

## POVZETEK: RAZISKAVE in UGOTOVITVE UPORABE CLEAN SLATA in ZERO INN-a

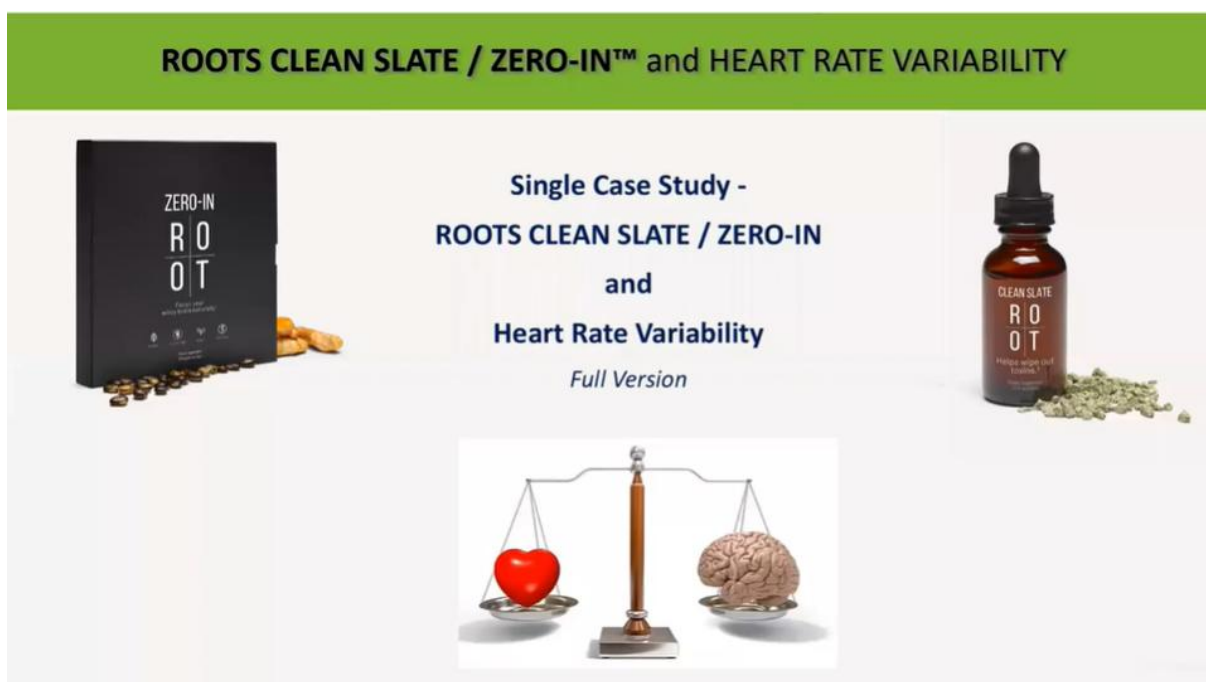
Celoten video z dr. Dori Naerbo in dr. Stefan Rao si lahko pogledate na tem linku:

<https://www.youtube.com/watch?v=5tiV8DbnBIA>

**Dr. Dori Naerbo** – klinična raziskovalka in avtorica več knjig.

**Dr. Stefan Rao** – študiral je človeško biologijo na področju parazitologije. Diplomiral je iz človeške biologije. Študiral na inštitutu za medicinsko mikrobiologijo in virologijo, na oddelku za molekularno onkologijo, ter na inštitutu za biokemijo. Delal je z onkogeni, retrovirusi in virusnimi raziskavami. Delal je tudi v farmacevtski industriji v Novartisu v Švici. Kardiovaskularna pulmologija in sektorjih za obvladovanje bolečin. Prav tako ima posebno izobrazbo glede avtizma.

**ROOTS CLEAN SLATE / ZERO-IN™ and HEART RATE VARIABILITY**



Single Case Study -  
ROOTS CLEAN SLATE / ZERO-IN  
and  
Heart Rate Variability  
*Full Version*

**Študija: Clean Slate / Zero Inn**



## ROOTS CLEAN SLATE / ZERO-IN™ and HEART RATE VARIABILITY

In the present case we investigate the effect of **ROOTS CLEAN SLATE/ZERO-IN** on the regulation of the body using the Nilas-MV HRV monitoring system. The following statements will be verified:

