FLEX BEAM

by recharge.health

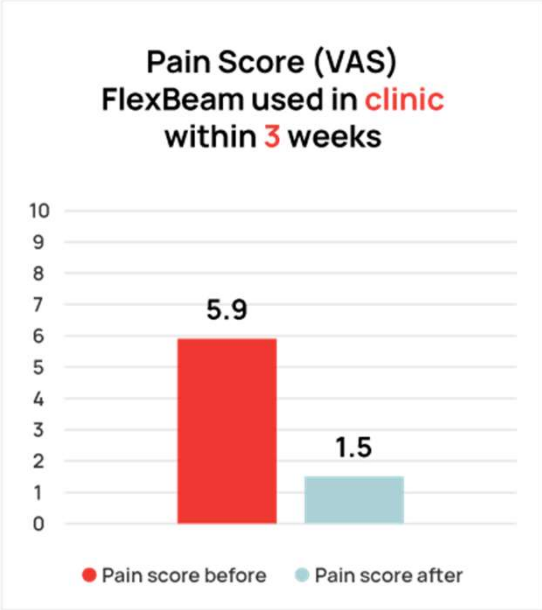
Internal Research Summary on Pain Relief from using FlexBeam

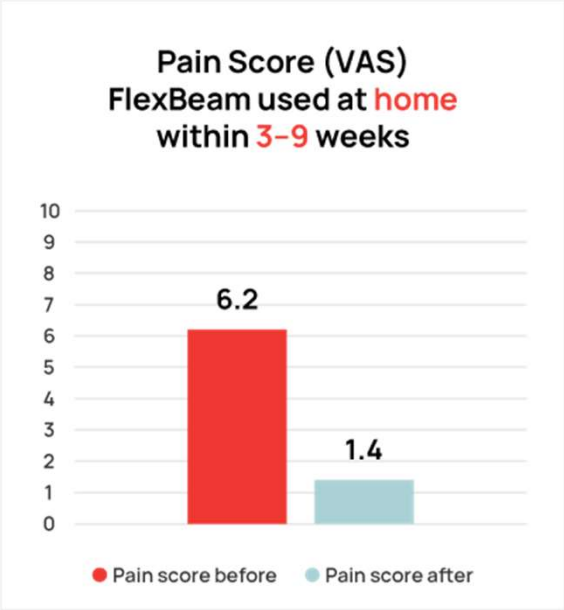
The initial data was collected in clinic setting to study clinical efficacy of the FlexBeam in pain relief, following the regime:

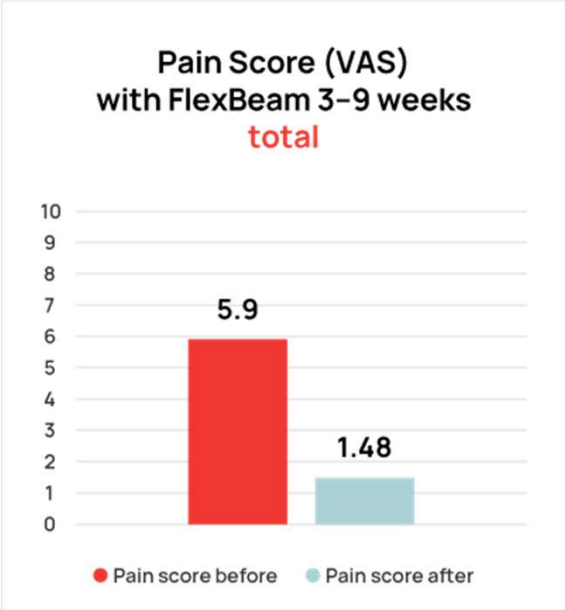
- 3 sessions a week for three weeks, followed by 1 week break.

Further data was collected case by case in home settings mimicking the home-use of FlexBeam, using one of two regimes:

- 1 or 2 sessions a day for first 2 weeks with weekends off, followed by every other day during the third week, then there was 1 week break
- 1 session a day, every other day for three weeks, followed by 1 week break







Total of 50 of data entries points on pain score using of Visual Analogue Score (VAS) of pain (0-10) before the use of FlexBeam and compared with the score after 1 or 2 courses of FlexBeam applications. Both, acute and chronic pain cases were taken into the study. Acute pain patients received 1 or 2 sessions a day for 20 – 30 minutes and chronic, 1 time a day for 30 – 40 minutes.

Overall, there is a high satisfaction score, in average pain presented at 5.2 out of 10 before intervention and dropped down to 1.2 out of 10 within 3 - 9 weeks study time. Graphical representation demonstrates 83% improvement in the pain score.

