



CES≈ULTRA  
User Manual

[www.cesultra.com](http://www.cesultra.com)

## Introduction

Congratulations on your purchase of the CES Ultra™, the non-pharmacological alternative for the treatment and prevention of anxiety, depression, and insomnia. This state-of-the-art biomedical instrument is to be employed as part of a larger treatment program under the supervision of a physician or healthcare professional who should be consulted regularly as to its use.

## Contents

Included in your carrying case are the base unit, two bilateral electrode lead-wires, a nine volt alkaline battery, two zero-resistance conductive ear-clips, a package of four electrodes, a water bottle, and a registration/warranty card.

## Preparation/Operation

Unless you have been instructed in an alternate placement by your physician or healthcare professional, the standard treatment site is the soft area between the jaw and the ears, just below the earlobes on each side of the head. Before beginning treatment, it is helpful to clean the area with mild soap and water or rubbing alcohol to remove any natural skin oils, makeup, or foreign substances that might act as an insulator. Dry thoroughly.

1. Pick up the electrode lead-wire. The lead-wire has two electrode pins, one on each end and a single male plug on the other. Gently insert the lead-wire plug into the jack on the top of your unit.
2. Open the package of electrodes. Insert the lead-wire pins into the pre-attached connectors of two of the electrodes leaving no bare metal exposed.
3. Carefully peel two electrodes off the plastic card one at a time. Place one on each side of the head in the soft area, between the jaw and the ear,

just below the earlobe. Press securely to ensure proper adhesion. To decrease the pull on the electrodes, gently spread open the “Y” of the lead-wire to the desired length.

**CAUTION:** NEVER pull on the electrode wire. This could damage or destroy the electrode.

**CAUTION:** Care should be taken to insure that electrodes stay behind the earlobes and not slip downward on the neck. They should also not be applied to broken or scarred skin.

## **Ear-clips**

You may use the enclosed ear-clips as an alternative to the electrodes, one on each lobe. Employing the same lead-wire, slide the pin end of each lead-wire into the opening on the side of each ear-clip. Employing the same lead-wire, slide the pin end of into the opening on the side of each ear-clip. Prior to use, the conductive rubber surface of each clip should be moistened with saline solution (contact lens cleaner) or salt water. If a saline solution is not available, tap water will do. It is important that the conductive rubber be as wet as possible; moisten after every half hour of use. Clips should be replaced when worn or dirty.

4. To operate the unit, turn the amplitude knob to the right until the unit clicks, and the red light comes on. Slowly turn the knob to the right until you feel a slight tingling sensation. If comfortable, leave the setting at that point for the duration of the treatment. If you prefer no sensation, turn the knob to the left, leaving it just below the point at which you first experienced the tingle. As long as the unit is on, whether you feel it or not, you are still receiving the benefits.

If you prefer more sensation, turn the knob to the right. Increasing the

amplitude has no known contraindications. The most important factor in determining the setting is your own personal comfort.

One side may feel “stronger” than the other. This does not mean that your unit isn’t working properly and should not be cause for concern. Often the side which feels the greater sensation is the side of the body under greater stress. A simple turn of the head to the left and then to the right often result in the current switching positions.

## **Recommended Usage**

The appropriate length and frequency of treatment is that prescribed by your health care professional. The standard is once or twice daily for 30-60 minutes for the first month; and afterwards, or once symptoms have subsided or are eliminated, two or three times weekly. Those suffering from severe anxiety may find it necessary to use their unit more frequently, perhaps several times daily. When symptoms of anxiety or depression have lessened and disappeared, your unit should still be employed for relapse prevention on an as-needed basis. It is important that you work in close consultation with your physician or health care professional to determine the role that CES plays in your overall treatment program.

## **Timing**

The unit has a built-in timer. You may set the unit for 30 minutes, 45 minutes or continuous. This can only be done when you first turn the unit on. The unit is automatically set for 30 minutes. For a 45 minute session, press the timer button once; for a continuous session, press twice. At the conclusion of a timed session, the current will cease and the light will flicker. You should then turn the knob to the off position. To use the unit immediately at the conclusion of a timed session, turn the unit off, wait a few seconds then turn the unit back on again.

## Battery Replacement

If the lights should begin to dim or flicker, or if the current flow begins to diminish, the battery is probably low and needs to be replaced. The CES Ultra™ uses a standard 9 volt alkaline battery available at all supermarkets and drugstores. Battery life is approximately 20 hours. Under ordinary usage, this should provide 30-50 sessions.