- Influence on vegetative nervous system (parasympathetic/ sympathetic nervous system) and stress index
- Balancing the processes in the body, in particular the neurotransmitter systems (Neurodynamic Matrix-Central Regulation)
- Improvement of the sleep cycle (biorhythm)
- Promotion of a longer and healthier life (biological age)
- Influence on metabolism (energy pyramid)

The following statements, which are known from **ROOTS CLEAN SLATE/ZERO-IN** studies, were examined in the test:

- ROOTS CLEAN SLATE/ZERO-IN** leads to less tension ("stress")
- ROOTS CLEAN SLATE/ZERO-IN** leads to improved cardiovascular function (dopamine / serotonin)
- ROOTS CLEAN SLATE/ZERO-IN** leads to better brain function (cognitive performance)
- ROOTS CLEAN SLATE/ZERO-IN** leads to a better overall feeling
- ROOTS CLEAN SLATE/ZERO-IN** leads to an improvement of the psychoemotional condition
- ROOTS CLEAN SLATE/ZERO-IN** leads to more restful sleep

Test procedure and order:

The test person is measured by the Nilas-MV HRV-Monitoring system, clipping two electrodes near the person's wrists and proceeding a 5-minute measurement in order to get 300 heart beat intervals.

After the initial test, the test person take a DTM Stik of **ROOTS CLEAN SLATE/ZERO-IN** into the mouth.

An HRV test is performed immediately after ingestion. To see how long the effect of **ROOTS CLEAN SLATE/ZERO-IN** is effective in the body, further measurements are then taken.

1. **Test:** (Monday, 07. September 2020, 11:59 am) (left)
2. **Test after 45 min:** (Monday, 07. September 2020, 12:44 am) (right)

Following this design, possible influences on the body along to the timeline and eventual varying intensity of influence can be demonstrated.

1. **Test se je izvajal:** Ponedeljek 7. September 2020 ob 11:59 uri.
2. **Test po 45 minutah:** Ponedeljek 7. September 2020 ob 12:44 uri.

Testirana oseba je bila izmerjena z Nilas – MV HRV Monitoring System (5 minutna meritev).

Po meritvi je oseba vzela Clean Slate (10 kapljic) in Zero Inn (2 kapsule).

Po 45 minutah smo opravili ponovni test.



## ROOTS CLEAN SLATE / ZERO-IN™ and HEART RATE VARIABILITY



### Variational Range of a Cardiac Cycle – ECG, Rhythmogram and the physiological systems

On the rhythmogram shown in Figures above, you can see that with a quickening of the heart rate, the curve of the rhythmogram goes down, and with a deceleration of the heart rate, it goes up. This is a consequence of the regulatory systems of the body effecting these changes. This way you can see the body responding to the needs of the organs and systems, and the heart changing to meet those needs.

The diagram on the left shows a normal (low) HRV, whereas the diagram on the right – 45 min after fixing the **ROOTS CLEAN SLATE/ZERO-IN** — illustrates healthy HRV.

Above you can see five overview indices of the functional state of various physiological systems:

A - Cardiovascular Adaptation	49 % increased
B - Vegetative Regulation	43 % increased
C - Neurohormonal Regulation	55 % increased
D - Psychoemotional State	54 % increased
H - Health Index	50 % increased

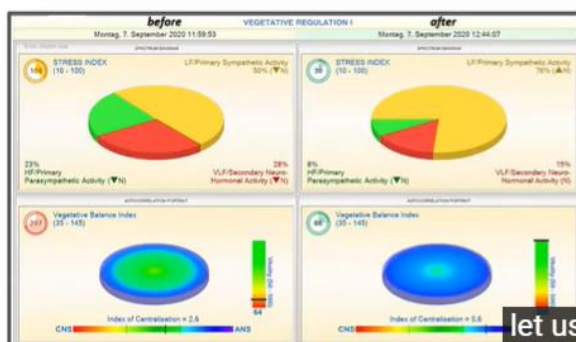
After taking **ROOTS CLEAN SLATE/ZERO-IN** ALL physiological systems increase to more than 50% after 45 min.

Na sliki zgoraj lahko vidimo spremembo srčnega cikla po 45 minutah (kot valovi – to je normalno ko je nekdo v normalnem zdravem stanju.)

Po 45-minutah od uporabe. Kardiovaskularna prilagoditev (49% izboljšana). Vegetativna regulacija (43% izboljšana). Nevrohormonalna regulacija (55% izboljšana). Psihoemocionalno stanje (54% izboljšano). Splošni Indeks zdravja (50% izboljšan).



