



Hello all,

Welcome to *Swan & Stone, Volume 1, Issue 6, The Wave Equation*. I hope you enjoyed Issue 5, *The Wave*, where I presented an instance of the Valsalva Wave measured at the earlobe that is upwards of 4 times larger than that which is typical – even while breathing at my resonant rate. I ended that article with this postulation, that this giant wave is an outcome of Coherent Breathing, hydration, and nutrition. In this article, *The Wave Equation*, I will describe how I realized it and have since replicated the results a number of times.

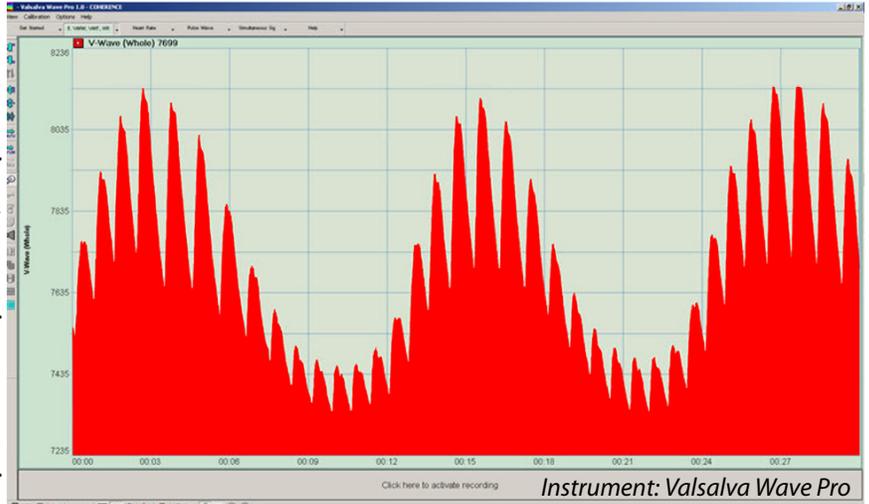


Figure 1: The complex blood wave detected at the earlobe. The slow respiratory wave underlies the relatively rapid heart beat.

In early spring of 2015 I took up juicing for the first time at my son Taylor’s behest and began juicing daily with the arrival of my vegetable garden, juicing my own produce, mostly greens, along with items purchased at my local organic grocery. My juices are typically complex, containing a dozen or so fruits, vegetables, leafy greens, herbs, and roots, including turmeric. In March, I’ll have been juicing almost daily for a year. Taylor, working on a bachelor’s degree in Kinesiology and being interested in nutrition and optimal performance, we began collaborating on an idea, this being the ingestion of critical amounts of superfoods along with hydration, and *deliberately* circulating those nutrients via exercise (where the most fundamental form of exercise, and the essential mechanism that compels blood to move is “breathing”).

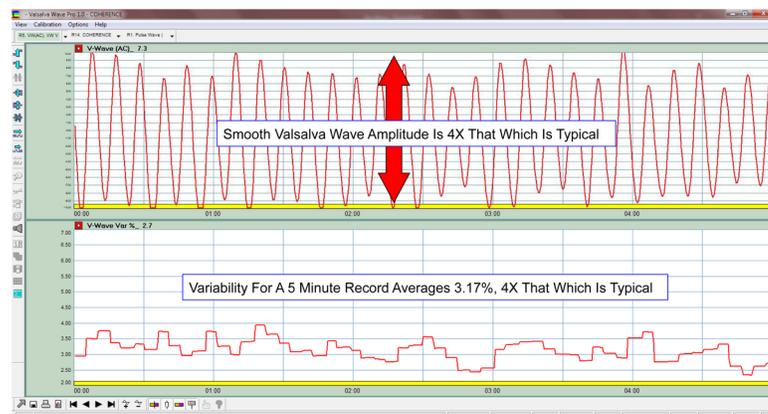


Figure 2: Record Of Filtered Valsalva Wave, Amplitude Exceeding 3%

Inheriting my penchant for inquiry and having an initial knowledge of nitric oxide affects on circulation, Taylor began researching both super nutrients and nitrate rich foods known to facilitate circulation via nitric oxide production in the body. (In 1998, Robert F. Furchgott, Louis J. Ignarro and Ferid Murad won the Nobel Prize in Physiology/Medicine with their discovery of the role nitric oxide plays in the *facilitation of circulation*. NO plays a critical role in multiple biological functions of the body. I encourage you to read the

