

FIRSTHEALTH OF ANDOVER'S StressBuster Special ... 20 minutes/\$20

Stressed?



Life can be brutal...
Why suffer?

Use the Alpha-Stim® SCS
Stress Control System

...to control anxiety, depression,
and/or insomnia without drugs
...in just 20 minutes every other day!

Use it while reading, working at
your desk, or watching TV!

Attach the clips to your earlobes
and switch on

Switches off after 20 minutes or
one hour

Quiet your mind with the Alpha-Stim® SCS

*So simple to use -
it's as easy as 1,2,3!*

The Alpha-Stim® SCS treats anxiety, depression, and/or insomnia with tiny electrical currents similar to those found naturally in the body, using a method called cranial electrotherapy stimulation (CES).

The treatment is simple. The current is applied by easy-to-use clip electrodes that attach to your ear lobes.

What does it feel like?

You may feel a slight tingling sensation under the electrodes, but it is not necessary to feel this in order to achieve results. Most people feel nothing at all except positive results.

*How can the Alpha-Stim®
SCS help?*

The Alpha-Stim® SCS empowers you to control your anxiety, depression, and/or insomnia. Used just 20 to 60 minutes every day, every other day, or on an as-needed basis, it can help induce a relaxed state and enable the user to focus attention on the task at hand.

The Alpha-Stim® SCS is well tolerated and very safe in contrast to drugs, many of which have been proven to have undesirable side effects and can be addictive.

The Alpha-Stim® SCS leaves the mind alert. The person undergoing CES treatment will often report a pleasant, relaxed feeling of well-being. Anxiety reduction is usually experienced during treatment, but may be seen hours later, or even the day after treatment. Depression and insomnia control is generally experienced after one to three weeks of daily treatment.

Maintenance of a relaxed, yet alert state is generally achieved with treatments three times per week. As a result, the Alpha-Stim® SCS is suitable for clinical or home use.



Wet the clips with the enclosed conductive solution, and attach them to your earlobes.



Press the left-hand button to switch on, and press the right-hand button to select 20 or 60 minutes.



Adjust the intensity of the stimulation using the dial on the side.

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