

GET THE RELIEF YOU DESERVE



Alpha-Stim® Ear Clip Protocol CRANIAL ELECTROTHERAPY

Stimulation Settings (ear clip electrodes)

Alpha-Stim® Model:
Alpha-Stim® 100

Treatment Mode:

Use a pair of ear clip electrodes. Insert L-shaped plug from ear clips all the way into channel output. Attach felt pads to ear clips. Saturate each felt pad with 2-3 drops of Alpha Conducting Solution™.

Frequency:

Set the frequency slider switch for channel 1 to 0.5Hz.

Current Intensity:

Use dial for channel 1 to adjust intensity of stimulation to comfortable level.

Timer:

Set timer slider switch to 20 or 60 minutes.

1. After preparing the ear clips as described at left, place ear clips on ear lobes, close to the jaw as shown.

2. Turn the current intensity dial to “0” and press the power button on.

3. Use dial to slowly increase current intensity until you feel a comfortable tingling sensation. *Immediately decrease current intensity if tingling becomes uncomfortable.* Tingling is caused by the current breaking the skin resistance. You may feel it in one or both ears. (If you do not feel any sensation when you turn up the intensity, make sure the L-shaped plug is plugged all the way in, so that it is flush with the unit and no aqua color is visible. Otherwise call us for tech support.)

4. If you find the treatment comfortable at a setting of 3 or higher on the intensity dial, then treat for 20 minutes. If you prefer a current intensity of 1 or 2 on the dial, then treat for 60 minutes, unless otherwise specified by your clinician. Adjust the timer setting to 20 or 60 minutes.

5. *Do not treat at uncomfortably high current levels!* Too much current can cause vertigo or nausea and does not lead to better results.

6. It is advised to complete a CES treatment session once you start it to avoid being “caught” in a state of heaviness that some patients may experience as soon as a few minutes into the treatment. You should feel light and refreshed, not tired or groggy, after a CES treatment.

7. For depression, the manufacturer recommends using CES daily for 3 or 4 weeks and then 2 or 3 times per week. For anxiety and insomnia, the manufacturer recommends using CES daily for the first 1 to 2 weeks, then 2 or 3 times per week, or as needed.

8. Questions? Please call us at 800-684-9343. We are open Monday through Friday, 8A - 5P Pacific Time or 11A - 8P Eastern Time.



ALLEVIA
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References

Alpha-Stim® 100 Owner's Manual (2002). Electromedical Products International, Inc.
Kirsch, D. L. (2006). Microcurrent electrical therapy (MET): A tutorial. *Practical Pain Management* 6(7):59-64.
Kirsch, D. L. (2002). A practical protocol for electromedical treatment of pain. Chapter 61 (pp. 759-776) In *Pain Management: A Practical Guide for Clinicians* Weiner, R (ed.) CRC Press, Boca Raton, Florida.
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