

**Natural Action Technologies, Inc.**  
**"Structured Breathing"**  
**With**  
**Natural Action Technologies Structured Units**

This article could be called "qigong in a tube." However, though it addresses qi, it is not about Qi Gong. It arises from the work of Clayton Nolte, inventor and creator of Natural Action Technologies, Inc. structured water units.

Clayton's structured water units have been found by many people to be a constant and unbelievable source of clean, refreshing water and liquids. We've had the pleasure of researching and playing and pushing the envelope of the understanding of structured water energy with Clayton's units up to this point, However, nothing that the research team has written or seen compares with what we're about to present here and now...Hear us now, believe us in a few minutes.

Every day now, for over two years, there has been the fascinating pleasure of working with these wonderful devices. So many people now are only beginning to understand the value of Clayton's work. We might add, it is his unceasing work and ability to persevere through a directed work ethic in the development of these special units that has gotten these units into the hands of many.

For most parties interested in Natural Action structured water devices, the primary use of the these devices is to have clean, energized water. Water that "gives to life what is good for life" in the words of Clayton. People's experiences are proving just how phenomenal these structuring devices can be for any water or liquid.

Still, no one could predict what would happen when we started breathing **through** them! This paper, while still in the process of collecting clinical data, is too compelling not to write! This is because the benefits of this understanding to all people are so immense. Why? One simple question: Who has had one single breath of truly clean air since they were born?

Our research has led us to the sunrise of initial understanding involving the use of the NAT structuring devices for improving many human performance conditions by using them as a simple, but profound, breathing apparatus.

These findings are now being confirmed every day, with every person, and every visit through the medical modalities of Applied Kinesiology (AK), Traditional Chinese Medicine (TCM) and Korean Hand Therapy (KHT) Yin-Yang pulse testing, Gas Discharge Visualization (GDV) testing, Acugraph 4 meridian testing, and the experiences of all those engaged in the daily use of these devices.

We fully and totally believe sincerely that in time the medical community, the scientific community, and the John and Jane Doe public (not necessarily in that order) will truly begin to understand and accept these modalities as truth. As the validation of the structuring process occurs through air and water in the human arena and as people daily begin to feel better and better...more alive, more awake, more enthusiastic, any dogmatic position or resistance to these understandings too shall pass!

This whole process started when we initially took a cigarillo (thin cigar) and smoked it through a NAT Portable Unit. The puff test on a white napkin before and after spoke for itself (see Figure 0). The cigarillo "before structuring" stained the napkin brown. However, "After structuring", there was no such stain. The napkin was now essentially white. Yes, one can structure a cigarette or a cigar!



Figure 0. Lens Cap for scale. Before Structuring (left). After Structuring (right).

So, we played with just simply breathing in through a portable structuring unit through the mouth. The results were outstanding!

Many people noticed many different improvements in their bodies immediately. Sometimes within the first one or two breaths: their lungs were stronger or inhaling deeper, their sinuses felt more open. They felt more alert and mentally

clear. Some noticed more emotional balance from hyper or hypo states. Others were standing taller. Some exclaimed their backs felt better.

So we started doing applied kinesiological testing with typical chiropractic tests for Yeast, Ileo-cecal Valve (ICV), and Autonomic Nervous System (ANS) points. All tests would improve immediately upon structured unit breathing, that is to say, on the first breath! How could this be? Weren't people already breathing air? Yes, they were. However, they were not breathing air that was energized, nor free-of-toxicity, otherwise now known as "structured air"!

The next step was to check the pulses through Traditional Chinese Medicine (TCM) pulse testing methods and Korean Hand Therapy (KHT) Yin-Yang Pulse testing. To see these pulses shifting and often balancing in 2-4 minutes of just breathing was truly amazing. No acupuncture needles, no qi gong, no other healing methods were used. Simply breathing through the NAT structuring units was the extent of its use. This was fascinating, extremely fascinating, and exciting to witness.