## ROOTS CLEAN SLATE / ZERO-IN™ and Vegetative Regulation III: Stressindex / Vitality



### Stressindex (SI)

The stressindex tells us how hard the Autonomic Nervous System (ANS) has to work to maintain balance. If it is above the normal range, it is like driving your car without a thermostat; eventually the engine is going to heat up and seize.

**ROOTS CLEAN SLATE/ZERO-IN reduces stressindex!!!**

### Vitality (Vital Force):

The index Vital Force tells us how much "fuel" the patient has in his or her engine. If it is low, the use of gentle therapies or detoxification is indicated, so that the patient isn't pushed beyond his or her capacity to tolerate the treatment.

**ROOTS CLEAN SLATE/ZERO-IN increases Vitality!!!**

let us have a look at the stress index this

### Autonomic nervous system and stressindex

The pie chart presents the Vegetative Nervous System with its constituents Parasympathetic (green) and Sympathetic (yellow) activation as well as the level of Neurohormonal regulation (red), which ranges from the pituitary gland to the sexual organs and represented the Hypothalamus-Pituitary-Adrenal-Axis (HPA axis). It is obviously to recognize that the assessment of the stress level in the initial test was taken with an index of 108 which for better orientation is given in yellow. This result of stress level scores low since the index may range from 10 to 3,500 at its maximum. Yet the final test demonstrates that the ROOTS CLEAN SLATE/ZERO-IN had its influence on the stress signals. The assessment of the stress level changed once in a positive direction and is assigned by a green index of 39 after 45 min of taking.

### Vital Force and Autocorrelation

If we analyze Vitality, it will measure high when a person's metabolic state is able to switch easily and frequently between anabolic and catabolic, based on the body's needs. This is based on a calculation called **Autocorrelation**. As you seen in the picture below the Autocorrelation depicts the balance between CNS (Central Nervous System) and VNS (Vegetative Nervous System). From these data the Vitality (i.e. Autocorrelation) is calculated. The first taking shows an increased value of the Index of Vegetative Balance of 207. The index should range from 35 to 145, as one can see in the picture. After taking ROOTS CLEAN SLATE/ZERO-IN the Index has declined to 68, which is a positive change to the person.

Indeks stresa - Po 45 minutah uporabe je Index stresa šel iz 108 na 39.

UGOTOVITEV: Zmanjšuje Index Stresa ali normalizira stres v našem telesu.

Vitalnost – Iz številke 64 povečana na 500. Povečuje vitalnost.

Ravnovesje – Iz številke 207, na številko 68. Izboljša ravnovesje.



## ROOTS CLEAN SLATE / ZERO-IN™ and Vegetative Regulation III: Histogram



### Histogram:

The histogram shows the frequency of different RR intervals. The number of bars gives information about the width of heart rate variability.

**ROOTS CLEAN SLATE/ZERO-IN improves the Tension index!!!**

### Scattergram:

The scattergram is a two-dimensional map of the heart rhythm and the summary of the complete RR time series of the electrocardiogram (ECG).

**ROOTS CLEAN SLATE/ZERO-IN improves the Vegetable Index of the Heart Rhythm !!!**

### Histogram

This chart of the HRV-Test again concludes on stress functions which are presented both in Histogram and Scattergram. A pyramidal shape which shows its central peak above 0.9 sec is considered valuable. After taking the ROOTS CLEAN SLATE/ZERO-IN (top-right) there is a decrease in tension index (39) and the variability of the heart beats increases.

### Scattergram

The elliptical shape of the scattergram has also changed from the first measurement to the second measurement and shows a much larger space that shows more relaxation. The higher the autonomic index of the heart rhythm, the higher the heart rate variability and the greater the shift of the vegetative balance in favor of the parasympathetic area. A low index is equivalent to reduced HRV and increased sympathetic activity. ROOTS CLEAN SLATE/ZERO-IN has significantly improved the value from 0.23 to 0.35.

Izboljša Index napetosti.

Izboljša Index srčnega ritma (bistveno izboljšana vrednost iz 0.23 na 0.35).





## ROOTS CLEAN SLATE / ZERO-IN™ and Vegetative Regulation III: Total Power



### Total Power (TP):

In the heart rate variability the *Total Power* reflects overall autonomic activity and is a measure of the influence of the vegetative system on the cardiovascular system.

