



Welcome to our  
Spring newsletter

To get 2018 started, we're delighted to tell you that we have become official partners with the British Lung Foundation (BLF). This is a very exciting opportunity for us to partner with the UK's only charity that looks after the nations lungs. Find out more below.

Since we began selling SoeMac, we've received hundreds and hundreds of positive user testimonials, and also gathered some interesting data from small local studies. The Medical World refers to these as 'anecdotal evidence'. Our ambition in 2018 is to build on these, and progress to medical proof, gathered in a clinical environment. This will help us to gain the next step of approval, the full endorsement of the medical profession. It is my dream that one day, SoeMac will be a recognised mainstream treatment for respiratory conditions.

*Neil Stentiford*

## British Lung Foundation

We are delighted to announce that SoeMac is working in partnership with the British Lung Foundation as an official partner. We are supporting the BLF by making a donation to the BLF for every SoeMac we sell.



The BLF have been researching lung conditions for 30 years, and this remains at the heart of what they do today. Their aim is to improve care, and to prevent, treat and cure lung diseases.

Our partnership with the BLF is our way of demonstrating support for their aims, helping them to realise their ambition – to ensure that one day everyone breathes clean air with healthy lungs. Look out for updates on our Facebook page, SoeMac Alternative Therapy.

## Breathe Easy Nottingham West

The group are Walking to the Moon, which in case you didn't know, is 478 million steps! All of the group's members, together with friends and family are joining in, including Neil and Sue from SoeMac. Sponsorship money is being raised jointly for the BLF and the pulmonary rehabilitation unit in Nottingham. Exercise is an important part of everyday life for everybody living with COPD, and this is an excellent project to help with this objective.



If you decide to join, you can optionally raise sponsorship funds for these good causes. To learn more and how to get involved, search for their Facebook page, 'Taking Steps to the Moon Group'. The initiative runs until June 17th 2018.

## Introducing the SoeMac Pro



We have designed and prototyped a more intensive version of the SoeMac, called the SoeMac Pro. Initial testing has been very positive, and we are currently building a small number of devices, for further testing and research. SoeMac Pro gives a 20 minute treatment using an AeroChamber breathing mask, held to the nose and mouth as each breath is taken. This can be repeated up to three times each day. The UK list price is £1,695.

## SoeMac Spring Clean and Service

If you've been using your SoeMac for two years or more, we'd like to offer you a FREE refurb and clean. Pop it in a jiffy bag and send it back to us at the address shown on the last page, and we'll clean and service your machine. We'll have it back to you within a week. All we ask is that you tell us in a few words, how the SoeMac helps you.

## Condition focus – Sleep

Many people suffer with poor sleep, due to many different reasons. People living with COPD are highly likely to experience poor sleep issues. It is important for the human body to get 'deep' sleep, commonly known as SWS (Short Wave Sleep) and REM (Rapid Eye Movement). In these states, the body does much of its repair and regenerative work. Poor quality of sleep leads to a downward spiral in neural and brain performance, general tiredness, and deterioration of wellbeing.

It has been shown in studies and research that oxygen consumption in the brain is higher during REM sleep than during waking (Salodin & Kennett, 2012). Using SoeMac increases the availability of oxygen at the cellular level, and therefore should help the deep sleep restoring processes.

A small gland in the brain, the hypothalamus, helps to manage the sleep cycle. A key molecule in this process is NO (Nitric Oxide), and the SoeMac helps with the supply of this.



People often wake because they are coughing to clear a build up of mucus. Use of the SoeMac can help this condition. Quite often they are then afraid to go back to sleep, as they worry they may not wake up again. SoeMac helps reassure them.

Good quality sleep is very important to all of us.

For those that don't see any benefit, there is a 30-day money back guarantee.



## Your stories

### Raymond – Breathing

Thank you for the opportunity to return my unit for a free service. Now as you will know, there are lots of different types of breathing disorders, and although most of your owners of SoeMac's use them during sleeping hours, I found as a light sleeper, a degree of difficulty staying asleep due to the slight hum and the light coming from my unit. After trying ear plugs and an eye mask, which didn't really work because they were uncomfortable, I realised that I had never had a problem breathing during sleeping. So, my solution to the problem was to place the unit beside my computer in the study, where as a retired senior citizen I spend quite a bit of my time. The unit worked great for me in this position, because since I installed it, I have been able to get up from my computer with no breathlessness. With only a 36% lung function, I would recommend SoeMac to anyone who suffers from breathing problems. We know it is not a cure but it goes a long way to improve one's quality of life. I cannot thank you and your staff enough. Best regards, *Raymond Quinn*

