

# ***BP Ease***

***from OutOfNoWare***

Version 1.0.1

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## Overview

**Statistics** According to the American Heart Association, nearly one in three U.S. adults has high blood pressure, and high blood pressure was the primary or contributing cause of death in about 277,000 U.S. deaths in 2002.

**Breathing Exercises** Through the years, many different breathing exercises have been reported to have various health benefits. A recent Google search on "breathing exercises" found about 825,000 web pages describing those exercises and benefits.

**Clinical Studies** Although they have not been widely publicized, recent clinical trials have shown that a particular type of breathing exercise can have a beneficial effect on blood pressure with no harmful side effects whatsoever. A recent Google search on "breathing exercises" "blood pressure" "clinical trials" found about 17,000 web pages describing those studies and benefits.

**BP Ease** is a computer program designed to help you perform those type of breathing exercises quickly and easily. The BP Ease breathing exercises may well be the easiest exercises you have ever done.

**Free Trial** BP Ease is completely free to use for two weeks. If using BP Ease does not show any benefits in two weeks, it will have cost you nothing but a very small amount of your time. If that small time commitment has shown you the benefits of using BP Ease, then you can continue to use it by purchasing an install code for only \$14.95. The free trial period can be extended to 30 days. Contact OutOfNoWare for information on how to do this.

**Disclaimer** If you have high blood pressure, you should seek the advice of a qualified physician. If you are currently taking medication for high blood pressure, you should seek your physician's advice before discontinuing or modifying your medication usage. I am not a physician, nor am I qualified to give medical advice. BP Ease is not currently approved by the FDA or any other medical association. The sole purpose of BP Ease is to assist you in doing a type of breathing exercise that has been shown to lower blood pressure in some people. If using BP Ease does lower your blood pressure, let your physician know so that he can decide whether it is safe to reduce your medication.

## More Information

**Hypertension Categories** High blood pressure is often categorized as in the table below.

Category	Systolic Pressure	Diastolic Pressure
Optimal	Below 120	Below 80
Normal	120 to 130	80 to 85
High Normal	130 to 140	85 to 90
Stage 1 Hypertension	140 to 160	90 to 100
Stage 2 Hypertension	160 to 180	100 to 110
Stage 3 Hypertension	Above 180	Above 110

**My Story** For years I have been aware that my blood pressure was in the High Normal range and I never much worried about it. However in the last few years I was made aware by my dentist that my blood pressure was measuring in the Stage 1 hypertension range. I was pretty sure this was just due to the stress of sitting in the dentists chair! However I recently checked my blood pressure at the local Walmart and got a reading in the Stage 3 Hypertension range! Blood pressure devices such as those are notorious for being out of calibration or giving false readings,

but it was still enough to get my attention. That was 6 months ago and I decided to read up on all that “blood pressure” stuff.

**What I found** was that blood pressure readings are affected by all types of things, including time of day and just about any type of activity. To obtain an accurate measurement requires a period of about 15 minutes of inactivity before taking a reading. Also a second reading should be taken a couple of minutes after the first and then average readings should then be used. I obtained a blood pressure monitor for home use and found that my blood pressure was not quite as high as I thought, but was still quite a bit higher than it should be.

**Fixing the problem** During my research of blood pressure topics, I found mention of the clinical trials showing that breathing exercises can reduce blood pressure. So I determined to learn how to do those exercises. Being a computer engineer, I naturally decided to write a computer program to help me perform those exercises. After several versions of the program, including quite a few that did not seem to help at all, and even some that seemed to make my blood pressure worse, I finally had created a version that seemed to slowly and steadily decrease my blood pressure.

**Problem solved???** It is now 6 months later and my blood pressure has slowly dropped from the Stage 3 area into the low Stage 1 readings with occasional High Normal and even Normal readings.

**BP Ease** I am no longer skeptical about the ability of breathing exercises to improve blood pressure and so it is now time to share my computer program with others who might benefit. Version 1.0 is pretty much a preliminary version of the program, but it does meet its major goal of making the breathing exercises as easy and effortless as possible. Those two qualities seem to be required for the exercises to have the desired effect. I look forward to as many people as possible trying my program and then providing feedback on whether or not it has helped them also. If you do see any improvement at all in the first two weeks, I do ask that you then ask for the method to extend the free trial period to 30 days or purchase the program at that point so that I can afford to continue improving it.

**Future versions of BP Ease** Anyone purchasing any version of BP Ease will be automatically entitled to all future updated versions of BP Ease. So there is no reason to wait for a future version. Download and try a copy today, then share it with any friends or family members who might also benefit. Purchase a copy only after you see desired results. Your feedback will help to make future versions even more helpful.

**OutOfNoWare** is a tiny little custom software company cleverly hidden in Lincoln, North Dakota, USA.

## The BP Ease Exercise

**For the duration** of the exercise:

**You will need to** press and continue holding the mouse button while breathing in.

**You will need to** release the mouse button while breathing out.

**By tracking the mouse button** BP Ease will time your inhalations and exhalations and notify you when it is time to change from one to the other. In addition to notices on the screen, BP Ease will play a unique sound for each switch and also when the exercise time is up.