With simple breathing methods, the pulses were balanced, or near balanced and generally stronger. What is more important, people felt better in a couple minutes of breathing! The tool was right there in the palm of their own two hands! Anyone could do this!

We began to see cases where the pulses did not always balance with simple breathing through the mouth. So then, we added another dimension. With the use of finger patterns aligned with breathing sequences to reach brain wave states, we incorporated this with the structured unit breathing! Better results occurred. Sometimes complete balancing.

In some cases, there was still the need to get better balancing. So, we added drinking two 8 oz./237 mL glasses of structured water. By then, this was all it took to balance the pulses! (This demonstrated how important water is for many people...aka dehydrated people.) The exceptions to balancing were people who were exceptionally blocked, either emotionally or spiritually.

To summarize the techniques to balance the pulses:

- 1) Structured breathing
- 2) Finger positioning and breathing patterns to access refined brain wave states
- 3) Drinking two glasses of structured water

Thus, in a 1-2-3 manner, we have a way to balance or greatly improve pulses. The foundation of thousand of years of medical wisdom of all acupuncturists, Chinese herbalists, and Qigong practitioners was now easily in the hands of all!

In the reality of this structured breathing, physiologic changes were happening in the first breath! Now this was something greater than we ever expected!

It is highly recommended that as you instantly and automatically grab your structuring unit immediately, that you actively read this paper and totally participate thoroughly through these instructions.

## **Structured Breathing Technique To Improve Brain Wave States**

What's the significance of the Brain Wave patterns?

As we learn about these patterns and combine them with structured breathing, it is very possible to amplify our brain's potential and performance! The "structured air" holds an unknown key to the brain's processes, as for the first time we receive air that is pre-cleansed and energized before we even breathe. It's already a step ahead of Qi Gong breathing practice as Qi Gong air is compromised before one begins practicing in so many environments nowadays.

A brief summation of brain wave patterns goes like this:

### **Beta Level - Inner Critic State**

This is the common brain wave state of one's normal functioning day. It helps us make it through the day, making critical judgements and logical reasoning, sometimes good sometimes bad, as it can hold us back or cause us to feel stress...because of (aka) the inner critic.

### **Alpha Level - Deep Relaxation and Intuitive State**

This is a more relaxed state of awareness. It is a relaxed, "Daydream" state where we are open to possibility/programming and in a receptive mode to learning. The place where much new learning can be accomplished quickly with "easy" memory, visualization, or concentration.

### **Theta Level - Light Sleep and Deep Meditation State**

This is the "silent" state before one drifts to deep sleep or comes out of it, aka R.E.M. State. It is a state of profound creativity and insight, as well as the state

of our deepest-seated programs. It is in this state we consciously create our reality with the potential for optimal visualization and creativity.

### Delta Level - The Deepest Sleep

At this state, we are in dreamless sleep and fully detached from our conscious awareness. It puts us in the realm of our unconscious mind and gives us the potential of the collective unconscious. It is also a deep healing and regeneration state.

## Structured Breathing Techniques for Accessing Brain Wave Patterns

### 1. Beta Level (12 Hz & above)

The Beta Level is our common daily brain wave state.

Connect thumb and index finger on both hands in an O-ring fashion.

With the Natural Action Technologies Structuring Unit at one's lips, breathe in through the structuring unit of choice, inhaling directly into the mouth deeply and smoothly. (See Figure 1a and 1b.) Do not force the inhale, but do go as deeply as your breathing allows. Exhale out the mouth, but do NOT exhale back into the unit.



Figure 1a. Structured Breathing With NAT Portable Unit (Beta or Alpha Brain Wave Access)



Figure 1b. Beta Finger Pattern (Thumb-Index Fingertips Contact)

## 2. Alpha Level (8-12 HZ)

Connect thumb and middle fingertips on both hands in an O-ring fashion. With the Natural Action Technologies Structuring Unit at one's lips, breathe in through the structuring unit of choice, inhaling directly into the mouth. Again do not force the inhale, but do inhale as long and deeply as comfortably possible. (See Figure 2a and 2b.) Exhale out the nose. Do NOT exhale back through the unit.



