



The Humming Mask®

Manual

**"Simplicity is the
hallmark of truth"**
Humming and Vibration

Manual Edition USA 2015

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Introduction

It is well known that for many decades Monks, Yogis and other spiritual practitioners have been using “the hum” for good health of body and mind. The Humming Mask® helps you to accomplish the same by using exactly the right vibration in the same frequency as humming. Humming increases Nasal Nitric Oxide (nNO), an important gas molecule naturally produced by our sinuses, just like vitamin D, which is produced naturally by our body when it is exposed to sunlight. In our younger years nitric oxide is constantly and automatically produced in our blood. Due to aging the production of NO in our body decreases, resulting in all kinds of unhealthy side effects including difficulty in sleeping, decreased blood flow, etc. Around 2005 medical scientists found out that our sinuses are also major producers of nNO, which we can use to complement the lack of NO in our body due to aging. Using the Humming Mask® will boost the release of nNO from our sinuses, thanks to exactly the right vibration and the right time cycle and intensity in the right spots.

The mask

The Humming Mask® has been developed and patented as a massage face mask with vibration motion. There are three patents pending on the product and its function.

Operation and function are based on medical research conducted by Prof. Dr. Lundberg and Dr. Weizberg of the Karolinka Institute in Stockholm (Sweden). The design and operation of the mask are kept simple but attractive to ensure effortless use. **“Simplicity is the hallmark of truth.”** (*Albert Einstein*)

nNO is produced naturally by our sinuses, inhaled through the nose, into the lungs and transported into the blood stream. This provides the cells in the body with NO as well as with all other necessary elements produced by our body and found in our food. The discovery of the function of NO in our body by three American doctors was awarded with the Nobel Prize for Medicine in 1999.

Blood flow

The main reason why the Humming Mask® (NO) works is a better blood flow in our arteries. NO relaxes the “smooth muscles” found, inter alia, within the walls of blood vessels, resulting in more space for blood flow, like we had when we were younger (vasodilatation). By restoring the right amount of NO we increase the blood flow resulting in more oxygen, recovering the function of many organs and functions.

The Science Behind Inhaled Nitric Oxide

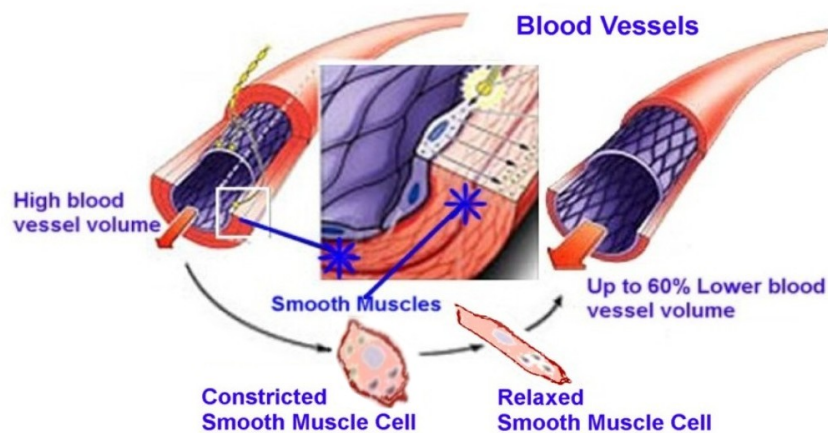


Figure 1. Smooth muscles are relaxed and use less space, resulting in free blood flow.

Life changing

Your Humming Mask® works as a strong sleep enhancer but without the unhealthy side effects of sleeping pills. As high-quality sleep is very important for your wellbeing, alertness and functioning in the daytime, the Humming Mask® can improve your life forever.

Side effects

It is a well-known fact that NO works as a strong vasodilator, and because of this function you may experience some side effects while using the Humming Mask® to improve sleep and/or enhance beauty...

However, almost all side effects are primarily healthy to our mind and body. In this manual we inform you about the possible side effects (see page 14). These side effects are monitored and studied in literally **thousands** of studies on NO and nNO. Some examples of side effects are: lower blood pressure and relaxed smooth muscles in the prostate, which will have a calming effect and help to decrease an enlargement. Nightly toilet trips will belong to the past, “morning erections” will occur again, etc. For more details on side effects see page 14.

