

Sessions: each category has several sessions



### Meditator

◇ Promotes relaxation, dissociation and proper breathing.

- ◇ "Relax" sessions
- ◇ "Alpha and Theta for Sleep" session



### Left Hemisphere

◇ Improve mood and logical thinking

- ◇ "Improve Mood & Logic" sessions
- ◇ "Mood Booster" sessions



### Right Hemisphere

◇ Settle hyperactivity

- ◇ "Settle Hyperactivity" sessions



### Left and Right Hemisphere

◇ Balance instability with Alpha, Beta, & SMR

- ◇ "Instability" sessions
- ◇ "ADD and Learning" session



### Toolbox

◇ Extra Sessions

- ◇ "Extended Schumann" session
- ◇ "SMR for Reading" sessions
- ◇ "Roller Coaster" & "Beta Perker" sessions



### Plus

◇ User designed. Design and save your own sessions.

- ◇ These sessions have been left blank for adding custom sessions (requires the DAVID Session Editor, sold separately).



### WARNING

*Do NOT use the ALERT Pro if you have a history of epilepsy, photic epilepsy or any seizure disorder or if you have a pacemaker.*

*The DAVID ALERT Pro is licensed by Health Canada as a class 1 medical device to reduce cognitive decline, ADD, ADHD, SAD, depressed mood, insomnia and anxiety.*



## DAVID ALERT Pro



Non-drug approach

to reducing symptoms of ADD/ADHD



**Combining AVE and CES all in one device!**

## What can the ALERT Pro be used for?

The DAVID ALERT Pro is just like the Delight Pro, but with all the special ALERT sessions designed exclusively for Mind Alive Inc. by Michael Joyce. Why not add CES to the ALERT and boost its effectiveness?

People with ADD or ADHD often struggle with other issues such as depression, anxiety, insomnia, cognitive challenges and drug abuse. There are roughly 100 CES studies addressing these issues. There are also CES studies showing boosts in IQ and attention.

### Relaxation

Our meditation sessions can help you achieve meditative mind states in just a couple of sessions that can normally take years to achieve.

### Attention and Learning

Our Brain Boosting sessions have been clinically proven to reduce the symptoms of ADD/ADHD and improve academic performance.

### Improve Mood

Our mood booster sessions are extremely effective in helping you feel happier and finding life more enjoyable!

### Use AVE and CES together

Effects are enhanced when using both AVE and CES.

The DAVID ALERT Pro comes with the ALERT Pro unit, patented Tru-Vu Omniscreen White eyeset, eyeset carry case, ear-clips stim cable, headphones, A/C adapter, 9V battery, stereo patchcord, carry bag, Operator's Manual, User Guide and one-year warranty.

## How does the ALERT Pro work?

Our brains produce four basic brainwave patterns: beta, alpha, theta and delta. A healthy brain will produce specific brainwave patterns for a given function. For example, when we are reading, a healthy brain is producing mostly beta brain waves. Due to chemical imbalances, genetics and/or stress, some people produce inappropriate brainwaves for certain activities. For example, people with ADD produce excessive theta when reading, instead of beta. People with depression are making too much alpha in the left frontal lobe of the brain. By flashing lights with our field-independent Tru-Vu eyesets and pulsing specific tones using headphones, we can gently guide the brain into desired brainwave states. After a short period of time the brain begins to resonate (or mirror) the frequency of the stimulation. Cranio-Electro Stimulation (CES) is a well-researched therapeutic technique and enhances the effectiveness of the AVE experience.

Our sessions have been thoroughly tested and are designed based on the most current research findings to ensure the most effective results. The sessions on the DAVID ALERT Pro are supported by research studies. Some of these studies include: SAD, stress reduction, insomnia, improved mood, mental sharpness and balance in seniors, and improved concentration and memory in college students. The DAVID ALERT Pro sessions are also very effective in helping you reach dissociation states for quicker results.

### Heart Rate Variability and Breathing

*All DAVID ALERT Pro AVE sessions also have a heartbeat sound to help you learn how to breathe more deeply and calmly.*

For more information on the ALERT Pro, visit our website at [www.mindalive.com](http://www.mindalive.com)

## What do I do?

The DAVID ALERT Pro is so easy to use! Simply find yourself a comfortable spot where you won't be disturbed. Sessions last an average of 30 minutes. Connect the eyeset and headphones to the DAVID ALERT Pro, turn it on and select your session. Close your eyes, lay back, relax and enjoy! It's that simple. The lights and tones will gradually fade out to let you know when the session is over. Just wet your earlobes and attach earclips to your ears to use the CES.

## Testimonials from happy users!

"I purchased the ALERT Pro for my son who has ADD. His biggest problem was difficulty falling asleep - he said he was thinking too much and couldn't sleep. I tried the relax 5 session. It was like magic. I used it every night and without fail, he'd fall right to sleep. Eventually I didn't have to use it any more, he was able to sleep."

- Vickie N., Dittmer, MO, US

**"The doctor noticed my son is more focused after using the ALERT sessions!"**

My whole family is using the device. My 12-year-old son loves it too. Our doctor noticed that my son is more focused and was just amazed at the difference. I told her it was because of the ALERT light and sound machine sessions. The doctor was very interested and I told her to look up this website. I didn't want to tell her about it previously because I wanted to make sure it wasn't a placebo effect. Now, others who knew nothing about my son using the machine have also noticed the change that I'm seeing.

- Lynne Brown, Greenville, SC, US