

Renz Addiction Counseling Center Offers a New Treatment Service For Anxiety, Depression, Insomnia, Pain



Renz Center is now offering a new service component to our comprehensive clinical treatment program. We are providing treatment sessions that involve cranial electrotherapy stimulation (CES) using the Alpha-Stim device. Alpha-Stim is a powerful drug free treatment tool that helps individuals achieve recovery while reducing anxiety, depression, insomnia, and pain thus helping to lessen the overall effects of trauma and impact of one's addiction.

Alpha-Stimulation uses a (CES) technology which has existed for 40 years and has been regulated by the United States Food and Drug Administration (FDA) since 1977. It has been used by over 8 million people worldwide and, increasingly, by the U.S. Military over the past 8 years to help those who suffer from Post-Traumatic Stress Disorder.

How it works for Anxiety, Depression, and Insomnia

Alpha-Stim treats the body at the electron level by changing the electrical and chemical activity of certain nerve cells (serotonin, acetylcholine) in the brainstem. It transmits a unique electrical waveform that alters the cells communication as it amplifies activity in some neurological systems and diminishes activity in others. The Alpha-Stim device focuses on developing a balance and equilibrium in the "alpha" state of the brain. Stressful symptoms like agitation, racing heartbeat, shallow breathing, tightened muscles etc., are all reduced as the brain reaches a more balanced state. Alpha brain waves are associated with feelings of calmness, relaxation, and increased mental focus.

A treatment session involves placing padded clips on both ears lobes, which are connected to a device that delivers small amounts of stimulation to the brain. This is a painless experience that induces a relaxed state.

How it works for Pain Management

When treating pain, one first completes an initial Alpha-Stim treatment session involving stimulation at the ear lobe sites, followed by a short session where two wands or attachable electrodes are placed directly at the site of the pain. A microcurrent waveform signals the cells to immediately and significantly reduce the sensation of pain. Results can be felt instantaneously. One's overall mood is more stable and the ability to regulate emotions, sensations, and perceptions of specific types of pain are improved and altered.

Effectiveness

Alpha-Stim has been in double blind studies comparing performance to antidepressants. Even though with regular and consistent treatments it has proved to show more positive results in placebo effect studies in treating depression and anxiety than Zoloft, Prozac, Paxil, and Effexor, we want our clients who also are dealing with a mental health condition to continue with the medication regimen. However, with adding Alpha-Stim to their treatment services, they may find greater freedom and relief from anxiety, depression, insomnia, other trauma related symptoms as well as post-acute withdrawal symptoms.

Reasons to Try Alpha Stim

Alpha-Stim can help clients with their addiction treatment goals by promoting greater focus and concentration. This means clients are better able to retain and process information, while being mentally *present* during treatment experience and recovery process. It is highly recommended clients receive regular Alpha-Stim treatments throughout treatment.



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