

Published in *The Sunday Times* (London), *Style* magazine, November 5, 2000:

## Meditation Made Easy

### Alpha-Stim SCS

What is it? It's a small, easy-to-use, hand-held device with electrodes that clip on to your ear lobes. Most people experience a comfortable tingling as it starts to work. Best of all, you can even use it while watching television or working.

How does it work? A cranial electrotherapy stimulator (CES) that uses tiny electrical currents to stimulate "alpha-state" brainwave activity.

Who does it suit? Anyone who wants a machine to do it all for them.

Guidelines: some people are more sensitive to the effects than others. If you can only tolerate a low setting, you will need to use it for longer than 20 minutes — up to an hour. Make sure you allow three hours after treatment before going to bed, as increased alertness can interfere with sleep.

Added benefits: CES is excellent for controlling anxiety and can also help depression and insomnia