

Silver Pulser SP7 - Micropulsing How-to Video Transcription

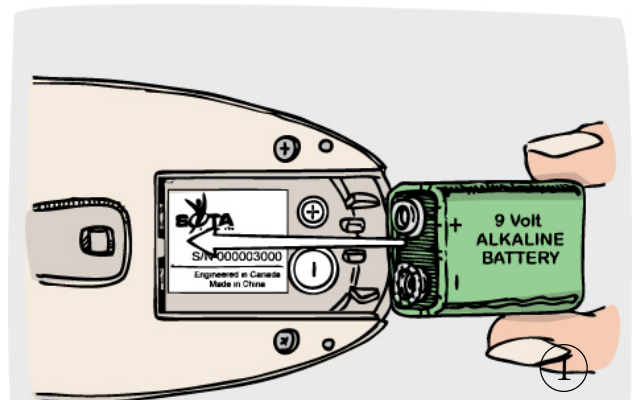
Wello, I'll be demonstrating the use of the Micropulsing for the SOTA Silver Pulser. Shown here is our latest Model, the Model SP7.

Inserting the Battery

The Silver Pulser is powered by a 9 Volt alkaline style battery, shown here. Now the battery that comes with your unit may have a protective covering over the terminals. Please make sure that you peel that protective covering off in order to expose the battery terminals so that they will connect within the unit. Now, I will show you what it looks like with the protective covering removed. As you can see the terminals are now open. Please remember to always use an alkaline style battery and not heavy duty. Heavy duty batteries do not have the deep capacity that is required to run the unit to full efficiency. You can also use rechargeable batteries and I will talk about those in a little bit.

To insert the battery into the unit, take your unit and turn it over. On the back here, we see the battery compartment lid. You simply slide that off and if you look inside, there's two plastic rings with indicators on them. There is a larger ring with a minus indicator and a smaller upper ring with a positive indicator. And that helps us to align the battery. And inside, you see two metal prongs. Those need to come in contact with the battery terminals. Before we put the battery in, we need to make sure those are pulled forward if they are not already, and so they make good contact with the battery. Now they are spring metal and you simply just take your finger, grab the corner of it and just pull it forward—and just so that it is at an angle that will contact the battery properly.

On the battery, of course, there's two terminals—the bottom one is the lower negative





terminal, the larger one, and the top is a smaller positive terminal. You simply line it up in this fashion. Slide it in, click it into place, put your battery lid back on, turn the unit over and I'll turn the unit on. And you should see a green ON light. That tells me the unit is ready to go and the battery is working just fine.

Using Rechargeable Batteries

Now with rechargeables; I have here a nickel metal hydride 9 Volt rechargeable battery. This has a capacity of 250 milliamp hours and that capacity rating tells you basically how much energy is contained within the battery. And if you get a battery with a higher milliamp rating, the battery will simply last longer. Now, there are also different types of chemistries, like nickel cadmium. They may not last as long, but both these, of course, work quite well because you are not going through batteries like alkalines.

Alkalines may actually have a longer life just because they hold a deeper cycle. Now one thing about rechargeables that you need to make note of is, although they are all the same shape, the size differences come into play here because of different tolerances and we have no control over that. And so, if you are going to buy a rechargeable battery, please if you have an opportunity to put the battery in the unit first to make sure it fits. Because it may be a little bit larger and not fit the unit and you don't want to be committed to buying something, let's say over the internet if the battery doesn't fit in properly. Other than that it works really well.

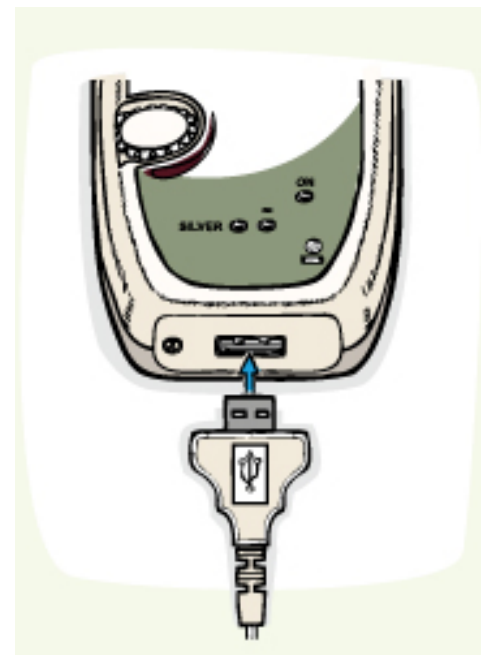
Low Battery Warning

The Silver Pulser has a low battery warning indicator. It is a light that comes on at the bottom of the unit. At the same time there is also an audible beep. It is going to beep a few times to let you know it is time to change the battery.

