

Report on the Efficacy of the TESLAR Turbo Chip Watch in Alleviating the Detrimental Effects of Cell Phone Use

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Abstract

Results of this study show that the TESLAR Turbo Chip Watch reversed the negative effects of cell phone use on HRV measures at a highly significant level (p-value < 0.0001). Additionally, we report significant improvements in psycho-emotional state and meridian (energy) flow. We demonstrate here that wearing the watch improves all outcome measures in all subjects at a highly significant level. Therefore, wearing the TESLAR Turbo Chip Watch will alleviate the negative health effects of cell phone use and produce multiple health benefits. It can be considered by scientific testing to be “wearable wellness”.

Introduction

The TESLAR Turbo Chip Watch (<https://www.teslarwatches.com>) is innovative scalar technology that was designed to remediate the harmful biological effects of electromagnetic fields. The watch has an upgraded turbo chip, which is more than double the strength of the first version. The technology is designed to resist the effects of harmful electromagnetic radiation (EMR). In modern times, with all the rapidly advancing wireless technology, we are exposed to high levels of EMR that exceed the biological safety limits. Many people who are more sensitive to EMR develop various illnesses, including cancer. Numerous studies have demonstrated that the deleterious effects of EMR (<https://www.ncbi.nlm.nih.gov/pubmed/18242044>). The studies presented here demonstrate that wearing the TESLAR Turbo Chip Watch can reduce the negative biological effects of EMR and produce health benefits.

The primary outcome observation in this study was a measure of heart rate variability (HRV), which is the variation in time between each heartbeat. It shows the balance of the autonomic nervous system (ANS). The ANS controls every system of the body and measures of the ANS reflect the general health of an individual. Measures of HRV are used to diagnose a number of medical conditions and HRV can be used to measure one's stress level. Several outcome measures of regulatory systems were extrapolated from the HRV data. Results show that using a cell phone decreases all HRV assessments at a highly significant level and wearing the TESLAR Turbo Chip Watch reverses these effects in all measures conducted in all subjects to above baseline measures. Therefore, wearing this watch will be beneficial in remediating the negative health effects of EMR radiation, which will promote the general health and well-being of an individual.

Methods

Thirteen males and females (8 females and 5 males) ranging in age from 35-76, were subjects in this study. Institutional Review Board approval was obtained by the Institute of Regenerative and Cellular Medicine (ICRM, <https://ircm.org>). Subjects were recruited with the following inclusion and exclusion criteria:

Inclusion Criteria:

1. Subjects who have signed a written informed consent consistent with required guidelines and meet prior to participation in the trial.
2. Subjects 25-70 years of age, any race and either sex.
3. Subjects who can follow the protocol as designed by the Energy Medicine Research Institute
4. In generally good health.

Exclusion Criteria:

1. History of serious diseases or illness diagnosed at this time, including cancer, or undergoing chemotherapy.
2. Subjects currently taking Tylenol, haloperidol or any prescribed or non-prescribed medication that may, in the opinion of the researchers, alter testing results. of alcohol addiction or currently consuming more than four drinks per day.
3. Females who are pregnant, lactating, or nursing or who may become pregnant during the study.
4. Subjects with any condition not previously named that, in the opinion of the investigators or intake staff, would jeopardize the safety of the subject or affect the validity of the data collected in this study.

Methodology

Subjects were tested at three time points: baseline, after using a cell phone for 5 minutes and using a cell phone under the same conditions after wearing the TESLAR Turbo Chip Watch for 15 minutes. Comparisons were made of all outcome measures that were extrapolated from the HRV measures.

Parameters

Heart rate variability measurements were taken with the HeartScientific (<https://medicahealth.org/medicahealth-products/heart-quest-heart-rate-variability-monitor/>). This technology is used by many health practitioners to monitor their patient's health and the effects of various treatments.

