

THE CES EXPERIENCE

The CES Ultra is a medical device for the treatment of stress and stress-related disorders.

It employs gentle electrical stimulation to the head (cranial electrical stimulation) to help normalize brain functioning. CES devices have been used internationally since the 1950s and are well researched for their safety and effectiveness.

The CES Ultra is cleared by the FDA for the treatment of anxiety and insomnia and is the only CES unit currently on the market with the electrical configuration and proven technology employed in more than 100 scientific and research studies, including the Meta-Analysis conducted by the Harvard School of Public Health.

- Often effective where drugs have failed
- Portable and easy to use
- Pediatric to geriatric applications
- More cost-effective than medications
- Non-habit-forming or addicting

What It Is and What to Expect

The CES Ultra is a “Cranial Electrotherapy stimulator” device that incorporates the usage of the Vagus nerve system to deliver a light electrical stimulus to alleviate anxiety, insomnia and the accompanying symptoms thereof.

Initial Usage

- Pleasant tingling sensation
- Gradual relaxation

First 2-3 Days

- Beginning normalization of sleep patterns
- Decreased nervous energy and frenetic behavior
- Faster onset of sleep on going to bed
- Feeling of being rested on waking in the morning
- Elevation of mood
- Fewer and shorter periods of waking at night

Week 1

- Diminished mood swings
- Fewer episodes of irrational anger and irritability
- Improved impulse control
- Greater sense of balance, centeredness, and calm
- A pleasant, detached state and quieting of the mind

Weeks 2 and 3

- Diminished mental confusion
- Heightened clarity, focus, and alertness
- Better sleep
- Improved task concentration
- Normalized information recall
- Increased mental energy
- Accelerated learning

Results from CES use have a cumulative effect over time. Most practitioners suggest a minimum daily use of 30 days as a standard for their patients. Individual results may vary.