



NEURO-FITNESS LLC

## **THE CES EXPERIENCE**

### **Initial Usage**

- :: Pleasant tingling sensation
- :: Gradual relaxation

### **First Two-Three Days**

- :: 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 One**

- :: Diminished depression and 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 Two and Three**

- :: Diminished mental confusion
- :: Heightened clarity and alertness
- :: Improved task concentration
- :: Normalized information recall
- :: Heightened ability to focus
- :: Increased mental energy