

Alpha-Stim



What is Alpha-Stim?

The Alpha-Stim is an electrotherapy device that delivers advanced Micro-current Electrical Therapy (MET) directly to your pain site through a waveform. This unique waveform uses a highly refined and extensively researched current to provide non-invasive, sustainable pain relief and pain management wherever and whenever you feel discomfort.



What does Alpha-Stim help?

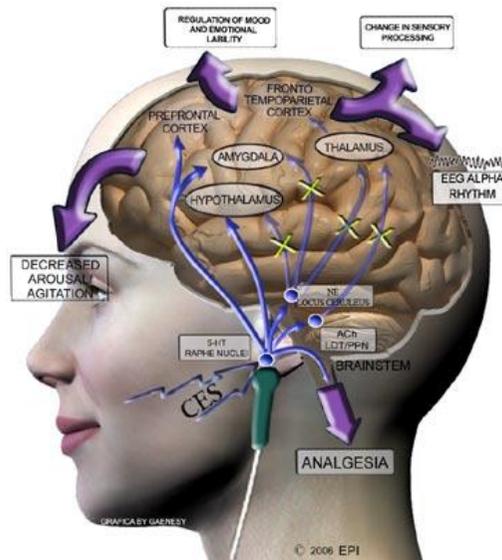
Alpha-Stim can be used for a variety of conditions including:

- Chronic, acute and post-traumatic pain
- Anxiety
- Insomnia
- Depression

How does it work?

Research studies show that the Alpha-Stim waveform activates particular groups of nerve cells that are located at the brain stem. These groups of nerve cells produce the chemicals serotonin and acetylcholine which can affect the chemical activity of nerve cells that are both nearby and at more distant sites in the nervous system. These cells are situated to control the activity of both afferent nerve pathways into the brain and efferent nerves that course down into the spinal cord.

By changing the electrical and chemical activity of certain nerve cells in the brainstem, the Alpha-Stim technology appears to amplify activity in some neurological systems, and deactivate activity in others. This neurological 'fine tuning' is called neuromodulation, and occurs either as a result of, or together with the production of a certain type of electrical activity pattern in the brain known as an alpha state - which can be measured on an EEG.



What does it feel like?

Treatment is quick and easy, providing lasting relief within a matter of minutes. Most people cannot feel the electrical current during treatment, so you need not worry that the treatment itself is going to hurt. But each person has a different comfort level.

Alpha-Stim provides therapeutic, lasting results without the risks of dangerous side effects, tolerance and addiction, and may also be used as an adjunct to medication. You will be able to resume normal, daily activities afterwards, and is suitable for clinical and home use.

When do I use it?

The Alpha-Stim can be used any time of the day but we recommend not using it within three hours of your usual bedtime. You may feel more alert afterwards.

How long do I use Alpha-Stim?

Everyone responds differently to the Alpha-Stim protocol and the aim is to use it as little as possible while maintaining good results. Initially we recommend once a day for about three weeks until you feel balanced. After that you could use it on alternate days and transition to twice a week. If symptoms return then you can increase the frequency.

The aim is to work towards a long-term management solution and not just a few hours of pain relief.

Research

Alpha-Stim's effectiveness is supported by 95 completed studies and many more studies that are currently in progress. There is more research supporting Alpha-Stim technology than there is for most drugs. It is important to note that Alpha-Stim research is funded independently. Funding sources include the National Institutes of Health, National Cancer Institute, Department of Defence and the US Department of Veterans Affairs. In addition to current research, EPI has collected survey data from both doctors and patients that use Alpha-Stim. Forty-seven doctors reported their results on 500 patients in 22 diagnostic categories resulting in a 50-page analysis published in the book *The Science Behind Cranial Electrotherapy Stimulation* by Dr. Daniel L. Kirsch (2nd Ed. Medical Scope Publishing, Edmonton, Alberta 2002). That data correlates well with a published, peer-reviewed outcome study of 2,500 patients' self-reports (Table 2) where Alpha-Stim was used for at least 3 weeks. In most diagnostic subcategories, both doctors and patients reported that 9 out of 10 people had significant results based on the survey standard of a minimum of 25% improvement. Effect sizes were robust with most Alpha-Stim patients reporting at least 50% improvement in their symptoms.

More about Integrative Medicine

Here at the Brain Health and Biofeedback Clinic we offer you holistic care as we are an integrative medicine clinic. Integrative medicine consists of a combination of two approaches to health.

Firstly, a functional view of health in which we look at your lifestyle. While we know that diet, sleep,

stress management and exercise are all critical for health, many of these areas are difficult to cover in standard care as there often just isn't the time to address lifestyle factors. One solution would be referral to a nutritionist, a psychologist or mindfulness coach and a personal trainer to separately address these areas in a patient's life. Functional practices include a lifestyle assessment and plan.

At the Brain Health and Biofeedback Clinic we provide the latest technology in stress management assessment including capnometry, galvanic skin response and heart rate variability assessments. Personalised diet, sleep and exercise support is provided.

Added to this is a systems-based approach in which we look to understand the root cause of diseases or symptoms. The person is a whole and in an integrative medicine framework, we treat the person rather than the disease. The latest advances in medical science are supporting a move towards personalized medicine. New technological developments allow us for the first time to offer individualized testing if indicated when no progress is being made with simpler approaches. Genomics (genetic testing), metabolomics (testing of individual biochemistry such as methylation capacity), autonomic assessments (the balance between the "fight and flight" and "rest and digest" systems which is often an issue in chronic disease), and microbiome studies (to identify imbalances in gut organisms which impact our health) are all now possible. Combining this with a person's envirome (their environment including lifestyle) allows for the ability to look across systems to determine an

underlying cause behind an individual person's presentation.

Integrative Medicine has gained popularity. Here at the clinic we believe that personalized medicine is without a doubt, the future model of medical care.

Your Practitioner



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The Brain Health and Biofeedback Clinic is here to partner with you on your wellness journey. We do this by offering a range of innovative technology, diagnostic tools, and a holistic view to those who are looking to address the root cause of their problem and supplement their experience within the traditional health structure. We are more than a clinic; we are a community who are here to empower you to reach your complete and full human potential, in wellness, happiness and health.