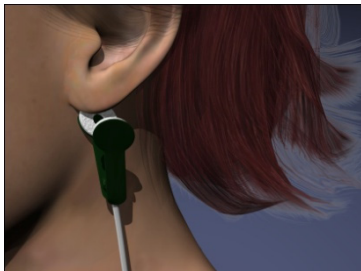


# CRANIAL ELECTROTHERAPY STIMULATION (CES) TO TREAT ANXIETY, INSOMNIA OR DEPRESSION WITH EARCLIP ELECTRODES

1. Clean ear lobes with mild soap and water, alcohol pads or antibacterial wipes and allow skin to dry. Areas where skin oils or dirt have accumulated, or where cosmetics or hair spray have been used must be thoroughly cleaned to ensure adequate conductivity. Monitor skin condition prior to and after treatment. Skin irritation may develop in light skin. If skin burns are noted following treatment, discontinue use and apply an appropriate skin cream. Varying **Earclip** locations around the ear lobe may minimize irritation.
2. Plug dual connector end of **Earclip** wires into **Channel 1** or **Channel 2** jack.
3. Remove and discard old **Earclip Electrode Pads (EEPS)** if present. Remove old glue residue, clean and dry **Earclips** and attach 4 new **EEPS**. Note that **EEP** case opens with label on bottom.
4. Saturate 4 new **Earclip Electrode Pads (EEPS)** thoroughly with several drops of **Alpha Conducting Solution™ (ACS)** while on **Earclip** electrodes.
5. Press **Power** on.
6. Mute the audio if desired with the key sequence: **Lock-Timer-Lock**. To reinstate the audio alerts press the same key sequence again.
7. Set **Frequency** to 0.5 Hz.
8. Set **Timer**. 20 minutes is usually enough time if the current is set to at least 250  $\mu\text{A}$ . 40 minutes to 1 hour is recommended if the current is at or below 200  $\mu\text{A}$ .
9. Squeeze **Earclips** and apply one to each ear lobe. **Figure 11**.
10. **Current** defaults to 1 (100  $\mu\text{A}$ ) when the Alpha-Stim® M is turned on.



**Figure 11**

Increase **Current** slowly (6 is the highest setting) until a slight vertigo is experienced (a dizzy feeling, similar to the sensation of rocking on a boat), then decrease *immediately* until the dizziness stops. Also decrease immediately if the normal tapping sensation felt on the ear lobes is uncomfortable. For people who have a history of experiencing vertigo such as motion sickness, treat at a subsensory current setting of 1 (100  $\mu$ A) for one hour or more to prevent residual vertigo after treatment. The tolerable current level will be determined by the subjective feeling of vertigo which should subside immediately upon reducing the current. The current should always be reduced just below the level that causes vertigo.

11. Press **Lock** twice to lock settings if desired. Press **Lock** twice again to unlock and change settings if necessary.
12. Relax, if possible, during the treatment. It is best to sit quietly or lie down although it is also possible to read, work at a desk or watch television during treatment. Do not attempt to drive or operate any dangerous tools or machinery during treatment.
13. **Power** will turn off automatically at the conclusion of the timed cycle.
14. **Always complete a CES session.** When the timed session ends, and a "heavy" feeling is still experienced, resume treatment until at least 2 minutes after the heaviness lifts and a light feeling develops. Failure to do this can result in disorientation that can last for hours to days. Some people benefit the most from several hours of treatment in a given treatment session.
15. Remove and discard **EEPS**. Clean and dry **Earclips** and replace 4 **EEPS** for the next treatment session if desired. **EEP** case opens with label on bottom.
16. Store Alpha-Stim® M away from children.
17. CES may be used as often as necessary but for most people it is best to treat between once a day and twice a week. Results usually improve and last longer with additional treatments.