



Life-Pulse

Light and Sound Instrument

**Welcome to the wonderful world of
Light and Sound Technology!**

***Enjoy your journey to increased relaxation, focus, energy and
well-being with the Life-Pulse Instrument***

What can the Life-Pulse be used for?

Relaxation

Gentle meditation sessions can help you achieve relaxed mind states in just a few sessions that those who meditate can take years to achieve. Achieving this feeling helps you create awareness of what it feels like to be relaxed. Remembering this state helps you recreate it yourself in other situations.

Learning and Focus

Learning and Focus sessions help to eliminate distractions and work to increase your ability to study and remember facts and be able to communicate your knowledge and put it down on paper. It also reduces the symptoms associated with ADD/ADHD.

Seasonal Mood Variations

Seasonal mood variations are believed to be related to light. Researchers at clinics around the world have had much success in using light to effect change. Some people notice a difference in three or four days for others it may take several weeks.

Sleep

Sleep sessions can help you fall asleep quicker and help you sleep better so you have more energy when you wake up.

Improve Mood

Mood Booster sessions can be helpful in increasing positive states of feeling.

Improve Mental Functioning and Performance

Whether a mental athlete in boardroom or physical athlete in the field life-pulse helps increase brain plasticity, encourages consolidation of memories and helps increase performance when learning activities.

What can the Life-Pulse be used for?

The Life-Pulse uses organized repetitive light and sound stimulation of a particular frequency to gently guide the brain into desired beta, theta, alpha, and delta brainwave states. The light and sound does not transfer energy directly into the brain but rather simply stimulates the eyes and ears and nerve cells carry that stimulation to the part of our brain that is responsible for consciousness, alertness, and sleep. Typically, four to eight minutes after beginning use our muscles begin to relax, the energy in our skin raised in response to stress begins to decrease, the blood flow in our extremities stabilizes, breathing becomes relaxed, and our heart rate becomes uniform and smooth.

Researchers hypothesize that Light and Sound Technology produces a calming effect on our limbic system which serves as the center of our emotions. Research studies confirm use of light and sound technology is effective in improving thinking and behavioral problems, and alleviating stress and pain. Other studies show this approach has been effective for ADD/ADHD, SAD, migraines, depression and anxiety and insomnia. Life-Pulse is licensed by Health Canada as a Class 1 instrument.

*Healthy Relaxation
and Breathing All
Life-Pulse sessions
have a heartbeat
sound to foster
relaxation. The users
guide provides
information to
encourage your
body's relaxation
response.*

*The Life-Pulse comes with the Life-Pulse unit,
patented Omniscreen eyeset, headphones, A/C adapter,
9V battery, carry bag, Quick Start Guide, Operator's Manual
and one year warranty.*

What do I do?

The Life-Pulse 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 Life-Pulse, 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.



How and why do these sensations occur?

Several changes take place during and following a light and sound session:

- 1) Light and Sound Technology can create a temporary feeling of mind body separation. This is a first step towards effective clearing of the mind and meditation. This clearing of thoughts and less body awareness is similar to what an experienced mediator often achieves.
- 2) Cerebral blood flow increases. Most cognitive and emotional disorders involve areas of the brain that are low in blood flow. Research using sound and light technology has demonstrated up to 28% increased cerebral blood.
- 3) EEG activity changes. The concept of entrainment is about altering brainwave activity. Quantitative EEG (QEEG) studies have confirmed the normalization of brain activity following an AVE session. Aberrant brainwave activity in various conditions such as depression, anxiety, ADD, seasonal affective disorder, chronic fatigue, etc., may be restructured into healthier patterns.
- 4) Neurotransmitters change. Research shows that serotonin and nor epinephrine increase following the use of Light.

Testimonials from users

"I slept last night like a baby, I had not done so in three months"
~ A. L., Toronto, Canada

"Within five sessions I noticed a dramatic improvement in mood"
~ J.K., USA

"I have abundant energy, and most of all, I'm balanced and happy"
~ A.M., Bloomington, Indiana

"It has increased my ability to relax, helped me sleep better and has helped me quit smoking"
~ G.C., Boca Raton, Florida

Sessions

Each category has two session options

 **Energize**
(Energize 1 - 20 minutes / Energize 2 - 18 minutes)

Start your day with either of these sessions or use as a caffeine-free burst of energy. Try Energize 2 for more energizing results.

 **Meditate**
(Meditate 1 - 30 minutes / Meditate 2 - 40 minutes)

Relax with these sessions designed to help you reach meditative states. Use Meditate 2 for a even deeper meditation.

 **Brain Booster**
(Brain 1 - 24 minutes / Brain 2 - 30 minutes)

Improve your mental functioning, focus, and memory. Brain Booster 1 is great for both college students and seniors. Brain Booster 2 is more stimulating and effective for those with ADD.

 **Sleep**
(Sleep 1 - 45 minutes / Sleep 2 - 40 minutes)

Get a better night's sleep. Sleep 1 is best for people with a chatty mind and tense body. Use Sleep 2 for a chatty mind only (relaxed body).

 **Mood Booster**
(Mood 1 - 30 minutes / Mood 2 - 42 minutes)

Settle down negative emotions and thoughts. Mood Booster 1 is most effective in the morning. Use Mood Booster 2 to help you relax and settle anxiety.

WARNING

Do Not use the Life-Pulse if you have a history of epilepsy, photic epilepsy or any seizure disorder. The Life-Pulse is licensed by Health Canada as a class 1 instrument

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