mode 1. And I can turn it up and control the intensity with the dial. There's also a yellow indication light that may not be on when we're doing this setup right now. That is used later on for troubleshooting and I'll go over that later. It may or may not be on, don't worry about it.

### What It Feels Like

Right now you should be feeling the pulse. This is a pleasant kind of buzzing sensation. You may feel the pulse more in one ear than the other. That's completely normal. Remember that both have to be connected in order to provide electrical current.

Now sometimes you might use a little bit of conductive gel, even an aloe vera gel, you can put that on the ear clips and clip them on. It will maybe make it a little bit more comfortable. It all depends on how you feel with the ear clips. If you're comfortable with water just use water. Again, you can use aloe vera gel or conductive gel.

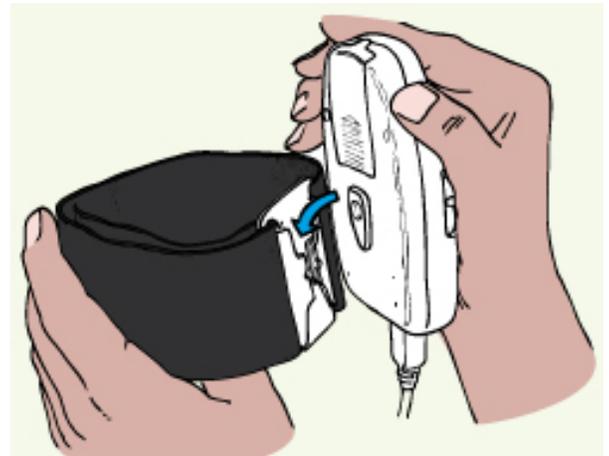
So I'll just turn, actually you can see that the yellow light is on with my session here. If you want to change modes first please turn the dial down. Sorry I turned it off. But turn the dial

down, change to different modes and then reposition the intensity for that second mode or the third mode, just turn it down a bit. That way you don't jolt to a mode that has more intensity, so that way you don't get a surprise. Again, adjust it to what's comfortable and that's how you power up your Bio Tuner.

### Placing the Arm Band

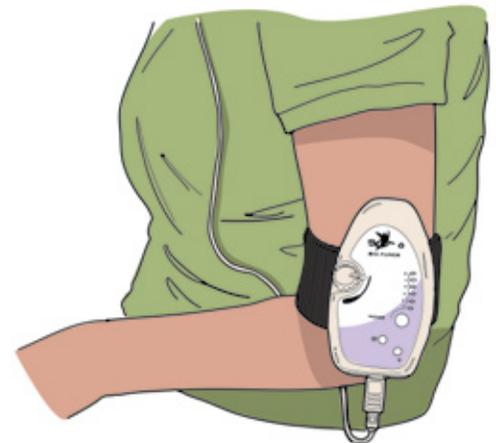
Okay I'd like to demonstrate a nice little feature that we have, it's the Arm Clip and Band. The Arm Clip and Band is meant to hold your Bio Tuner on your arm or your bicep or in this case I'll be putting it on my forearm. And it's just convenient for you to walk around with the unit or of course you can just put the unit in your pocket and walk around with it.

It's real simple; it's got a Velcro® type material. You open it up and basically open it to the size of your arm. Take the material and tighten it up. You don't over tighten it; you're not trying to cut the circulation off. Just make it comfortable. And on the back of the Bio Tuner there's a little clip assembly and it just clicks into place. And it's quite convenient; I can turn it on and off, turn up the intensity. And like I say, it also works well by connecting it to your bicep.



### The Six Modes

Now the Bio Tuner itself has six different modes. Each mode I like to look at as a comfort setting. It helps you not to acclimatize to any one particular mode. In each mode it's 1,000 Hertz, pulse modulated by 111.11 Hertz. That's present in all six modes, so one mode is not better than another. So you may have a personal favorite. So just try it out, see which one resonates with you the best and that's the mode that you may want to use for that day.



### Built-In Timer

The Bio Tuner also has a built in 20-minute timer. The timer will — as soon as you turn it on the timer starts and it's a continual timer meaning that if you start in Mode 1 let's say for 15 minutes and then you jump to Mode 2 then you'll have five minutes left over in Mode 2 and then the timer will time out. When the timer times out the unit will beep and we go into what we call sleep mode and sleep mode just means that the battery draw is much lower to help

conserve the battery. The mode light will just flash. And what you need to do is simply turn it off. You need to reset the unit. You won't be able to change modes at this point; you just need to reset it. So you turn the unit off, it shuts everything off, and restart it and go back into that mode.

