

Sessions

The DAVID Delight series devices have pre-installed sessions in these categories:

Energize

Start your day with any of these sessions or use as a caffeine-free burst of energy. Also used to reduce ADHD, SAD, and fibromyalgia symptoms.

Meditate

Relax with these sessions designed to help you quickly reach meditative states. Also helps with your creative visualization.

Brain Booster

Improve your mental functioning, focus, and memory. You can also use with the Tru-Vu Omniscreen viewhole eyesets to improve reading.

Sleep

Get a better night's sleep. Helps with onset of sleep and reduces insomnia.

Mood Booster

Settle down negative emotions and thoughts. Also used for fibromyalgia and hypertension. Plus or Pro have 80-min sessions for massage/dental appointments.

Gamma and User Designed (Plus and Pro only)

Emerging research is showing that gamma frequencies may be effective in reducing symptoms of cognitive decline and dementia. They also stimulate anti-inflammatory cytokines. The remaining two sessions have been left blank to store your own custom sessions (using the DAVID Session Editor, *sold separately*).



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 if you have a pacemaker.*

DAVID Delight Series: Delight, Delight Plus, Delight Pro

 by Mind Alive Inc.



Feel better, do better, be better
with Mind Alive Inc.
brain stimulation technologies!

Audio-Visual Entrainment
Cranio-Electro Stimulation

What can the DAVID Delight series devices be used for?

Relaxation

Our Meditate sessions can help you achieve meditative mind states in just a couple of sessions that normally takes years to achieve.

Attention and Learning

Our Brain Booster sessions have been clinically proven to reduce the symptoms of ADHD and improve academic performance.

Seasonal Affective Disorder (SAD)

Our SAD study shows that the DAVID not only improved mood, but that participants also lost weight!

Sleep

Our Sleep sessions can help you fall asleep quicker and help you sleep better so that you have more energy in the morning.

Improve Mood

Our Mood Booster sessions are extremely effective in helping you feel happier and finding life more enjoyable!

Improve Mental Functioning and Performance

Many athletes (including Olympic athletes, professional hockey players, golfers, and car racers) have successfully used DAVID devices to improve performance.

Includes everything you need!

DAVID unit, Tru-Vu Omniscreen eyeset, eyeset cord, eyeset carry case, headphones, power adapter, 9V battery, carry bag, Operator's Manual and one-year warranty. Delight Pro includes CES ear clip stimulus cable.

How does the technology work?

Original research and applications with Audio-Visual Entrainment 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 DAVID Delight series device 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 device, 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.

Testimonials from happy users!

"I'm extremely happy with the DAVID Delight Pro and can't believe something so small and light can do so much. Now I'm alert, I have abundant energy, and most of all, I'm balanced and happy. Thanks for a great product."

Alan Mauro, US

"Within five sessions I noticed dramatic mood improvement."

Joy Kingsborough, US

"I use the DAVID three times a day and I love it. It has increased my ability to relax, helped me to sleep better and has helped me quit smoking."

Glen Conroy, US

"I personally believe that the DAVID helps significantly in controlling some of the symptoms associated with fibromyalgia."

Vivian Martin, Canada

"I experienced a noticeable improvement in my memory and alertness."

Guy Arledge, US