Results

All results of this study are highly significant (p-value < 0.0001). and they show that cell phone use decreases all HRV measures extrapolated from the HRV data in all subjects and this is reversed to above baseline values after wearing the TESLAR Turbo Chip Watch in all subjects in all measures. Table 1 shows a descriptive summary of outcome measures for 13 subjects, for the following test results extrapolated from HRV data: adaptation level, neurohumoral regulation index, psycho-emotional state, and complex state index. This demonstrates the overall efficacy of the TESLAR Turbo Chip Watch in remediating the effects of exposure to EMR radiation. Another interesting result was that in each subject, wearing the TESLAR Turbo Chip Watch reverses the negative effects of cell phone use to above baseline levels.

Definition of terms derived from HRV data:

AL- Adaptation Level

VRI-Vegetative Regulation Index

NRI-Neurohormonal Regulation Index

PES-Psycho-emotional State

CSI-Complex State Index

Table 1. Descriptive Summary of Outcome Measures at Baseline, After Cell Phone Use and After TESLAR Turbo Chip Watch Assessments

Outcome	Experimental Condition	Mean	SD
AL	Baseline	60.2	22.4
	Cell phone	41.9	23.5
	TESLAR Turbo Chip Watch	66.1	22.1
CSI	Baseline	63.9	22.5
	Cell phone	47.7	24.7
	TESLAR Turbo Chip Watch	68.4	22.9
NRI	Baseline	64.3	23.3
	Cell phone	46.0	23.7
	TESLAR Turbo Chip Watch	69.2	24.5
PES	Baseline	63.5	22.2
	Cell phone	49.6	22.5
	TESLAR Turbo Chip Watch	67.8	23.7
VRI	Baseline	67.4	24.6
	Cell phone	47.8	28.0
	TESLAR Turbo Chip Watch	74.2	24.1

Table 2 shows a summary of statistical analysis of all outcome measures for 13 subjects. As seen, cell phone use decreases all of the HRV measures and the TESLAR Turbo Chip Watch reverses all of the negative effects of cell phone use in all HRV measures. Additionally, all results were seen at a highly significant level (p -value < 0.0001) and they occurred in all subjects (not shown).

Table 2. The TESLAR Turbo Chip Watch Reduces the Negative Effects of Cell Phone Use, as Measured by HRV.

Outcome	Cell Phone Exposure			TESLAR Turbo Chip Watch and Cell Phone Exposure			
	Mean	SD	p-value ¹	Mean	SD	p-value ¹	p- value ²
AL	-18.3	14.7	0.0007	5.8	11.2	0.0845	<0.0001
CSI	-16.2	12.7	0.0006	4.5	9.1	0.1015	<0.0001
NRI	-18.3	13.4	0.0003	4.8	13.9	0.2318	0.0002
PES	-13.9	10.8	0.0005	4.2	10.5	0.1706	0.0002
VRI	-19.5	14.1	0.0003	6.8	10.4	0.0355	<0.0001

¹:p-value for evaluating changes from baseline within exposure groups

²:p-value for comparing changes from baseline between exposure groups

Table 3 illustrates the percentage increase in HRV values after wearing the watch and using a cell phone. As shown, there is a greater than 20% increase (in HRV measures) when comparing results after using a cell phone both before and after wearing the TESLAR Turbo Chip watch. As before, these results were highly significant (p-value < 0.0001).

Table 3: The TESLAR Turbo Chip Watch Produces Over a 20% Increase in HRV Values After Using a Call Phone

Outcome	Cell Phone Exposure			TESLAR Turbochip Watch Exposure			p-value ²
	Mean	SD	p-value ¹	Mean	SD	p-value ¹	
AL	-32%	22%	0.0002	13%	22%	0.0449	<0.0001
CSI	-28%	20%	0.0003	9%	14%	0.0480	<0.0001
NRI	-30%	22%	0.0003	10%	19%	0.0951	<0.0001
PES	-23%	15%	0.0001	8%	16%	0.1045	<0.0001
VRI	-32%	22%	0.0002	13%	18%	0.0221	<0.0001

¹:p-value for evaluating changes from baseline within exposure group

²:p-value for comparing changes from baseline between exposure groups

Significant differences were detected for all outcome measures when comparing cell phone exposure vs. TESLAR Turbochip watch exposure (p<0.001).