**ROOTS CLEAN SLATE/ZERO-IN increases Total Power!!!**

### Risk Factors:

BPRI = Blood Pressure Risk Index

CFRI = Heart Failure Risk Index

IRI = Inflammation Risk Index

**ROOTS CLEAN SLATE/ZERO-IN reduces risk factors for bloodpressure, heart failure and inflammation!!!**

### Frequency spectrum – Total power

The picture above presents the full power spectrum consists of frequency bands ranging from 0,003 to 0,4 Hz and can be classified into 3 bands:

1. The very low-frequency band (VLF) = reflects the central nervous system (CNS) and its regulation through its downstream hormones
2. The low-frequency band (LF) = corresponds to sympathetic nervous system regulation
3. The high-frequency band (HF) = corresponds to parasympathetic regulation.

The sum of the individual frequencies represents the *Total Power*. After taking **ROOTS CLEAN SLATE/ZERO-IN** the *Total power* increases from 1309 up to 6383 beyond the normal range (2,385 - 4,545).

### Risk factors – Blood pressure / Heart failure / Inflammation

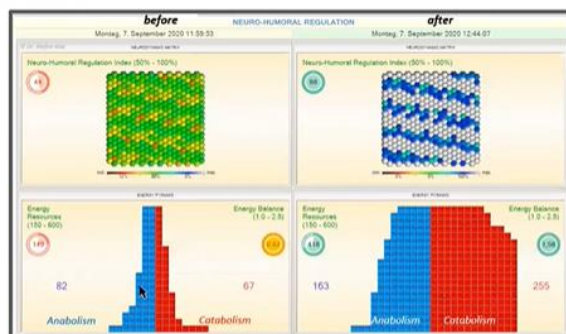
High blood pressure, cardiac failure and excessive and prolonged inflammation can ultimately cause tissue damage. 45 min after taking of the **ROOTS CLEAN SLATE/ZERO-IN** all risk factors have improved. Parameters of HRV (SDNN, CV) and especially pNNS0, which is an indicator of spontaneous variability and indicates increased parasympathetic activity, have improved.

**Skupna moč** – Iz številke 1309 na 6383. Kar je izven normalnega obsega(2.385-4.545). **Višja skupna moč.**

**Zmanjšuje dejavnike tveganja za krvni tlak, srčno popuščanje ter vnetja.**



## ROOTS CLEAN SLATE / ZERO-IN™ and Neurodynamic Matrix / Energy



### Neurodynamic Matrix:

The Neurodynamic Matrix assesses the balance and dynamics of physiological processes between the central nervous system and internal subsystems of the organism. Based on the color-coded matrix with a percentage rating scale, the degree of harmonization and the interaction of more than 300 reference parameters of the organism are evaluated.

**ROOTS CLEAN SLATE/ZERO-IN increases Neuro-Humoral Regulation!!!**

### Energy pyramid: Balance and Resources

The pyramid uses blue (anabolic = building up) and red (catabolic =degrading) elements and values to show the energetic balance in the different organs and subsystems. It compares the energy intake and the energy consumption of the organism.

**ROOTS CLEAN SLATE/ZERO-IN increases energy resources and the metabolic balance!!!**

### Neuro-Humoral Matrix – Central Regulation

Upper screen reveals correlations to 600 hormones and their regulatory coherence. The Neuro-Humoral Regulation draws conclusions from all organ functions. (They are presented in the chart as small spheres and calculated in per cent.).

In the initial taking the person achieved 44% of Neuro-Humoral Regulation. In the final the Neurodynamic Matrix increased to 99 %.

### Energy pyramid – Anabolism/Catabolism

When we are talking about energy, we are talking about the mitochondria. They act as the power plants of the cell and are necessary for the regulation of the energy balance.

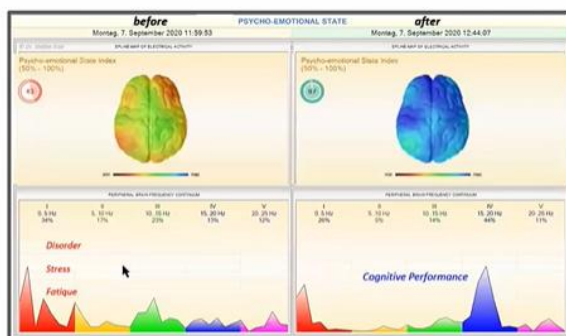
Bottom screen reveals the state of metabolic resources (anabolic and catabolic processes). This screen describes the energy resources of the body. The index should range from 150 to 600. The amount of energy production is given in blue boxes (*Anabolism*), whereas the energy utilization is presented in the red ones (*Catabolism*). The Energetic Balance between both of them should range between 1-2,5. The result of the first taking was only 149, but in the final taking it enhanced to 418. Both Energy Production as well as Energy Utilization increased by using the **ROOTS CLEAN SLATE/ZERO-IN**.

