

ALPHA-STIM[®] AND YOU

How Alpha-Stim[®] Can Provide
The Relief You Deserve



ALPHA-STIM[®]

Welcome!

You are just minutes away from understanding how to get the relief you've been looking for.

This guide was designed with you in mind. It explains how you can get relief from your pain, anxiety, depression and insomnia without painful injections or surgery, and without drugs and their dangerous side effects.

How it Works

Your body is made up of over 75 trillion cells. Each cell has electrical properties, much like that of a battery. Alpha-Stim® generates a unique, proprietary electrical waveform – using a 9 volt battery – that allows your body's cells to operate naturally and bring you relief. Relief that lasts well after the treatment and over time, requires less frequent use. Alpha-Stim® was developed in 1981 and has since provided millions of people around the world relief, even when nothing else has worked for them.



Is it Safe?

Alpha-Stim® is used for the treatment of pain, anxiety, depression and insomnia. There are 55 research studies and published reports involving people with these problems. Continued research, surveys of patients and professional endorsements all support the safety and effectiveness of Alpha-Stim®. There is more research supporting Alpha-Stim® than any other therapeutic device in its class, and even more than most drugs. No significant side effects have ever been reported in over two decades of use.



Who Developed Alpha-Stim®?

Alpha-Stim® was developed by neurobiologist Dr. Daniel L. Kirsch. Dr. Kirsch has been a leading pioneer in the field of electromedicine since

1972. He is a Fellow of the American Institute of Stress, a Diplomate of the American Academy of Pain Management and a Member of the International Society for Neuronal Regulation. 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 worldwide on pain and stress management.

About Electromedical Products International, Inc.

Alpha-Stim® is manufactured and distributed worldwide by Electromedical Products International, Inc. (EPI). EPI was founded in 1981 and is located in Mineral Wells, Texas. EPI has helped millions of people worldwide relieve their toughest pain problems, and stress related mood disorders like anxiety, depression and insomnia. For more information, visit our website at www.alpha-stim.com or call 1-800-FOR-PAIN. Outside of the USA call (940) 328-0788.

All Alpha-Stim® devices carry a full five year warranty.



Pain Relief with Alpha-Stim®

Alpha-Stim® uses microcurrent electrical therapy (MET) for people suffering from acute, chronic or postoperative pain. The Alpha-Stim® works with your body on a large variety of ailments, including difficult to treat pain problems. The microcurrent technology unique to Alpha-Stim® produces residual and cumulative results, which means your relief will last and let you resume your normal activities. Specific treatment protocols for the most common pain problems are included with the Alpha-Stim® and technical assistance is readily available by telephone, fax, e-mail or mail. Alpha-Stim® technology is backed by more independent research than any other device in its class.

By using Alpha-Stim® technology in a combination of MET probe stimulation on the body near pain sites, plus cranial electrotherapy stimulation (CES) on the head, a recent survey of 2,500 patients indicated that 94% of those suffering from arthritis reported significant improvement, as did 100% of those suffering from carpal tunnel syndrome, 94% of those suffering from chronic fatigue syndrome, 93% of those suffering from chronic pain at various sites on their body, 91% of those suffering from fibromyalgia, 98% of those suffering from migraine headache, 93% of those suffering from back and neck pain, and 89% of those suffering from temporomandibular disorder (TMD).



Help with Anxiety, Insomnia and Depression

Alpha-Stim® treats anxiety, insomnia, and depression with microcurrent using a method called cranial electrotherapy stimulation (CES). Alpha-Stim® CES treatment is very simple. The current is applied by easy to use clips that attach on the ear lobes. Used just 20 to 40 minutes every day, every other day, or on an as-needed basis, Alpha-Stim® can help induce a pleasant, relaxed feeling of well being. Alpha-Stim® is well tolerated and very safe, having no significant side effects in more than 4,541 patients involved in research studies. In contrast, drugs used in the treatment of mood disorders have been proven to have a wide range of undesirable side effects and can be addictive. Unlike drugs, Alpha-Stim® CES leaves the mind alert. Anxiety reduction is usually experienced during treatment. Insomnia and depression control are generally experienced after two to three weeks of daily treatment. CES can also help treat the underlying mood disorders brought on by chronic pain.

Alpha-Stim® may be used as an adjunct to medication and/or psychotherapy.

After treatment, there are usually no physical limitations imposed so you can resume normal activities immediately.

Maintenance of a relaxed, yet alert state is generally achieved with treatments one to three times per week.

As a result, Alpha-Stim® is suitable for clinical or home use.



Patients Whose Lives Improved with Alpha-Stim®*

Pain

Years of Pain Gone in Minutes...

