

# Measuring energy in a journey through the Altai and Turkey

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On September 13-20, 2020 with a group of enthusiasts we made a trip to the Republic of Altai in South Siberia. We drove from Gorno-Altai to the settlement Aktash, from where we climbed up to Ak-Su mountain camp. We spent 3 days in the camp, hiking in the high altitude zone. During 5 days in the evenings we measured the energy state of 7 participants of the trip with the help of Bio-Well device and environmental parameters with the help of Sputnik sensor.

## Methodics

We used an experimental sample of a battery powdered Bio-Well with registration on a cell phone.

When measuring people, a conductive cuff connected to the ground jack was put on the hand.

Participants: 7 people, 4 women and 3 men aged 26 to 68 years.

When measuring with the Sputnik, to short-circuit the electrical circuit of a mobile device, a wire with a probe which was plugged into the ground was connected to the ground jack of the device. In each place, 20 points were measured in the "One Finger" mode. The device was calibrated with the Internet, field measurements were made offline.

## Results

### 1. Measurement of participants' condition.

Fig.1 shows the group averaged energy values of the participants.

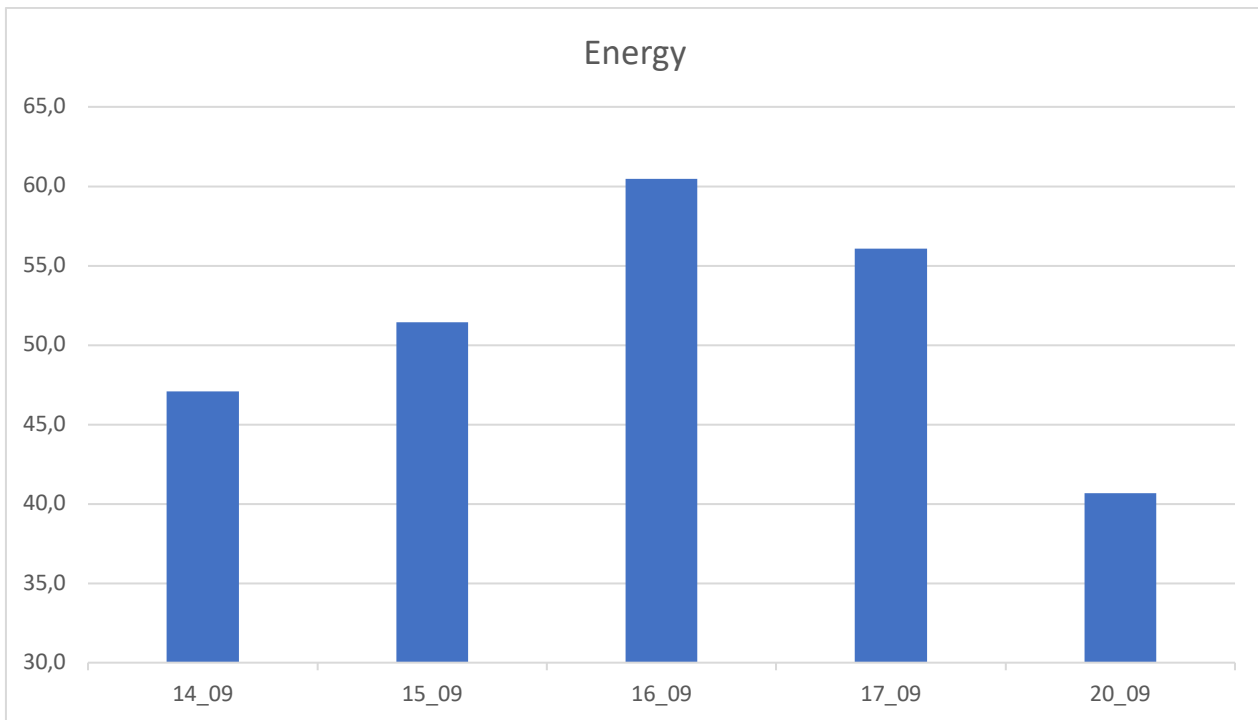


Fig.1. Averaged group data on energy values of participants.

