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## INTRODUCTION

Congratulations on your selection of the Alpha-V-Stim<sup>®</sup> SCS cranial electrotherapy stimulator (CES). You have purchased a quality medical instrument. In so doing, you have already taken the first step to a more comfortable and rewarding life.

Electromedical Products International, Inc. (EPI) is a leading innovator of the finest state-of-the-art medical technology available to improve the quality of your life. EPI is dedicated to helping those who use our products. We have technical experts available to assure you receive the best possible support. Telephone consultations, in English, may be scheduled with you or your doctor Monday through Friday, 9 AM until 5 PM, Central Time (Texas, USA). You may also communicate with us by mail, fax, or email. The company stands behind all our stimulators with a 5 year warranty.

The Alpha-V-Stim<sup>®</sup> SCS is a precision medical instrument used for the management of anxiety, depression, and/or insomnia. This treatment is non-invasive and drug-free. The Alpha-V-Stim<sup>®</sup> SCS provides a welcome alternative to drugs, especially in disorders that require long-term management. Unlike some drugs, the Alpha-V-Stim<sup>®</sup> SCS leaves the mind alert. The dangerous side effects of drugs are avoided, including accidental, intentional, and/or suicidal overdosing. After treatment, there are usually no physical limitations imposed so you can resume normal activities. The treatment is simple and can easily be self-administered at any time. People using the Alpha-V-Stim<sup>®</sup> SCS usually report a pleasant relaxed feeling of well-being.

The current is applied by ear clip electrodes. During a treatment you may experience a mild tingling sensation as a result of the stimulating current flow.

The Alpha-V-Stim<sup>®</sup> SCS is often the only means required to relieve anxiety, depression and/or insomnia. However, it may also be added to other therapy prescribed by your doctor. The Alpha-V-Stim<sup>®</sup> SCS will not interfere with most other treatments.

You will find the Alpha-V-Stim<sup>®</sup> SCS very easy to use. Please read this entire manual thoroughly before using it. Be sure to follow the general instructions given herein, and any specific directions from your doctor.

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## DESCRIPTION

The Alpha-V-Stim<sup>®</sup> SCS was developed through original research by Electromedical Products International, Inc. It is a precision technology which generates a modified square, bipolar waveform of 0.5 pulses per-second (Hz), 10 to 500 millionths of an ampere ( $\mu$ A), at a 50% duty

cycle.

The Alpha-V-Stim<sup>®</sup> SCS is small, compact and light-weight. Its design lends itself well to treatment in a health practitioner's office, clinic or hospital as well as self-administered treatment at home.

The controls are simple and easy to operate. An automated timer assures the prescribed treatment time even if you are distracted or fall asleep. The amount of current can be easily modified for maximum comfort and effectiveness.

The Alpha-V-Stim<sup>®</sup> SCS is categorized as cranial electrotherapy stimulation, or CES, represented by the application of using ear clip electrodes for the control of anxiety, depression, and/or insomnia.

Results in electromedicine are based on the design of the waveform, the amount of current (intensity), and the amount of time it is used. The Alpha-V-Stim<sup>®</sup> SCS has 2 waveform generators; one that serves to add random factors to avoid accommodation by the nervous system. The Alpha-V-Stim<sup>®</sup> SCS is actually a microcomputer, incorporating the latest advances in solid state electronics. All components are of the highest quality available to assure the ultimate in reliable and trouble-free performance. The output is accurate within 0.1% under all operating conditions. The instrument's design assures electrical safety to the user by the use of readily available 9 volt batteries. One battery will generally last for over 50 treatments.

One important feature incorporated into the Alpha-V-Stim<sup>®</sup> SCS is an electronic circuit which operates to maintain a nearly constant current flow to the electrodes, minimizing the effects of electrode resistance variations due to poor electrode-to-skin contact.