Case Study to evaluate effects from FlexBeam on sleep regulation

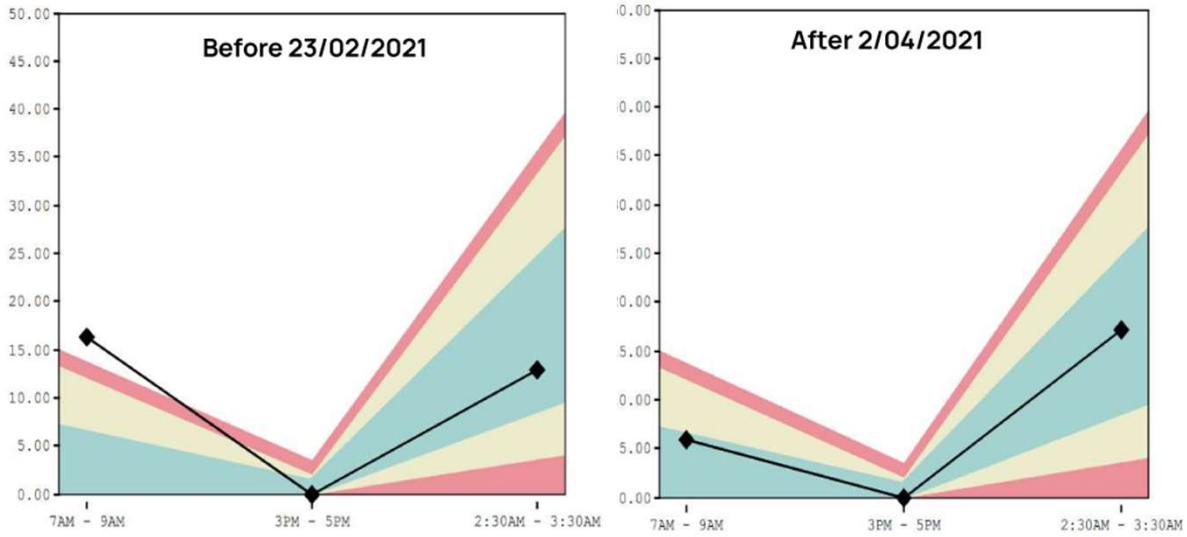
Male, 34 years old, with over 8 years chronic insomnia that he did not attribute it to a seasonal disorder (SAD). He was feeling exhaustion, drowsiness, foggy mind, headaches, and heart palpitations.

A salivatory melatonin level was evaluated before and after a course of FlexBEAM applications. Melatonin is a powerful antioxidant that protects mitochondria and directly regulates biological clock. It is a specific marker of circadian rhythm.

FlexBeam was used in 3 places of total 30 minutes (10-minute cycle at each position), daily for 5 days with 2 days gap. Total of 3 weeks, then, every other day the following week. After 4 weeks there was a week break.

Result

Regulation in natural melatonin production resulted in restoring a circadian rhythm and sleep. Nine months later he still reports normal sleep pattern without any further intervention. Contact zulia@recharge.health for guidance and protocol.



"After FlexBeam my sleep has returned to normal, which is a miracle... FB made it easier for me to fall asleep, which was my lifelong problem. Now I actually enjoy going to bed. I still wake up at random times during the night, my mood is also improving, and I think my passion for cooking has returned!"

In addition, there is a summary of results on other issues:

Effects on headaches

"After today's 8th session I felt much better. The intensity of my headaches have diminished... I have noticed a great positive impact in my moods and emotions, I feel more optimistic and joyful since I started treatments."

Effects on energy

"Feeling good and recharged, energy levels are good, 7/10 improving consistently."

Effects on asthma

"I feel good, I don't have any tightness, feel better after last treatment and then tightness started to build-up. no waking up at night."