In the representative example shown in Fig. 1a-c, all components of the HRV data decreased after using a cell phone and they were restored to above baseline levels after wearing the watch and using the phone. For the AL assessment, the numbers dropped from 53% to 50% after using the cell phone and it rose to 60% after wearing the watch and using the phone. For VRI, the numbers decreased from 57% to 50% and they were restored to 65%, for NRI, the numbers decreased from 57% to 50%, then increased to 65%, for PES, the numbers dropped from 70%, then back to 50% to 75%. The CSI values decreased from a baseline measure of 63% (Fig. 1a) to 51% (Fig. 1b), then increased after wearing the watch to 70% with the TESLAR watch (Fig. 1c).

Figures 1a-c. Using a Cell Phone Decreases All HRV Measures Which is Reversed by the TESLAR Turbo Chip Watch to Above Baseline Measures

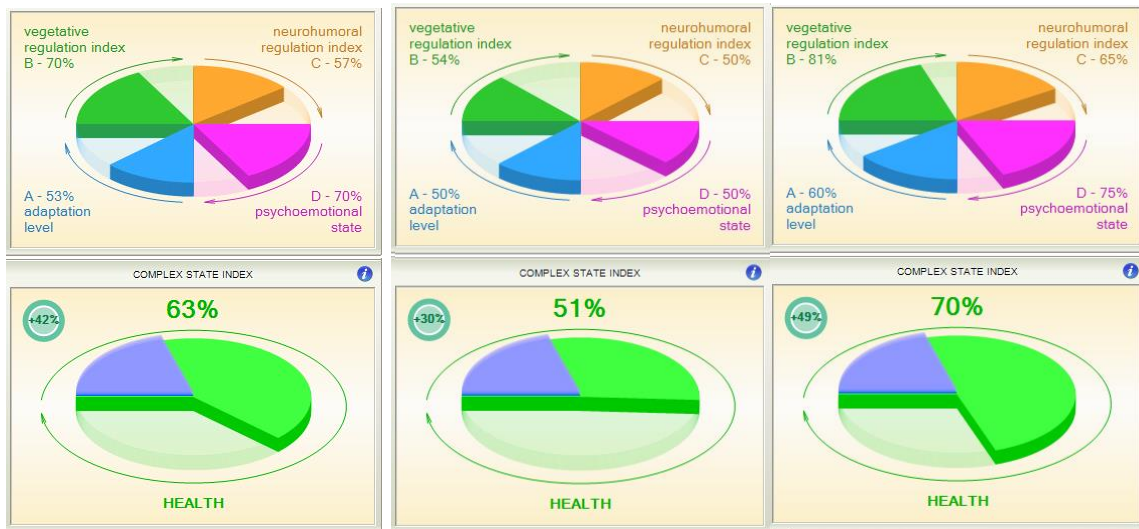


Fig. 1a

Fig. 1b.

Fig. 1c.

Figures 2a-c show observations of the Psycho-emotional state (PES), derived from the HRV data) at all 3 timepoints in one subject. Timepoints were: baseline, after using a cell phone and after using a cell phone after wearing the TESLAR Turbo Chip Watch and then using a cell phone. These changes were seen in all subjects (not shown). As shown in the representative brain scan from one subject (Fig. 2a-c.), the PES values decreased from 56 to 47 after using a cell phone and this was restored to above baseline levels (68) after wearing the watch and then using the phone. Additionally, this is also shown by the brain images (the scale shows the color, red is less healthy and green and blue are healthier). The image on the right is the healthiest).

Figures 2a-c. Using a Cell Phone Decreases PES Measures and This is Reversed by the TESLAR Turbo Chip Watch to Above Baseline Measures