"I have used the Alpha-Stim® on several different areas and love the way I can make my own pain subside, and sometimes disappear with one treatment. I use the Alpha-Stim® with the ear clips the most when I get tension and the muscles tighten in my neck and head, the nerves in my head go off, and it's very painful. I hook up the Alpha-Stim® with ear clips and the pain and tension go away."

– Peggyann Collins

"The pain was off the scale. I barely left my bed for three months. I began using the Alpha-Stim® three times a week for an hour each session. After two weeks, the swelling subsided. I went dancing for the first time in over a year. I am running two miles a day now. I felt like a miracle occurred. I was also angry that my doctor hadn't known about the Alpha-Stim®. I could have lived the last year of my life in a lot less pain had he been up to date with Dr. Kirsch's technology."

– Nancy Eichhorn

"...I started using the Alpha-Stim® about four months ago as a result of a severe lower back strain I received after doing some landscaping in my backyard. I have experienced lower back pain often over the past 5 years, especially after I would play a round of golf. One of my employees recommended I see Dr. Jerry Holubec and try the Alpha-Stim® treatment. I experienced relief almost immediately. . .

I had no lower back pain! The only thing I can attribute this to is the Alpha-Stim® treatments. I have not taken any pain relief drugs."

– Joe Gallini

* Individual results will vary.

Anxiety

“My Life Has Dramatically Improved . . .”

“I have experienced a greater sense of relaxation since my purchase of Alpha-Stim® SCS. I suffer from panic attacks and since I have been using the SCS I have noticed a dramatic decrease in anxiety. I would love to say ‘Thank You’ for making this device available and cost effective.”

– Scott Hesse

“I can’t begin to tell you what a difference Alpha-Stim® has made in my life! I have had a panic/anxiety disorder for about 8 years. Therapy and medications helped, but it wasn’t until the stimulator that I finally feel under control. I am a nurse and often wasn’t able to take my meds because I was on call. With the stim, I don’t need to take extra medications.

“I have been using Alpha-Stim® consistently since January. It’s the end of March and I have only had ONE panic attack! I very rarely need extra medication. I am sleeping better at night and feel “more even” throughout the day. My therapist noticed a difference right away. Alpha-Stim® has been my “miracle”.

“Thanks to Dr. Avery and you for your help and support! I would recommend this to anyone who suffers from anxiety and I have. I appreciate your help; my life has been dramatically improved since I began using Alpha-Stim®!”

– Terri Benzmilller

Insomnia

“My Insomnia is Now a Thing of the Past . . .”

“My doctor prescribed Alpha-Stim® for my chronic insomnia. The first night I tried it, I went to sleep without any medication for the first time in years. It’s a small miracle. As I continue to use it, I find my mind is clearer, my moods more even, and my stress level is at an all-time low. I’m extremely grateful to have discovered this wonderful device.”

– Linda Segall

“Before I used Alpha-Stim® I had a problem with insomnia, I was waking up about 2 AM and couldn’t go to sleep again until about 6 AM. After I started using Alpha-Stim®, this problem was resolved and I have not had the insomnia since. Three cheers for Alpha-Stim® and Dr. Hake who recommended it to me!”

– A.C. Engbritson

“I am 72 yrs. old and have had severe insomnia since childhood. Changing my diet and exercise helped me to get to sleep, but I still suffered from middle of night insomnia. I don’t take any kind of drugs, but I did try different herbs. Again, they helped but not entirely. One day I read about your product in a magazine and the concept was extremely interesting. After checking with a doctor as to the company’s reliability, I sent for one and I am overwhelmed at the results – The more I use the unit the better I sleep. My insomnia is now a thing of the past. Thank you so much for your wonderful product. And my thanks to all the scientists who worked so hard to make it all possible.”

– Ann Blauvelt

Depression

“I Feel Like A New Person . . .”

“One day when I was feeling particularly depressed and totally hopeless, my therapist suggested I try Alpha-Stim®100. She rented it to me for one week and within two sessions, I noticed improvement. Now, after three months of using Alpha-Stim® for 30 minutes to one hour per day, I feel like a new person. I think more clearly, I am calm and feel at peace with myself. I sleep better and in the morning, I am happy that I woke up to have another day! (I never felt that way before!) My co-workers, friends and family have all mentioned the difference they see in me. I am so pleased with how much better I feel in these last months. I would recommend this to anyone suffering from depression or anxiety.

The cost of the machine is minimal compared to the major improvement it can make in your life. Thank you for this wonderful miracle of modern science. I've got my life back!"

– Laine Downing

"...It worked after awhile – 2 to 3 weeks – on my depression. It's a wonderful product and I still use it. I am 99% well and am truly

Select the Alpha-Stim® That's Right

Alpha-Stim® technology is translated into three easy to use therapeutic devices for both home and clinical use.