Case Study to evaluate effects from FlexBeam on testosterone regulation

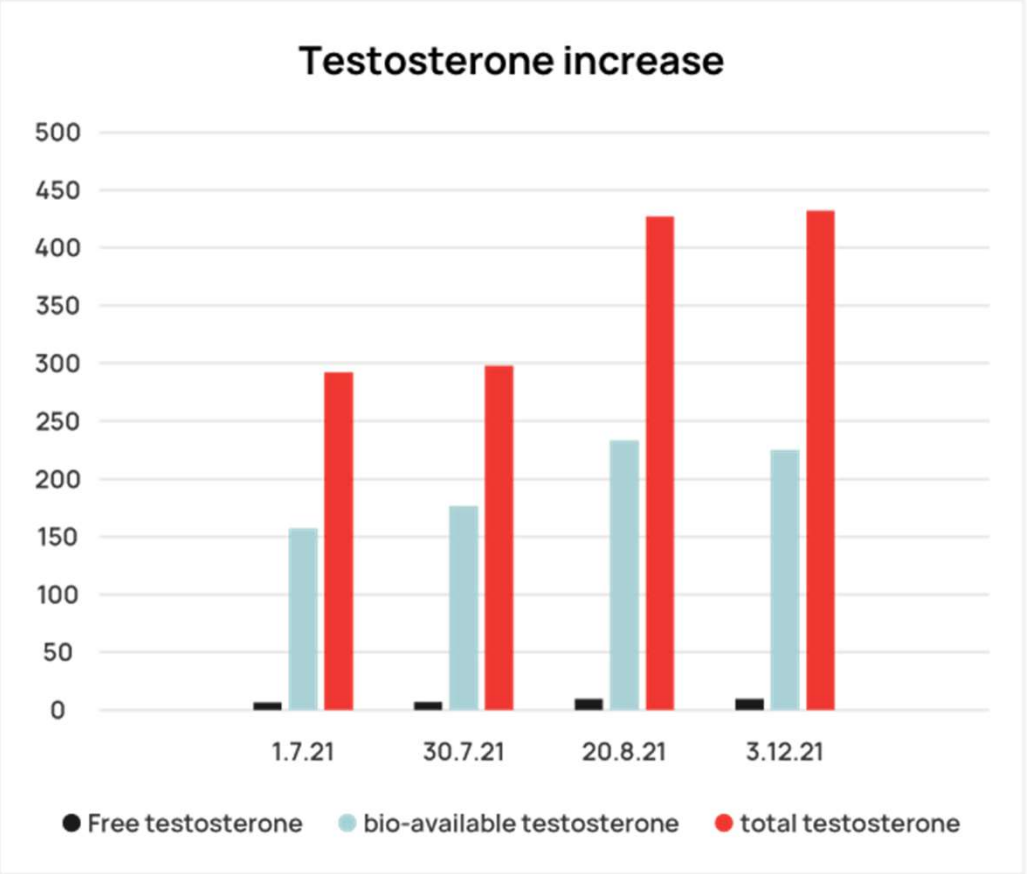
A hormonal decline affects both men and women. Typically, post-menopausal women suffer with brittle bones due to osteoporosis. A clear drop in testosterone may contribute to a development of this debilitating condition. Also, male patients experience muscular waste and reduced sexual desire that is often linked with lower testosterone and ageing.

To evaluate the effect of red light generated by FlexBeam, a male 46-year-old volunteer, was invited to participate a study. His initial complaints were on a poor libido and ability to maintain erection. To measure objectively the outcome, his testosterone levels were assessed prior the trial vial blood test and then 4 weeks, 7 weeks and 4 months points in time from the beginning of the Case study.

He was treated daily, following a specific protocol, with total of two courses of 3 weeks of daily applications of the FlexBeam.

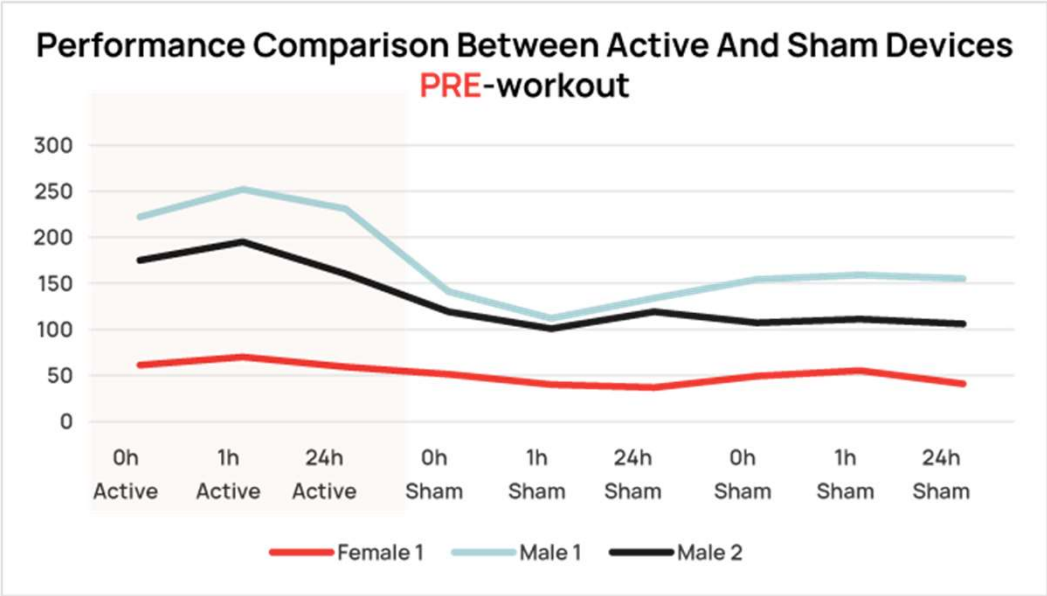
Results demonstrated an increase in bioavailable Testosterone by 48% after continues six weeks use and a week off (at 7 weeks) and maintained in the next four weeks of the study, when he occasionally used FlexBeam with the same protocol. Result was sustained during next six months.

