



Welcome to our
Spring newsletter

In the post-Covid world, whilst the virus still exists, and will probably do so for years to come, it appears less dangerous and the adverse health effects are much reduced. We all welcome that.

Our goal is to help people breathe and sleep better. We have seen significant benefits with the condition COPD, and are planning a Clinical Trial focussed on COPD sufferers using SoeMac, to measure improvements in their breathing, sleep, energy levels, and general quality of life. The objective is to prove to the clinical level, the efficacy and safety of using the SoeMac, both of which we have witnessed consistently over the past 8 years with thousands of users. Our partner organisations in this Trial are the QMC Hospital in Nottingham, and the University of Derby. We are also in discussions with overseas partners to perform the clinical part of the project with them. Results will be published as soon as the Trial is concluded.

Neil Stentiford

Sam Grimwood

Congratulations to Sam on submitting his thesis at the University of Derby, on the Psychological and Physiological impacts of COPD. As soon as it is published we will put a link on the website for everybody to read his work – it is amazing.



Good luck to Sam, as he has moved to London to become a Clinical Psychologist at Kings College and with the NHS. Watch the video https://youtu.be/8S_znaLwoQg

Sasa



Welcome to Sasa, as he commences his 3-year PhD at Nottingham Trent University, which we are co-sponsoring. Working for Dr Yang Wei, we will be bringing you updates of his exciting work as he progresses.

Dr John Campbell



Last year, I was fortunate to stumble across Dr John Campbell's YouTube Channel, where he shares fascinating insights into various health matters. He has in excess of 2 million followers, and offers an alternative narrative to the main stream media. I recommend you watch, form your own opinions and do your own research www.youtube.com/@Campbellteaching

Spring Clean and Service

Regularly clean your SoeMac for optimum performance. If you want us to perform a Service, just send it back to us, with your name and return address, and please write a few short sentences on how the SoeMac has helped you, and we'll service and return – **no charge**.

Your stories

Michelle & Cheryl – Summer 2022

Are sisters, both with serious respiratory problems.

Michelle – COPD

I have suffered with COPD for a long while now, and went through stages of low blood oxygen levels, poor quality of sleep, and not enough energy to do the things I wanted to do. About 4 years ago, I met Neil at a Breathe Easy group meeting, and got to talk about his SoeMac machine. I immediately bought one, and have not looked back since. I use it every night and it is a wonderful addition to my life. My oxygen levels go up by 3% overnight, and I sleep well and wake up refreshed, and with energy to start my days. I still have to rest regularly, but I am so much more positive than I have been. It is not a miracle cure, but has certainly been a great benefit to me, living with COPD.

I recommended SoeMac to my sister Cheryl, and she also has one, and swears by it. We have been on holidays together, and we both take our SoeMac with us, as it is small and easy to pack. Hope you like the pictures, and thank you for helping us live our lives a little better. x

Cheryl – CF

Hi hope you are well and not laughing too much at the photos we sent you earlier. Here is my review of the SoeMac machine. As a person who has had cystic fibrosis, my lung function has always been under 40%. 9 years ago I was lucky to receive a double lung transplant, my lung function was down at 17% and I was on nasal canular oxygen 24/7. I was on 4 litres and my oxygen saturation was 90%. My sister Michelle got a SoeMac machine, and it was helping her. I had been waking up often during the night and waking up with a headache in the morning. So I decided to buy one as well. Now, I am sleeping most of the night and I have no headaches. My oxygen sats are 99% when I wake up and during the day they are 96%. It comes with me everywhere, staying with family, friends and has even been on a cruise to Norway this year. If I had caught Covid on the ship I knew I had my SoeMac machine to help with my breathing straight away. When I did have Covid I used SoeMac during the day too. It definitely helped relieve my symptoms. xx



Pat Hogg

I cannot praise the SoeMac breathing unit highly enough in words. As a former Psychiatric Nurse who has specialised in Nutrition over the last 20 years, SoeMac's specialist oxygen energy therapy, as that is what it is, helped many people I know who were suffering during the pandemic period. Quite a few people I knew were scared to attend hospital and assumed they were infected, given they had respiratory issues and were in a panic. A friend was diagnosed with Covid Pneumonia and refused specific drugs when in hospital but demanded someone bring him a mobile phone, some Vitamin D and a SoeMac machine to use at nights. He did not want a ventilator. He is almost 66 yrs old and was a runner. Within 3 nights he was home! And after a week's rest he was back out jogging! He puts his progress down to using the SoeMac and bought one of his own.