On 14 and 15.09 we spent the nights at the bases (800 – 1000 m/2600 – 3000 feet), where we see the increase of energy, which is connected with acclimatization and rest after the flight and car trip. 16.09 we arrived to the mountaineering camp (2100 m/7000 feet), where we made a small hike to the mountain pass, and we see that this had a positive impact on the condition of all participants. On 17.09, we made an access to the high altitude Blue Lake (2600 m/8500 feet) lasting about 8 hours, the energy was reduced, but remained higher than on the plain bases. On the last day of 20.09, the energy level was further reduced, perhaps due to the need to return home after a wonderful trip. The above mentioned trends were also observed individually for each participant (fig.2).

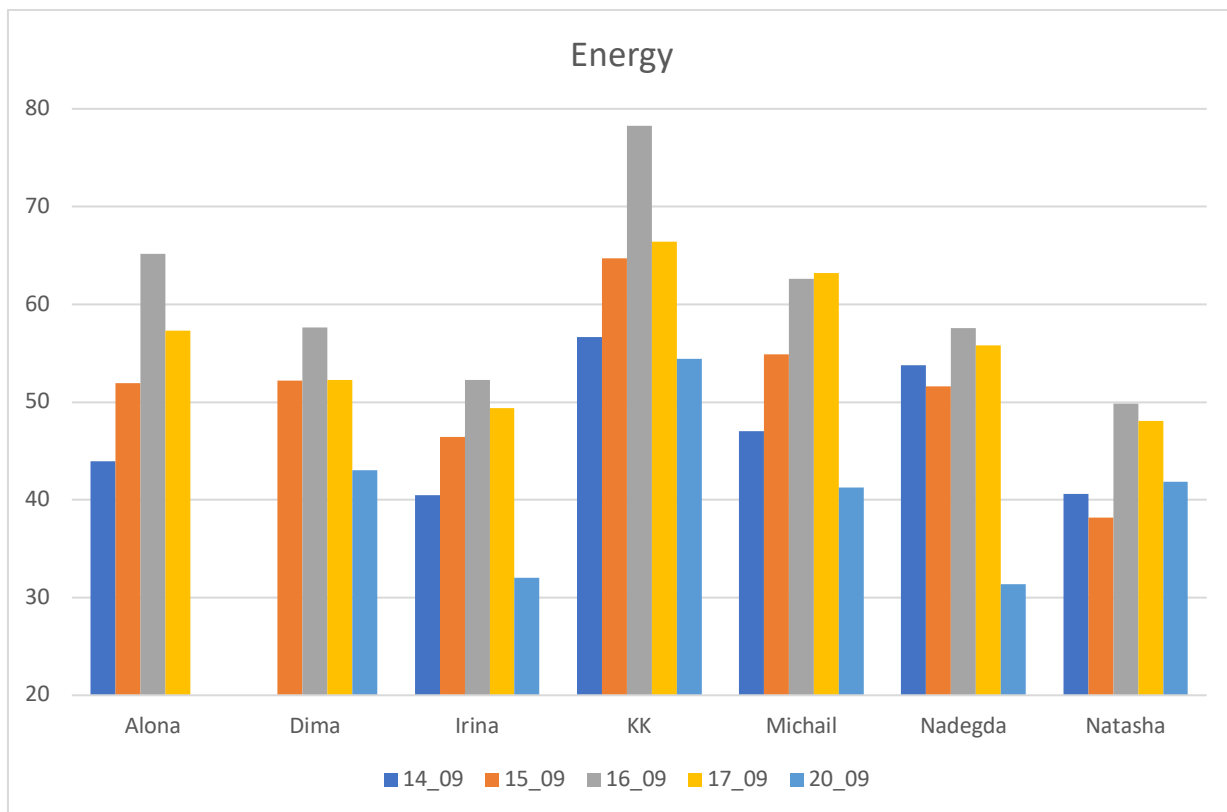


Fig.2. Individual graphs of the Energy parameter for 7 participants on different days.

The stress level was also minimal in a high mountain camp (Fig.3,4).