**With only a little practice**, the exercise will become very relaxing and should be almost effortless. By listening to the sounds, you will even be able to perform the exercises with your eyes closed.

**Getting started:** When BP Ease says Ready, and you are ready, simply begin inhaling and click and hold the mouse button at the same time. Then follow the BP Ease on screen directions.

**The time remaining** for the exercise will display in the BPEASE window title bar.

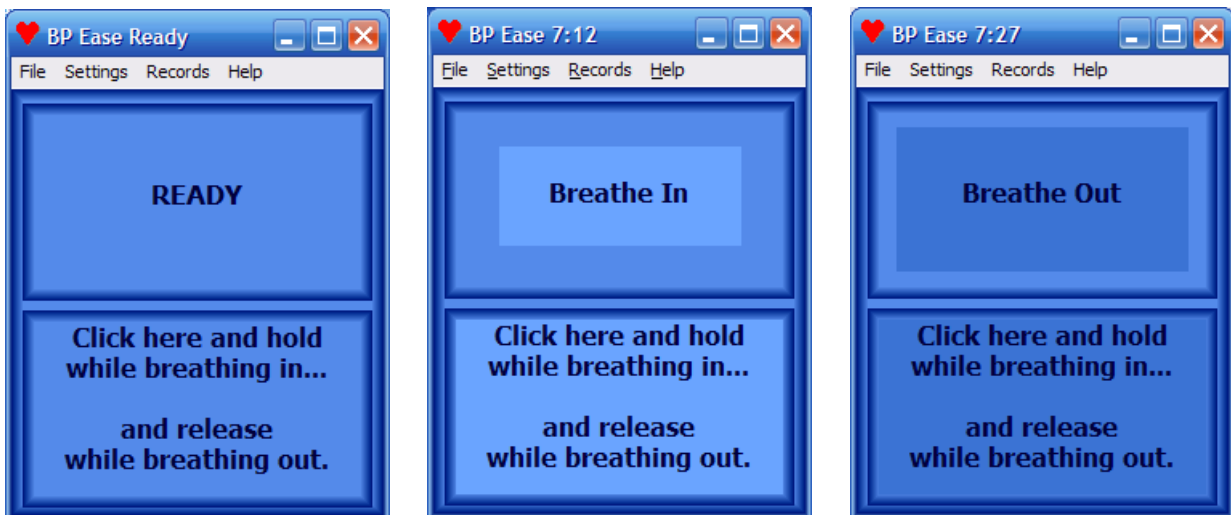
## Using BPEase

**The Splash Screen** A splash screen will be shown when you start BP Ease. Information included on this screen includes the version number, and if you have not purchased it, the number of days left in the trial period. Once you have purchased BP Ease, the splash screen will state “Registered Version” instead of trial days left.



**The main screen** has two large button areas. The bottom button is meant for you to click on with your mouse. The top one is where the computer program tells you what it is expecting you to do.

**The Ready Phase** When the top button says “READY”, the program is waiting for you to begin or resume the breathing exercise. To begin or resume the exercise, and when you are ready, click and hold on the bottom button and begin inhaling. The program will then enter the Breathe In



phase.

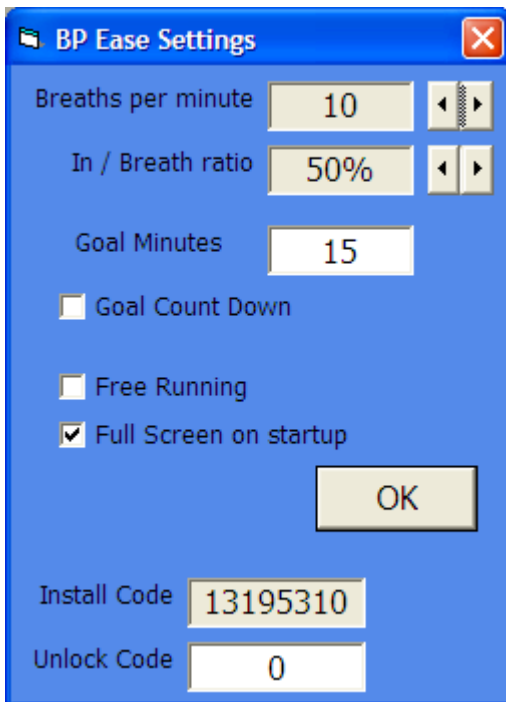
**The Breathe In Phase** During the Breathe In Phase, you should continue to hold in the mouse button and continue to slowly inhale. When the proper “breathe in” time has passed, the program will change to the Breathe Out phase. The total exercise elapsed time will display in the title bar.

**The Breathe Out Phase** During the Breathe Out Phase, you should release the mouse button and begin to slowly exhale. When the proper “breathe out” time has passed the program will change to the Breathe In phase. The total exercise elapsed time will display in the title bar.