Connecting the Micropulsing Cord to the Unit

Ok, the next step now is to connect the Micropulsing cord to the Silver Pulser unit. Our Silver Pulser uses a USB style cord and USB style connection. Make sure that you do not use any other type of USB computer cord to plug into the unit and do not plug our USB cord into a computer, they are not compatible. On the end of the Silver Pulser, there is, of course the USB jack.

I am just going to turn the unit sideways here and show you the USB cord. On one side of the USB plug there is a USB symbol that shows the top of the plug. If I flip it

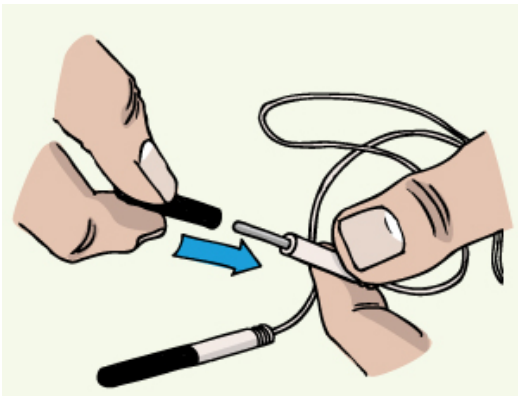




over there should be no symbol on the other side showing the back of the plug. So you connect in this fashion very simply. You make sure that the top of the plug is on the top area of the unit and plug it into place—real simple.

Connect Rubber Probes to the Micropulsing Cord

The next step now is to connect the conductive rubber electrodes into the end pins on the USB style cord here. These end pins need to be nice and clean. They need to be



wiped down just to make sure there is no residue from a previous session to get the best electrical connection and it is real simple. Conductive rubber—it is made out of a pure conductive rubber. They just simply push into place. There is a little hole on the end of the probe itself and it just fits into the pin end and you can sort of twist it and push it into place.

Make sure that it's fully pushed in and there is no gap between the rubber and the plastic end and I'll do the other one at the same time here. Just twist it into place

and there we are, we are good to go.

Place Cotton Sleeves on Rubber Probes

Ok, the next step now is to put the cotton sleeve onto the conductive rubber probes. You always want to use cotton sleeves on the probes. What it does is it helps to disburse the electricity properly and also it helps position the cotton sleeves on your wrist which we will show later. And the cotton sleeves have the cotton fuzzy on one side and Velcro on the other. And to insert into the end, there is actually three sewn edges. Bottom, side and top and of course you are going to insert the probe into the end without the sewed area.

What I like to do is take the cotton sleeve and give it a little push. As you can see it opens up and that allows me now to insert the probe in there so I am going to. It's a little tricky to do here, but I sort of pre-open it up. Take the rubber probe and twist it and push it into place. Push it all the way in. As you can see it fills the area nicely. And we will do the same on the other one. We just pre-open the cotton sleeve. Take the rubber probe – start it in the end and twist it into place. Push it right to the end. And so now we have the conductive rubber nicely seated into the cotton sleeves.

Wet Cotton Sleeves

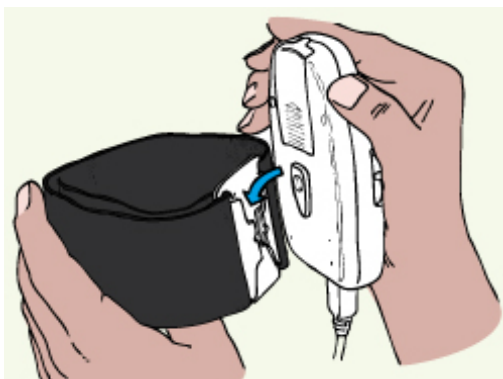
The next thing we need to do now is to moisten the cotton sleeves with water. We do that because we need to have a good electrical connection and by moistening it, it spreads the conductivity throughout the cotton sleeves – so it is very important that you do this.