To replace the battery, gently slide off the back battery cover, remove the old battery, pulling upward gently on the red sash. Before inserting the new battery make sure to place part of the red sash back within the compartment and part outside so as to insure ease of removal later. Insert the new battery as per the instructions with the negative side (-) up atop the inner sash, keeping part of the sash outside. Do not force the battery. Once securely in place, return the back cover to its original position.

## Electrodes

With care, electrodes may be used for multiple treatments. Their life may be extended by returning them to the plastic card after use and not exposing them to the open air. Adding a little water or electrode gel (available at drug or medical supply stores) helps considerably. Remember, however, that electrodes are disposable. They will ultimately need to be replaced to insure proper adhesion and conductivity.

Disposable snap-on electrodes for one time use are available for clinical settings, and are available together with the appropriate lead-wire from your CES Ultra™ dealer or directly from Neuro-Fitness.

## **Cautions/Contraindications**

There are no known contraindications for use of the CES Ultra™. There are, however, circumstances in which it has not been tested. Accordingly, it should not be used by severe depressives, recent stroke victims, those employing cardiac pacemakers or other internal electronic devices, and those known to be epileptic or pregnant, without on-going clinical supervision.

Negative side effects are rare. Perhaps three persons out of one hundred report a slight headache. This is usually alleviated by simply turning the current down.

Do not place electrodes over skin lesions, new cuts, scars, skin irritation, or sunburn.

Use only the internal 9 volt alkaline battery. Do not use any battery eliminator, charger or any source of power that is connected to a wall outlet (house current).

Many users report a feeling of induced relaxation while using the CES Ultra™. Though this relaxation response does not in any way impair reaction time, it is recommended that the device not be used while operating dangerous equipment or operating a car.

## **If Your CES Ultra™ Fails to Work Properly**

- (1.) Check the battery. Replace if necessary
- (2.) Check the lead-wire for any breaks or tears. Replace lead-wire, if necessary.
- (3.) Make sure electrodes are making proper contact and are properly moistened.

- (4.) If your unit still does not work, call us directly at 1-866-YES-4CES (1-866-937-4237). You will be told the procedure to follow for returning the unit for repair or replacement. See the following section on your rights under your warranty.

## Limited Warranty

*Neuro-Fitness LLC warrants equipment of its own manufacture to be free from defects in material and workmanship for one (1) year from date of shipment to original purchaser, subject to the terms and conditions of this warranty, replace or repair at Neuro-Fitness' sole option, any or part found to be defective. Buyer must return any part claimed defective to Neuro-Fitness, shipping prepaid.*

- 1. This warranty is expressly in lieu of any other expressed or implied warranty of merchantability or fitness and any other obligation on the part of the seller.*
- 2. Neuro-Fitness, LLC shall have no obligation under this warranty if damage occurs because of improper handling or operation, abuse, misuse, unauthorized repairs made or attempted, or where equipment is operated above rated capacity. Authorization for the return of parts under this warranty shall first be obtained by telephone or letter from the Neuro-Fitness Customer service department. Details of the claimed defect must accompany the returned part.*
- 3. No agent, employee, or representative of Neuro-Fitness has any authority to bind Neuro-Fitness to any affirmation, representation, or warranty concerning the goods sold under this contract. Unless an affirmation, representation, or warranty made by an agent, employee, or representative is specifically included within this written agreement, it should not be enforceable by the buyer.*
- 4. Notice of claims: immediately upon receipt of the goods, buyer must inspect same. All claims, including claims for defective goods, must be made within five (5) days after buyer learns of, fact upon which such claims are based, but in no*

*event, later than one (1) year after buyer's receipt of the goods. All claims not made in writing and received within the time period specified above, shall be deemed waived.*

- 5. Neuro-Fitness' liability for any and all losses and damage to the buyer, in any way, arising out of, or connected with this transaction or with the use of the equipment, from any cause whatsoever, shall be limited to the repair or replacement of defective material or workmanship. In no event shall Neuro-Fitness be liable for consequential or indirect damage.*
- 6. The purchaser of this CES Ultra™ assumes full liability for the consequence or misuse by him/herself and all risks in connection with use of the CES Ultra™ by other individuals whose treatment is not under the direction or supervision of a physician or licensed health care professional as required by Federal law.*

## **Technical Specifications**

### **Output:**

Power source: 9V alkaline battery

**Wave Shape:** Square

### **Amplitude:**

Adjustable from 0-1.5 Ma

### **Pulse Duration:**

2 milliseconds (20% duty cycle)

**Frequency:** 100 Hz

### **Timer Controls:**

30 minutes, 45 minutes, Continuous