Alpha-Stim® 100 is a combined microcurrent (MET) and cranial electrotherapy stimulator (CES) that treats both pain and stress-related mood disorders like anxiety, depression and insomnia. Alpha-Stim® 100 is the most complete and versatile product, and the only choice for those wanting to treat pain as well as anxiety, depression and insomnia. Alpha-Stim® 100 comes complete with probes and self-adhesive AS-Trodes™ for treating pain, and ear clips for administering CES.

Table 1.0 Alpha-Stim® Product Features

Primary Indications

Pain

Anxiety

Insomnia

Depression

Treatment Methods

Probes for Pain

Electrodes for Pain

Ear Clips for CES

Five (5) Year Warranty

Access to clinical and technical support

grateful for the research that produced this machine. Other remedies tried: antibiotics – did no good, cortisone – no good, Motrin - same, . . . In conclusion, I feel that the Alpha-Stim® has helped me to recover from a severe case of mono and I'm glad to have an Alpha-Stim® as well, for daily or weekly use. I believe everyone could benefit from its use!

– Kerry Phillips

for You

Alpha-Stim® SCS treats stress related mood disorders such as anxiety and depression, and insomnia. It cannot be used to treat a specific pain site on the body, but may still be useful for certain types of severe pain problems such as migraine headache, fibromyalgia, and reflex sympathetic dystrophy. See the table below for a summary of product features.

Alpha-Stim® PPM is designed as a low cost unit for treating pain and comes with the self-adhesive AS-Trode™ brand silver electrodes.

All three devices are safe and easy to use and are proven effective through a host of clinical research, consumer testimonials and professional endorsements

Alpha-Stim® 100 <i>For treating multiple pain areas, and the anxiety, insomnia and depression often associated with chronic pain.</i>	Alpha-Stim® SCS <i>For treating anxiety, insomnia and depression without pain.</i>	Alpha-Stim® PPM <i>For treating simple pain problems on one or two areas of the body without attendant anxiety, insomnia and depression.</i>
✓		✓
✓	✓	
✓	✓	
✓	✓	
✓		
✓		✓
✓	✓	
✓	✓	✓
✓	✓	✓

How do I Get Alpha-Stim® for My Own Use?

Simply follow these 2 Easy Steps for your own Alpha-Stim®:

1. Ask your doctor if Alpha-Stim® is right for you. If it is, ask for a prescription*.
2. Call (800) FOR-PAIN and order your Alpha-Stim®.

*Note: Alpha-Stim® has regulatory clearance throughout most of the world. In the United States, it is cleared by the FDA for interstate marketing and requires a prescription from a licensed health care or mental health professional. Outside of the U.S.A. it is available without a prescription.

What if I Have Any Questions?

Assistance is readily available by telephone, fax, e-mail or mail, or visit our website at www.alpha-stim.com.

Phone:

Simply call toll-free 800-FOR-PAIN (367-7246) to speak directly with one of our clinical support specialists or for a referral to a local distributor. Outside of the USA call (940) 328-0788.

Fax:

You may fax any request to (940) 328-0888 and one of our clinical support specialists will be assigned to your request and follow-up directly with you.

E-mail:

You can e-mail any questions to: alpha-stim@epii.com.

Mail:

You may also contact us by mail at our worldwide headquarters address below:
Electromedical Products International, Inc.
2201 Garrett Morris Parkway
Mineral Wells, TX 76067-9034 USA

Privacy Notice: Information provided to EPI is used only by our company to provide information on our products. We do not provide your information to third parties or marketing companies.

Is Alpha-Stim® Covered by My Insurance?

Insurance reimbursement for your Alpha-Stim® varies widely and mainly depends upon your insurance policy and carrier. Many plans that cover durable medical equipment will pay for

the Alpha-Stim®. To assist you with this process, EPI has an insurance billing department managed by a licensed insurance adjuster.

Electromedicine: a Brief History

While the use of electricity for healing dates back more than 2,000 years, scientific electromedicine has only evolved in the past 50 years. The latest treatments involve only tiny microcurrent levels of stimulation, which often cannot be felt by the person being treated.

In the late 1960s, electrosleep treatment, usually involving less than one milliamperere intensity (a milliamperere is one thousandth of an ampere), came to the US from Japan, which in turn, had learned about it from Russia and other East Block countries. Since the electricity was pulsed across the head, the FDA renamed it cranial electrotherapy stimulation (CES) in 1978, and now allows its marketing in the US for the treatment of anxiety, depression and insomnia. More than 160 human and animal studies have been performed examining the safety and effectiveness of CES while demonstrating no significant side effects.