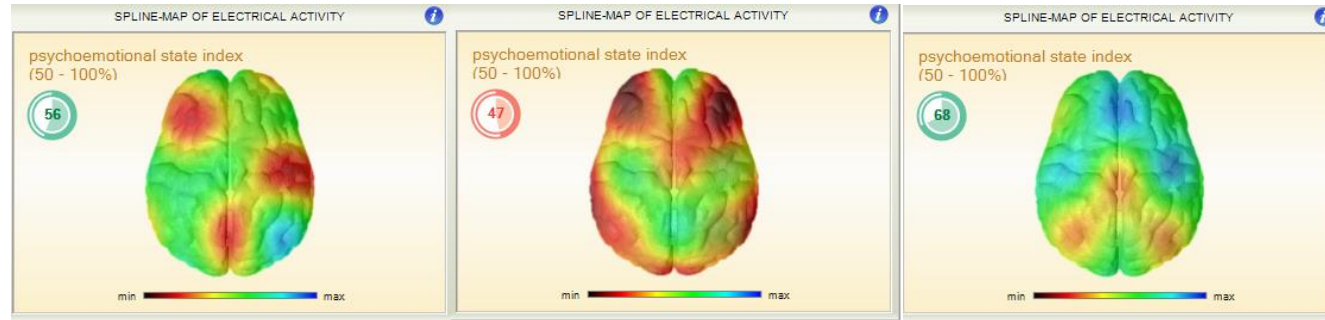


Fig. 2a

Fig. 2b.

Fig. 2c.

Figures 2a-c show observations of the energy flow of 12 major meridians all 3 timepoints in one subject, (baseline, after using a cell phone and using a cell phone after wearing the TESLAR Turbo Chip Watch and using a cell phone). These changes were seen in all subjects (not shown). The improvements can be seen in percentages in each figure and here they are described by category (from red to yellow to green). The red category is defined as meridian flow of less than 20%, the yellow category describes meridian flow from 20-65% and the green category reflects meridian flow of 65-100%.

As shown in Fig. 3a, the total power of meridian flow at baseline was 1741, there were no meridians in the red category, 5 meridians in the yellow category and 7 meridians in the green category. Fig. 2b shows that after using a cell phone, the total power was 1171, the energy flow in all 12 meridians was in the yellow category. As seen in Fig. 2c, after the TESLAR Turbo Chip watch and the cell phone, the total power is 3324, and energy flow in all the meridians was in the green category.

Figures 3a-c. Using a Cell Phone Decreases All Meridian Flow Measures and This is Reversed by the TESLAR Turbo Chip Watch to Above Baseline Measures.

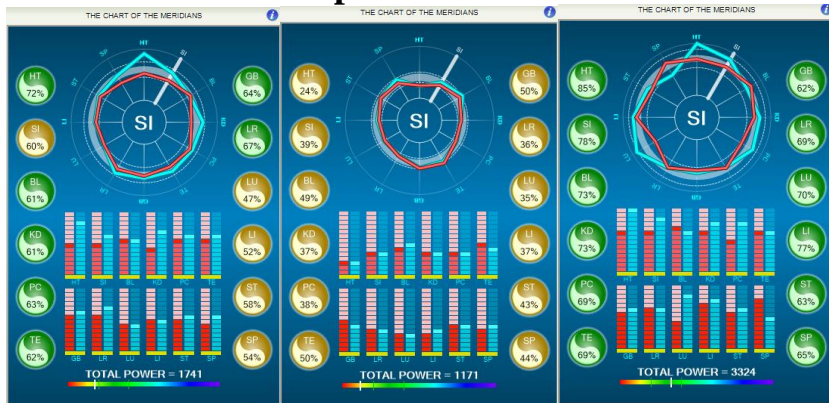


Fig. 3a

Fig. 3b.

Fig. 3c.

Discussion

In this study we examined the ability of the TESLAR Turbo Chip Watch to affect the physiology of the subjects after using a cell phone. The observed outcome measures were parameters derived from measures of HRV, which is the variation in time between each heartbeat. Individuals with high HRV are mentally and physically healthier than those who have low HRV, and HRV can evaluate the physiologic impact of any intervention or activity. It is a quantitative assessment of the relative balance of the two branches of the autonomic nervous system (ANS), formerly called the vegetative nervous system. The ANS regulates the physiologic processes below the level of human consciousness. It promptly reacts to the changes of internal and external environment by influencing the cardiovascular system, which determines the supply of nutrients and oxygen and removal of waste. The two branches of the ANS are the sympathetic nervous system (SNS), which been called the fight or flight (stress) response and the parasympathetic (PNS), which has been called the rest and digest response. These two branches of the ANS control most physiological functions and the relative balance of the two can be extremely useful in diagnostics. Therefore, HRV and associated measures are a particularly useful assessment of the general health of an individual.

