

Testimonial

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Energy

For many years I have suffered from problems due to my energy deficit, resulting in emotional and physical consequences.

One month ago I started using the SOE-MAC at night.

After only one week I felt fitter in the mornings and more energetic.

During the second week I woke up earlier and obviously needed less sleep.

Now, I am “only” using the SOE-MAC for half of the night, I sleep better and feel a lot more alert.

During the week my energy level is depleted as of 4:00 pm. I am tired, easily annoyed and it is difficult for me to concentrate.

At the weekend, when I am using the SOE-MAC, I have noticed that those factors are a lot less pronounced.

In the beginning I was extremely sceptical about SOE-MAC, but I have meanwhile realised that I feel very much better for it.