Several other friends borrowed the unit when they had breathing concerns and improved considerably by getting better oxygenated blood. This is factual given I

monitored both my Blood Pressure and Oxygen levels with an Oxymeter and saw blood pressure drop and blood oxygen levels rise. From what I have heard from friends who now use the unit and understand its benefits – although this is anecdotal evidence – most have said it would have been a wonderful asset in every hospital and doctor's surgery across the UK and would have saved lives. Can I thank all the staff at SoeMac for their brilliant innovative respiratory aid which has helped many people I know recover from cardiovascular and respiratory infections.

Andrew – age 81

My SoeMac is running fine, thanks to your service, and I'm sure in some way it has got me here in life, as I am 81 now. I think it kills Covid as I've had no sign of it, whatever tests I've done. After what SoeMac has done for me, the Doctor says I am now fitter than him, and he does not know how I do it. But we both know it was SoeMac and sensible eating, that have given me these years, which I would never have had without SoeMac.

CM, Sweden

I have been using the SoeMacPro a while now and these are my impressions so far.

During the session and even after that I experienced different sensations through the body mostly through the chest and stomach but even in the legs and the arms. Very interesting. Those sensations are somewhat difficult to describe but they resemble as a tingling or as an energy flow. It seems that the sessions have positive impact on, in the first hand, the lungs. My impression is that the session under the mask is stronger than the session with the canula. I feel I need some period of acclimatisation to the Pro because the effects are rather strong and one has to find a suitable level which suits ones individual needs and capabilities. There is the need for drinking more water. During the sessions I tried a strength test with my fists and I realised that I am becoming stronger under the session and shortly after, than before the session. I feel more energised and I have less need to sleep. Several shorter sessions seems better accepted by the body than one longer session.

Celia – Breathing

Neil, thank you so much for servicing my SoeMac. I received it back this morning and will clean it regularly as per the instructions. I am so grateful, SoeMac has really helped with my breathing. And thank you for your great service.

Lorraine – Sleep

I would just like to say how amazed and delighted I have been with this product, and genuinely take my SoeMac everywhere, in order for me to have a good night's sleep. Thank you to the Inventor.

Rose – Breathing

I have to say that during these stressful times I am sleeping well and waking up more refreshed. I usually have a lot of "clearing" of my lungs in the mornings, but the SoeMac has really helped with that. I am sleeping more deeply and am actually giving my lungs a rest.

Peter – Breathing

I have used SoeMac for over 3 years, and it has certainly been a great help. Since Christmas 2019, there has been considerable increase in mucus in my lungs. I thought it must be a lung infection, so obtained antibiotics from my Doctor. It still did not improve, and although I'd had recent X-rays, I asked for a CAT scan. Unfortunately, due to the Covid pandemic, my scan was cancelled. Thankfully I had the SoeMac and it has really helped me.

Michael – COPD

When I bought my SoeMac, I had fantastic results in a short time. I have now been using it for 8 months and I cannot be without it, it has really made such a difference to my COPD, and my sleep has improved so much. This is the first review I have made, so it shows how much faith I have in this product. I have tried everything available to improve my health and this is one item that sits beside my bed every night regardless of where I am in the world.

Carol – Breathing

I feel more refreshed and alert. SoeMac seems to reduce my sinus problems.

Laurent – Breathing

This product is exceptional, it allows you to sleep better for those like me who cannot stand a breathing apparatus.

Pam – Breathing

My husband and I have respiratory issues. He has slight emphysema and sleep apnea and is unable to tolerate a CPAP mask. I have asthma. When using the SoeMac, we awaken refreshed, and have bought one each!

Mrs W – Breathing/Sleep

I was hesitant to buy the SoeMac, but my husband was always complaining he was tired, because he has sleep apnea but refuses to go to a doctor and get a sleep study done. Well I found this little gem when I was looking for breathing machines to help with sleep. Having the 30 day return policy, helped us decide to give it a try and ever since the first night of using it, he has not once complained he is tired or not being able to sleep, and he's got more energy because he's getting rest at night. I'm so thankful we went ahead and bought the SoeMac as it has made such a great improvement to my husband's life. Trust me, it's worth every penny. We highly recommend this to anyone who has trouble with breathing related sleep issues.

