

## Bio Wave Generator Supplemental

### The CES Upgrade

*(Please insert this page at the beginning of your BW instruction manual.)*

The CES (Cranial Electro Stimulation)<sup>1</sup> upgrade features six selectable output settings: 111 Hz., 0.5 Hz. and 7.83 Hz. at 550 microseconds pulse-width setting and 111 Hz, 0.5 Hz. and 7.83 Hz. at 220 microseconds pulse width setting. Feel free to experiment with all of these settings.

Insert the CES upgrade chip into your BW unit. Turn on the Bio Wave Generator. This will unlock the frequencies for CES usage. The unit will write the serial number of your unit to the chip. (The chip is only usable on your device and will not work on other BW units.) To use any of the two sets, simply touch program until the unit displays CES. Touch Enter and the 6 programs will display individually. Touch Run to start the program.

The 0.5 Hz. (CES 1) and 7.83 Hz. (CES 2) settings may be more relaxing, whereas the 111 Hz. (CES 3) may be more energizing. The 0.5 Hz. setting represents the DELTA brainwave frequency, normally associated with deep sleep and release of deeply embedded stress patterns. The 7.83 setting represents the middle ALPHA brainwave frequency and is associated with a relaxed, but very focused mental state and creativity, super learning, memory improvement, intuitive insights and more. The CES may be used any time of day. It is important to use the CES each day for 2 to 3 weeks in order to achieve the maximum benefits. There is no need to repeat the entire 2 to 3 weeks if you happen to skip a day or two. Following the initial series of sessions, CES may be used on occasion as desired to maintain the initial improvements. For example, memory improvements may last up to 1 year before additional sessions are necessary. Other gains may be more temporary and require more frequent reinforcement. This will vary among individual users.

To use the CES upgrade, place a small amount of medical gel on each earlobe. The connector is similar to a USB computer plug and will only fit in the appropriate connection. Clip the electrodes to each earlobe. Choose which sequence you desire. If, for example, you are having difficulty sleeping, we suggest the .5 Hz setting for 2 weeks.

If enhanced brain function is your goal, then we suggest the 7.83 Hz setting. Utilize each function individually daily for 2 weeks. Then proceed to the next setting. While you certainly may experiment with settings, please use them individually to achieve best results.

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<sup>1</sup> The CES is based on Dr. Robert Beck's research at USC. Dr. Beck held a DSc degree and his research has been confirmed by many double blind studies.