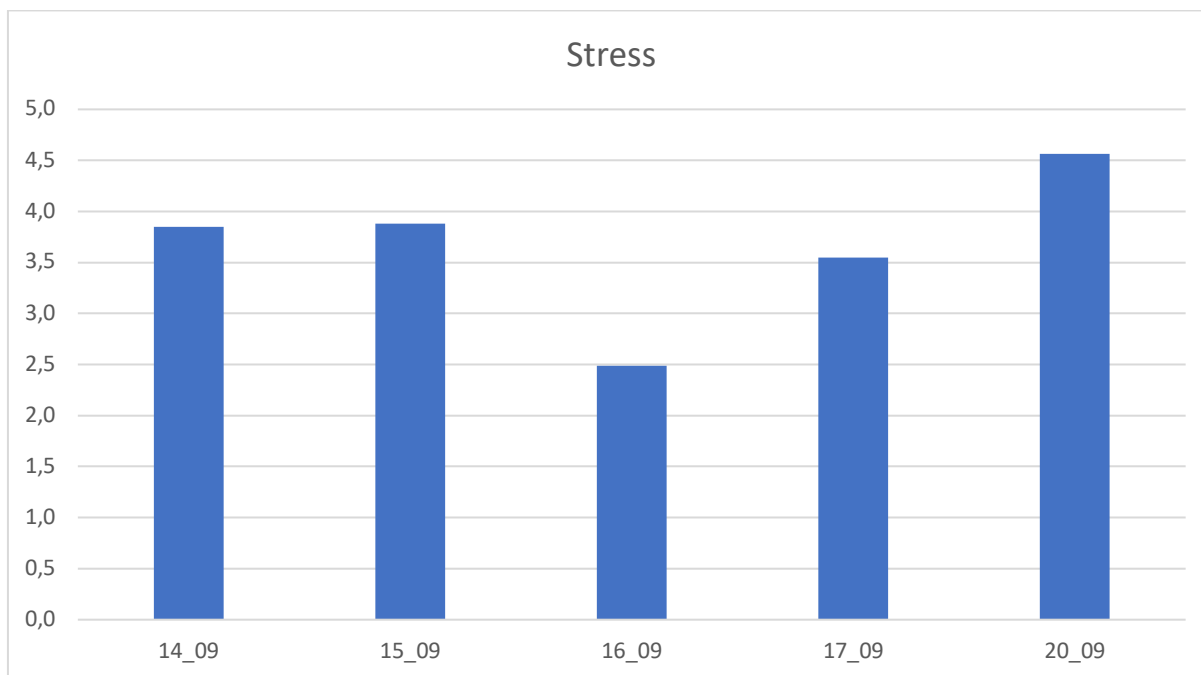


Fig.3. Averaged group data on stress values of participants.