Figure 2a. Structured Breathing With NAT Portable Unit (Beta or Alpha Brain Wave Access)



Figure 2b. Alpha Finger Pattern (Thumb-Middle Fingertips Contact)

## 3. Theta Level (3-8 HZ)

Connect the thumb and ring finger on both hands in an O-ring formation. With the N.A.T. Structuring Unit at nostril create a good seal so that air can be inhaled through the unit directly into the nostril without loss of air. Pinch off the other nostril and close the mouth. Now, breathe in through the structuring unit of choice, inhaling directly into the nose to the brain. (See Figures 3a-c.) Then, exhale out the other nostril, keeping the mouth closed and the "inhalation" nostril pinched off. Do NOT exhale back through the unit.



Figure 3a. Structured Breathing With NAT Portable Unit (For Theta or Delta Waves)



Figure 3b. Theta Finger Pattern (Thumb-Ring Fingertips Contact)



Figure 3c. Structured Breathing With NAT Mini Shower Unit (For Theta or Delta Waves)

#### 4. Delta Level (1-3 HZ)

Connect the thumb and little fingertips on both hands in an O-ring fashion. With the Natural Action Technologies Structuring Unit at the nostril, create a good seal so air can be inhaled directly through the unit into the nostril without loss of air. Close off the other nostril and close the mouth. Now, breathe in through the structuring unit of choice, inhaling directly into the nose to the brain. Then, exhale out the mouth, keeping both nostrils pinched off. Do NOT use the structuring unit for the exhalation.

Note: With each level, the breath is taken in thru the spout (tip end) of the DE Portable unit 3, 9, or 81 times. One could breathe longer or use other breathing techniques. Two to six times a day using the 1-2-3 pulse balance steps on p. 4 is recommended, especially if in pain or stressed...which is just about everyone. ;-)  
The Natural Action Dynamically Enhanced models are recommended.



Figure 4a. Structured Breathing  
With NAT Portable Unit  
(For Theta or Delta Waves)



Figure 4b. Delta Finger Pattern  
(Thumb-Pinkie Fingertips Contact)

### **Incorporating Essential Oils/Energetics**

The use of Essential Oils or other energetics/homeopathic can be combined with these breathing methods. Place an open bottle of an essential oil or energetic of choice at the Portable Unit's funnel end to inhale the vapor of the energetic for enhanced effects. It's not necessary to add drops in the chamber to get the energetic effect.

For pathogens such as bacteria or virus found in most people, oil of oregano followed by spikenard may be very helpful. For metal and chemical toxins found in most people, vetiver and wintergreen oils may be helpful. On the spiritual level, myrrh, pine, and other essential oils may be of value.

Note: Use of essential oils will taint the chamber of the unit with the oil smell and 'bleed' over to liquids. So do not do this unless you are serious about the breathing exercises or your liquids may be tainted for a while until you clear out the oil aromas from the unit through water pressure.

### **Practical Daily Uses of Structured Breathing**

Here are some practical daily uses for structured breathing. Again, we recommend these practices a minimum of two (maintenance) to six (therapeutic) times a day! Perhaps even more in very compromised air?

To repeat, structured breathing works best when used in conjunction with structured water and ionic trace minerals. Pulse testing has confirmed this clinically many times. If a person's pulses have not completely balanced through structured breathing, they are most likely deficient in water / dehydrated, and the immediate consumption of up to 16 oz. of structured water will bring the pulses



more quickly to balance or near balance with increased strength. The structured water use is also important in the detox process, both drinking and from baths.

Therefore, minerals, enzymes, and vitamins, though essential to quality health, take a backseat to these two primary and synergistic nutrient copilots: air and water. However, the addition of ionic trace minerals into the water (and then followed with structuring) can also do wonders for pulse strength and balance. As previously stated, those still not balancing are probably under dental, emotional, or spiritual burden.

Everyone will benefit from these simple practices.

