



BION, INŠTITUT ZA BIOELEKTROMAGNETIKO IN NOVO BIOLOGIJO, d.o.o.
BION, INSTITUTE FOR BIOELECTROMAGNETICS AND NEW BIOLOGY, Ltd.

Stegne 21, SI-1000 Ljubljana, Slovenia
t: +386 (0)1 513 11 46 m: +386 (0)51 377 388
e: info@bion.si i: <http://bion.si/>

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STANDARD REPORT ON TESTING ENERGY INFLUENCE ON HUMAN ORGANISM

FOR THE PRODUCT

HEALING PAD

Customer

ZVONKO BAČAR (ZVONKO BACAR)

Research institution

BION, Inštitut za bioelektromagnetiko in novo biologijo, d.o.o.
BION, Institute for Bioelectromagnetics and New Biology, Ltd.

Stegne 21
SI-1000 Ljubljana
Slovenia, EU

m: +386 (0)51 377 388
t: +386 (0)1 513 11 46
e: info@bion.si
i: <http://bion.si/en/testing>

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GENERAL INFORMATION ABOUT TESTING

Date of tests: November 2 – November 10, 2020.

Place: BION Institute, Ljubljana, Slovenia, EU.

Purpose of testing: To determine the objective subtle field influence of the product *HEALING PAD* on the human organism.

Name of the product: HEALING PAD (Figure 1).

Method: Measurement of various physiological parameters based on heart rhythm, breathing, finger temperature, electrical skin conductance, and muscle tension.

Number of volunteers: 12.

Two test situations:

- **HEALING PAD situation** (HP situation in short): Volunteers were exposed to an assumed energy influence of the product (hexagonally ordered working elements, see Figure 1) that was disguised with the pillow cover with a printed leaf (see Figures 2 and 4).
- **Control situation:** Volunteers sat with a sham product of the same basic material (but with no working elements) and with an equal pillow cover (Figures 2 and 4).

We validated customer's claims by scientific testing based on principles of clinical research. This means that the tests were

- *prospective* (general criteria for the efficiency of the product's effect was determined in advance);
- with *placebo effect ruled out* (volunteers didn't know whether they were exposed to the product's influence or not);
- *double-blind* (even the test assistant didn't know whether the working or sham product was used);
- *randomized* (the order of situations was determined randomly).

Protocol: We measured the physiological effect on each volunteer twice in two different days, once in HP situation and once in the Control one. In the HP situation, the *HEALING PAD* was placed behind the volunteer's back before starting the measurements. In the Control situation, a similar but not working sham pad was used. Measurements were done at the same time of day. Volunteers sat for 50 minutes in a comfortable wooden chair. After the initial 20 minutes of sitting, the physiological parameters were measured for the remaining 30 minutes with a J&J Engineering I330 C2+12 device. Volunteers were alone in the room during measurements.



Figure 1: HEALING PAD with hexagonally ordered working elements used in testing.



Figure 2: HEALING PAD and sham pad together with their covers (with printed leaves) used in testing.



Figure 3: Setup during testing the supposed energy influence of the *HEALING PAD* on the human organism.



Figure 4: The pad was placed behind the volunteer's back before starting the measurements.

RESULTS

Data were statistically analyzed in RStudio and Excel. Each person's physiological data were normalized to the median of the first 5 min and then averaged over all people into two groups; the HP situation and the Control situation. The whole 30 min session was divided into two 15 minutes parts (Part A and Part B) and statistically evaluated for each part separately using the Wilcoxon signed-rank test. Those results were corrected with the Holm-Bonferroni correction for multiple comparisons. Hedge's *g* effect size for physiological parameters was also calculated.

Table 1: p-values of the Wilcoxon signed-rank test with Holm-Bonferroni correction during both parts (A and B) of measurements. Values shaded in green represent statistically significant differences between the HP situation and the Control situation ($p < 0.05$). Marks: EMG – muscle tension, HR – heart rate, SC – skin conductance, RR – respiration rate, TMP – finger temperature, TED – thorax expansion depth.

	EMG	HR	SC	RR	TEMP	TED
Part A	0.2522	0.0213	0.0000	0.0162	0.0137	0.0000
Part B	0.0213	0.0213	0.0000	0.2522	0.0000	0.0000

Table 2: Overview of the Hedge's *g* effect size on different physiological parameters. Negative values (blue color) signify that the HP situation decreased the parameter compared to the Control situation, while the positive values (red color) signify an increase of the parameter. Values with an underlined black font signify parameters yielding a statistically significant difference between two chosen situations, the values with no color are not statistically significant. The intensity of the background color signifies the intensity of change (an absolute value less than 0.2 indicates a *small change*, an absolute value between 0.2 and 0.8 indicates a *medium change*, an absolute value between 0.8 and 2 indicates a *large change* and an absolute value above 2 indicates a *huge change*). Marks: EMG – muscle tension, HR – heart rate, SC – skin conductance, RR – respiration rate, TEMP – finger temperature, TED – thorax expansion depth.

