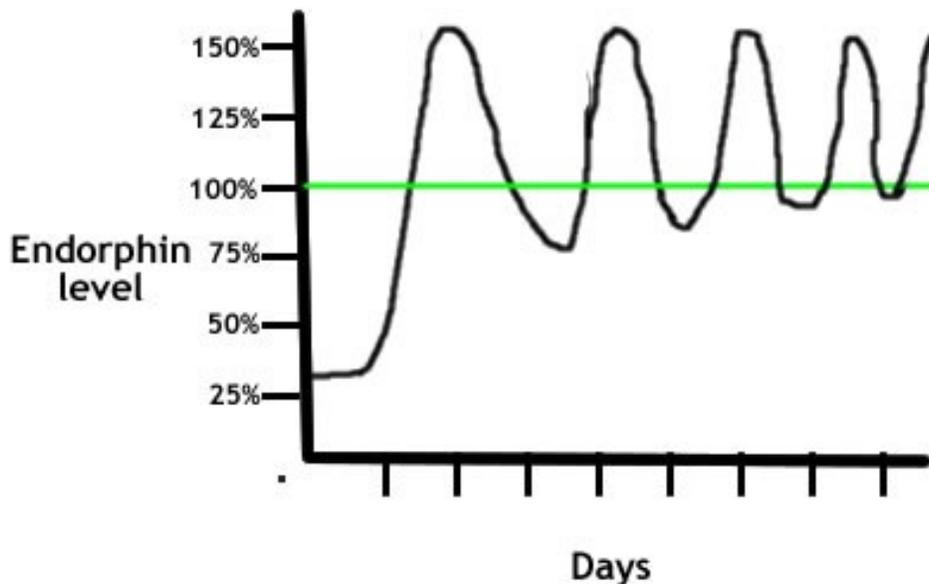


Brainmax Instructions

Note: A video of the instructions can be downloaded from the www.bestbrainmachines.com web site. If you have a telephone modem use this <http://bestbrainmachines.com/hz/demolo.wmv> 2.2 meg and if you have high speed internet download <http://bestbrainmachines.com/hz/demohi.wmv> 8.15 meg.

1. Wet the black sponge on the end of the headset with some of the included saline solution. [You can easily make more of this using about 1/4 teaspoon of salt per cup of water or you can use saline nasal spray from a pharmacy. You can use contact lens solution in a pinch.] If you use the Brainmax for more than 20 hours salt may build up on the headset so you might want to rinse them off with fresh water occasionally or even switch over to using fresh water some of the time.
2. Place the electrodes on the mid to upper part of the ears and directly behind them. Plug the black Brainmax into the CD player and the headset with the electrodes into it. The headset is made of a high quality flexible material that is designed to be bent to fit anyone's head.
3. Turn on the CD player and then turn up the volume until you feel a tingling where the electrodes touch the skin.*
4. There are 11 tracks (these would be 11 songs if this was a music CD). Each track is one continuous frequency lasting 2 minutes. You will want to try each frequency in the beginning so just let the entire CD play from one end to the other (tracks 1-11). Notice the effect that each track has on your mood and well being. This will take you about 22 minutes. Typically the average purchaser of the Brainmax will react to track 1, 96 Hz-Endorphin3 as so many people lack endorphins. The tracks are in the order of the frequency most often needed.
5. Repeating a track. Note which frequencies or tracks affected you the most and  1 go back to them. Press the 'mode' button until you see this symbol (right) with arrows and the number 1. Now the Brainmax will automatically repeat and play this track as long as you want.
6. Typical sessions usually last about an hour but that is just based on personal preference. It can be any amount of time that you want. Most people do find they get good results by using the Brainmax between 20 minutes and an hour.** Others, especially addicts who are quitting drugs may use it as much as 24/6 (it's not 24/7 because after six days the person usually no longer needs the Brainmax)
7. You will find that you get diminishing returns from the Brainmax. Below is a graph



which I made up showing the treatment pattern and relative effects of the Brainmax on a person highly deficient in Endorphins.

This person has only about 25% of normal endorphin activity. That is not unusual. On first using a NET machine their Endorphins go high, far above normal. Then after using it the level drops off to below normal, to perhaps half way between where they were to begin with and normal. Each time they use the Brainmax their endorphin base level gets closer to 100%. After several uses it stays at near 100%. However most people will continue doing whatever caused their endorphin production to lower and so it will go down again. After a few months most people will need use the machine for another, shorter series of sessions. Eventually they learn how to live right and they never need to use the Brainmax again.

The frequencies on the CD are in order of which one's that people use and need the most often.

- #1: 96 Hz Endorphin3
 - #2. 315 Hz Mood Elevation2 and mitochondria
 - #3. 2000 Hz Adrenaline
 - #4. 30 Hz GABA
 - #5. 70 Hz Endorphin2
 - #6. 250 Hz Mood Elevation1
 - #7. 49 HZ Endorphin1
 - #8. 450 Hz Mood Elevation3
 - #9 175 Hz Endorphin4
 - #10 100 Hz Endorphin5 This is used in most CES machines.
 - #11 365 Hz Mood Elevation4
- These frequencies are also listed on the CD.

*Often only one side or electrode will be felt but don't worry. If you can feel it on one side then electricity has to be going from one side to the other. The reason one side often cannot be felt is probably due to the polarity of the electrode verses that of the skin. (Yes, skin is polarized with I think the negative side is outward. It keeps all sorts of bad things from entering the body that way.)

**You may find that the Brainmax adapter and CD player combination is cumbersome and not very portable so we have added velcro which allows you to attach the Brainmax adapter to the front of the CD player.

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