

## Xanya Sofra, Ph.D

IELLIOS, LTD / IELLIOS, Inc  
Health Builder Technologies Inc  
International Director of Research and Training,  
CEO, Creative Arts Center, Inc  
Hawaii State Psy License #520

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### Professional Experience:

- 2016 to present: Director of Research and Training and co-founder of Health Builder Technologies, LTD. Responsible for organizing and conducting clinical and laboratory research on Neurofrequency Signaling Technology
- 2016: Health Builder Technologies, LTD, patent on the basis of Dr Sofra's proprietary formula for the Revive technology that is projected to be in the market in 2017. Provisional US patent 62351296
- 2014 to Present: Director of Research and Training at IELLIOS Inc. Conducts clinical and Lab research studies. Develops and supervises all theoretical and practicum trainings. Responsible for integrating research from a number of different modalities and for working with the Electronic Manufacturers the Device Manufacturers and the Software programmers to upgrade and further develop technology
- 2014 Wrote the Application that fulfilled all the FDA requirements for the FDA clearance of Arasys Genius K 132179
- 2013 Wrote the Application that fulfilled all the FDA requirements for the FDA clearance of Ion Magnum Genius K 123158
- 2007 to Present: Faculty Speaker on Anti-aging and Regenerative Medicine in American Society of Antiaging, Euromedicom, Minimally Invasive Plastic Surgery, ICAD, IDJI, AMWC, EMMA and IMCAS international Medical conferences. Has received the Excellence of Speakers Award from the Minimally Invasive Plastic Surgery Association
- 2006 to Present: Researched and Developed resonant waveforms for the iPico and IELLIOS technologies and invented a mathematical formula that of a matrix of resonant signals delivered within a matrix of circadian timings

- 2000 to Present: Director of Research and Training, Ion Magnum LTD and Ion Genius, Inc. Conducts clinical and Lab research studies. Develops and supervises all theoretical and practicum trainings. Responsible for integrating research from a number of different modalities and for working with the Electronic Manufacturers the Device Manufacturers and the Software programmers to upgrade and further develop technology
- 1999 to Present: Creative Director, Creative Arts Center, Inc. A non-profit corporation that offers Neurological and psychodynamic psychotherapy within a nurturing environment that reinforces sublimation of aggression by enhancing creative tendencies.
- 1997-1999: Clinical Director, Mental Fitness Center, Inc. Supervised and performed clinical assessments of mentally ill and neurologically impaired patients.
- 1996-1997: Clinical Director, Department of Public Safety. In charge developing and supervising clinical treatment and rehabilitation programs for incarcerated mentally ill and neurologically impaired inmates.
- 1994-1996; Clinical Supervisor, Department of Education. In charge of developing and supervising clinical programs for mentally ill and neurologically impaired children and their families.
- 1993-1994: Clinical Internship. Lincoln Hospital, Bronx, NY.
- 1992-1993: Clinical Internship. Queens Hospital, Honolulu, HI.
- 1991-1992: Clinical Internship. Harlem Hospital, New York, NY.
- 1986-1991: Psychotherapist. Individual and Group Clinical Therapy. Postgraduate Center for Mental Health, New York, NY.
- 1980-1983: Research Assistant. Royal Free Hospital, Neurology Department, London, England. Clinical research on recovery of neurological function after trauma.
- 1982-1983: Research Assistant. City University, London, England.

Laboratory research exploring cellular regeneration.  
Experimentation with Nerve Growth Factor (NGF)

**Education:**

- 1977 – 1984: Ph.D in Neurophysiology (Research Department supervised by Charles Legg, Ph.D). City University, London, England.
- 1986-1992: Ph.D in Clinical Psychology. New School for Social Research, New York, NY. Studied with renown clinicians and psychoanalysts such as David Shapiro, Herbert Schlesinger, Arnold Wilson, Leon Festinger, Otto Kernberg, B.F. Skinner, Roy Schafer.
- 1984 -1986: Masters in Clinical Psychology. New School for Social Research, New York, NY.
- 1976 – 1977: Pure Mathematics, Applied Mathematics, English Literature. Kingsway College, London, England.
- 1960 - 1968: Russian Ballet Academy. Athens, Greece. Classical Ballet
- 1964 - 1976: National Odeon. Athens, Greece. Classical Piano.
- 1976 – 1978: Royal Academy of Music. London, England. Classical Piano

**Experimental and Clinical Studies**

- 2015: String Theory and Electromagnetism
- 2015: String Theory and Neurofrequency technology
- 2015: Neurofrequency and Radiofrequency. Similarities and Differences
- 2015: Voltage Driven Methods of Stem Cell Administration
- 2015: Ion Channels and their Importance in Stem Cells