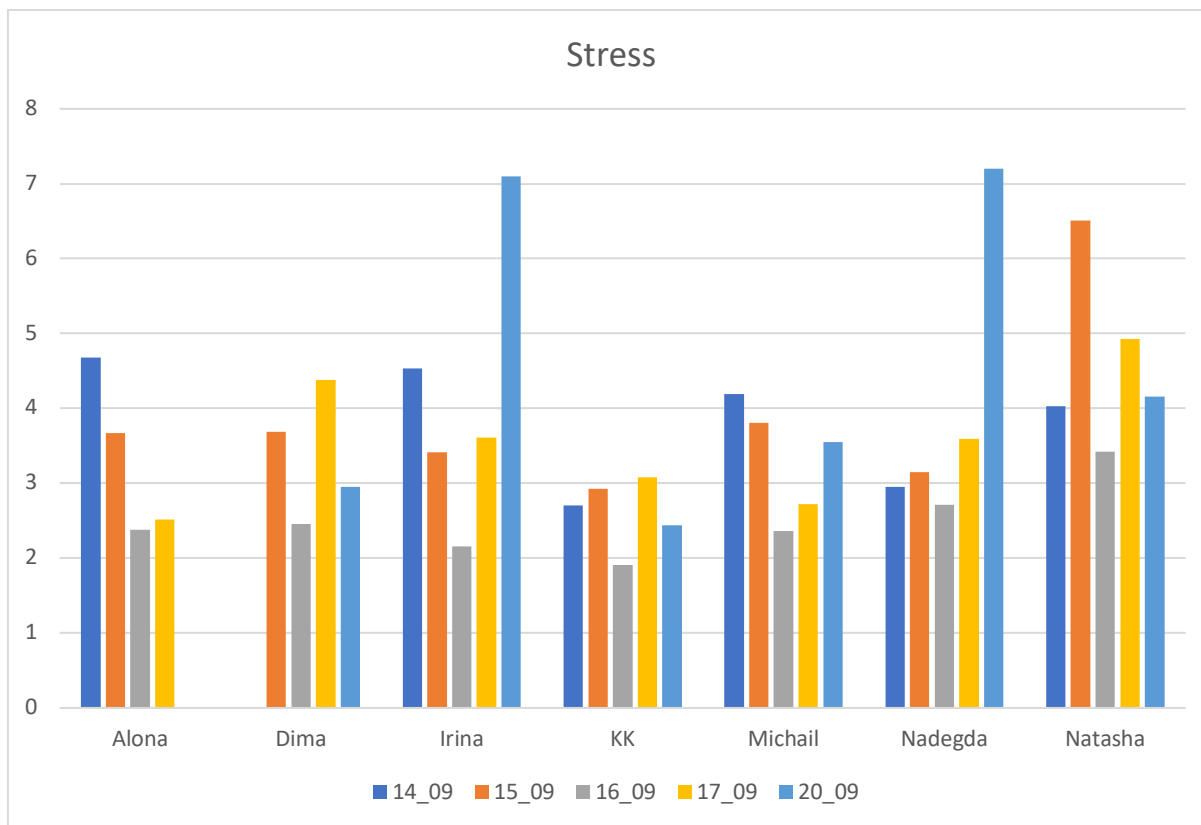


Fig.4. Individual graphs of the Stress parameter for 7 participants on different days.

The data show that being in the middle-range mountains (2000 - 2500 m/6500 – 8500 feet) had a beneficial effect on the participants, despite the lack of special training.



## 2. Measurement of the Altai environment parameters.

Fig.5 shows the values of the Energy parameter in different points of the route.