Roger – COPD

My wife has been suffering with COPD for 20 years. The first evening we plugged in the SoeMac, she slept better, and didn't thrash around so much during the night. She no longer snores, and sleeps well, and her breathing seems much deeper. It's a wonderful machine.

Anthony – General

Nice and small and easy to use.

Caroline – Life

Thank you for servicing my SoeMac. I so love the huge difference it has made to my life. Thank you very much.

Melanie – Life

I am much obliged for servicing my SoeMac as it has helped me tremendously.

Maria – Life

Thank you for servicing my SoeMac, I find it really helps me.

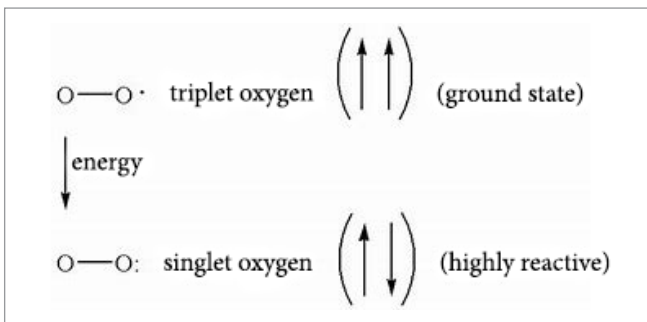
Peacock – Sleep

After using the SoeMac for a month, every night, I noticed a great change in my sleep. I get up in the mornings more energized. It's a great product. I also notice a change with my allergies, as I get up with a clear head and no congestion.

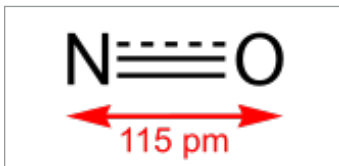
Education Corner

Singlet Oxygen (SO)

Is a "higher energy" state oxygen molecule, also referred to as activated or energised oxygen. It exists in nature, during thunderstorms, in forests, at the seaside, and in rain water. It is also an important molecule within the human body, performing regulatory, balancing, and signalling work, working closely with the NO molecule. SoeMac has been proven to produce SO.



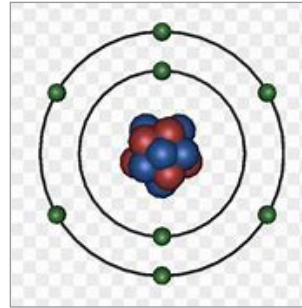
Nitric Oxide (NO)



In 1992, the journal Science named Nitric Oxide as the "molecule of the year". And in 1998, UCLA pharmacologist

Louis J. Ignarro shared a Nobel Prize in medicine for uncovering NO's role as a signalling molecule in the cardiovascular system. In humans, NO is generated by 60 trillion cells that line our blood vessels and airways. They are called endothelial cells. This helps regulate blood pressure, engulfs invading toxins, prevents platelets in the blood from forming clots, and signals that food has arrived. NO also plays an important role in our cells' mitochondria, helping convert oxygen and glucose into the body's ATP energy supply.

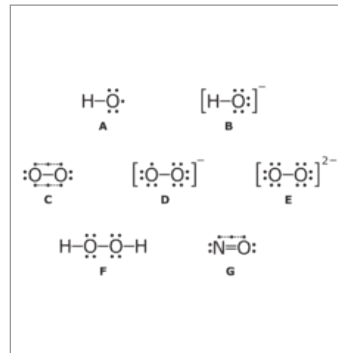
Oxygen (O₂)



In 1931, Dr Otto Warburg was awarded the Nobel Prize in Medicine for his work on aerobic and anaerobic metabolic processes in cells. In particular, he emphasised the importance of a plentiful supply of oxygen at the cellular level, for normal

cell respiration, and the production of the body's ATP energy supply. His work has been continued by many subsequent scientists, perhaps the most famous being Dr Manfred von Ardenne, and his work has led to the importance of getting sufficient oxygen into the body. From his work, EWOT (Exercise with Oxygen Therapy) is now an accepted treatment, as is Hyperbaric oxygen, and also the family of products offering energised or activated oxygen, of which the SoeMac is one.

Reactive Oxygen Species (ROS)



Are molecules that are variations of the oxygen molecule. NO and SO are two such molecules, existing freely in nature and within the human body. ROS have been shown to exhibit excellent anti-viral and anti-bacterial properties,

and there are many research papers that show this.

Contact Neil if you want him to send you further information.

For more testimonials about SoeMac, please visit our website at www.soemac.com
 If you'd like to share your SoeMac story with us, email to: info@soemac.com



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