This is why this article is so vital to human realization and activation. These are general guidelines below. It is always recommended to work specifically with an individual's needs through AK or other forms of evaluation.

Again, it is recommended to use a DE Unit, although not absolutely necessary. Every structured unit (Mini, Shower, Portable, Garden, House, or Commercial) will work for the endeavor of "structured breathing."

Never force your breathe. Make it long, deep, and enjoyable on both inhalation and exhalation. When in doubt, easy does it.

Practice it now, for your following interest of choice below:

(Again, these are only suggested starting points. In time and with further research and gathered clinical data, "structured breathing" may begin to become a household word.)

### **General Performance States**

**Studying?** (such as a new language) - Alpha breathing technique 9-81 breaths.

**Public speaking?** Theta and then Delta breathing using only left nostril for both 9-81 breaths.

**Meditation?** Theta and Delta depending on the type of meditation 9-81 breaths.

**Writing?** Alpha breathing left nostril 9-81 breaths.

**Sports?** Theta breathing through left nostril 9-81 breaths.

**Performing arts?** Alpha breathing, 9-81 breaths.

**Lovemaking?** Delta breathing left nostril 9-81 breaths.

(There will no doubt be many people Delta breathing through their left nostril!)

## Health Concerns

**Negative Emotional States?** Theta breathing with left nostril only, 9-81 breaths.

**Cancer?** Alpha breathing 9-81 breaths.

**Stroke?** Alpha breathing 9-81 breaths.

**Heart Attack / Prevention?** Theta breathing through left nostril, 9-81 breaths.

**Diabetes?** Alpha breathing, 9-81 breaths.

**Asthma?** Delta breathing left nostril 9-81 breaths, followed by Alpha breathing 9-81 breaths.

**Allergies?** Alpha breathing 9-81 breaths.

**Brain injuries?** Alpha breathing 9-81 breaths followed by Delta breathing through left nostril 9-81 breaths.

**EMF Interference/Sensitivities?** Theta Breathing, Left Nostril 9-81 breaths.

Again, be sure to combine each structured breathing session with structured water (~16 oz.). A structured water bath is also highly recommended especially when toxic.

## Possible Reasons for Structured Breathing

- \* A more regulated autonomic nervous system
- \* Easier, more balanced emotional states
- \* The ability to let go of the past
- \* Reduced Glitches in neurology
- \* Smoother, more uniform, body function
- \* Increased oxygen intake
- \* Reduced pathogenic loads
- \* Reduction in toxicity states
- \* Instantaneous pain reduction
- \* Greater physical endurance
- \* Greater Mental Concentration, Clearer Thinking
- \* Going into the Zone more easily
- \* Greater Lung Capacity
- \* Balanced Breathing of Inhalation and Exhalation

## More Experiences with Structured Breathing

At a recent conference, every one who experienced structured breathing noticed an opening of the lungs and a greater expansion on both inhalation and exhalation. These expansions were also notably equal in time, a very important mark of a balanced nervous system. Many people and doctors overlook the power and ability to breath smoothly and equally as being a top concern in one's health understandings.

As we become one with our breath, we begin to live more fully.

Changes were noted on both the physical energy level and even more notably the emotional level.

Many people were tested with the Russian technology of the Gas Discharge Visualization (GDV) machine. One example of a young gentleman may serve to illustrate the understandings gained using structured breathing with many of the participants and begs for more studies in the future.

Below are the Gas Discharge Visualization (GDV) photos of his emotional energy before and after structured breathing. We also did pulse diagnosis and muscle testing. His initial AK tests were blocked Autonomic Nervous System (ANS) due to emotions. The Fungal Point tested positive or weak. His ICV was also weak or positive. In one breath through the NAT unit, all these poor tests reversed to good. That is, the ANS opened as to cause regulation, the yeast point tested strong, and the ICV also went strong.

Of course, we wanted to get him to a much better state in a reasonably quick time. So we did 9 breaths of Alpha, 9 of Theta, and 9 of Delta. The results were quite stunning.

