

The

Sita Products User Guide



SOTA offers five units—Silver Pulser, Magnetic Pulser, Water Ozonator, Bio Tuner, LightWorks and YumaLite®. 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 healthy frequencies
- 6) *The YumaLite* to apply LED light to the eyes when natural light is lacking

Using this Guide

We offer a choice of three Wellness Programs:

- Basic Wellness Program - This program is great for those who are looking to be proactive with their health. The Basic Wellness 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 for health.
- 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, flu-like symptoms or other minor symptoms showing the body is moving itself towards wellness, 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.
- 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 Silver Pulser provides a simple way to apply microcurrents by placing the electrodes over the two pulse points on the wrist.

Basic Wellness Program:

- When first using the Silver Pulser, it is best to gradually build up the amount of time used daily. Start slowly with 10 - 20 minutes a day. Increase the time each day until you are Micropulsing for a minimum of 2 hours each day. Once you are using for 2 hours each day, use daily for a minimum of 8 to 12 weeks.

Focused Wellness Program:

- When starting, increase the amount of time daily and/or continue to use beyond the 8 to



12 weeks minimum.

- How long? Depending on how you feel and your own individual needs, you may need to apply the Micropulsing for many months or even years to reach your wellness goals. Because Micropulsing is supporting your body's natural abilities, it is important to ensure that the body is ready to maintain your wellness goals on its own, without the additional support of the Micropulsing. If stopped prematurely, it is possible the body will not be ready to maintain wellness without the assistance of Micropulsing.
- When stopping Micropulsing, whether you have used for several weeks or more, it is best to gradually reduce the amount of time used daily. If using two or more of the SOTA units daily, remember to only discontinue the use of one unit at a time.

Ongoing Wellness Program:

- To maintain the beneficial effects of Micropulsing, suggestions for upkeep are a) 1 to 3 times per week, b) 1 week per month, or c) as needed.
- At any time, the Basic Wellness Program for 8 to 12 weeks can be repeated or resume the Focused Wellness Program if needed.

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 mild silver electrolyte that supports the body's natural defenses. Silver is used in burn ointments, bandages, and for water treatment. Health stores usually carry several brands of Ionic or Colloidal Silver.

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.

Basic Wellness Program:

- When using Ionic~Colloidal Silver, it can be taken daily or several times per week—1 to 2 ounces (30 to 60 ml) at a time, for 2 to 3 months.
- Larger amounts of Ionic~Colloidal Silver—1 cup or more—can be consumed for short periods of time, for example, a few weeks. It is better to take smaller amounts throughout the day rather than all at once.

Focused Wellness Program:

- Consume larger amounts per day—up to 2 cups for a few weeks, then 1 cup for several

months—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.

- Over several days, or weeks if preferred, gradually decrease the amount of Ionic~Colloidal Silver taken daily.
- If wanting to use the Focused Wellness Program over a longer period of time, it is important take breaks from the use of Ionic~Colloidal Silver. For example, every 3 months take a 1 month break.

Ongoing Wellness Program:

- Do what works for you. Our suggestion is to use as needed.
- At any time, the Basic or Focused Wellness Program can be repeated.

Pulsed Magnetic Fields Using the Magnetic Pulser

The Magnetic Pulser generates pulsed magnetic fields which are known to create microcurrents.

For most applications, it is best to use the Bio North (-) polarity side of the Hand Paddle—the polarity is clearly marked on the Hand Paddle. The Bio North (-) polarity of the Hand Paddle can be applied to any area of the body. The Magnetic Pulser can be applied over clothing as the magnetic field penetrates clothing.



Keep the Hand Paddle on one area or move to different locations during a session.

Basic Wellness Program:

- Begin slowly, 10 minutes per day, and then gradually increase the length of each session until you are applying at least 20 minutes per day. Daily use varies from 20-30 minutes to two hours or more. Continue use for 8 to 12 weeks minimum.
- When used as part of a wellness program, consistent daily use for many weeks is more important for results than using occasionally. Longer and more frequent sessions may be more beneficial.

Focused Wellness Program:

- Increase the amount of time used daily by increasing the number of sessions. Use beyond

the 8 to 12 week minimum. When following a more intense program, it may be necessary to continue for many months or even years.

Ongoing Wellness Program:

- Generally, the Magnetic Pulser can be used on an as-needed basis. At any time the Basic or Focused Wellness Program can be repeated.

Freshly Ozonate Water Using the Water Ozonator

Ozone is Nature's purifier. Adding ozone to water creates additional oxygen in the water.

Basic Wellness Program:

- It is best to drink the ozonated water on an empty stomach.
- 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.



Focused Wellness Program:

- It is best to drink the ozonated water on an empty stomach.
- 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 6 different modes of the Bio Tuner are comfort settings. The choices enable the user to experiment to discover what feels or works best. With extended use, vary the mode from time to time.

The broad range of frequencies created by the Bio Tuner helps the body to relax and

promotes a sense of well-being. Simply place the ear clips on the ear lobes positioning them closer to the face side of the ear lobe.

Basic Wellness Program:

- One cycle is timed for approximately 20 minutes. One session can be up to two cycles or 20 to 40 minutes. Information indicates that if used longer than 40 minutes per session, the benefits may be reduced. Space the sessions to allow time between each session.
- Use daily, at least 2 sessions per day, for a minimum of 4 weeks and then gradually reduce the number and length of sessions.

Focused Wellness Program:

- The unit can be used for up to three 40-minute sessions per day. Space the sessions to allow time between each session. For example, one in the morning, one in the afternoon and one in the evening.
- With extended use, it is recommended to vary the comfort settings (modes) used from time to time.

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 and Seven Healthy Frequencies Using the LightWorks

The Hand Paddle with the LED lights can readily be applied to any area. Keep on one location or move to different locations during a session. Use the LED lights next to the skin as clothing will block the light.

The LightWorks offers several choices:

1. Automatic Option: This option cycles through the Constant setting plus the 7 healthy frequencies. Operates for 3



minutes on each setting for a total of 24 minutes.

2. Manual Option:

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

Basic Wellness Program:

- Information about the use of LED light suggests shorter rather than longer exposure times. Build up the time used gradually. Recommended use varies from minutes per session up to 1/2 hour or more. Apply LED light every other day or depending on tolerance, apply from 2 to 4 times per week.
- LED light triggers ongoing effects. As a result, it is not necessary to apply LED light and frequencies daily or use continuously. It is best to take breaks.

Ongoing Wellness Program:

- Apply LED light as needed.

LED Light to the Eyes Using the YumaLite®

When **exposure to sunlight** is limited, wear the YumaLite visor while you go about your morning routine. Light in the morning helps our body wake up and function normally. Be sure to adjust the visor for proper fit and position the visor so the light angles toward your eyes in the same way as sunlight. Feel free to use your YumaLite again during the afternoon. Some people find a second exposure of light helps them get through the day. We do not recommend using YumaLite in the evening as this is when you want your body to prepare for sleep.



To **balance your exposure to blue light**, wear the YumaLite visor using the Red light morning, afternoon or early evening. If you are more sensitive and find the Red light wakes you up – then use it in the morning or early afternoon.



The YumaLite offers two options:

1. **Timer Option:** This setting provides automatic timing for a 20-minute session of White or Red LED light. The unit shuts off at the end of the session.
2. **Manual Option:** Choose either White or Red LED light.

Basic Wellness Program:

- When first using the YumaLite, it is best to gradually build up the amount of time used daily. Start slowly with 10 minutes in the morning and gradually increase the time each morning until you are using the YumaLite for 30 minutes, for a minimum of 7 days. Feel free to do another session in the afternoon. You can use the YumaLite for up to 90 minutes a day.
- When used as part of a wellness program, consistent daily use is more important for results than using occasionally.
- When exposure to sunshine is limited:
 - Use either the White or Red LED light. We suggest starting with the White light. You can use the Red light if you find you prefer it, or if the White light is not helping.

Ongoing Wellness Program:

- Apply as needed.
- At anytime, the Basic Wellness Program can be repeated.

Share Your Experience

We invite you to tell us about your experience with any of the SOTA units:
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.