	EMG	HR	SC	RR	TEMP	TED
Part A	0.497	<u>1.114</u>	<u>-3.510</u>	<u>1.334</u>	<u>1.479</u>	<u>2.253</u>
Part B	<u>-1.289</u>	<u>1.296</u>	<u>-2.696</u>	0.722	<u>4.645</u>	<u>3.118</u>

Table 3: Effects in parts. The nature of effect of HP situation as compared to Control situation. *Red*: stimulative effect, *pale red*: weak stimulative effect, *blue*: calming effect.

	EMG	HR	SC	RR	TEMP	TED
Part A		Red	Blue	Red	Blue	Red
Part B	Blue	Red	Blue	Pale Red	Blue	Red

Table 4: Effects in trends. The nature of trend (from Part A to Part B) of HP situation, Control situation and their comparison. *Red:* stimulative trend, *pale red:* weak stimulative trend, *blue:* calming trend.

	EMG	HR	SC	RR	TEMP	TED
HP						
Control						
Comparison						

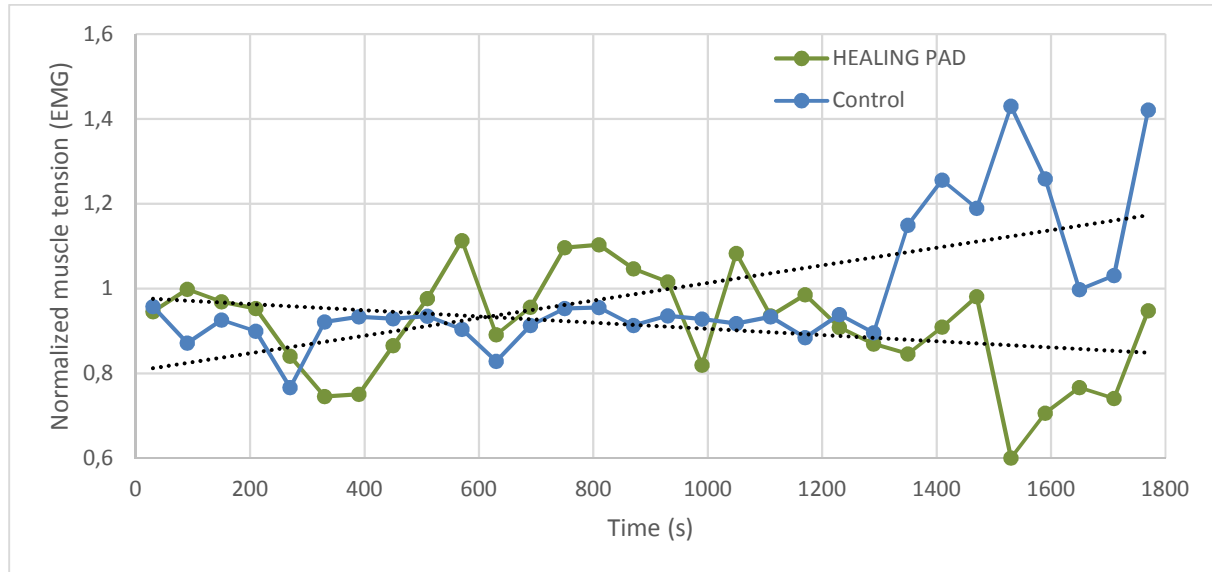


Figure 5: A representative graph of the course of the median of the HP situation and Control situation groups for the EMG parameter. One may clearly observe the negative trend (calming, see also HP row of the EMG column of Table 4) of the HP situation and a positive trend (stimulative, see also Control row of the EMG column of Table 4) of the Control situation. The differential trend between the HP situation and the Control one is, therefore, is strongly directed towards relaxation.

CONCLUSION

The tested product *HEALING PAD* demonstrated a predominantly calming effect (as compared to sham exposure); the exceptions are heart rate, thorax expansion rate, and respiration rate in part A, where we can notice a stimulative effect. In trends, the HP situation showed a strong calming effect. Therefore, we may say that, in general, the *HEALING PAD* relaxes the human organism.

Based on sufficient statistically significant differences between the HP situation vs. Control situation demonstrated in the testing of the energy influence of the product *HEALING PAD*, we acknowledge that its effect meets all the criteria required to obtain the *Certificate of Energy Influence on Human Organism* No. 0262, which is announced on webpage: <http://bion.si/en/testing-certificates>.

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