Alpha-V-Stim<sup>®</sup> SCS was developed by neurobiologist Dr. Daniel L. Kirsch and consulting engineers. Dr. Kirsch has been a leading pioneer in the field of electromedicine since 1972. He is a Fellow of the American Institute of Stress and a Diplomat of the American Academy of Pain Management. Dr. Kirsch has served as Clinical Director of the Center for Pain and Stress-Related Disorders at Columbia-Presbyterian Medical Center in New York City and the Sports Medicine Group in Santa Monica, California. He lectures frequently to physicians world wide on pain and stress management. Only original Alpha-V-Stim<sup>®</sup> products meet Electromedical Products International, Inc.'s exacting specifications.

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## ELECTROMEDICAL THERAPEUTICS

The application of electromedical currents is not a new concept. Ancients recognized the therapeutic value of naturally occurring electrical phenomena long before William Gilbert defined electricity in 1600. Both Aristotle and Plato refer to the Black Torpedo (electric ray fish) prescribed in 46 AD by the physician Scribonius Largus for the relief

of a variety of medical conditions from headaches to gout (head to foot). In the 1800's dentists reported excellent results using crude electrical devices for pain control.

Experimentation with low intensity electrical stimulation of the brain was first reported by Drs. Leduc and Rouxau of France in 1902. Initially, this method was called electrosleep as it was thought to be able to induce sleep. Research on using what is now referred to as cranial electrotherapy stimulation (CES) for treatment of anxiety, depression and insomnia began in the Soviet Union during the 1950s and continues through this day.

One hundred years ago, electrical devices were in widespread use to manage pain and claimed to cure a variety of medical disorders. Because of the unrefined early electrical technologies and political clout of the pharmaceutical lobbies, this form of therapy fell into disrepute by the medical profession in the early part of the 20th century. As a result, medical colleges stopped teaching electrotherapeutics. Biophysics was virtually eliminated from medical practice leaving chemistry as the master science and with it the burden of responsibility for curing all of mankind's ills. Now, at the start of the 21st century, it is clear that chemistry as the sole explanatory model for medicine has not lived up to its promise, causing modern medicine to re-examine the role of biophysics.

Modern science has established that there are extensive electrical fields at work in the body. The nervous system, for example, has long been known to work through both electrochemical and purely electrical signals. In fact, all molecules are held together by electrical bonding at the atomic level. This knowledge has led medical scientists such as Dr. Robert Becker of the U.S.A. and Dr. Björn Nordenström of Sweden (who served as Chairman of the Nobel Assembly) to propose completely new theories of physiology based on bioelectrical control systems.

Over the past few decades, technology has surpassed chemical analysis for the diagnostic side of medicine. With Alpha-V-Stim<sup>®</sup> technology, therapeutic intervention based on the new biophysics is finally emerging as a viable alternative to pharmacological management and surgery. The original Alpha-V-Stim<sup>®</sup> Model 2000, a sophisticated clinical device, weighed 40 pounds and cost \$5,850 U.S. when it was first introduced in 1981. The Alpha-V-Stim<sup>®</sup> SCS cranial electrotherapy stimulator utilizes the most advanced technology available today. It is now possible, in most cases, to alleviate anxiety, depression and/or insomnia, and experience long term and cumulative relief with as little as only a few minutes of treatment, every other day. When used properly, we trust your new Alpha-V-Stim<sup>®</sup> SCS will help to control your anxiety, depression and/or insomnia and improve the quality of your life.



## HOW TO USE DEPRESSION

1. Clean skin - wash and dry them to dry before use.
2. Connect ear clips to SCS - Insert L-shaped electrodes into earlobes (see diagram Alpha-V-Stim<sup>®</sup> SCS).
3. Attach felt pads to clean and dry the earlobes (peel 4 self-adhesive protective backings inside of each electrode pack). Replace Alpha-V-Stim<sup>®</sup> SCS electrodes prior to replacement.
4. Wet electrodes with the ear clips with ACS. Discard and replace tightly and prevent