A description of the assessments that were extrapolated from the HRV data follows.

- 1) Adaptation Level refers to the body's ability to adapt to any physiologic change. It considers the change in physiology over time.
- 2) Vegetative index represents the overall evaluation of the balance of the ANS. SNS and PSNS are given and the vegetative reflex index summarizes the overall balance of the ANS.
- 3) The neurohumoral regulation system regulates the composition and the structure of biochemical substances in the organism, ensuring the constancy of internal environment and adaptation of the individual to changing living conditions over time. It is essentially how the neuroendocrine system communicates with the brain.
- 4) Psycho-emotional state index defines the degree of perceived devastating effects of stress on the body. This assessment is conducted by means of brain biorhythm mapping. These assessments reflect the activity of all regulatory systems of the body.
- 5) Complex State Index is a summary of all HRV measures

Here, we demonstrate that the TESLAR Turbo Chip Watch improves all HRV outcome measures after cell phone exposure in all subjects and these results were seen at a high significance level. Another result that was observed was a decrease in PES measures by cell phone use, which was restored to above baseline levels by wearing the watch in all subjects (not shown). This was also shown by the increase in the "health" of the brain image to above baseline levels, which demonstrates the efficacy of the watch in improving HRV measures. An increase in HRV scores indicates a restoration of health. An interesting result was that in every subject, HRV scores were restored to above baseline measures. This suggests that the wearing the TESLAR watch can produce additional health benefits beyond remediating the harmful effects of EMR exposure. It is recommended that this be further explored.

Every organ and major region in the body needs energy in order to function. Meridian lines are thought to connect the surface of the body with the internal organs. If Qi (energy) can flow through these energy channels in the optimal zone (not over 100%), disease can be averted. The total power of the meridian flow was nearly tripled by wearing the watch. Results of this study demonstrate an improvement in meridian flow from less than 20% in 5 meridians and less than 65% in the rest of the meridians at baseline to only one meridian at 5%, 7 of the meridians at 34-59% and 4 of the meridians between and 70% with the old version of the watch. This was further improved with the TESLAR Turbo Chip Watch to only 3 meridians at 47-59% (yellow range) and 8 meridians between 60-71%. (green range). These observations are impressive especially for the small amount of wearable time tested.

Conclusions

Results of this study show a reversal of HRV values that were decreased by cell phone use to above baseline values, as measured by parameters extrapolated from HRV data. Additionally, psycho-emotional state and meridian (energy flow) of as much as a nearly three-fold increase over baseline is produced by wearing the TESLAR Turbo Chip Watch. This indicates that the watch not only reverses the harmful effects of exposure to EMR but is beneficial to health. Indeed, we have shown in a previous study that wearing the watch improves HRV parameters. These effects were seen after only wearing the Turbo Chip watch for 15 minutes. It is likely that the TESLAR Turbo Chip Watch will produce greater or sustained effects when worn for longer periods. The HRV assessments, in conjunction with the improvements observed in psycho-emotional state and meridian flow demonstrate the efficacy of the TESLAR Turbo Chip Watch to reverse the negative health effects of exposure to EMR radiation and improve health in a number of areas. Therefore, this is proof that wearing the TESLAR Turbo Chip Watch is beneficial in promoting the health and well-being of an individual.

Research was conducted by Lisa Tully, PhD, owner of Energy Medicine Research Institute, based in Boulder, Colorado.

Dr. Lisa Tully received her PhD in Pharmacology and Toxicology from the Indiana University School of Medicine. Dr. Tully has several publications in peer-reviewed medical journals and has presented her research at international scientific conferences. Following her postdoctoral fellowship, Dr. Tully shifted from academic medical research to pursuits in integrative medicine and has attended many international medical conferences over the past decade, evaluating low cost and effective health care. Dr. Tully is currently on the Scientific Advisory Board of several companies and non-profit organizations and is founder of the Energy Medicine Research Institute, whose mission is to assess the efficacy of vibrational medicine.