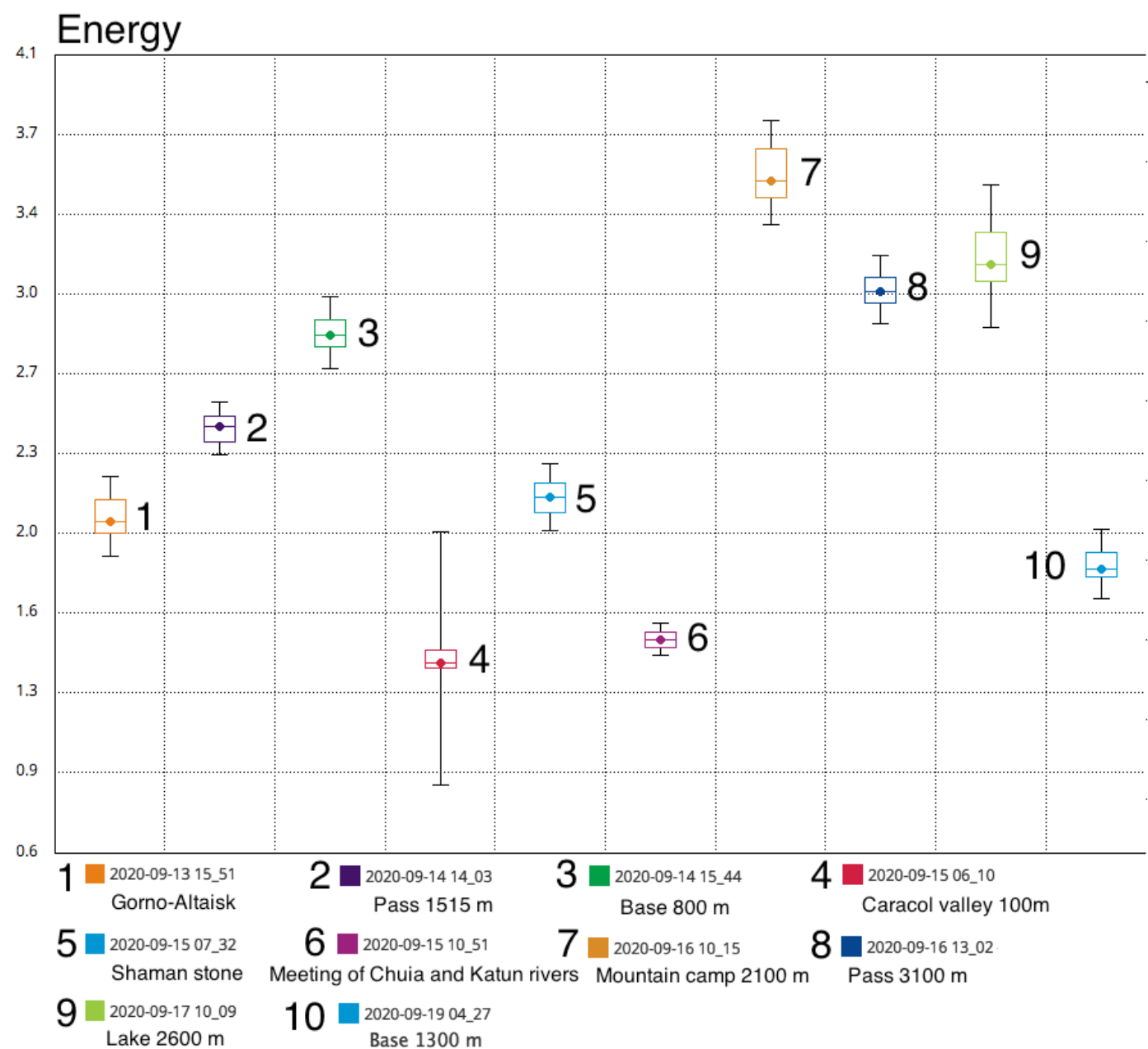


Fig.5. Energy values in different places in the Altai.

As we can see, the highest parameter values were observed in the high altitude zone, which confirms the previous measurements and explains the reason for the increase in individual energy of the participants. Similar results were obtained from studies in different mountain areas of Ecuador, Peru and Aragon, which also corresponds to the large amount of data on longevity residing in different mountain areas of the world.

### 3. Measurement of the environment parameters in Turkey.

25.09 - 03.10 we traveled in the southern areas of Turkey, starting with the unique region of Cappadocia, known for its bizarre rock formations, cave monasteries and underground cities, and from there to the coast, visiting ancient cities and beautiful natural sites. Fig.6 shows the values of the Energy parameter at different points of the route.

