

Living Beyond 120 Podcast Features Alpha-Stim with Guest Dr. Jeffrey Marksberry

Dec 3, 2018 | Anxiety, Depression, featured, Insomnia, Pain



Dr. Jeffrey Marksberry, Chief Science & Clinical Officer for Electromedical Products International, Inc. (EPI), manufacturer of Alpha-Stim®, was recently a guest on an episode of *Living Beyond 120*. The podcast, which is co-hosted by Dr. Jeffrey Gladden, focuses on topics relating to longevity, health, and human performance – making Alpha-Stim and its impressive results a perfect topic of conversation.

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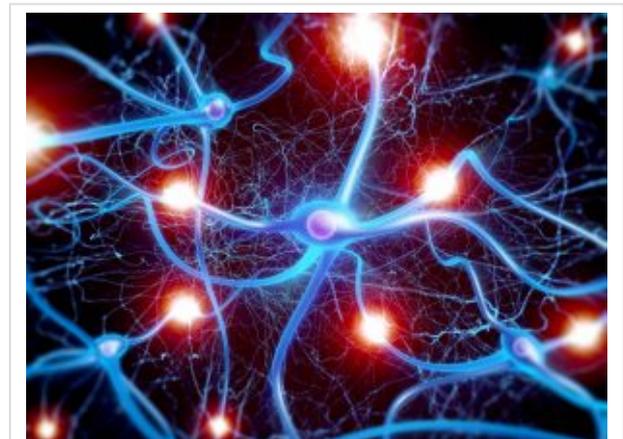
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In [this episode of the podcast](#), Dr. Marksberry explains that Alpha-Stim is a handheld medical device with two main modalities: the treatment of [anxiety](#), [insomnia](#), and [depression](#) with cranial electrotherapy stimulation (CES), delivered to the brain through earclip electrodes; and the [treatment of pain](#) with two handheld Smart Probes using microcurrent electrical therapy (MET).

When podcast co-host Mark Young comments that it sounds frightening to run electricity through the brain, Dr. Marksberry points out that we all already have electricity in our brains. In fact, our nervous systems are 98% electrically induced.

Dr. Marksberry also addresses the fact that Alpha-Stim has been used and trusted by the military for over a decade, as well as at MD Anderson Cancer Center for pain, anxiety, insomnia, and depression in advanced cancer patients. Members of the Special Forces as well as athletes and musicians also use Alpha-Stim to perform at their best.

Dr. Gladden notes that he has experienced marked improvement in his own sleep and mental clarity since using Alpha-Stim, and he offers the device to patients at his clinic. Since Alpha-Stim is not a drug, it can be [used safely in conjunction with other treatment modalities](#).



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Living Beyond 120 aims to explore the potential of humans to live their longest, highest quality lives. It is fitting for Alpha-Stim to be a topic of discussion on the podcast; people have been discovering their best and fullest lives with the help of Alpha-Stim for decades.

About Dr. Gladden

Co-host of the *Living Beyond 120*™ podcast, Dr. Jeffrey Gladden is a board certified interventional cardiologist and founder of [Apex Health, Human Performance & Longevity Optimization](#). He did his undergraduate work at



Wheaton College and earned his Doctor of Medicine degree with Honors from Temple University in 1982. He has specialized in many areas of cardiology, including interventional, diagnostic, preventative and programmatic.

Gladden is currently the Director of Heart Attack and Stroke Prevention and Cardiac Rehabilitation at The Heart Hospital Baylor Plano, which he co-founded in 2004. He is CEO Board Chair, Principle and CMO for Product Development at Scientia Cardio Access and a board member at Scientia Vascular. He is currently licensed in three states, his work is published in multiple medical journals, and he is a consultant for multiple cardiovascular projects, programs and medical device development.

About Dr. Marksberry



Dr. Jeffrey Marksberry serves as the Chief Science & Clinical Officer for Electromedical Products International Inc. (EPI). Dr. Marksberry has more than ten years of experience in medical education as a special consultant for two international medical schools. He also has expertise in medical licensure regulations for all 50 states and sovereign Native American governments as well as Canada, Australia, New Zealand and The Netherlands. His focus areas included writing curriculum for continuing medical education programs for medical schools and universities. In 2014, Dr. Marksberry was granted the designation of Certified Clinical Research Professional by the Society of Clinical Research Associates.

In 2015, Dr. Marksberry co-authored a chapter in the book Bioelectromagnetic and Subtle Energy Medicine 2nd Edition. (Kirsch DL and Marksberry JM. The Evolution of Cranial Electrotherapy Stimulation for Anxiety, Insomnia, Depression and Pain and Its Potential for Other Indications, p 189-209. Bioelectromagnetic and Subtle Energy Medicine 2nd Edition, Rosch, Paul J. (Ed) CRC Press Boca Raton.)