**The program will continue alternating** between the Breathe In phase and the Breathe Out phase until either the exercise goal minutes have passed or you pause the program. You can pause the program at any time by simply not responding to the Breathe In phase within a certain amount of time. In either case the program will return to the Ready Phase. See the Ready Phase description above.

## The Settings Screen

On this screen you change various settings.



**Breaths per minute** sets the number of breaths per minute BP Ease will guide you to.  
**In / Breath ratio** sets the ratio of the Inhalation time to the total breath time.

**Breaths per minute** combined with **In / Breath ratio** determines the lengths of the Breathe In and Breathe Out times. The default value of 10 results in 10 breaths per minute (6 seconds total per breath). Combined with the default value of 50% for In/Breath ratio sets the Breathe In and Breathe Out times to 3 seconds each.

**By changing these 2 settings**, you can optimize BP Ease for your personal situation. See the Optimizing BP Ease section below.

**Goal Minutes** you set how long an exercise session will last here.

**The Goal Count Down checkbox** if cleared, BP Ease will display elapsed exercise time. If set, it will display exercise time remaining.

**The Free Running checkbox** if checked will alter the behavior of BP Ease so that it does not expect you to indicate your breathe in or breathe out status with the mouse button. It simply changes modes in time with the settings above. You may then follow along without touching the mouse buttons at all. Simply click once to start the exercise, and click again to pause it.

**Use the OK button** to exit the settings screen.

**If you have not registered** BP Ease, you will see two additional textboxes on the Settings screen. Once you have registered BP Ease, these two textboxes will no longer appear.

**Install Code** this is a code unique to your computer. When you purchase an Unlock Code, you will need to provide this code, so that the proper Unlock Code can be generated.

**Unlock Code** this is where you will enter the Unlock Code after you have purchased it. As every Install Code is unique, each computer you install BP Ease on will require a unique Unlock Code.

## Registering BP Ease

**BP Ease is shareware**, meaning you are free to use it without restrictions for 2 weeks after the installation date. You are also encouraged to share it with friends and family and anyone who might benefit from a naturally lowered blood pressure.

**After 2 weeks**, BP Ease will stop working, and will not resume working until you enter an "Unlock Code". The Unlock code can be purchased from OutOfNoWare. When you purchase an Unlock code, you will need to provide the Install Code. Each computer BP Ease is installed on will have a 2-week trial period. In order to continue using BP Ease on multiple computers, you will need to purchase an Unlock code for each one, to match it's unique Install Code. A discounted price is available for the second and each additional Install code you purchase, as long as you purchase them for the same email address.

**Money Back Guarantee** BP Ease does NOT have a money back guarantee policy. In order to keep the price down, a generous 2-week trial period is offered. The program is freely downloadable, with absolutely no shipping or handling charges applied. BP Ease may not work for everyone and it does require a minimal time commitment to see results. So if you do not see any benefits within the trial period, you are advised not to purchase it. See the OutOfNoWare web site for details on how to extend the free trial period to 4 weeks.

## Optimizing the BP Ease Exercise

**The default settings** for BP Ease should provide a good starting point for most users. The goal for the exercise is that your breathing should be slow and steady and pretty much effortless for the duration of the exercise session. If you find it difficult to breathe at the pace BP Ease is guiding you to, it may be necessary to set the Breaths per Minute rate a little higher (more breaths per minute). Experiment to see what is comfortable.

**As you become more comfortable** with a breathing rate, you may eventually stop seeing improvements in your blood pressure readings. If that is the case, you may then need to decrease the Breaths per Minute setting again. Your goal should be to gradually reduce the Breaths per Minute setting, but never going beyond what feels comfortable.

**You may also be able** to improve your blood pressure readings further, without decreasing the Breaths per Minute beyond what is comfortable, by decreasing the In/ Breath ratio. The default setting is 50%, but I seem to get the best results with this set at 35 to 40%. Again it is important to not deviate from the default setting any further than what is comfortable to you.

**The settings should be** adjusted to keep the exercise as effortless as possible, while very gradually decreasing the Breaths per Minute. Once you have found a comfortable Breaths per Minute rate, it should not be necessary to adjust it more than once a month.

**Duration and frequency** It is recommended that you perform the exercise for 15 minutes per day, 3 days per week. If you wish to see quicker results, you may wish to exercise for 30 minutes per day, or more days per week. You also may wish to exercise 2 or more shorter sessions per day, rather than one long session

**I originally started** exercising for 30 minutes a day, several days per week, and saw dramatic changes in my blood pressure almost immediately. However I found it easier to set aside time for two 7.5 minute exercise periods.

**I currently exercise** two 7.5 minute sessions per day, about three days per week and I find it a very easy schedule to follow. Even at this rate I continue to see a slow and steady decline in blood pressure.

**If I skip the exercises** for more than a few days, my blood pressure does slowly begin to rise again until I resume the exercises. However the longer I continue them, the less effect skipping a day or even several days seems to have on my blood pressure.

### **Good Luck with BP EASE**

I hope to hear about your good experiences as well!