I have a dropper bottle here; let's keep these guys in shape. I have a dropper bottle which I had just filled with water and it is going to bead up a bit because this cotton is nice and new. So I am just going to put some on and just kind of work it into the cotton. Kinda knead it in. There we are. Just a little bit more. It is going to get a little bit messy. Don't worry about it and you just lay it in there and you can again work it in with your fingers. We will just put it on both sides here and get that nice and moist. Now we don't want it over moist. We don't want it dripping wet. We want it nicely saturated with water. So if I take one of them here and I can squeeze off the excess water and just get it nice and moist. Because if it is dripping wet we may cause conductivity between the cotton sleeves when we place them on our wrist and we don't want that.

So just make sure it is nice and moist. Now, I have used just tap water here. You can use distilled water, filtered water, anything, that gets a good electrical connection. Now you might be sensitive to electricity and distilled water might be great, or you may be a person that needs to have greater conductivity. In which case you just add a touch of salt to the water just to make it more conductive. But each time that we do this again, just make sure it is nicely moistened and we are ready to move onto the next step.

Placing the Armband



One of the optional features that I would like to show you with the Silver Pulser is the armband and clip option. This comes with the unit and what it is meant for is to attach your unit to your arm, your bicep or on your forearm like I am going to demonstrate. It just allows you to be mobile with the unit. There is a shorter cord that comes with the unit and if you want to have an optional longer cord you can purchase that and put the unit in your pocket if you find that more convenient.

Now the armband and clip has some Velcro material which determines the size of the opening. And I want to put this on first before putting the cotton sleeves on my pulse points because it is a lot easier to work. It would be too cumbersome otherwise. Real simple, open up the Velcro, put my arm through, and again I am going to put mine on the forearm and I just put it into a snug position. You don't want it too tight, you don't want to cut the circulation off. But just make sure it is comfortable.





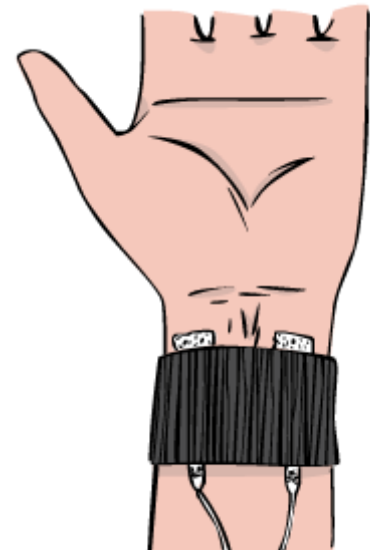
Position Cotton Sleeves

The next step now is to position the cotton sleeves onto the wrist band. Now, this is an interesting little demonstration on how to do this. Bear with me here. The wrist band – as I open it up – has the neoprene material on one side with the fuzzy section for the Velcro and on the other side is more of just the cloth-like.

I am going to first put this on backwards to properly position the cotton sleeves. It is real simple. Put my wrist down and just connect it up. It needs to be again comfortable. So now you can see that the fuzzy material is on the outside. And now I want to position the cotton sleeves which have the Velcro—you remember it has the Velcro on one side. I am

going to use this and line it up with the pulse points and attach the cotton sleeves. Now we have two pulse points. One is very easy to find—that is the one near the thumb. That is the one where you would get your pulse taken by a nurse. The other side—is down by the little finger. It is a little bit more difficult to find so reposition the cotton sleeves and line it up right over that pulse point on your wrist.

And you take the other one and line that up just over the little finger. So now they are pre-positioned. Now what I need to do is undo the wrist strap and turn it around so these now attach and are positioned on my skin. So I will put this down. Undo the Velcro. I am going to ... as you can see they are held in place nicely. I put that down on the table and take my wrist, lay it over the same points. Lay it over the same points and reattach with the Velcro and as you can see—and I may have to just reposition—now they are perfectly placed again. As you can see the one is right below the thumb and the second one is below the little finger.



Turn the Unit On

If I turn the unit on, and I'll show you here, I can already feel the pulses. As I turn it up, there is a yellow flashing light which will indicate that the pulsing is working. Now this may be brighter or dim, depending how much conductivity is moving through your pulse points. It will be different for everyone and I can feel that. Even though the light may not be too bright for you, and it is going to get brighter as it sort of seats into place. Now as we are pulsing and it is getting quite strong now, and I am sure the light is getting brighter because I can feel it. I am just going to put the unit down for a second here.