### Length of Session

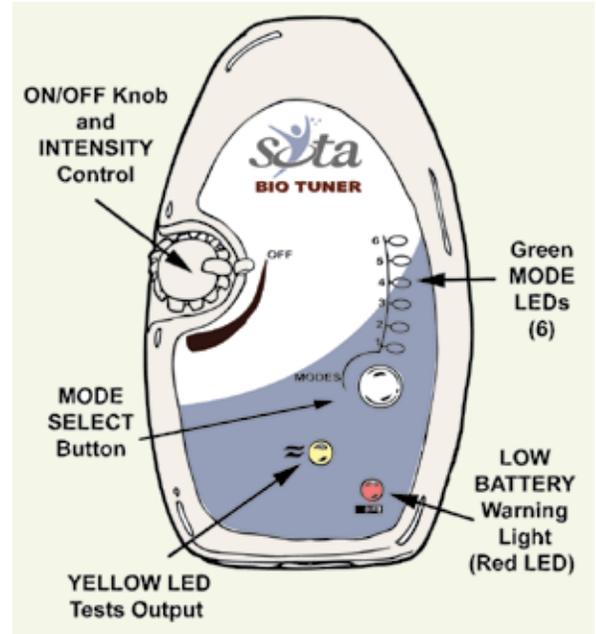
Now each session is timed for 20 minutes but you can do a session — you can do two sessions together making it 40 minutes. Basically that would be the limit because if you do more than 40 minutes you might get diminishing returns. Meaning that if you do more than 40 minutes all the positive that you get up to that point in time may start to go down the other side and you don't get as much positive results so you want to do a maximum of 40 minutes. So basically you can do 20 minutes, you can do that every day if you'd like, you can do 40 minutes every day if you like. You can even do three sessions of 20 minutes a day; let's say morning, noon and evening. You can do three sessions of 40 minutes but just don't go past the 40 minutes in one session.

And then when you're doing it it would make good sense to do it for the entire month, preferably longer. So you want to do it for a minimum of a month to get the results that you're looking for and then from there you can go further and experiment. And really it's about experimenting which works best for you.

### Troubleshooting

Okay I'd like to talk a bit about troubleshooting in case you run into any kind of issues. Probably one of the first things is, I don't feel the pulse or it feels unusual or prickly. Let's start with that. The prickly feeling may just simply indicate that you need to re-wet the ear clips. You'll want to take the ear clips off, put another drop of water on, and reposition them. It's as simple as that.

For some people though, you might need to clean the area where you're clipping it on the earlobes with mild soap and water and then just dry it and reapply the ear clips with a drop of water. Another thing which really helps is the use of conductive gel. That's that kind of slippery gel that you can get at any medical supply store and it's real nice. You can moisten the earlobe with it and then reclip the ear clip on and that helps really well for that feeling. What it does, it allows for better electrical connection and that's really what we're trying to do here.



The other thing to try, if you're sensitive maybe to conductive gel, you could just try something more natural like aloe vera gel. That works very well as a conductive medium. And I think from trying that you'll find that it's a much more pleasant feeling. Obviously you know you want to make sure that you're not turning it up too much. If you turn it up too much you're going to get that kind of an unpleasant feeling. So keep the level at an intensity that's comfortable for you.

Now the next thing is of course if you don't feel it at all. You've gone through all those steps and you don't feel it. What to do next. And that's where we actually have to test the electrical connection of the wires and we'll do that next.

Okay this step now is to test the electrical connection of the ear clips and the unit and the cord. And how we're going to do that, I'm just going to put the unit down here, I'm going to remove the ear clips and I'm going to unplug them from the pins. The first thing I want to do is make sure that the pins and this electrical connection is working. I want to make sure that the pins have any residue wiped off. Maybe you just want to do a bit of soap and water and then wipe it down with a tissue. And then I'm going to touch the two pins together and hold them between my fingers to make sure that they're making good contact. I'm going to then turn the unit up to full intensity and you should see the yellow connection light turned on. And if that's the case, that tells me that there's electricity flowing through the wires, through the probe pin ends and through the USB connection and so far, so good.

Now we want to make sure that the red low battery warning light isn't on because obviously you may not be getting the full power going through. And replace your battery if you see the red light come on at this point. And also note that we're testing it in Mode 1. The other modes have actually a lower intensity setting, there's different things going on there, and you may not see that connection light come on in any of the other modes so always test this in Mode 1. Remember we're just trying to test the electrical connection.

So the next step now, we have tested the pins; we need to test the ear clips. I'm going to put the unit down. And now I'm going to take each of the ear clips, re-plug in the pins to the ear clips and what I'd like to do now is to connect the two ear clips together in this fashion where we have the two conductive rubber black ends touching one another and then you just gently release the ear clips. This will tend to spring apart on you so just be very careful. Lay it on the table. Your unit is still turned up fully, and of course we see the yellow connection light come on.

Now this tells us there must be an electrical connection through the ear clips, through the pins, through the USB, and that the unit is outputting the full intensity. And this is actually an indication that everything is working perfectly.

If you don't see the light at any one of these steps you could have a faulty cord and you may have to get that replaced. And we're all set to go. Happy Pulsing!



Note: This video and the transcript are intended to complement the Product Manual that accompanies your unit. Please be sure to read the complete Product Manual before using your unit.

• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •