



Alpha Stim Technology

By Jacqueline Fields, MD found of Dr. Fields' Sacred Skin | November 2015

The Alpha-Stim® AID treats anxiety, depression, and/or insomnia with microcurrent using a method called cranial electrotherapy stimulation (CES). The treatment is very simple. The current is applied by easy to use clip electrodes that attach on the ear lobes. You may feel a slight tingling sensation under the electrodes, but it is not necessary to feel this in order to achieve results.

Used just 20 to 60 minutes every day, every other day, or on an as-needed basis, CES can help induce a pleasant, relaxed feeling of well being. The Alpha-Stim® AID is well tolerated and very safe in contrast to drugs used in the treatment of mood disorders, many of which have been proven to have undesirable side effects and can be addictive. Unlike medications, the Alpha-Stim® AID leaves the mind alert. Anxiety and stress reduction is usually experienced during treatment. Depression and insomnia control is generally experienced after several weeks of daily treatment. CES can also help treat the underlying mood disorders associated with pain.

The Alpha-Stim® AID may be used as an adjunct to medication and/or psychotherapy. After treatment, there are usually no physical limitations imposed so the majority of people can resume normal activities immediately. Maintenance of a relaxed, yet alert state is generally achieved with treatments three times per week. As a result, the Alpha-Stim® AID is suitable for clinical or home use.

Treated conditions:

- Stress management
- Anxiety
- Depression
- Insomnia

Alpha-Stim® advantages:

- Low incidence of adverse effects
- More efficacious than most other forms of therapy
- Relatively easy to learn
- Alternative in cases refractory to conventional care
- Reduces or eliminates need for addictive medications
- No tolerance
- May be applied on schedule or PRN
- May be self-administered by patients
- Highly cost effective

A brief history of CES

Electrosleep treatment (an older name for CES), involving less than one milliamperere of current, came into the USA from Japan in the late 1960s, which, in turn had borrowed it from Russia and other East Block countries. Since the electricity was directed across the head, the FDA renamed it Cranial Electrotherapy Stimulation (CES) in 1978, and now allows its marketing in the USA for the treatment of anxiety, depression and insomnia.

A major use of CES has been in the drug abstinence syndrome in which people are withdrawing from various substances of addiction, such as nicotine, alcohol, prescription drugs, cocaine or heroin. All such patients have anxiety, depression and insomnia as defining symptoms of the syndrome, and the vast majority benefit dramatically from the use of CES during the withdrawal period. The medical use of CES is becoming more widely indicated in the USA as these and stress from a myriad of other sources continue to build up in our society. Read more about the mechanism of Alpha-Stim® CES.

What scientific research has been conducted with CES?

At present, there are over 126 research studies on CES in humans and 29 experimental animal studies. The overwhelming majority of the scientific research is extremely positive. No significant lasting side effects have been reported.

Harvard University School of Public Health, Department of Health Policy and Management found: "The meta-analysis of anxiety showed CES to be significantly more effective than sham (P<.05)." (Meta-analysis of randomized controlled trials of cranial electrostimulation: efficacy in treating selected psychological and physiological conditions by Dr. Sidney Klawansky et al. Journal of Nervous and Mental Disease, 183(7):478-485, 1995).

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