Cotton Sleeve Tips

Over time these may dry out. Because they have water in there and what is important is to keep them nice and moist so you always have good conductivity. So if you are feeling like it's getting a little bit low in intensity. Real simple—you get your little water dropper bottle here and I just put a drop or so just inside. Just inside, and right away I can feel the pulses quite a bit stronger and the yellow light, of course, may even come on a little bit brighter.

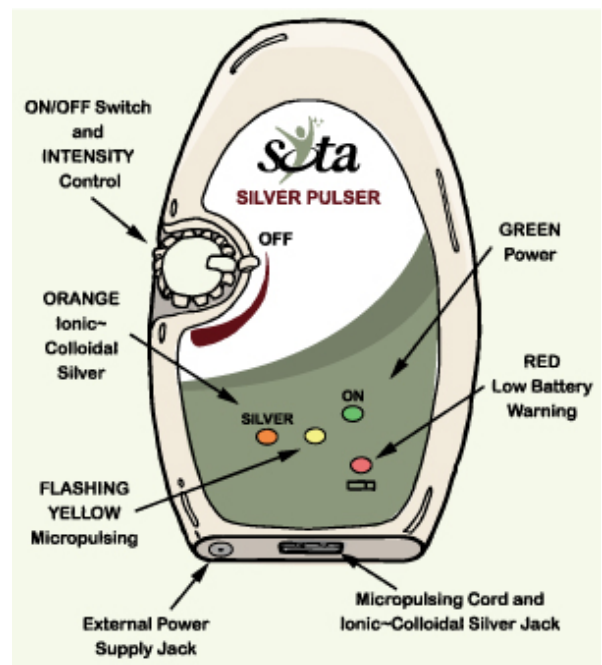
Now it is really important that you don't over wet the cotton sleeves. We don't want to have water between these two sleeves. Because, what will happen is the electricity will jump across and you will not feel it. Even though the light will be coming on brightly because you are still having electrical connection and you will be turning the unit up higher and higher and you won't feel it. So you want to make sure that the position between the cotton sleeves is kept nice and dry. Some people even get a bit of tissue paper in there to dry it out. They may even take off the wrist strap. Dry the wrist and reapply it. So it is kind of an interplay between keeping it moist enough but not over moistened. The pulsing is quite strong right now.

Low Battery

Now as you're pulsing, if it suddenly stops, it could mean that the low battery warning light has come on indicating that your battery is about to run out of juice. Now the battery on the unit works right to the very end. It will draw as much out of the battery as possible and turn off. So it would not be uncommon for you to suddenly stop feeling the pulses. At which time, of course, you are just simply going to look at the unit and see if your red low battery warning light has come on. If so, just replace battery. So this is real simple.

Connect Unit to Armband

The next step now is to connect the unit to my arm band that I did earlier. And it is real simple, you just take the unit and you slide it into place and we're up and running. There we are. And of course, in this position I can adjust the intensity—lower and higher. Now with the intensity, you don't want to turn it up too high and you don't want to turn it down too low. You want to get it on a nice comfortable setting. I feel the pulses quite comfortably. It is a nice thumping feeling so make sure that you don't overdo it. There is





no point in having painful sensations while you are using the pulsing. It should be very comfortable because you are going to be using it for maybe several hours. So you want to make sure it is nice and comfortable and we are good to go. Happy pulsing.

Keeping Hydrated

Now if you are new to pulsing, it is very important to drink a lot of water during the session and working your way up to 2 hours a day would be a session. And you might want to start off with maybe 15 minutes, and maybe the next day if you are feeling good and you can tolerate that, to move into 30 minutes and 45 and that type of thing, to eventually work up to a 2 hour session which would be, I think, really good. And it is very important to keep well hydrated during this time. So what I mean by that is drinking fresh clean water. Not something with water in it, but water itself—eight ounce glass of water before you start pulsing; eight ounce glass during pulsing and eight ounce when you are done. That is a really good level of hydration.

Length of Session

And again, you are going to use common sense as you use the unit and you are going to be able to adjust the time that you are going to put it on during that session for yourself. So maybe 15 minutes for a few days and work your way up to 2 hours a day. The other thing is to eventually work up to 30 days. This is now what I would like to call the minimum for me. I want to go past 30 days maybe to 2 months. That would be good. So working those kind of ways, which you have 2 hours a day and a minimum of 30 days would constitute a really good session for you.