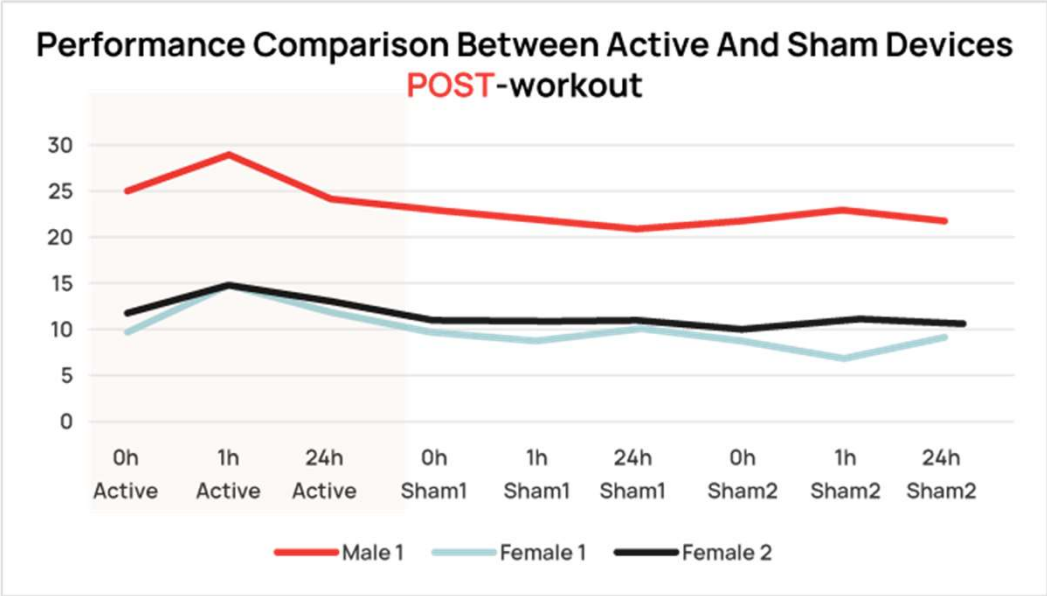
Any hormonal replacement therapy has a potential risk of overdosing or have side effects. Red Light has no side effects and safe to use. Caution should be exercised when red light is used directly on testes. Contact zulia@recharge.health for guidance and protocol.



"I use the FlexBeam in bed every morning as soon as I wake up. It has become an easy and enjoyable routine to follow. I have taken few testosterone tests and was delighted to find out that my testosterone levels have increased. I'm convinced it is likely a combination of these new routines as well as the increased frequency of sex."

Pre-Conditioning and Post-Training use of FlexBeam to improve physical performance and recovery





A randomized double-blind placebo-controlled study used to evaluate the impact from FlexBeam on muscular **endurance, fatigue, and recovery** from physical exercises. Healthy, 25 – 45 years old males and females were recruited for this study.

Each study participant received an effective **FlexBeam and two sham (placebo) FlexBeams** in a randomized blind way with a period of three days between each physical performance test. In the first part, the FlexBeam was used prior physical performance and in the second, post workout.

The number of sets (Reps) was used to measure the effects at baseline and after the irradiation with FlexBeam. FlexBeam was applied over the target muscles in four places, totalling 40 minutes of exposure time. The data collected at three points of time: immediately after the use of FlexBeam, 1 hour later and 24 hours later.

Result

In both parts of the study, **1 hour prior- or post- physical performance** yields similar greater results using the FlexBeam to positively affect the performance (exercise sets until fatigue) by **~45% prior workout** and by **~41% post workout** when compared to baseline measures. There were minimal fluctuations between both sham devices in both legs of the study. More data will be required to determine the most optimal parameters. However, this study clearly defined a real world data to support the effectiveness of the FlexBeam compared to Sham devices.