What's in the box?



Figure 2. In the box you will find: The Humming Mask (1) The base & time controller (2) Two mask straps (3) Manual (4) Base-to-mask connecting cable (5) Power supply (6) international wall plugs, and travel bags (7)

Preparing to use the Humming Mask®

Set Up; Using the mask is simple. Place the base/time controller (2) (Fig.2) next to your bed or next to a comfortable chair. Connect the correct wall plug to the power supply (6) by pushing the small “open” button on the power supply where you can change the right connector for the country of use. You can keep the other connectors for use during traveling. Connect the power plug into the wall outlet and connect the cable of the power supply at the back of the base/controller. You can choose between two connections (A or B) depending on where the wall outlet is situated. Connect the mask (1) to the base/time controller (2) with the base cable (5) running from the top of the mask (D) (Fig. 3) to the right jack (C) at the back of the base. Connect a strap to the slits of the mask (left and right); you can choose black or white. You can keep the linen bags (7) for use during traveling.

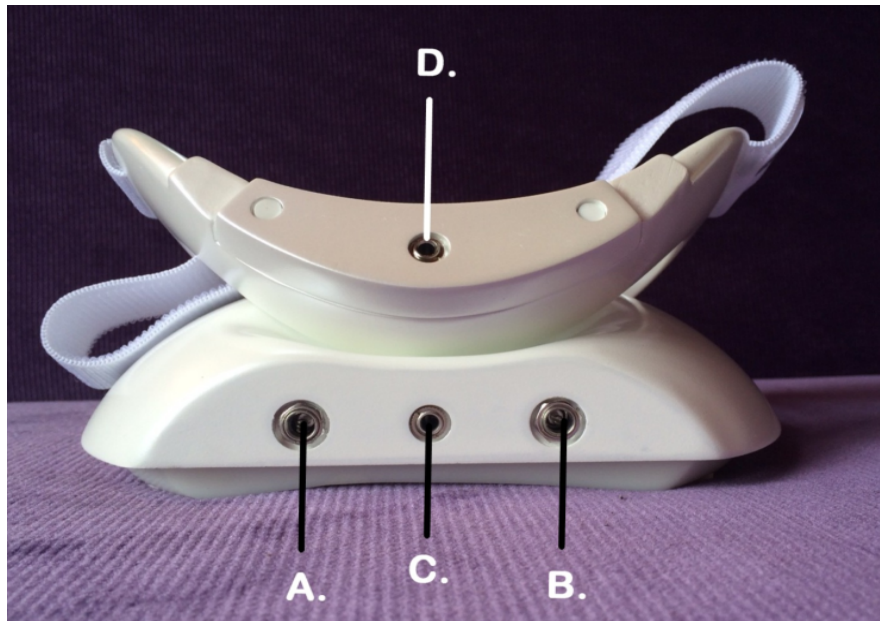


Figure 3. Connections



Figure 4. Position on the face.

Place the mask on your face.

After connecting the parts and cables you simply position the mask on your face, with the upper part just above your eyebrows (A.) (Fig. 4). The two lower parts of the mask now rest on or just under the left and right cheekbones. (B.) The vibration motion takes place at the four sinus spots, while the surrounding face area is free. While humming you can move your mask a little lower or higher until it feels comfortable.

With the strap connected to the mask you can increase and decrease the pressure on the face. There is no need to use too much pressure. Some like a firm pressure, others prefer less pressure. This is a matter of personal preference. Adjust the Velcro parts to change the length of the strap. While sitting in a chair, you need firmer adjustment than when lying horizontally in bed. Please note that too much pressure and too long humming sessions will increase the local bloodstream and make the skin blush, especially sensitive skin. Use the mask for a maximum of 4 programs in one treatment.

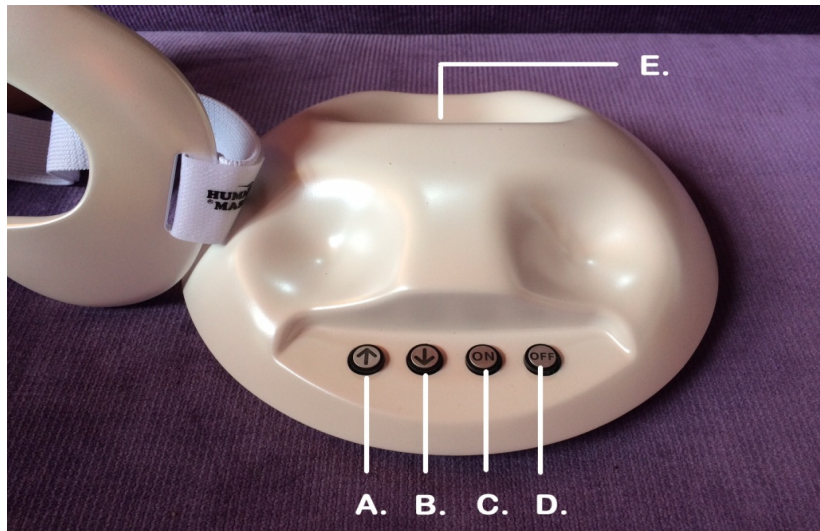


Figure 5

General use of the Humming Mask®

Turn on the Humming Mask® when the base and mask are connected with the wires. When the mask is placed on the base, the main switch E is pressed and all power is switched off. When the mask is lifted from the base, the light on the indication button A = “high” ⬆ will automatically glow. You can select high ⬆ intensity (A) or low ⬇ intensity (B). (The lights will glow after you made a selection.) After selecting you activate the start button (C). A green light will glow and the mask will start the vibrating program. When you wish to stop during a program, the stop button (D) must be pressed. You can also use the main switch (E) by placing the mask back on the base. When stopped before it has ended, the program will start from the beginning.

Use the mask to improve sleep

Many studies (page 18) show that nNO is of primary importance to a good and healthy sleep, which we can achieve with the Humming Mask®. Using the mask before sleeping is a way to improve your future sleep pattern and the quality of your sleep. The vibration of the mask is responsible for a better release of our nNO and helps to improve sleep as nNO triggers the production of the hormones needed for sleep. With some persons the results are already noticeable after two cycles of a program (not a full program) whereas others need to hum longer. Every person needs to discover individually what is the most effective humming time for improving sleep. In general one program is enough for the desired sleep effect. You don't need to fall asleep with the mask on your head. At the end of the program or the length of time you prefer you can take off the mask and place it back on the base. Just turn on your side, close your eyes... and sleep.

Important

When no direct results occur, make sure you don't have a cold or suffer from (chronic) sinusitis. Our ostia (the small channels between the sinuses and airway in the nostril) must be open. To relieve the ostia see the information under Humming is vibration on page 10. The maximum duration of use of the Humming Mask® is 4 hours, or approximately 8 programs daily.

Using the mask to enhance beauty

The Mask (nNO) also improves natural "cell repair" up to three times more intensively than normal without the use of any creams or skin treatments.

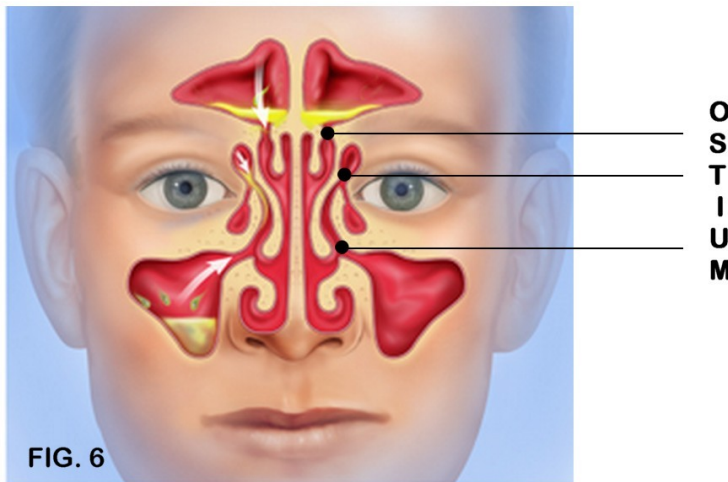
Use of the Humming Mask® for maintaining beauty is based on the principle of natural cell repair. Once every 28 to 30 days the epidermis and/or upper skin layer of your whole body are complete renewed. For some parts, such as face and hands, skin renewal is even faster. Using the Humming Mask® will enhance oxygen in the blood and improve cell repair for a better looking skin. You will already see a difference after 4 to 6 days.

Use

For maintaining the skin you need to use the mask daily before sleep for one (1) program/session (approx. 23 minutes on level low 🌀). After 2 to 3 weeks you can reduce the use to one program 3 to 4 times a week, before sleep.

Humming is vibration

Sinusitis is an inflammation of the sinus lining caused by bacterial, viral and/or microbial infections. The ostium can also be infected.



(The ostium is the small channel and the connection between the sinuses and the airway in the nostril) (Fig. 6). To receive the nNO from the sinuses the ostium must be open. When (chronic) sinusitis occurs or has been present for a long time (sometimes for years), and all ostia are blocked, you can help to open the ostia by using a steam bath or hot bath in combination with strong 🗨️ humming, using the mask. With a steam bath you inhale steam over a bowl filled with hot/boiled water for 5 to 10 minutes. Put a towel over your head for a better effect, trapping the steam under the towel. Try to breathe through the nose and not through mouth. **Be careful with the boiled water.** When a steam bath does not help, you can try a regular OTC nose spray. Don't use nose spray for long periods. Read the instructions of the nose spray.

When the ostia's are open and relieved, you don't need to use sprays any more. One of the side effects of the Humming Mask® is that in most cases chronic sinusitis will disappear permanently when the mask is used 2 or 3 times a week.

Sessions

To clean up the ostia or to treat sinusitis we need to carry out 8 programs a day, for 4 to 5 days on level 🗨️ strong. Use 4 programs (4 x 23 minutes) before you go to sleep and 4 programs (4 x 23 minutes) at waking up in the morning. The mask will help eliminate the bacteria and even viruses after some time (max. 4 to 7 days), depending on the severity of the sinusitis. The effect in time, differs from person to person. After clearing your ostia you can use the mask two or three times a week before sleep on low 🗨️ to maintain free ostia. Another side effect of nNO is that the changes of being infected by a virus or bacteria will be lower, as nNO destroys viruses, bacteria and fungi.

Diabetics

With respect to blocked ostia experience shows that patients with diabetics are often people who typically breathe through the mouth instead of the nose. Because there is less air circulation, the ostia are frequently blocked, particularly with patients who have difficulty smelling. But as this occurs gradually, sometimes over a period of several years, most of them are not aware of this phenomenon, as they “grow into it”. Research shows that diabetic problems are closely related to the production of nNO and NO in general.

Studies on NO / nNO

More published studies are collected on our site www.hummingmask.com. These studies are official published studies conducted by various doctors and students. Also you will find some information on page 18 in this manual.

Inhale & exhale only through the nose

In most situations, when using the mask, we need to inhale and exhale through the nose. Nose breathing is very important as the effect of the mask is not the vibration itself, but the effect is generated from the nNO, coming naturally from the sinuses. The nNO must be transported from the sinus through the ostium and the nostril into the body. When using the Humming Mask® we need to inhale **strongly but gently**, and exhale **calmly and slowly**.

The nasal cycle

The nasal cycle is the irregular obstruction of the nostrils as it occurs in more than 80% of all humans. It is physiological congestion (blocking) of the concha (a spongy bone in the back of the nose) as a result of selective activation of the autonomic nervous system by the hypothalamus (a part of the brain that controls this mechanism).

It should not be confused with pathological nasal congestion. (A stuffy nose). The nasal cycle was first described by the German physician Richard Kayser in 1895. (The effect of the nasal cycle has long been “underestimated” by Western medical science, as there was no interest in its function.) Today we know that it contributes to the unbalance in breathing. Basically there is only one nostril open; the other nostril is (partly) blocked. Every 3 to 4 hours the blocking switches to the other nostril. Sometimes we notice these phenomena when we feel the blocked side popping open and switching from left to right or the other way around. This may make breathing difficult while using the mask. As you are more focused on your breathing pattern when using the mask, it is good to be aware of this phenomenon. Using the mask while you notice one slightly blocked nostril, does not influence the effect negative. Try to inhale gently in a way you feel airstream going through both nostrils.

Therapeutic wellbeing and stress relief.

As the program in the mask has several pauses, 4 times 180 seconds (or 3 minutes) in one program, it's good to focus on your breathing pattern, for stress relief. You can compare this with a form of meditation. You enjoy the vibration but it is also very comfortable to enjoy the pauses. The pauses in the program are essential for recharging the sinuses, without humming or vibration. You can use the pauses to meditate and relax by following the air stream through the nose, during inhaling and exhaling.

Following your air stream makes you relaxed and calm. Try to follow the air into your belly and feel your belly rising when inhaling. This is the way to use the total volume of your lungs. Breathing in your chest only is called “short breathing” and this is not the correct way of breathing.

There are many YouTube videos on the right breathing techniques. Good techniques are mostly Yoga techniques.

Side effects:

As with almost any treatment, there may be some side effects when the Humming Mask® is used. Below you will find the known and reported side effects:

Common side effects:

- When the mask is used for the first 2 to 4 times, a short light-headed feeling or to a mild headache is reported, this will disappear after the mask has been used 2 to 4 times, and after finishing humming.
- A mild tingling in fingers, feet and toes. This effect is caused by better circulation in several parts of the body. This feeling will disappear after finishing humming.
- The same mild tingling may occur around the teeth in the upper and lower jaw. This sensation will also disappear after some minutes.
- Sensitive skin may turn slightly red on the location where the mask is placed on the head, due to a higher blood flow. This effect will disappear after some minutes.

Other side effects of nNO:

- Improved blood flow, due to strong vasodilatation
- Decreases high blood pressure direct after a period of 1 to 4 days
- Decrease of enlarged prostate within one week
- Reduction of nightly toilet trips
- Reduced ED (erectile dysfunction) within one week
- Reduction of high cholesterol due to increased dilation of veins
- Stress relief due to an improved breathing pattern
- Significant reduce of sinus infections
- Significantly reduced AMD
- Functions as neurotransmitter (reducing depressions)

All these side effects have also been studied by various scientists.

Many studies on NO have been conducted after the function of the gas was discovered.

For more individual information, please consult a healthcare professional for more detailed medical advice.

Please read the Official Disclaimer on page 21 of this Manual. The mask is a face massage mask and has been registered as such by FDA. Some side effects may not have been reported yet. These can be reported on info@VHP.org. When unexpected and or different effects occur, always consult a healthcare professional for medical advice.

FAQ

1- How long do I need to use a Humming mask?

As the natural production of NO (nNO) in the body decreases after 40 year of age, as an result of our biologic ageing, we need to use the mask further for the years coming, to avoid an insufficient amount of NO.

2- Can I get too much nNO?

As nNO is produced by our own body, and NO is also used as treatment for children, infants and newborns, (as approved by the FDA) by using the Humming mask, an overdo while using the mask as advised in the manual, is hardly ever possible.

3- Is nNO safe to use?

Yes, nNO is safe to use, as our body regulate the volume and use. Studies shows that too many NO will be drained by the body naturally. For example, NO is also used as treatment for children, infants and newborns, by inhalation. (this treatment is approved by the FDA)

4- I am using other medicine, is there any danger for that?

As for now, we don't have any reclamation on unhealthy effects of using the mask by using medicine(s). People who use, for example medicines to lower high blood, start using the mask, while they tapering the use of medicine, by measuring and controlling the blood pressure, daily. In any case of unwanted effects, you consult always your doctor or specialist.

5- Can I use the Humming mask when I am pregnant?

At this moment there is no information using the Humming mask when pregnant. But as most pregnancies are common under the age of 40 years, there is no need for using the Humming mask. As a result, we do advise not to use the Humming mask in that period.

6- How often or how many times do I need to use the Humming mask?

Depending on the reason for using it, the mask can be used from 2 to 3 programs a week, to daily 2 to 8 times a program. Directions can be found in this manual that comes with the product. In most cases the mask is used just before bedtime.

7- What to do when the Humming mask needs repair?

The warranty service covers the costs for repair when needed. Within 4 to 6 days repair will be done. Temporarily replacement masks are available. For this you need to contact our service center.

8- How long can I go without using the Humming mask?

The effect of the humming mask in our body lasts approximately one to one and a half week. Within that range of time you can use a spare Humming mask. For this you need to contact our service center.

9- Can I use the Humming mask for any other health problem what is not mentioned in the manual?

As research shows that nNO is a very important molecule for our body and mind, there is a chance that it will also influence other issues than we know right now. We always advise you to contact our team or your doctor with your question(s), prior to using a Humming mask. Depending on your questions and information, we can inform you about the results of our research.

10-Can I use other supplements when I use the mask?

As nNO and NO is not only produced naturally in our sinuses but also in our blood, the use of supplements is advisable and you can use supplements while using the Humming mask. We do advise using extra vitamins, like vitamin C, folic acid and vitamin E to compensate for the biological aging process even more, as today we do not get all the essential vitamins from what we get from our food.

11-How can I contact your company with other questions?

You can call us or send us an email for more information. At the back of this manual you will find the right information, or contact us through internet; www.thehummingmask.com

NO: Published Reports / Sleep & Beauty:

1) Previous research (2006) has shown that **nitric oxide** production in the basal forebrain is needed to produce sleep. Two new papers on this issue were published in the August 18 issue of the Journal of Neurochemistry and the September 5 issue of the European Journal of Neuroscience. “J Neurochem. 2006 Oct;99(2):483-98.” **Nitric oxide production in the basal forebrain is required for recovery sleep.** Kalinchuk AV¹, Lu Y, Stenberg D, Rosenberg PA,

2) **The Nitric Oxide Synthase** Inhibitor NG-Nitro-L-Arginine Increases Basal Forebrain Acetylcholine Release during Sleep and Wakefulness. Jacqueline Vazquez^{1,2}, Ralph Lydic¹, and Helen A. Baghdoyan. “Cholinergic neurotransmission in the basal forebrain changes across the sleep/wake cycle, and considerable data show cortical activation by ACh originating from basal forebrain neurons. These findings have stimulated efforts to elucidate molecular modulators of ACh release within the basal forebrain. Basal forebrain cholinergic neurons contain nitric oxide synthase (NOS), the enzyme that produces the gaseous neuromodulator nitric oxide.”

3) Nitric oxide inhibition abolishes sleep-wake differences in cerebral circulation. “Additionally, NO is the major, although not sole, determinant of the CBF differences that exist between sleep-wake states” G. Zoccoli , D. A. Grant , J. Wild , A. M. Walker. American Journal of Physiology - Heart and Circulatory Physiology published 1 June 2001 **Vol. 280.** **No. H2598-H2606**

NO and Beauty. Official Published Reports:

Nitric Oxide. 2004 Jun;10(4):179-93. **Nitric oxide functions in the skin.** Cals-Grierson.MM¹, Ormerod.AD
<http://www.ncbi.nlm.nih.gov/pubmed/15275864>.

Nitric oxide controls cutaneous microcirculation.

- It modulates the vasodilator response of the skin to local warming and ultraviolet-B (UVB).
- It mediates cutaneous oedema and inflammation.
- It is involved in skin pigmentation through ultraviolet induced melanogenesis.
- It may contribute to impaired barrier function.
- It promotes wound healing by cellular proliferation and angiogenesis.
- Nitric oxide has shown antimicrobial properties against microorganisms.

Source: <http://www.dermnetnz.org/> Br J Dermatol. 1997 Nov; 137(5):665-72.

Nitric oxide--a newly discovered chemical transmitter in human skin.

Weller R. Nitric oxide (NO) is synthesized by many cells in the body. Low concentrations of NO have homeostatic roles in the circulation and nervous system, whereas high concentrations are biocidal, cytotoxic and have immunomodulatory roles. The place of NO in the skin has recently become the focus of much attention, and this review highlights studies on the part played by NO in health and disease.

How to make nitric oxide work for your skin, making it look youthful and healthy? In addition to eating foods that increase nitric oxide, you should use creams that contain D3PA (Dithiolane-3-Pentanoic Acid), also known as Alpha Lipoic Acid. This acid helps to increase production of nitric oxide naturally, making your skin look more youthful. You should try Life Cell All-In-One Anti-Aging Treatment, which contains D3PA and other anti-aging ingredients, such as retinol (Vitamin A), Vitamin C, deanol, hyaluronic acid, and ubiquinone CoQ10. Life Cell cream is the best wrinkle cream **which will increase nitric oxide production in your skin** forget about wrinkles, facial lines, age spots, under-eye puffiness and skin discolorations caused by aging! <http://www.lifecellantiagingtips.com>

Important

In addition to the above statements on life cell anti-aging tips, we would like to advise always the use of antioxidants against “free radicals”, as the production of NO depends on good health and healthy food. In line with this we advise supplements such as vitamin C, zinc and folic acid. You can find these supplements in your local health store, drug store or on internet. For example you can visit:

<http://www.webmd.com/food-recipes/features/how-antioxidants-work1>
(WebMD.com is not related to Advanced Health Research LTD.)

Disclaimer:










Pursuant to American law, including the guidelines of the Food and Drug administration (FDA-USA) it is not allowed to make any claims about the functions of products when these claims are *not scientifically proven*. With respect to this product it has been scientifically proven that the naturally produced NO in our body decreases due to biological aging above the age of 40, resulting in several adverse effects. It has also been proven that, by measuring the nNO in the inhaled air coming from the sinuses, the Humming Mask® increases the volume of nNO like natural humming. When using the Humming Mask®, we can see nNO increases between 5 and 15 times compared with silent inhalation. This increase of nNO is responsible for effects such as better sleep.

Supplementary effects of the mask are referred to as “side effects” and as non-claims on this product.

The best way to convince yourself of the benefits of the Humming Mask® is to try it out by yourself. This is why we offer the possibility to rent it, before you decide to purchase it definitive.

Safety: Concerning the safety of restoring your natural NO with the Humming Mask®, the FDA approved the use of NO (gas) for the use in infants or newborn. The brand INOMAX® of NO gas, treats hypoxic respiratory failure (HRF) in infants and babies. (source; www.inomax.com). The production of nNO by using the Humming mask, is 50% lower than normally used in infants and babies.

Cleaning and Maintenance

-  To clean the Humming Mask use a soft slightly damp cloth.
-  Never wash the device with flowing water under a tap.
-  Do not use petroleum products, thinners, cleaning solvents or other solvents.
-  When not used store the mask in the travel bag to protect it from dust and moisture.
-  Protect your mask from falling or excessive shocks.
-  Do not keep your mask in a place where temperatures are below -14°F (-10°C) or above 158°F (70°C), or in conditions of very high humidity (>85%).
-  Do not attempt to make repairs of any kind on the product.
-  Contact Customer Service if repairs are necessary. Information on the back of this manual.
-  Use only the original power supply.

Depending on your insurance/warranty model, you can contact the customer service in your neighborhood or contact the Online Customer-Service: www.thehummingmask.com

Technical Data

Model: Humming Mask HM-HM-2015
Memory Electro IC 18 cat.

Power source:
Power supply AC Adaptor
Input 100-220 volt <>
Output 4.5 – 5.5 volt <>

Frequency range: approximately <110 to 160> Hertz, or 7400 RPM.

Operating temperature: 10°C - 40°C (50°F - 104°F);
Storage temperature: -10°C - 70°C (14°F - 158°F);

Weight: 1.2 kilograms;
Outer dimensions: 21 x 21 x 18 cm.
Product dimensions: 18cm (L) x 15cm(W) x 12cm(H).
Packaging: 21cm (L) x 21cm (W) x 13cm (H).

Energy saving:
The wall power supply is switched off when the base is switched off. This means that the power supply connected to the wall outlet does not consume any energy when not in use.

For any other questions, please contact the Client Service in your neighborhood or contact the Online Customer Service.
www.thehummingmask.com



Contacts:

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Manufactured by - Advanced Health Research LTD.

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