

**Effects of the BioElectric Shield on Stress
Using Dynamometer Parameters**

By

**Virginia Bonta Brown, M.S., O.T.R.
& Lissa Beatty**

OBJECTIVE: Thousands of BioElectric Shield users stated that this device helped them deal with stress more effectively. The authors set out to objectively quantify this phenomenon with individuals under stress while using a BioElectric Shield.

METHODS: Fifty (50) individuals were tested under three different conditions. First, each subject's opponens muscle was tested with a dynamometer to determine its baseline strength while they were visualizing a blue sky (neutral stress). Second, the individuals were asked to visualize a stressful situation in their lives and the opponens muscle was retested using the dynamometer to determine relative strength or weakness. Lastly, individuals were re-tested after having a BioElectric Shield over their lower sternal region for one minute. The relative strength or weakness of the opponens muscle was re-evaluated with the dynamometer while they were visualizing that same stressful situation as in the second condition.

RESULTS: Of the 50 individuals tested, 47 (94%) had an average 11% reduction in dynamometer readings after visualizing a stressful situation. Of the 50 individuals, 48 (96%) demonstrated an average 24% increased muscle strength on dynamometer after wearing a shield and visualizing that stressful situation from the initial baseline reading. Two (4%) individuals demonstrated a 1% weakening of their opponens muscle after wearing the Shield for one minute and visualizing that same stressful situation.

DISCUSSION: That a stress response is elicited in most people whether the stress is real or imagined is indisputable. Objective metrics clearly demonstrate that most people are weakened in stressful situations and that there are remedies to alleviate the response to stress.

CONCLUSION: The BioElectric Shield demonstrably increases muscle strength in most individuals in the presence of stress.

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Name	Baseline	Stress	Change	% Change	With Shield	Change	%change	
John	12.6	11.7	0.9	7.14%	15.9	3.3	26.19%	
Frank	12.8	10.6	2.2	17.19%	17.6	4.8	37.50%	
Judy	9.7	8.6	1.1	11.34%	11.9	2.2	22.68%	
Carl	13	12.2	0.8	6.15%	16.3	3.3	25.38%	
James	13.3	11.3	2	15.04%	18.1	4.8	36.09%	
Lynne	10.2	7.3	2.9	28.43%	12.8	2.6	25.49%	
Todd	12.4	12.4	0	0.00%	14.1	1.7	13.71%	
Marion	9.9	6.8	3.1	31.31%	13.2	3.3	33.33%	
Leslie	8.7	7.7	1	11.49%	11.2	2.5	28.74%	
Vicky	9.3	8.8	0.5	5.38%	12	2.7	29.03%	
Greg	14.3	12.1	2.2	15.38%	16.5	2.2	15.38%	
Rochelle	10.8	8.8	2	18.52%	16.7	2.4	22.22%	
Patti	9.8	9.8	0	0.00%	13.3	3.5	35.71%	
Alfred	15	13.2	1.8	12.00%	17.4	2.4	16.00%	
Becky	12.6	12	0.6	4.76%	14.9	2.3	18.25%	
Randy	15.8	14.1	1.7	10.76%	19.7	3.9	24.68%	
Glen	14.6	14	0.6	4.11%	16.7	2.1	14.38%	
Lisa	11.2	10.3	0.9	8.04%	14.4	3.2	28.57%	
Ted	13.1	12.6	0.5	3.82%	15.9	2.8	21.37%	
Steve	12.7	12.1	0.6	4.72%	15.5	2.8	22.05%	
Anne	11.2	10.7	0.5	4.46%	14.4	3.2	28.57%	
Jennie	9.5	8.1	1.4	14.74%	12.4	2.9	30.53%	
Linda	12.8	10.9	1.9	14.84%	15.8	3	23.44%	
Nancy	12.5	11.3	1.2	9.60%	16	3.5	28.00%	
Bob	13.9	12.9	1	7.19%	17.2	3.3	23.74%	
Charles	15.8	14.7	1.1	6.96%	19.8	4	25.32%	
Val	8.4	7.8	0.6	7.14%	8.8	0.4	4.76%	
Karen	8.7	6.9	1.8	20.69%	10.9	2.2	25.29%	
Donna	9.4	8.2	1.2	12.77%	10.6	1.2	12.77%	
Jeff	13.8	12.5	1.3	9.42%	16.9	3.1	22.46%	
Fred	14.1	13	1.1	7.80%	17.5	3.4	24.11%	
GH	10.1	9.2	0.9	8.91%	12.6	2.5	24.75%	
Gen	12.1	10.7	1.4	11.57%	14.6	2.5	20.66%	
Rebecca	10.6	8.9	1.7	16.04%	13.8	3.2	30.19%	
J.Dave	15.8	14.3	1.5	9.49%	18.8	3	18.99%	
Dan	12.7	10.9	1.8	14.17%	16.6	3.9	30.71%	
Bud	13.9	12.2	1.7	12.23%	18.1	4.2	30.22%	
Liz	9.7	8.6	1.1	11.34%	11.9	2.2	22.68%	
Laura	10.5	8.9	1.6	15.24%	13.2	2.7	25.71%	
Nan	9.3	8.4	0.9	9.68%	11.9	2.6	27.96%	
Judy	12.3	10.8	1.5	12.20%	15.5	3.2	26.02%	
Christopher	15.9	14	1.9	11.95%	20.2	4.3	27.04%	
Jim	14.2	13.1	1.1	7.75%	17.8	3.6	25.35%	
John C	13.7	13.7	0	0.00%	15.2	1.5	10.95%	
Ray	14.3	12.8	1.5	10.49%	17.8	3.5	24.48%	
Anna	11	9.9	1.1	10.00%	13.5	2.5	22.73%	
Robyn	12.1	10.2	1.9	15.70%	16.2	4.1	33.88%	
Louise	13.6	12.1	1.5	11.03%	18.1	4.5	33.09%	24.61%
Todd	13.8	11.2	2.6	18.84%	13.6	-0.2	-1.45%	
Cathy	9.3	6.9	2.4	25.81%	9.2	-0.1	-1.08%	-1.26%
				11.27%			⊗ 24.09%	