### Jennifer – Lack of energy

I have fatigue and recently, unintentionally, went a week without using my SoeMac. Sometimes it is only when you stop something that you realise just how much it was helping you. Without the SoeMac I had fierce morning headaches, noticeably poorer concentration and was waking in the night hyperventilating and gasping, feeling as though there was a shortage of air. I was also waking up in funny positions. Given my normal habit of waking up with my nose as close to the machine as possible I think I was unconsciously trying to find it in the night. I feel so different when it's in front of my face, the air it emits feels energising to breathe. It is like standing on a cliff top. Over time, I think the cost of the SoeMac compares favourably with regularly seeing a health practitioner, or taking a new supplement because you only have to buy it once to be able to use it every night. In addition, the customer service has been excellent so I'm happy to recommend trying out the SoeMac for yourself. Best wishes, *Jennifer*

### Paul – Breathing

I have severe breathing problems, years of smoking on top of a weak chest badly damaged by Whooping Cough when I was six years old! Life had become an abject misery. I could move only a few feet before I became desperately breathless and beset with a terrifying panic. I bought the SoeMac, even though I did not believe for one moment that it would help my sorry situation. How wrong I was!! Within three weeks I could breathe again, walk again and, perhaps most importantly, I felt I could live again!! Expensive? Worth many times the price for the difference this amazing device has made to my life! Thank you so much. *Paul C.*

### Heather – Breathing

We shared Heather's April 2017 testimonial in our last edition. She wrote to us again to say: My mum asked me to send you an email informing you of her good news. She attended the clinic on Friday and was told her breathing is better than it has been for the last four years. We have no doubts this is down to the SoeMac technology and her commitment to use the device every night. Thank you so very much to you for making such a big difference to her wellbeing and confidence. Best wishes, *Heather*

### Lynn – Breathing/Sleep

Hi Everyone at SoeMac. I received my Machine as a Christmas Gift from my Partner. I have severe breathing problems and have had a few Hospital admissions over the past three years. Since I received my Machine there is a definite improvement in my breathing. My blood oxygen sats are holding at around 90 to 93, and I am managing a much better sleep pattern which is helping me a great deal. It's been slow but steady progress since I received my SoeMac and I would like to thank all concerned, and hopefully there will be more improvement with further use of my machine. Thank you all very much, *Lynn*

### Brian – breathing

Brian's wife contacted Neil to share how much better her husband has been sleeping since using his SoeMac, bought nine weeks ago. She told us, "He is sleeping much better, and within a month of first using the SoeMac". Brian was treated for right lung cancer seven years ago, and also suffers from breathing problems. Previously, he spent most of his time feeling very fatigued and described his general wellbeing as low. Brian takes a mixture of steroids and antibiotics to help manage his health, and he wasn't getting much sleep at all. His wife told us how much better he is sleeping now, "he's spark out!" she says. Brian now sleeps from 9pm until around 5.30am and says that when using the SoeMac, "it knocks me out within 15 minutes." He continues, "at first, I didn't feel anything at all. I've still got a cough, but the machine is doing a marvellous job now." Brian says he's tired, but feels much better in himself.

### Mary – Breathing

My son Andrew purchased a SoeMac machine for his father after he had been admitted to hospital on three occasions with dangerously low oxygen levels due to breathing problems. He was twice at death's door and, at his worst, his oxygen level was 52. Since acquiring your wonderful machine, his oxygen levels have remained stable between 90-95 and it has been truly life changing. Before, he could not venture out when there was a slight breeze but now he manages a walk along the promenade most days and the wind doesn't make him breathless. We even managed a family holiday abroad in October and of course, SoeMac came too! It is amazing how it has transformed our lives. Thank you so much and we will continue to recommend it as best we can. With heartfelt thanks, *Mary*

### Monika – Lack of energy

My SoeMac story: People who suffer like me from fatigue will know the dilemma every morning. You have slept for 9-10 hours, but you are still dog tired. That changes only after several hours and you are tired again in the early afternoon. You pull yourself together because it should not be like that – but it is a fight the whole day. One day, a friend told me about a device that would improve the oxygen supply overnight and supports the regeneration. I thought that it was again something new and I already had tried so much. But you grasp at straws in such a situation only to have some hope. So, I ordered the device, a little SoeMac and plugged it in. It was silent like a cat – that was very convenient and I waited for a change. After some days I recognised that my start in the morning was quite better, and after some weeks I smiled at my SoeMac in the morning, I was still fatigued, but not so tired and just before the shower I was already fit. I can't say that the SoeMac defeats fatigue, that would mean to find the root reason for the disease – but the SoeMac improved my quality of life and vitality so significant. Now the device is away, out for a service and the dilemma is back. Night is over, I am still tired sitting on my bed looking to the place where my SoeMac worked for me – I am sad, so sad. I miss my SoeMac so much and hope it's back in some days, "My SoeMac I miss you".

Note from Neil – we fully refurbished and serviced Monika's SoeMac, and despatched it within 24 hours of receipt. This was done for free, no charge – in exchange for Monika allowing us to share her story above, and we make this offer to everybody with a SoeMac.

For more testimonials about SoeMac, please visit our website at [www.soemac.com](http://www.soemac.com)

If you'd like to share your SoeMac story with us, email to: [info@soemac.com](mailto:info@soemac.com)



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