First, while his head quivered for a few brief moments, he remarked how he could feel his Pineal Gland opening up. His pulses were balancing after the breathing and became even more so after 2 cups of structured water. He could also feel a significant shift towards feeling more grounded and smoother in his emotional composition.

The GDV shows how the structured breathing beautifully redirected the emotional energy, as seen in Figures 5a & 5b. Both the emotional and the physical went to a better place of balance and goodness. The Activation Coefficient on the GDV initially read at above 6 before the structured breathing. This indicates a fairly high level of stress. Five minutes later it was now at just a little over 2. Is it possible that this little structuring unit is clearing out the subconscious emotional override? Remarkable! ...especially for just a couple minutes of structured breathing and 2 cups of structured water.

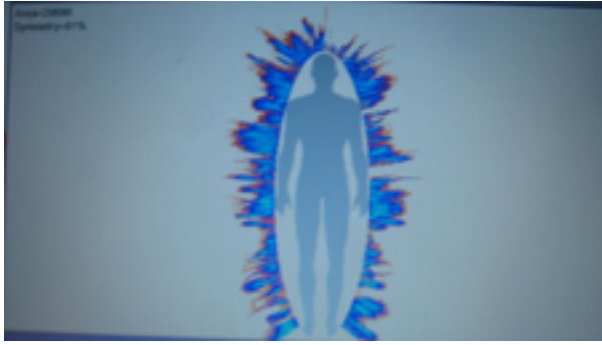


Figure 5a. Before Structured Breathing  
Area of Energy 20890, Symmetry: 81%

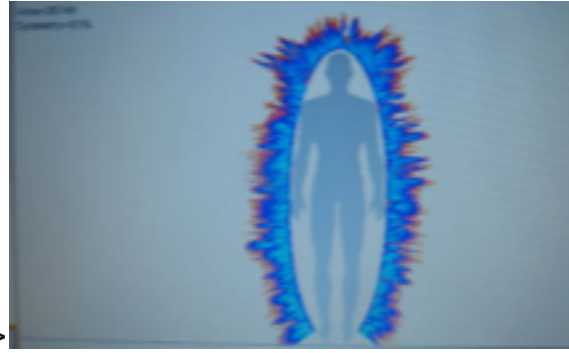


Figure 5b. After Structured Breathing  
Area of Energy 28790, Symmetry: 87%

Notice how many gaps in the emotional energy field have filled in Figure 5b! It is easy to see why he felt more grounded and centered as the entire aura returned. This filling in of the aura field occurred with many people.

This use of structured air is significant!

We now use it to structure everything, as with the water. As with the earlier cigarillo example, simply blowing into a cigarette through a NAT unit, structures the cigarette, and the smoker notices the harshness of the tars and nicotines reduced. This same “structuring breath” can be done with drinks, food, etc. Mouth-to-mouth resuscitation thru a unit may take on a new era of significance.

### **See you at the top**

Some other uses of structured breathing have been tested such as using it during high intensity mountaineering. On a recent summit push at 14,000', it was notable how the use of structured breathing quickly led to a more normalized heart rate even after it had been accelerated from pushing hard aerobically at elevation and over difficult rocky terrain (see Figures 5 & 6). The 15 mile day with over 6,000' of elevation gain seemed much easier overall with the frequent use of structured breathing. More endurance and quicker recovery states were also noted as two more days of 14,000' summits followed.



Figures 5 & 6. Structured Breathing during travel through difficult alpine terrain

During the long climbs, a “structured energy halo” was employed with a wetted cloth of structured water placed over the whole head and brain. It felt surprisingly good and much structured thought ensued through its wearing! (Figures 7 & 8.)



Figure 7 & 8. Structured Energy Halo during use through the forbidden heights: real clouds or compromised air?

A climbing friend once said, “We cannot lower the mountain, therefore we must elevate ourselves.”

Indeed, there is still much to learn about the energy gained from practical daily use of structured air and water...but the adventure has begun!

-Natural Action Technologies Research Team, 8/3/2013

Many thanks to all the participants in these structured air and water studies!