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(71) Applicant *(for all designated States except US)*: **INTER-CURE LTD.** [IL/IL]; 9 HaMalkah Street, Kislev Building, Northern Industrial Area, 71100 Lod (IL).

(72) Inventor; and

(75) Inventor/Applicant *(for US only)*: **GAVISH, Benjamin** [IL/IL]; 65 Yasmin Street, 90805 Mevaseret Zion (IL).

(74) Agents: **SANFORD T. COLB & CO.** et al.; P.O. Box 2273, 76122 Rehovot (IL).

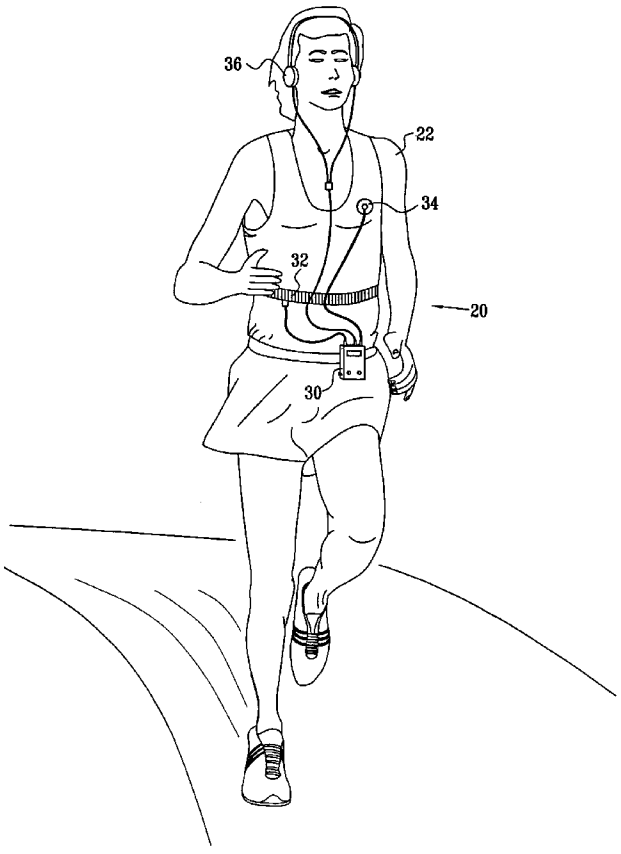
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(54) Title: APPARATUS AND METHOD FOR BENEFICIAL MODIFICATION OF BIORHYTHMIC ACTIVITY



(57) Abstract: Apparatus (20) is provided, including a sensor (32), adapted to generate a sensor signal indicative of biorhythmic activity of a user (22) of the apparatus, the sensor signal having a first characteristic, indicative of a voluntary action of the user, and a second characteristic, indicative of a benefit-related variable of the user. The apparatus also includes a control unit (30), adapted to receive the sensor signal, and, responsive to the second characteristic, generate an output signal which directs the user to modify a parameter of the voluntary action indicated by the first characteristic.

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