

## AVE Session Categories

**Relaxation** to relax and calm with frequencies in the normal alpha brain wave band from 9 to 12 Hz.

**Meditation** to help you reach deep meditation with frequencies 5 to 8 Hz.

**Sleep** to improve your quality of sleep, with frequencies starting at SMR, alpha or delta and ending in delta.

**Body Booster** to relieve physical discomfort such as aches and pains.

**Mood Booster** to improve your mood and boost the immune system with dual frequencies in the alpha and beta ranges.

**Brain Booster** to help you focus, concentrate and improve memory. These are SMR/beta sessions, similar to neurofeedback to boost cognition.

**Performance** to improve all kinds of performance—sports, arts, etc.

**Energize** to wake you up and stimulate you for an energetic mornings using frequencies in the 19 to 23 Hz range.

**EMDR** using Eye Movement Desensitization and Restabilization technique.

**Gamma** in the 38 to 42 Hz range. Promising research emerging for improving cognition.

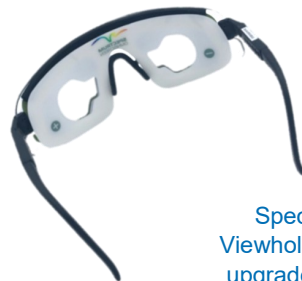
**Ganzfeld** using fixed colors with a constant tone used for passive meditation.



### WARNINGS

*Do **NOT** use DAVID devices if you have a history of epilepsy, photic epilepsy, or any seizure disorder unless under the direct supervision of a qualified healthcare professional.*

*Do **NOT** use CES, MET or tDCS if you have a pacemaker.*



Spectrum  
Viewhole eyeset  
upgrade option

## DAVID Premier with Spectrum Eyeset



by Mind Alive Inc.



**Feel better, do better, be better  
with brain stimulation technologies!**

**Featuring:**

**Audio-Visual Entrainment (AVE)**

**Cranio-Electro Stimulation (CES)**

**Microcurrent Electro Therapy (MET)**

**capability with kit purchase**

**transcranial DC Stimulation (tDCS)**

**capability with kit purchase**

## DAVID Premier can improve

- **Relaxation**
- **Meditation**
- **Attention and learning**
- **Academic performance**
- **Anxiety management**
- **Seasonal Affective Disorder (SAD)**
- **Sleep and insomnia**
- **Stress management**
- **Healthy dissociation**
- **Mood**
- **Mental functioning and performance**
- **ADHD symptoms**
- **Business performance**
- **Pain management**
- **PTSD symptoms**
- **Sports performance**
- **Cognition, memory, balance in seniors**
- **Concussion and brain injury**

### Includes everything you need!

DAVID Premier unit, microSD card, Spectrum eyeset (VH option), eyeset cord, eyeset carry case, folding headphones, CES earclip stimulus cable, power adapter, carry bag, Quick Guide and one-year warranty.

## How does AVE work?

Original research and applications with Audio-Visual Entrainment (AVE) showed that by flashing lights and pulsing tones at specific frequencies, we could gently guide the brain into desired brainwave states. After a short period of time the brain would begin to resonate (or mirror) the frequency of the stimulation. More recently, we are discovering that there are so many other beneficial effects of AVE:

- Induces healthy dissociation and restabilization which breaks the HPA axis (fight or flight activation – fear response)
- Increases cerebral blood flow
- Balances neurotransmitters (specifically serotonin, norepinephrine, endorphins, and melatonin)
- Increases in lactate and ATP – energy source for all of our cells – neurons use a lot
- Increases heat shock protein 70 (HSP70) which protects brain from viral infections, etc.
- Activates glia which cleans up deposits in brain
- Increases non-inflammatory cytokines which nourish the neurotransmitters
- Increases circulation of cerebral spinal fluid
- Improves neuronal stamina.

### Heart Rate Variability and Breathing

*All AVE sessions have a heartbeat sound to help you pace your breathing and learn to breathe more deeply and calmly to improve HRV.*

## What do I do?

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 Premier, 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. If you are using CES, wet your ears with a saline solution and put the earclips on your ears.

## New Features of DAVID Premier!

- ◆ 59 AVE sessions with 200 session capacity using SD card.
- ◆ Lighted graphic display with menu
- ◆ Internal lithium-ion battery
- ◆ Numerous relaxing background sounds and ability to add your own audio files
- ◆ More session categories than before.
- ◆ View session information during a session and monitor how long you have left.
- ◆ Change session preferences while session is running.
- ◆ Spectrum eyeset and Spectrum Viewhole eyeset have more capabilities than any other eyeset. You can also use them separately with our Windows-10/11 based DAVID Breathe and DAVID Live free PC apps.