Nobel Prize press release which you can find by [clicking here](#).) Since this initial discovery, many companies have produced work-out supplements rich in nitric oxide precursors, the amino acid arginine being an example. Anyway, Taylor’s investigation led him from leafy green vegetables, to beets, to noni, and eventually to a noni based supplement produced by Kyani. This product is branded “Nitro”, where there are 2 potencies of the product, *Nitro FX* and *Nitro Xtreme*. *Nitro Xtreme* also contains niacin, magnesium, zinc, chromium, and CoQ10, which Kyani states also enhance the production of nitric oxide in the body. I ordered both *Nitro FX* and *Nitro Xtreme* and began experimenting with it alone and in combination with both juicing and other superfood complexes, and have been doing so since October 2015. ([Kyani Nitro](#))



Recall that during the 2015 period I was also researching resonance extensively, trying to finally nail down the protocol that I introduced in 2009, this method being recently documented in [Personal Resonance Protocol](#). So I was doing resonant breathing sessions using Valsalva Wave pro, typically 2 times per day perfecting practice and recording the results. I'd also already determined my personal resonant frequency and developed a version of Clock & Bell that allowed me to pace at that rate whenever and wherever.

On Saturday, December 5th I drank a juice, took some *Nitro Xtreme* and laid down for a power nap. During my nap I was breathing along with my Personal Resonance Pacer ticking at my side, and I snoozed on and off for about 30 minutes. Upon rising, I went to my computer and hooked up to do a resonant breathing training session. I did the session, which wasn't remarkable from a "Coherence Curve" perspective, finished and got up to tend to other things. I came back a couple of hours later to export the data to the directory where I keep the records for my Coherent Breathing training sessions and noticed that Valsalva Wave Variability, a measure of the % variation in breathing induced blood volume, averaged 3.17% during the session! Valsalva Wave variability typically runs <1% even while breathing resonantly, which is in theory the moment of circulatory optimality. So here was this giant wave in the record approximating 4 times what I normally see during resonant breathing and 10 times that of non-resonant breathing.

I said to myself, "Wow, that's profound, it must be the juicing combined with *Nitro Xtreme* that's delivering the increased circulation via NO induced vasodilation." So the next day I tried it again, juicing plus *Nitro Xtreme*, but I didn't see the unusual Valsalva Wave Variability; the session was typical of a solid resonant breathing session, with variability <1%. I tried to replicate the results for a week without success. So reviewing my notes, I sat down and retraced my footsteps:

- 1) I'd juiced, 2) I'd taken *Nitro Xtreme*, 3) I'd laid down for a nap, 4) I'd breathed with my Personal Resonance Pacer while horizontal, 5) I'd dipped in and out of consciousness and sleep for 30 minutes.

So I tried it again including all of these factors. After ~30 minutes, I got up, hooked up, and ran a Coherent Breathing session – and there it was, Valsalva Wave Variability averaging 2.75%, the 2nd highest I'd ever seen. Since then, I've repeated this half a dozen times, each time resulting in Valsalva Wave Variability that is 2-4 times higher than during normal upright instrumented Coherent Breathing. So in this case *the wave equation is:*

>Valsalva Wave = Juice + Kyani Nitro Xtreme + Horizontal Body Position + Breathing At Personal Resonant Frequency (+ Rest)

In summary, I ask, what does this mean; and here's my guess...

*Given that capillary circulation is the means by which herbs, nutrients, hormones, and bioregulators reach the cells of the body, "this wave equation" may represent a fundamentally new method for delivering critical nutrients, and potentially medicines – deliberately. And of equal importance, the flip side may be that of more thoroughly cleansing the capillary circulation and interstitial spaces of metabolic waste.*

Stephen Elliott, President, COHERENCE

[Kyani Nitro Xtreme](#)



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