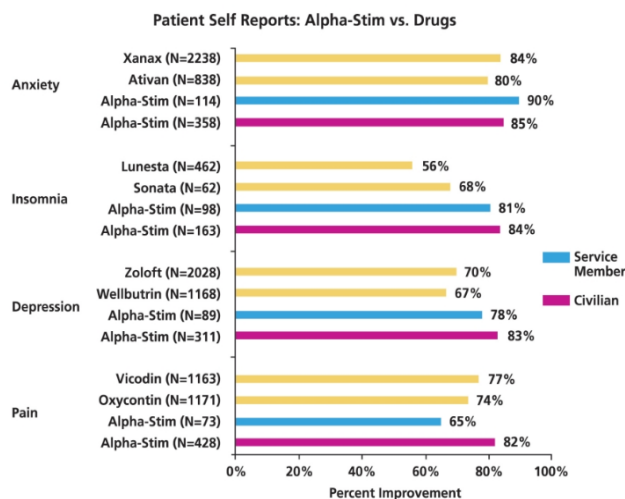


HUMBLE WARRIOR WELLNESS CENTER



ALPHA-STIM (CES)



Alpha-Stim

Also known as Cranial Electrical Stimulation (CES), Alpha-stim is a non-invasive, U.S. Food and Drug Administration (FDA) approved treatment for insomnia, depression, and anxiety consisting of pulsed, low-intensity current applied to the earlobes or scalp (Feusner, 2020). It delivers a natural level of microcurrent through the brain to stimulate and modulate specific groups of nerve cells. This treatment has also been adopted by many elite U.S. military units and Walter Reed National Military Medical Center.

Dr. Massoumi, MD, of Michigan Integrative Holistic Psychiatry, recommends the Alpha-Stim device as a primary therapy. Many of her patients have Post Traumatic Stress (PTS), and she has found no medication treatment better for PTS than Alpha-Stim. “I also have a large population of patients who, due to their extensive history of childhood traumas, have dissociative disorders. Sometimes, the “spaciness” of being in a dissociated state can present like the inattention of ADD. I have found Alpha-Stim extremely helpful for both the hypervigilance of PTS and the cognitive spaciness of the other dissociative disorders” (Massoumi, 2018).

Feusner, Jamie D et al. “Effects of cranial electrotherapy stimulation on resting state brain activity.” *Brain and behavior* vol. 2,3 (2012): 211-20. doi:10.1002/brb3.45

Psychiatry Report, T. (2018). Benefits of Alpha-Stim: Q&A with Lila Massoumi, MD. Psych Central. Retrieved on June 4, 2020, from <https://pro.psychcentral.com/benefits-of-alpha-stim-qa-with-lila-massoumi-md/>