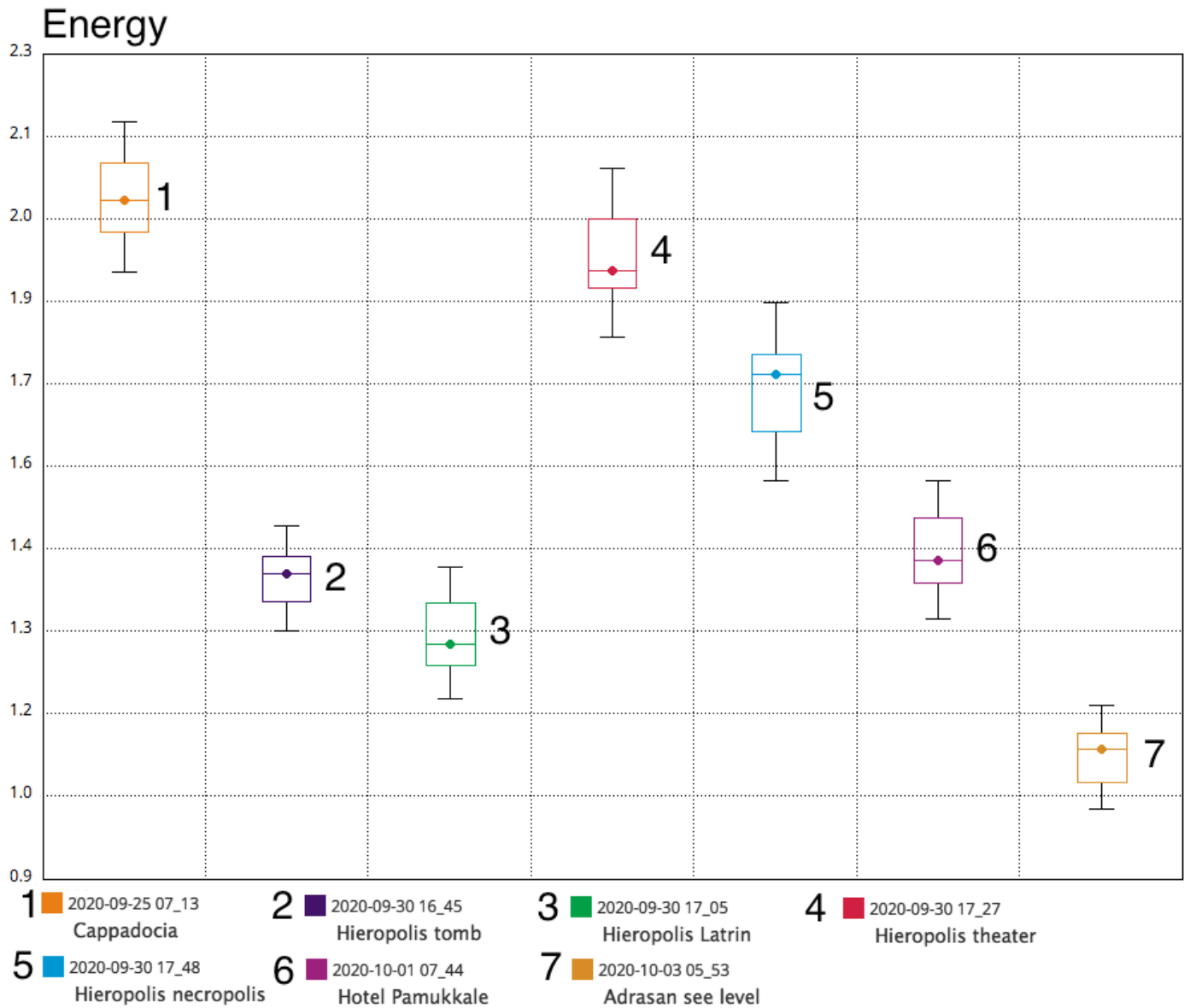


Fig.6. Energy values in different places in Turkey.

As we can see, the highest energy values were observed in Cappadocia, which is located on a mountain plateau at an altitude of 1000 m/3000 feet above sea level. The next group of measurements was made in the ancient Roman town of Hieropolis near Pamukkale. Interestingly, the measurements inside the Ancient

Roman tombs showed the lowest energy values comparable to that of a hotel, while near the theater and necropolis the energy was significantly higher. At sea level, the energy was even lower.

The energy values measured in Turkey correlated with those measured in the Altai at altitudes around 1000 m. This once again shows that when climbing mountains, the parameters increase objectively, which has a positive impact on human health. At the same time, the difference between the measuring points characterizes their individual characteristics. For example, it is interesting that inside the ancient Roman tombs the energy level was lower than in neighboring structures in the open air.

## **Conclusion**

We have made many measurements of a group of people during travels (in Ecuador, Peru, the Caucasus, etc.) and measurements with the Sputnik sensor ([www.sputnik.bio-well.com](http://www.sputnik.bio-well.com)). This allowed us to practice the method of measurements and the way the results are presented. Of all the parameters, the most representative was the level of Energy, and for people also the Area and Stress. We hope that with the spread of Bio-Well devices more and more people will be connected to such measurements, which in the future will allow us to create an interactive map of the energy places on Earth.











## Каппадокия - Памуккале



















































