

**CES Ultra™ is the drug-free alternative for relieving symptoms. A growing number of people worldwide are discovering its benefits for anxiety, depression, insomnia and post trauma disorder. It quickly stabilizes the central nervous system.**

### What is CES?

CES (cranial electrotherapy stimulation) is a therapeutic device using minute battery-powered current for the **treatment of anxiety disorder, anxiety, depression, insomnia, and the wide range of symptoms which accompany these conditions.**

Slight stimulation of the vagus nerve is applied through ear clips or self-adhesive electrode gel pads. The vagus nerve goes directly into the old "reptilian" part of the brain called the medulla. When serious trauma occurs the "fright and flight" response is engaged causing the brain to replay the trauma over and over as if it were still happening in present day.

### History

CES has been an international treatment modality for over 50 years. CES was developed in the former Soviet Union during the 1950s, its primary focus being the treatment of sleep disorders. In time psychiatric and mental health applications for depression and anxiety grew tremendously, as well as symptoms of mild head injuries & post-trauma.

### CES – Effective and Safe

- The effectiveness and safety of CES therapy has been demonstrated through more than 1,000 research articles, many of which are listed in four reviews put out by the Foreign Service Bulletin of the United States Library of Congress.
- There is additionally a wealth of physiological and bio-engineering data on electro-sleep and electro-anesthesia
- Meta-analyses yielding positive results from the use of CES have been conducted at the University of Tulsa and at the Harvard University School of Public Health.

### The CES Ultra™ is Easy to Use

Use the unit two to three times daily for 45 minutes for several weeks. For faster results use the unit for 3 hours a day, or longer, for two weeks. The frequency can be reduced. Positive results can be experienced almost immediately, though for some it may require longer.

- Read the manual. Insert the 9-volt battery. Go to [www.all-battery.com](http://www.all-battery.com) and order a battery charger + 2 additional batteries - item 90261.
- Hook up the leads as shown in the manual and on the chart.
- Place one drop of saline solution (water with a small amount of salt) from the white bottle to the cushioned side of each clip. Place clips on ear lobes with the cushion side on top. Apply solution about every 30 minutes.
- The self-adhesive electrode gel pads can also be used. Feel underneath the ear for a soft indentation. Place the pads there on each side.
- Turn the unit on and increase the control dial until there is a mild tingling sensation then adjust the dial to just below that point.
- Even if the CES Ultra™ is turned to maximum intensity it is not harmful.
- Set the timer to 30 or 45 minutes. A continuous setting is also available. The unit has an automatic shutoff & a low battery light.
- The CES Ultra™ is FDA registered and is completely safe – no current enters the brain.
- The CES Ultra™ is non-invasive and non-addictive, and has minimal-to-no side effects.
- The CES Ultra™ is the most cost-effective CES unit available with wide applications.
- The CES Ultra™ can be used anywhere at any time. It is compact & portable with a durable carrying case. The unit can fit inside a pocket.

### The CES Ultra™ Experience

For lasting benefits use the CES Ultra™ as needed.

#### Initial Usage

- Pleasant experience of calm
- Gradually induced relaxation response

#### First Two to Three Days

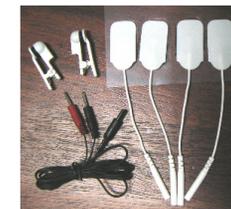
- Elevation of mood
- Decreased nervous energy and frenetic behavior
- Normalization of sleep patterns
- Faster onset of sleep on going to bed
- Fewer and shorter periods of waking at night
- A feeling of being rested upon waking in the a.m.

#### Week One

- Diminished depression and mood swings
- Fewer episodes of irrational anger and irritability
- Greater sense of balance, centeredness and calm
- A pleasant, detached state & quieting of the mind
- Improved impulse control

#### Weeks Two and Three

- Diminished mental confusion
- Heightened clarity and alertness
- Increased mental energy
- Heightened ability to focus
- Improved task concentration
- Normalized information recall
- Accelerated learning



#### Sensors

A choice of ear clips attached to each ear, or self-adhesive electrode gel pads are placed beneath each ear.