In the 1970s, transcutaneous electrical nerve stimulation (TENS) came on the scene, typically using a strong current of 60 to 100 milliampereres. TENS units are thought to work by acting as a “counter-irritant” to the main pain site, which means it uses a relatively minor pain-inducing current to override the sensation of the original pain. Unfortunately, the pain comes back shortly after treatment ends. Microcurrent devices like Alpha-Stim® are thought to alter or eliminate the pain message by inducing healing at the pain site, as opposed to serving as a counter-irritant to confuse the brain like TENS.

In the late 1970s, Dr. Kirsch began developing a new microcurrent electrical technology to treat chronic pain and stress. It was groundbreaking research using minute currents of electricity as the primary denominator in the pain relief equation. He looked at combining waveforms to activate the body’s naturally occurring bioelectricity, which could, if manipulated properly, control chronic pain and anxiety.

So from slow beginnings in the latter half of the 20th century, we now have many FDA approved electrical devices. Some stimulate muscle contraction to help paralyzed patients maintain muscle tone. Some stimulate bone healing, and others help regulate key body functions such as cardiac pacemakers and electrical stimulators in various parts of the brain to prevent such things as fine tremor of the hands or whole body seizures.

Alpha-Stim® is the first and only device in its class with FDA marketing clearance to integrate the benefits of both CES for anxiety, insomnia, and depression, and microcurrent electrical therapy (MET) for directly treating acute, chronic and postoperative pain. The specific protocols for treating pain and anxiety, insomnia, and depression are provided with each Alpha-Stim®.

Electromedical Products International, Inc.

Electromedical Products International, Inc. (EPI) has been in business since 1981. EPI also goes the extra mile to insure its operations meet the highest quality standards by maintaining a special certification for the medical device industry. This is accomplished by implementing a quality system in compliance with ISO 13485:2003, an internationally recognized quality control standard for the medical industry. EPI is inspected annually to insure its quality systems adhere to the stringent requirements of this ISO standard.

Further, Alpha-Stim® Technology has earned the right to be classified by Underwriters Laboratories Inc., an independent testing company, in accordance with UL-2601-1 and CA/CSA C22.2 No 601.1.34VF.



Prescribing Information

CE conformity Statement for Europe: Alpha-Stim® is a class IIa, Type B medical device. It has been independently tested by outside agencies in order to provide assurance of conformity to applicable standards for medical equipment safety and electromagnetic compliance.

Caution Statement for United States: Federal Law (USA only) restricts this device to sale by, or on the order of a licensed health care practitioner. Outside of the USA it is available worldwide without a prescription, but consultation with a qualified health care professional is recommended.

Indications: Alpha-Stim® is an effective treatment with broad applications for a variety of syndromes involving pain, and for the management of anxiety, depression, and/or insomnia, or for the short term relief of the symptoms of pain, anxiety, depression and/or insomnia. In many cases, it is the sole therapeutic method required. Effective results in pain management have been seen during and/or subsequent to stimulation over affected body parts, adjacent areas, and areas distant from those in pain. As with any therapeutic intervention, not all people will respond to Alpha-Stim®. The degree of efficacy will vary with the nature of the problem being treated, the overall health of the person, and with the method of treatment.

Contraindications: Alpha-Stim® may effect the operation of cardiac pacemakers (particularly demand type pacemakers). Do not stimulate directly on the eyes, or over the carotid sinus (on the neck beside the larynx).

Precautions: For external use only. Do not allow children to use or handle this device without adult supervision. Do not operate potentially dangerous machinery or vehicles during, and in some cases, for several hours after treatment. Caution is advised in cases where other forms of analgesia (pain control) would not be used; such as to retain the beneficial aspects of pain for diagnosis or in cases where people may overuse pain-controlled areas. Safety of stimulation has not been established during pregnancy. There have been isolated reports of blood pressure being lowered by CES so care should be taken while using Alpha-Stim® with high blood pressure medication.

Adverse Effects: Adverse effects are usually mild and self-limiting. Adverse effects seen in approximately 4,541 patients in controlled, open, uncontrolled conditions, and by physician survey and reasonably associated with the use of CES are dizziness (6 cases, 0.13%), skin irritation/electrode burns (5 cases, 0.11%), and headaches (9 cases, 0.20%). Prolonged CES treatment at higher than necessary currents may cause dizziness or nausea that can last from hours to days. Paradoxical reactions such as hyperexcited states, increased anxiety, and sleep disturbances may occur.

Manufactured and marketed by:

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Type B Equipment.
This stimulator
is internally
powered only.



See instructions
for use. Read the
manual thoroughly
before using.