

## Depression

Alpha-Stim® can relieve the despair, fatigue and isolation of depression. Without medications.

If you're like many people who suffer from depression, you've probably tried a smorgasbord of antidepressants with extra helpings of side effects.

You may have found working with a therapist helpful—once you found the right one. You try to summon the energy to exercise, eat better and get out in the world.

And still, your depression is not under control.

Alpha-Stim is an effective, drug-free treatment alternative

Alpha-Stim® is an entirely different approach to treating depression and conditions that often accompany depression. Alpha-Stim uses technology called electrotherapy, which has proven highly effective in treating mood disorders. Following are several of the most common forms of depression that can be treated by Alpha-Stim:

**Major Depression** If you have prolonged feelings of sadness, despair, hopelessness, guilt, fatigue and/or worthlessness, you may be suffering from Major Depression.

**Atypical Depression** is much like Major depression in its depressive symptoms, but people who have this disorder can have moments of happiness and enjoyment. Other symptoms include: fatigue, lethargy, overeating and weight gain.

**Dysthymia** is mild-to-moderate depression that lasts two years or longer. It can occur with periods of major depression.

**Bipolar Disorder** People who have Bipolar Disorder cycle between the lows of major depression and manic phases.

**SAD** If you find yourself depressed and lacking energy when autumn rolls around and these symptoms go away in the spring, it's likely you have SAD—Seasonal Affective Disorder.

Postpartum Depression is thought to be triggered by hormonal changes that occur after childbirth.

How Alpha-Stim works on depression

In a sense, your body runs on its own electricity. Electrical impulses and chemicals produced by your nerve cells form the communication system for your body—head-to-toe.

When you have depression, your body doesn't produce enough of these chemicals. Communication is scrambled and the systems in your brain that regulate mood are disrupted. When you use Alpha-Stim:

- Very small electrical currents from the Alpha-Stim unit stimulate your nerve cells.
- This helps re-start the production of "feel-good" chemicals\* and electrical impulses. As a result, systems in your brain that regulate mood are restored.

In fact, the process is very similar with most antidepressants. However drugs, rather than small electrical currents, trigger the positive changes. [LEARN MORE...](#)

"Words fall short in expressing the depth of gratitude I feel toward your company for making such an effective treatment available for people like me who have suffered from depression and anxiety!"  
Lee Jones, Alabama

Let other Alpha-Stim users tell you how their lives have improved after treatment.

Alpha-Stim works—again and again.

The benefits of Alpha-Stim are evidenced in more than 100 published research reports and peer-reviewed clinical studies conducted at medical and/or teaching institutions. Following is a comparison of Alpha-Stim versus leading antidepressants.

## References

1. Kirsch I, Moore TJ, Scorbora A, and Nicholls SS. The emperor's new drugs: an analysis of antidepressant medication data submitted to the FDA. *Prevention and Treatment*. 2002; 5:1-11.
2. Gilula, Marshall F., and Kirsch, Daniel L. Cranial electrotherapy stimulation review: a safer alternative to psychopharmaceuticals in the treatment of depression. *Journal of Neurotherapy*, 9(2):7-26, 2005.

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