**Nevrodinamična matrica- Povečuje nevrohumoralno regulacijo.**

**Energija – Anabolizem/Katabolizem – Izjemno povečanje iz 149 na 418.**



## ROOTS CLEAN SLATE / ZERO-IN™ and Psycho-Emotional State



### Psycho-Emotional State:

This index indicates the stability and the balance of the psycho-emotional state as a percentage. The higher the index, the more stable and wellbalanced is the psycho-emotional state. Values below 50 % represent a significantly unbalanced psycho-emotional state.

**ROOTS CLEAN SLATE/ZERO-IN increases Psycho-emotional State !!!**

### Peripheral Brain Frequency Continuum: (correlates with the brainwaves)

A shift in the continuum to the right within Nilas-MV means more coherence and thus better values and health.

- I. Stress-related resource depletion
- II. Mental desynchronization
- III. Cognitive integration
- IV. Cognitive performance
- V. Psycho-emotional desynchronization

DELTA  
(THETA)  
(ALPHA)  
(BETA1)  
(BETA2)

**ROOTS CLEAN SLATE/ZERO-IN improves cognitive performance !!!**

### Psycho-Emotional Status – Peripheral Brain Frequency Continuum (Brainwaves)

With adequate serotonin levels in the brain and its proper functioning, we will be positive, happy, confident, flexible, and easygoing. But like any other organ, our brain ages too. As a result, cognitive performance decreases with age.

Measuring the Psycho-Emotional Status, brainwaves are calculated and depicted in per cent. In the initial taking the test person showed 43% of the expected psycho-emotional condition of a human male of his age. Since this result does not reach the average level it is given in green design.

In the final taking the **ROOTS CLEAN SLATE/ZERO-IN**, again confirmed its effect, since the Psycho-Emotional State improved to 97%.

The calculated Brainwaves are:

- DELTA (the glands' regulation and hormones = active tension)
- THETA (unconscious reaction and behavior, subconscious)
- ALPHA (memory and ability to learn, Bridge between consciousness and subconscious)
- BETA (relaxation) and BETA 2 (at a level above 25% causes burnout).

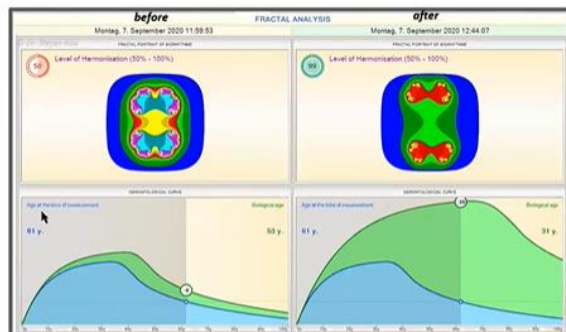
In the course of the test the activation of DELTA waves relaxed from 34% to 26% while the cognitive performance (BETA 1) increased from 13% to 44%. The overall result of the brainwaves is very good.

**Povečuje Psiho - Emotivno stanje. (Index iz 43 na 97)**

**Izboljšuje kognitivne sposobnosti. (iz 13% na 44%)**



## ROOTS CLEAN SLATE / ZERO-IN™ and Biological Age



### Fractal Portrait of the Biorhythms:

The Fractal Portrait shows "biorhythm coherence" as it correlates to downstream hormones, such as cortisol and melatonin, that influence circadian rhythms and other biorhythms.

**ROOTS CLEAN SLATE/ZERO-IN harmonizes the biorhythm !!!**

### Biological Age:

This screen shows the client's actual age and his or her "Biological" Age. When in robust health, a client's biological age should be at or lower than his or her chronological age.

**ROOTS CLEAN SLATE/ZERO-IN improves Biological Age !!!**

### Fractal Portrait of the biorhythms

The Fractal Analysis features the degree of harmony of biological rhythms. The results are given in per cent. (Fractals by themselves demonstrate the systematic order of the disorder in the body). Disruptions in adaptability and rhythmicity can be seen or caused by both emotional and social imbalances.

In the initial measurement the test person's Harmonisation Status reached to 50%. The final taking showed positive changes. The level of harmonisation of the biological rhythms increased to 99% by taking the **ROOTS CLEAN SLATE/ZERO-IN**.

### Biological Age

With increasing age, the regulatory capacity of our body diminishes and HRV decreases. At the time of our natural end of life, the HRV has also fallen to a minimum. For this reason, the HRV measurement allows conclusions about the biological age of our body. The 61-year-old test person has a biological age of 53 years in the initial measurement. In the final measurement the biological age was calculated to be 31 years, resulting in a biological rejuvenation of 22 years. This shows a breaking proof on the effects of the

**ROOTS CLEAN SLATE/ZERO-IN.**

**Biološka starost**

**Pred uporabo.** Prava starost je 61 let – Biološka starost 53 let.

**Po uporabi.** Prava starost je 61 let – Biološka starost 31 let.

**Izboljšuje biološko starost.**



## ROOTS CLEAN SLATE / ZERO-IN™ and Aura



### Aura Portrait:

Reveals the energy level of the aura. It visualizes the overall health status on the basis of calculated corona discharges and as a numerical value in a circular field. The better the overall constitution, the denser, wider and brighter this light frame is. The weaker the constitution, the more open, thinner and darker the light frame around the physical body.

**ROOTS CLEAN SLATE/ZERO-IN improves the energy field of the Aura !!!**

### Aura Portrait

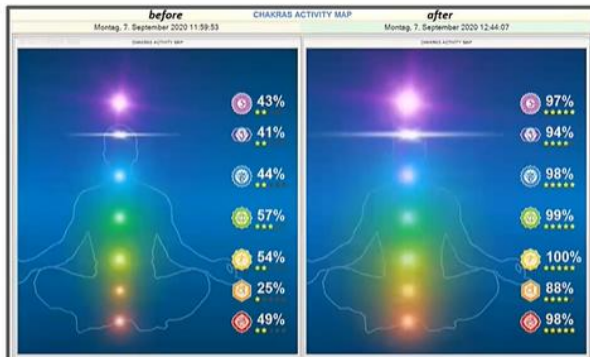
Every human body is surrounded by its Aura. There is a continuous flow of radiating energy that causes and forms this aura field. The more intensive this flow of energy impact is, the bigger the aura occurs. This energy flow is characterized not only by aspects of health, but can also be understood psycho-emotionally. The aura can be proved by a HRV- taking with Nilas MV, and is valued in percentage. Practice-based research has often revealed a close connection between physical afflictions and disturbances of the human subtle energy body. Gaps and larger cut-ins in the light scope or also very sharp-formed beams can be indicators for acute or chronic ailments in the body area in question. These include e. g. scars, injuries occurred a very long time ago or acute pain and tensions.

In the first reading the person had an aura radiance of 49%. As a result of the changes in the physiological and psycho-emotional changes, in the final test the Aura increased and is now shown in "green" (99%).

**Izboljša energetsko polje avre (iz 49% na 99%)**



## ROOTS CLEAN SLATE / ZERO-IN™ and Chakras Activity



### Chakras Activity Map:

Shows the relative power of each chakra. The chakra evaluation is closely related to the neurodynamic matrix, which provides insight into how well all hormonal systems coordinate with each other (eg. the hypothalamic-pituitary-adrenal).

**ROOTS CLEAN SLATE/ZERO-IN improves the power of each Chakra !!!**

### Chakras Activity Map

The Nilas-MV HRV-Monitoring System also allows delivering a picture of the Chakras. The single chakras values are given in per cent and, additionally, are underlined with stars for quality. The values of the Chakra activity serve as an initial tool for a holistic approach of the test person's results. The Eastern Chakra system shows clear common characteristics with the Western endocrinology or psychoneuroimmunology. This is used to derive the neuro-hormonal regulatory activities from the HRV measurement and translate the data to the Eastern parameters with the aid of mathematical algorithms.

The changes between the initial and final tests are amazing. All chakras gained much higher energy level.

**Izboljša moč vsake čakre.**

**Iz 43% -> 97%.**

**Iz 41% -> 94%**

**Iz 44% -> 98%...**





## ROOTS CLEAN SLATE / ZERO-IN™ and Meridians



### Meridian-Diagramm:

The meridian chart contains various evaluation parameters based on 12 organ system meridians of Traditional Chinese Medicine (TCM).

