

# It's about getting, and keeping, your blood pressure under control.

Keeping your blood pressure under control isn't easy. According to the American Heart Association,

**over 70% of high blood pressure patients don't have their condition under control.**

For some people, a healthier diet, exercise and medication work. For others, that's still not enough. Now, with **RESPeRATE**, you can do more!

## Hypertension specialists nationwide approve of RESPeRATE

as part of an overall treatment plan for lowering blood pressure, based not only on published, peer-reviewed clinical trials, but on personal experience with their own patients:



"Our clinical study concluded that RESPeRATE is easy to use, did not have any side effects and delivered a significant blood pressure reduction."

Dr. William Elliott  
Rush University Medical Center,  
Chicago, Illinois



"My patients really like it. RESPeRATE allows patients to have more of a role in their care."

Dr. Joseph Marek  
Cardiologist, Midwest Heart Specialists  
Downers Grove, Illinois

## What patients are saying:

"RESPeRATE did wonders for my blood pressure. My blood pressure dropped down to an amazing 122/74, something neither the medication nor the exercise had ever been able to do alone."

Paula Carney, Chicago, Illinois

"RESPeRATE's impact upon my life and health have been amazing. I found that the breathing exercises lowered my blood pressure almost from the start. Thanks to your product, I no longer have to fear the blood pressure cuff. I now can enjoy the security of knowing that, day after day, my blood pressure is safe and steady."

Vinton McCabe, Easton, Connecticut

"My doctor is enthusiastic over my blood pressure reading since I've started RESPeRATE, and has recommended it to several of his patients. It enabled me to be proactive about my blood pressure."

J.P., Ph.D., Pittsburgh, Pennsylvania

Comprehensive clinical data  
is available at [www.resperate.ca](http://www.resperate.ca)

Please Note: RESPeRATE should only be used as a part of an overall health program for achieving goal blood pressure, as recommended by a doctor. RESPeRATE can be safely used in conjunction with medications and lifestyle modifications such as diet and exercise.

## Frequently Asked Questions:

**Q:** Can I use RESPeRATE with my medications?

**A:** Yes, RESPeRATE can be safely added to existing high blood pressure therapies, including medications.

**Q:** Can I return RESPeRATE if my blood pressure is not lowered?

**A:** Yes. RESPeRATE comes with a 8-week full money back guarantee.

**Q:** Could RESPeRATE lower my blood pressure too much?

**A:** No. RESPeRATE doesn't reduce blood pressure for people with normal pressure levels, but rather brings it toward the optimal, healthy range for people with high blood pressure.

**Q:** Why can't I do the same breathing exercises without RESPeRATE?

**A:** Routinely practicing the type of structured breathing exercises that have been shown to reduce blood pressure is very difficult without a personalized coach such as RESPeRATE.

**Q:** How many patients are already using RESPeRATE?

**A:** Over 10,000 doctors and patients are currently using RESPeRATE.

## Order RESPeRATE today!

For more information, visit  
[www.resperate.ca](http://www.resperate.ca) or call us at

### 1-800-728-7327

#### Kit includes:

RESPeRATE device,  
respiration sensor,  
headphones,  
user manual,  
instructional video  
and 4 AA batteries.



### 100% Money Back Guarantee

If you use RESPeRATE as recommended and do not see a reduction in your blood pressure, you may return RESPeRATE within 8 weeks of delivery and we will refund the price of purchase less shipping.

**RESPeRATE**  
TO LOWER  
BLOOD PRESSURE

## A breakthrough in lowering blood pressure

*A device, not a drug*

*Doctor recommended*

*No side effects*

*FDA-cleared*



[www.resperate.ca](http://www.resperate.ca)

# Finally. A proven, effective, non-drug approach to lowering high blood pressure.

RESP@RATE

Media



## RESP@RATE

The first non-drug, medical device cleared by the FDA for lowering blood pressure.

