



NES HEALTH
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NES HEALTH RESEARCH

**Observational Study Using NES Provision Scan Protocols
and Measuring Heart Rate Variability (HRV)**

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Observational Study Using NES Provision Scan Protocols and Measuring Heart Rate Variability (HRV)

- **Date of Study:** August 15, 2010 to October 4, 2010
- **Aim:** Assess the affect of NES Health Infoceticals on autonomic nervous system (ANS) function as measured by Heart Rate Variability (HRV)
- **Number of Clients Studied:** 8
- **Instrumentation:** NES Provision Scan, Biocomtech Inner Balance Scan Heart Rate Variability device (www.biocomtech.com)

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Jason Siczkowycz is a Certified NES Health Practitioner.

NES is the core of Jason's practice and he is very passionate and enthusiastic about it. He has been in practice as a Naturopath since 1998; been using the NES since 2004 with fantastic results. His goal is to effect true healing, not just temporary relief of symptoms.



HRV

Heart Rate Variability has been established as an accurate method of measuring autonomic function (sympathetic and parasympathetic balance), by measuring beat-to-beat intervals between heart beats. The autonomic nervous system controls the heart beat primarily at the sino-atrial (SA) node. Autonomic balance is associated with health, while dys-regulation within the ANS is reflective of negative health trends. The health of HRV scores reflects a general regulatory ability and stress adaptation ability within living systems.

According to HRV experts, HRV is not influenced by placebo



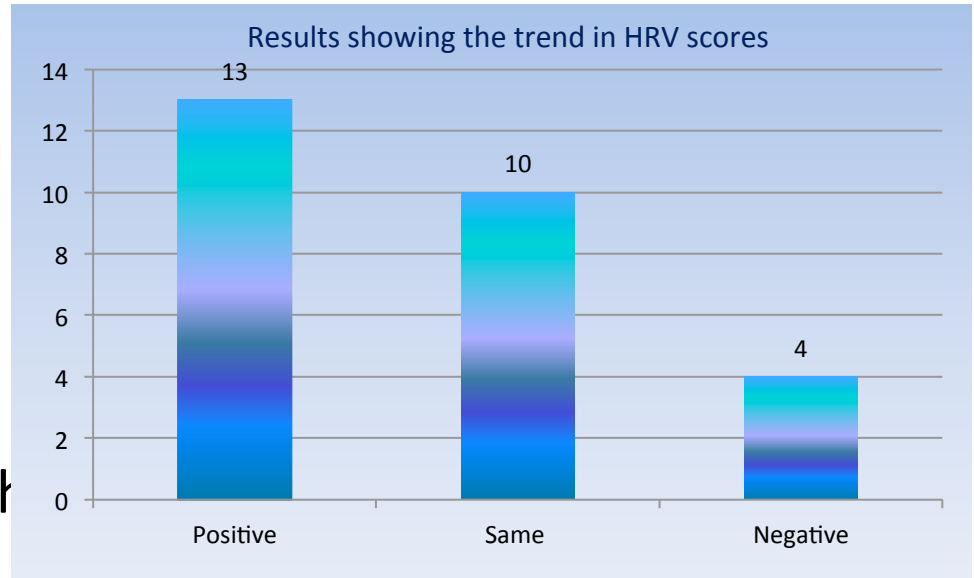
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- **Study design:** 8 clients were scanned using NES Provision, followed by an HRV scan. The clients were then instructed to take Infoceutical remedies according to their Provision scans. In most cases, a follow-up HRV test was carried out after one month (at the end of their Infoceutical protocol).

Method: The study was randomized in the sense that the first eight people within the holistic practice to have a pre and post HRV study were observed. Trends were noted in Sympathetic/stimulating aspect of the ANS (S), parasympathetic/calming aspect of the ANS (P), and general regulatory ability of the ANS (R). The trend was noted as either Positive (P), Negative (N), or the Same (S) for all three areas. Since absolute zero is considered normal within the HRV analysis, a movement towards that was considered positive (whether the initial reading was high or low). For a person's overall HRV score to be considered positive, there had to be all positive, positive and neutral, or two positive and only one negative movement relative to all three aspects of HRV measured. For overall HRV trend to be considered negative, there had to be all negative, negative and neutral, or two negative and only one positive movement relative to all three aspects of the ANS measured.

Results: Six of eight clients showed a positive trend in HRV scores (more positive than negative considering all three aspects of autonomic function), while two showed a slightly negative trend.

There were a total of 13 positive moves, with 4 negative moves, and 10 individual HRV movements that stayed the same. For one person, there were 2 HRV scans within the month



Conclusion: This observational study suggests that NES Health Infoceuticals have a positive effect on autonomic function as measured by Heart Rate Variability (HRV) scores.

Interesting to note is that Infoceuticals were not necessarily “targeting” autonomic function (such as Energetic Driver 4/ED4), but were targeting general aspects of the Human Body-Field (HBF).