


USE THE ALPHA-STIM® M WITH CONFIDENCE

Because the Alpha-Stim® M uses such a low level of current, many people do not feel anything at all, even at the maximum current level. Do not be concerned if you can not feel the current; this is perfectly normal and your perception of the current will not affect the results. The Alpha-Stim® M is working unless the  **Test Circuit** symbol appears displaying the number 1 or 2 for the Channel you are using or the low battery indicator is down to the last bar. Some people only achieve maximum relief when using the Alpha-Stim® M for hours every day, or even all the time. While this is rarely necessary it is also not harmful – so use the Alpha-Stim® M with confidence knowing you have a safe and effective tool to help you *experience life...AGAIN™*.

Quick Guide

Read the following instructions carefully. Then, after you have used the Alpha-Stim® M once you simply press the **Power** button, place the electrodes or **Earclips** in the appropriate place(s) and adjust the current to a comfortable level. The time and frequency parameters default to the previous settings until changed. *That's all there is to it!* Readjust the current up or down to a comfortable level at anytime during treatment, if necessary.

MICROCURRENT ELECTRICAL THERAPY (MET) TO TREAT PAIN WITH SMART PROBES

1. Plug dual connector end of wires into **Channel 1** or **Channel 2** jack and pin plugs into **Smart Probes**. **Figure 1**.
2. Apply **Probe Electrode Pads (PEPS™)** to Probes by placing clean Probe tip into **PEP™** in **PEP™** case. **PEP™** case opens with label on bottom. **Figure 2**.

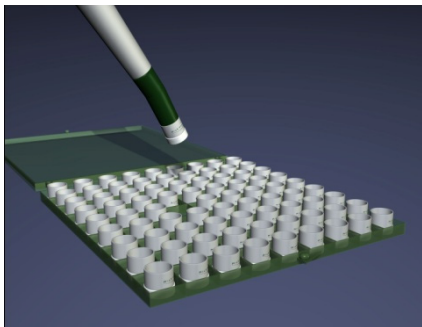


Figure 2



Figure 1

3. Press **Power** on.
4. Set **Frequency** to 0.5 Hz or desired setting. For joint problems (e.g., shoulders, elbows, wrists, fingers, hips, knees, ankles, toes) use 100 Hz for 10 - 20 seconds immediately followed by 0.5 Hz. Try 1.5 Hz if 0.5 Hz is not effective.
5. Set **Timer** to Probe setting.
6. Set **Current** on Channel in use to 6 (600 μ A). Decrease immediately if uncomfortable. When used on or near the head, immediately decrease the current if dizziness or nausea develops. This may happen initially or several minutes into treatment. Decreasing the current will immediately relieve these unpleasant feelings.

7. Saturate **PEPS™** thoroughly with several drops of **Alpha Conducting Solution™ (ACS)**. Repeat as necessary throughout treatment. **Figure 3.**
8. Note level of pain for all areas being treated and any limitations of movement in joints before, during, and at conclusion of treatment. It helps to keep a diary of pain levels where 0 is no pain and 10 is the worst the pain being treated has been, along with time of day, duration of treatment, frequency and current levels used, and the most effective electrode locations.

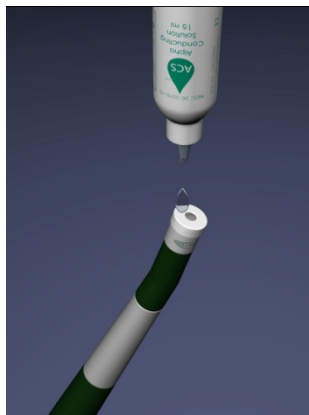


Figure 3

9. Apply **Smart Probes** to clean, dry skin. Cycle will start with 2 beeps on contact with skin and end with a single beep. Hold Probes firmly against skin for the entire 10 second cycle before moving to next treatment location. Lift Probe off skin and replace to repeat treatment at the same location. See **Smart Probe Treatment Strategies** for guidelines for Probe placements. **Figure 4.**

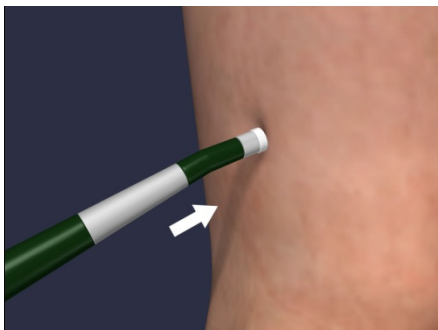


Figure 4

10. Always place the **Smart Probes** to direct the current between them through the area being treated. Two **Smart Probes** must always be used together to complete the electric circuit. **Figure 5.**

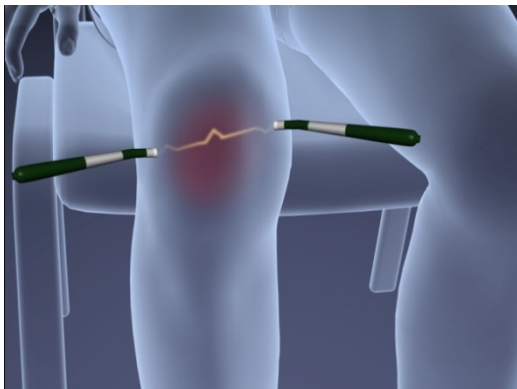


Figure 5

11. Continue treatment until pain is completely gone or maximum relief is achieved. There is usually an increased range of motion in treated areas. Sometimes treated areas of the body feel stiff or tight after the pain is gone. This will wear off over time.
12. Turn **Power** off.
13. Discard **PEPS™**.
14. Finish with **Cranial Electrotherapy Stimulation** (see directions on page 24).
15. Repeat as necessary. Results usually improve and last longer with additional treatments.
16. Store Alpha-Stim® M away from children.