The bar charts reflect the substance and energy resp. functional level of individual organ systems in a direct comparison.

**ROOTS CLEAN SLATE/ZERO-IN improves the energy of the Meridians !!!**

### Chart of the Meridians

One of the most valuable Diagnostic/Analytic evaluations are the Meridians. (i.e. Energy channels in the body.) These are presented in a chart with 3 differently colored icons:

- red – strongly non-efficient,
- orange – average result and
- green – good result.

Additionally, all Meridians are shown in their interaction of Yin and Yang qualities. (Yin = blue columns, Yang = red columns).

The effectiveness of the ROOTS CLEAN SLATE/ZERO-IN impressively changed the situation in the final test:

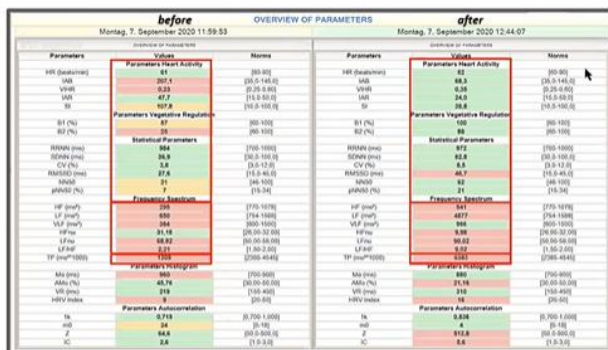
All results improved significantly. Furthermore, all Meridians show a good balance between Yin and Yang.

Izboljša energijo meridianov.

Meridiani kažejo zelo dobro ravnovesje med Yin in Yangom.



## ROOTS CLEAN SLATE / ZERO-IN™ and Parameter



### Overview of Parameters:

The Screen shows all relevant HRV-Parameters.

### Overview of Parameters

Finally, the whole measurement presented in the general overview of all parameters may serve for core medical diagnostics and analysis purposes. Here you discover the single data as frequencies that serve for particular calculations in HRV, and are presented as digits. The norm values result from more than 15,000 test readings, starting from 14-year-olds up to 74-year-old ones.

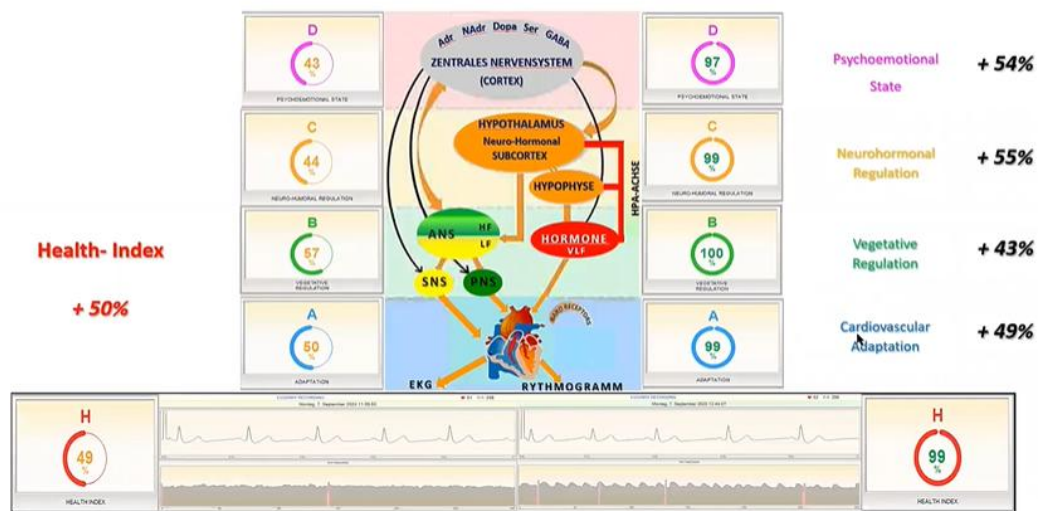
Pay attention to compare the heart activity data, the vegetative regulation and the statistics itself.

In particular, the total power (= total energy of the body) was at the initial measurement below the norm.

Pregled Parametrov, ki smo jih uporabljali med testiranjem PREJ / POTEM. To so znanstvene meritve.