Sensitive Skin

Some of you may have very sensitive skin and have a sensitivity to the electrical pulse and may find a bit of skin irritation or just uncomfortable to use. So I would like to talk about ways to help alleviate that for you. One of the best things that we have found is conductive gel. Now conductive gel is available in most any drugstore and it's a nice slippery little gel and is very conductive of course as the name implies. And how you apply it is simply you take the cotton sleeves, pre-moisten the cotton sleeves with a bit of water. Get the conductive gel, it comes in a tube. Squirt a little bit on and knead it right into the cotton sleeves and then place that onto your wrist. And I think you will find that it is much more comfortable and it just has a more pleasant sensation for the pulsing. And it will definitely reduce the skin irritation. And of course when you are using the unit you don't have to turn it up to uncomfortable levels.

So just make sure that the level is comfortable for people with sensitive skin. Also, with the sensitive skin, if you are using the unit on your left wrist, let's say today, take everything and move it to your right wrist tomorrow. So every other day alternate wrists.



So then you kind of even it out and that helps quite a bit too. Also if you have any kind of irritation on your wrist you might want to try taking the cotton sleeves off on the wrist band, take them off and clean them up with soap and water. Just to get some of the oils off and just maybe you can even put like an aloe vera gel.

You can put MSM cream or even vitamin E solution to help it to heal. You can even use Colloidal Silver and again, the next day you do the other wrist. So that really helps to alleviate the uncomfortableness with people with sensitive skin.

Difficulty Feeling the Pulse?

Now some of you may have trouble feeling the pulse and I'd like to talk about what you need to do. First thing is important is that you don't have too much water across the cotton sleeves so that the electricity is going across instead of in. Because what will happen is the light will come on, you'll turn up the unit but you still won't feel because it is shorting across. So what you need to do is make sure that area is kept dry between the cotton sleeves.

The second thing is you may actually have to increase the conductivity of the water that we are using on the cotton sleeves. In other words we want to make it more conductive. How we do that? We just take a bit of salt and put it in the water. Make sure it is nicely dissolved and use that water which is higher conductivity and put those into the sleeves and keep them moist with that new water.

And the third thing which is, you may actually have to drink more water. You may need to increase your levels of water in your body to increase your body's conductivity so you will feel the pulse more. So please remember to try and drink at least 8 ounces when you start the session, 8 ounces during the middle and preferably 8 ounces when you are done and that will help give you proper hydration so you have more conduction.

Cotton Sleeve Alternatives

I'd like to show you a couple of alternatives to using the cotton sleeves with our Velcro that comes with your Silver Pulser unit. The first thing is simply a paper towel. This is just your ordinary paper towel material. And you are basically going to roll your own. And in order to do that you are going to have to get this moistened otherwise this will be too difficult to handle. So I am just going to get a bit of water here and get it a little bit moist. And, once it is fully moistened, and you can see the paper towel, it is cut to the width and length of the probe cord to make sure it fits properly, and you are just going to place it on the probe cord like this and you are going to start rolling it. I have fat fingers here, so this will take a bit, turn the end in, and just keep rolling it, keep rolling it, it gets a little tricky to do. And eventually you get to the point where it's nicely rolled up. Here, you are good to go. It is kind of cool too, it will actually hold that shape as it dries out a bit. You



can remove it from the probe cord here, and you can see it holds its shape very well. So it works quite nicely.

The second option here is to use a diaper material. This is like a cotton that you would get in a diaper material, which is very absorbent for water. That is why we chose the diaper material. Again it is cut into a square, the same width and length as the probe cord. This one you will also have to moisten. I have pre-moistened this so it is easier to handle. You are going to do the same kind of thing. You are going to set it up like this and you are going to roll it just like you did with the other one. Take the end and move it in a bit and roll it. And like I say, it is tough for me because I got large fingers here. Now this is not going to hold the shape like the paper towel because it is a cloth material. So now you need to get a bit of the thread.

I just got a bit of cotton thread here, and basically pinch it and start spiralling it down the length and you work your way back and you make a nice pattern with it. Now you can take the thread and tie it into a knot. It is too difficult for me to do on this but I can just show you and you can tie the knot on yours if you like. And there it is and there again it holds its shape nicely, you can slide it out and when it dries out you can slide it back in so it works quite well.