- 2014: Signaling on Wound Healing and Rejuvenation
- 2014: Gain without Pain. Signaling and the Motor Nerve
- 2014: The Role of Signaling Pathways in Wound Healing
- 2014: NFS targeting the Body's Self Repair Mechanisms
- 2014: Biological Time Reversal Mechanisms
- 2014: The David and Goliath of Anti-aging Medicine
- 2013: Signaling Pathways are Crucial in Stem Cell Differentiation
- 2013: The life and Fate of the Cell
- 2013: Deteriorated Protein to Protein Communications
- 2013: A Dynamic View of Aging
- 2012: Stem Cells Current Clinical Applications
- 2102: Stem Cells: Advantages, Disadvantages and Ethical issues
- 2102: Introduction to Molecular Biology
- 2012: The ATP Dynamic Process and Anti-aging
- 2011: Signaling Technology introduces Nanotechnology to Anti-aging  
For totally non invasive procedures with Permanent Results
- 2011: Stem Cells Controversy
- 2011: The Effects of Signaling Technology on Bone Density and Osteoporosis
- 2010: Signalling Pathways and Protein Communications
- 2010: Signaling Technology Increases T3, Muscle Mass and DHEA in  
Human Subjects with a significant decrease in Body Fat.

- 2010: Signaling Technology Revolutionizes Anti-Aging
- 2010: Replication of Signaling Technology Results of T3, DHEA and Muscle Mass increase with a significant increase in Body Fat
- 2005 -2010: Signaling Tecnology: Specific Frequencies Increasing Protein Production in Stem Cells
- 2009: Metabolic Syndrome, Causes and Solutions
- 2009: Rapid and Efficient Erythrocyte Separation and Blood Flow Increase
- 2009: Signaling Technology Increases Erythrocyte Separation
- 2008: Meta-analysis of Research: A Dynamic Model of Anti-Aging
- 2008: Meta-analysis of Research: Advances in Electromedicine
- 2008: Meta-analysis of Research: Advances in Nanomedicine
- 2008: Ionic Currents: the Spark of Life and Orientation Force to Potentially Enhance Longevity
- 2008: Signaling Technology and Obesity
- 2008: Signaling Technology and Diabetes
- 2007: Cell Repair Devices
- 2007: Neuronal Intelligence Sports and Fitness
- 2007: The Effects of Nano current on Cellular Life
- 2006: Clinical Research: Effects of nanoamperers on skin and facial muscles of human subjects.

- 2005: Clinical Research: Effects of square and rectangular waveforms on skin and facial muscles of human subjects.
- 2005: Experimental Research: Experimental study comparing the effects of Arasys on Inch Loss with two patient amples: Arasys Experimental Group and Body Wraps, Control Group.
- 2005: Clinical Research: Motor Nerve Signaling
- 2004: Clinical Research: Effects of microcurrent specific frequencies combination on pigmentations and melasma of human subjects.
- 2002: Experimental Research: Experimental study comparing the effects of specific microcurrent frequencies on Rosacea with three patient samples: Experiemental group Microcurrent only, control group Microcurrent and meds, control group meds only.
- 1992: Experimental Research: "Narcissistic Personality Disorder at two levels of Adaptation."
- 1988: Experimental Research: "Emotion and Physical Illness. Anger Enhances Longevity. The Pathological Effect of Shame."
- 1983: "Nerve Growth Factor and Recovery of Neurological Function after Trauma."
- 1980: "Hemispheric Dominance and Emotion."

**Teaching Experience**

- Faculty EuroMedicom 2009 to Present

- Faculty IMCAS 2009 to Present
- Anti-Aging Medicine 2009 to Present
- Aesthetic and Anti-Aging Medicine 2009 to Present
- Faculty Jeddah Derma 2008 – 2009
- American Board of Anti-Aging 2008-2009
- Faculty A4M 2006 to Present
- Minimally Invasive Plastic Surgery 2006 to Present
- Chaminade University Honolulu 1994-1996
- City University London 1981-1983

**Affiliations/Memberships**

- APA

**Creative Writing Accomplishments:**

- 2015: Self Help: How to be Free in a Neurotic Society
- 2015: Novel: Never Let a Man Lead”
- 2006: Novel: “Death by Marriage.”
- 2003: Novel: “Venus on Prozac.”

2002: Novel: "Marital Combat."

**Awards:**

2010: International Speaker's Award. Minimally Invasive Plastic Surgery

2009: International Speaker's Award. American Academy of Anti-aging, Thailand

1970: Young Pianists International Competition, Second Place Winner

1964: Young Poets National Poetry Award, Athens, Greece

**Languages:** Fluent in English, Greek, French.

**References:** Available upon request.