## ROOTS CLEAN SLATE / ZERO-IN™ and Regulatorisch Hierarchy



Psihoemocionalno stanje +54%

Nevrohormonalna regulacija +55%

Vegetativna regulacija +43%

Kardiovaskularna prilagoditev +49%

Index zdravja +50%



## ROOTS CLEAN SLATE / ZERO-IN™ and HEART RATE VARIABILITY

### Conclusion

The results of the present measurement impressively confirm that the product **ROOTS CLEAN SLATE/ZERO-IN** had a positive effect on the test person. The effect began 30 min after taking. In our measurement the full potential occurred after about 45 minutes.

The following statements can be confirmed:

#### ROOTS CLEAN SLATE/ZERO-IN

- ... leads to a better stress level (less tension)
- ... leads to improved risk factors
- ... leads to a better Health index and overall feeling
- ... leads to an improvement of the psychoemotional condition
- ... leads to better brain function (Cognitive performance)

#### With ROOTS CLEAN SLATE/ZERO-IN ...:

- General health situation of the body improves.
- The energy balance increases decisively.
- Vegetable Index improves.
- The stress index improves.
- Cognitive performance is noticeably enhance.
- Vitality and Total Power increase enormously.

The HRV measurement shows that **ROOTS CLEAN SLATE/ZERO-IN** positively influences the regulation of the organism and relevant metabolic functions in peripheral organs.



**ZAKLJUČEK:** Lahko potrdimo naslednje ugotovitve.

Clean Slate in Zero Inn vodita v:

- Boljši level stresa (manj napetosti)
  - Izboljšane dejavnike tveganja
- Boljši index zdravja in splošnega počutja
- Izboljšanje psihoemocionalnega stanja
  - Boljše delovanje možganov
  - Boljše ravnoesje energije.
- Boljšo vitalnost in skupno moč
- Izboljšano splošno zdravstveno stanje telesa

## ROOTS CLEAN SLATE / ZERO-IN™ and ROFES

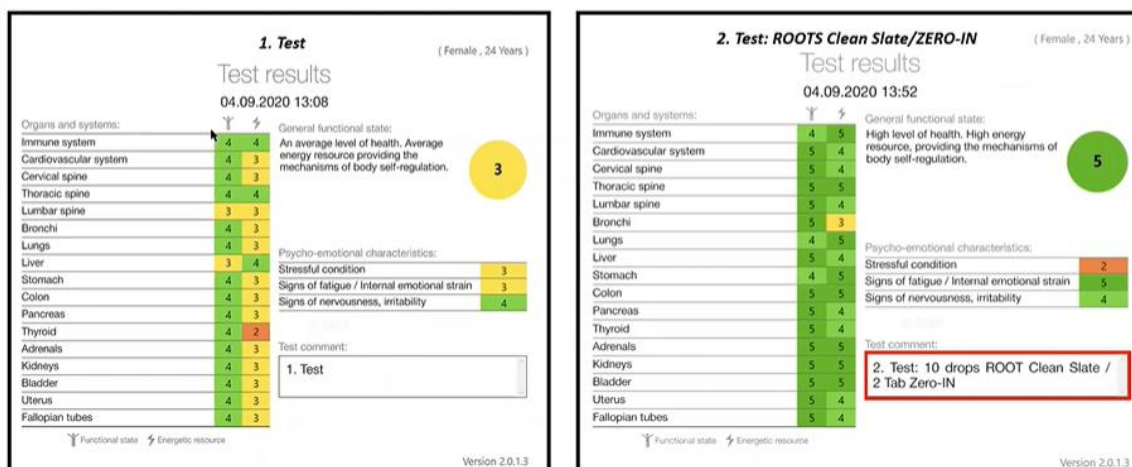


### Single Case Study - ROOTS CLEAN SLATE/ZERO-IN and ROFES



DRUGI TEST - z napravo ROFES. Predklinični test funkcionalnega stanja telesnih organov in sistemov ter test tveganja za razvoj bolezni. ROFES omogoča merjenje učinkovitosti prehranskih dopolnil, ki jih uživamo.

## ROOTS CLEAN SLATE / ZERO-IN™ and ROFES



Na levi strani vidimo podatke PRED uporabo izdelkov.

IZDELKI: 10 kapljic Clean Slate + 2 kapsuli Zero Inn.

Na desni strani pa podatke 44 minut PO uporabi izdelkov.

Testiranec: 24 letna ženska.

REZULTATI: Povprečna raven zdravja se je iz številke 3 dvignila na številko 5.