

## VALIUM AND PROZAC REPLACED BY WAVEFORM TECHNOLOGY

Not too many people are aware of an emerging technology that has been proven effective for treating both anxiety and depression without the use of drugs. The technology is known as CES or neuro-electric therapy. It uses microcurrents to deliver a below-sensation stream of electrons to the earlobes using earclip electrodes which are padded with cotton. Anti-anxiety effects can be felt immediately and may last for one or two days after one treatment.

One of the best FDA approved devices is called the Alpha-Stim. Regular use of the device not only increases the effects of certain medications, like pain relievers, anti-anxiety agents and anti-depressants, but regular use can enable the user to either cut down or eliminate these medications entirely. That's because this CES device increases levels of endorphins (natural pain killers) and serotonin in the brain, as well as normalizing brain wave patterns.

During a session with the Alpha-Stim, the user quickly enters a state of deep but alert relaxation. The device can be worn while a person works on the computer, reads a book or watches TV. A typical Alpha-Stim session usually lasts from 20 minutes to an hour. Research demonstrating the effectiveness of CES for treating anxiety, depression and insomnia abounds on the internet.

Although CES stands for Cranial Electrotherapy Stimulation, the name is a bit misleading. The technology employed by the Alpha-Stim delivers only a mild pulse to the earlobes in the .5 hz microcurrent range. The sensation on the earlobes may be experienced only as a gentle, mild pulse, but most users feel no sensation at all ... other than deeply relaxed and alert.

The Alpha-Stim is FDA approved for treating anxiety, insomnia and depression, therefore a prescription from a health care provider is needed for purchasing one of the units. If you have tried TM or other forms of meditation and have found it difficult to enter the Alpha state, then just a few minutes with this device and you'll feel confident you can relax quickly and effortlessly, entering an alert alpha state with ease. If you have suffered from anxiety and depression and are looking to treat it with a non-pharmacological approach, the Alpha-Stim may be just what you have been searching for.

HeraldAp

“This is the way we’re supposed to be all the time”\*

“[CES] sounded like something both interesting and desirable to me, which is why I was sitting there beside the Alpha-Stim with those electrodes clamped to my earlobes... The machine was turned on, and I felt a tingling sensation of tiny pinpricks in my earlobes, as a few microamps of 0.5 Hz passed into my brain... the shift in consciousness was quick and unmistakable. My body immediately felt heavier, as if I was sinking down into myself. I realized I was becoming extremely relaxed, and all of a sudden, there I was. It was that feeling you get when all at once you blink your eyes and realize that you’re awake. Not that you had literally been sleeping, but you hadn’t been paying attention to things as carefully as you might, you had been sleepwalking through your day, and now you’re awake and things are very, very clear. It was not a feeling of being in some strange stoned or otherworldly state, but rather a feeling of being exactly as you should be, at home in yourself a feeling that your brain was operating correctly, efficiently, clearly.... My body was no longer heavy, but very light, full of energy. The feeling was one of openness, clarity, as though I had been wearing sunglasses for weeks and had suddenly taken them off. It was no big thing. Nothing special, really, except I couldn’t help but feel that this is the way we’re supposed to be all the time.

\*From the book Megabrain by Michael Hutchison, Ballantine Books, New York, pages 125-126.

### HOW DOES THE ALPHA-STIM WORK?

The Alpha-Stim SCS is distinct in that it is based on the concept that the biophysics underlying the body’s

biochemistry also plays a significant role in regulating all of life's processes. Doctors are taught that there are about 75 trillion cells in a human body, each having an electrical potential across its cell membrane, similar to a battery. The Alpha-Stim's proprietary waveform works by moving electrons through the brain at a variety of frequencies, collectively known as harmonic resonance. This normalizes the electrical activity of the brain as measured by an electroencephalogram (EEG)