And, we also have an option of a cotton sleeve that does not have the Velcro on the back. Some of you may find that this is more convenient to use for whatever reason. And with this particular one, as you can see, it is just like the ones with Velcro, it's sewn on three sides, which leaves one side open. And what you want to do is just pop that open by pushing it and it's got double layers, so you want to make sure that you get two layers on the top and two layers on the bottom so it is equally positioned between the probes.

And then you would just take the probe, position it into that hollow that you created here and work its way in and there it is and again sort of spiral it into place. Make sure it is pushed in all the way in right to the end. Now it is all done there. Now to use this of course, we need to get that moistened and wet – so, I am going to take my dropper bottle and it is going to bead up like this. So we are going to take it and just sort of work itself in, work the water in, you just get it and you work it in. That type of thing. We will get our second one going here again, we will open it up a bit and we'll slide it into place. Let's just do that like this – right to the end, make sure it is nice and snug. Get some more water, and again it is going to bead up again, so you want to just work the water in and really work it into the cotton to get it nice and moist. Again you don't want to over moisten it but you want to have it nicely saturated. Like these.

And now we are ready to take these and connect them to our wrist. Ok, I have got the sleeves moistened with water and the next step now is to connect them to the wrist strap. So we take our wrist strap, again it is the exact same wrist strap as with the Velcro cotton



sleeves. The same wrist strap, and on one side we have softer Velcro material with the neoprene. And on the other side is a cloth-like material. In this case, in order to connect it properly to the wrist we are going to put the Velcro material or the neoprene against the wrist, and I'll just put my wrist down like this. Connect it up. And this takes a bit of doing here. And there it is nice and comfortable. And now I need to take the cotton sleeves – again we are just using the cotton sleeves rather than the other ones and I need to manually place and push these up into position. And I will first put them underneath here and I will re-position them later.

Because it is a lot easier to first get them in this position. Now of course the one cotton sleeve will line up with the pulse point for your thumb and the other one of course will line up for the pulse point for your little finger. And there should be a good space between it – so make sure it is connected in that way. And you are basically ready to connect that to the Silver Pulser unit and start pulsing.

This needs to be moistened of course. We have already had a bit of water on here, but as the cotton sleeves dry out over time we need to re-moisten them. It is real simple, you just put a drop of water there and a drop of water there, it will bead up a little there, don't worry about it. Just make sure that you don't excessively moisten it where the water gets across and the electricity may short out because you will keep turning the unit up, you won't feel it even though the light will come on. Because the electricity isn't going in, it is going across.

So just make sure you keep that dry in between the two cotton sleeves. Sometimes you could even take the wrist band off, dry the wrist and re-apply it. And that is basically it and we are good to go.

Troubleshooting

Now if during your session you stop feeling the pulse, it might be a good idea to test the unit. The first thing you want to do is plug the USB connector into the unit. And on the probe ends, here, what we are going to do is touch the two probe ends together. I am going to turn the unit on and turn it up fully. And what you should see is the yellow light flashing brightly. If I turn it down, of course, the intensity will go down. If I turn it up the intensity will go up. The next thing now, I can leave it in the turned up position for this next step here. The next thing is to connect the conductive rubber probes to the pins.

The first thing you want to do is make sure the pins are nice and cleaned of any residue that you may have had during your session. So just clean them with a paper towel. Take the rubber, conductive rubber probe ends, and insert them into the pins. Push them in all the way. And do for both. Then take the rubber, the tips of the conductive rubber, hold them together and look at your unit. And you should see the yellow light flashing



brightly. Make sure it is on full intensity to see the yellow light flashing brightly and I can turn it down and turn it back up and the intensity is full. Now of course, during this time, you want to make sure that your red low battery warning light is not on or else this test may not pass. So, when I see the unit in this condition here, it is working perfectly. That means there is good conductivity through the conductive rubber probes, through the pins, through the USB, and the unit itself is outputting perfectly.

So this unit is working great. What happens if you don't see that yellow light flashing? It could mean that either the rubber probes need to be replaced because they may have worn out or the cord may be faulty and you may need to get a new cord or both. So make sure again that the red battery warning light is not on. If your light is flashing brightly your unit is working perfectly.

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.