### Harness the power of therapeutic breathing

Scientific evidence has proven that structured therapeutic breathing exercises, performed routinely, can significantly lower your blood pressure. However, these exercises are difficult to perform on your own without continuous, individualized coaching. That's why RESP@RATE was developed.

#### RESP@RATE is:

- ▶ clinically proven to reduce high blood pressure within 4 to 6 weeks
- ▶ not a drug and has no side effects
- ▶ pleasant and easy to use
- ▶ cleared by the FDA for sale without a prescription
- ▶ guaranteed to lower your blood pressure, or your money back

RESP@RATE is already in use by over 10,000 patients and doctors.

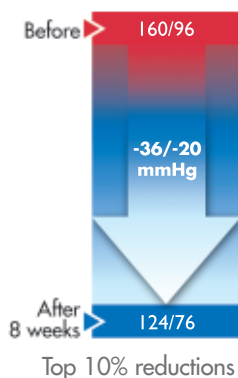
## How RESP@RATE works

RESP@RATE's patented technologies interactively guide your breathing from the typical range of 14 to 19 breaths per minute down to what we call the "therapeutic zone" of just under 10 breaths per minute.

The physiological result? The muscles surrounding the small blood vessels in your body dilate, and relax. Blood flows more freely, and pressure is lowered. And while your breathing returns to normal after each session with RESP@RATE, the beneficial impact on your blood pressure is cumulative.

### Just 15 minutes, 3 to 4 times per week

Within 4 to 6 weeks of use, a significant, all-day reduction in blood pressure can be achieved. And as with any other exercise, regular use of RESP@RATE enables you to maintain the blood pressure reduction benefit.



### High Blood Pressure Reduction with RESP@RATE

Lowers high blood pressure by up to 36 points systolic and 20 points diastolic (top 10% reductions), as shown in seven separate clinical trials with average reductions of 14/9 points.

### Breathing with RESP@RATE in the "therapeutic zone" makes the difference

Since we all breathe differently, RESP@RATE's breathing exercises are customized to you. During each exercise session, RESP@RATE automatically analyzes your normal breathing pattern, monitored by a sensor and a built-in computer, and creates a personalized melody composed of two distinct tones—one tone for inhale, one for exhale. Simply listen to the melody and synchronize your breathing with these tones. By prolonging the exhalation tone, RESP@RATE guides you to slow the breathing and reach the "therapeutic zone."

#### During each session, RESP@RATE:

- ▶ Recognizes your personal breathing pattern.
- ▶ Guides you to slow your breathing.
- ▶ Keeps you in the "therapeutic zone."

After each RESP@RATE exercise session, your breathing returns to normal, but the beneficial effects on your blood pressure continue to accumulate.

For more information, visit [www.resperate.ca](http://www.resperate.ca)

"RESP@RATE is easy to use, and well-designed... Many people will find RESP@RATE a valuable tool in staying healthier by wisely managing their blood pressure."

— Sandy Berger, AARP

### The Wall Street Journal:

"Mounting research shows that exercises to slow breathing can help reduce elevated blood pressure... and may be worth trying especially if you have prehypertension and are trying to avoid medication..."

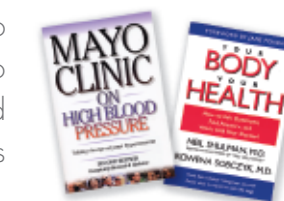
### The Washington Post:

"Breathing deeply and exhaling slowly can do wonders for our health, by opening up tiny blood vessels and taking pressure off the heart. But filling the lungs in a heart-healthy way is surprisingly difficult... Enter RESP@RATE..."

### PARADE:

"If you have high blood pressure, you now can breathe easier. RESP@RATE is the first non-drug device approved by the FDA to reduce blood pressure without the side effects of medication..."

RESP@RATE is also featured in The Mayo Clinic On High Blood Pressure and Physician's Desk Reference (PDR).



RESP@RATE analyzes your breathing and composes prolonged inhale and exhale tones

You synchronize your breathing to RESP@RATE guiding tones