

Using Dr. Ruth Olmstead's Enhanced Programs

Based on her years of research as therapist working with thousands of children and adults, Dr. Olmstead developed the original programs for relaxation and stimulation programs that became the basis of MindSpa. Many tens of thousands of people are successfully using these programs in our previous MindSpa versions in 2003.

Now five years later and using our newest technology, Dr. Olmstead has upgraded the original 12 programs for even more effective results. The length and basic structure of the programs are similar, but many of the frequencies and light/sound patterns have been expanded to provide better results. We are also including Dr. Olmstead's three bonus programs.

Please review the graphic charts below comparing the original and advanced versions. These programs have been tested in clinical settings and are safe for use by adults and children who have no history of epilepsy. We recommend the programs only be used by children under adult supervision.

Brightness is important so adjust the light stimulation so that it remains comfortable. If your eyes become uncomfortable caused by light intensity or brightness, simply reduce the light intensity slightly. The volume may be set at a low to moderate level provided it is overriding external noise in the room.

Always try to use MindSpa in a quiet location free of interruption and distraction. We suggest that you decide on a single goal for yourself and/or your child prior to beginning use. For optimal results, we always recommend use on a consistent basis.

We suggest using the MindSpa system as an integral part of a complete program combining regular exercise with proper nutrition and adequate rest. You will experience a better overall quality of life. And you will find you will respond better to life's challenges.

For most, it is best to begin with the relaxation programs before advancing to the stimulation programs. This will allow for proper acclimation to the light/sound relaxation experience. The relaxation programs may be used as often as several times per day and on a daily basis, or as few as three to four times per week depending on your schedule.

Relaxation

Use our Progressive Relaxation Programs™ 2 - 8. We suggest for many to start with Program 3 in the morning and Program 7 in the evening for the first two weeks. After two weeks you can progress through each Program 4 - 8 as each is deeper than the previous one. We recommend using our CalmBlue glasses in the evening.

Mental Sharpness

We suggest using Program 9 during the day once every two or three days. (Night use can be too stimulating for some and may cause sleep issues.) You can use any of the relaxation programs on alternate days. After several initial sessions of using Program 9, you can move to Program 10, the next higher frequency Program and use once every two or three days. If you find you would like even a higher mental stimulation level you can use Program 12 up to once every three days.

Focus and Attention

To assist with focus and attention, use Programs 11 and 12 on an alternate basis every three days for a period of at least six weeks. Keep the lights as bright as is comfortable. Program 11 starts with low theta frequencies and progresses to high beta. Program 12 starts at high beta frequency and progresses to the theta frequency range.

These two programs act as a form of stretching exercise for the mind resulting in better mental balance. It is theorized, and subsequently demonstrated in Dr. Olmstead's research as an effective method for the improvement of the most common focus and attention issues in children and adults.

Sleep and Common Stress

To help relax into sleep, we suggest using the MindSpa Progressive Relaxation System™ over a period of at least four to eight weeks on a regular basis. As mentioned, the effects of using MindSpa on a regular basis are cumulative.

There are a number of causes for lack of sleep or sleep difficulties. We focus on what we believe are among the primary causes - common mental stress. So we address the underlying cause rather than the outward result. Stress can manifest itself at night as an overactive mind. In other words; it is that internal dialog we each carry on inside our head that can overwhelm our ability to get a good night's rest.

As you use MindSpa to help reduce stress, you are simultaneously turning down the volume and intensity of the internal dialog in your mind, especially at night. The result reduces mental chatter. It is a simple but very powerful process. We are gratified to report receiving positive feedback from many MindSpa owners, even from those who have suffered from poor quality sleep for years.

Our optional CalmBlue glasses are highly recommended because of the more subtle calming effect they offer, especially with evening use.

Use with recorded materials

MindSpa can offer excellent assistance when using various types of recorded materials such as hypnosis and self-improvement programs. MindSpa can help move your mind into the optimal calm, quiet state where this material can be most effective.

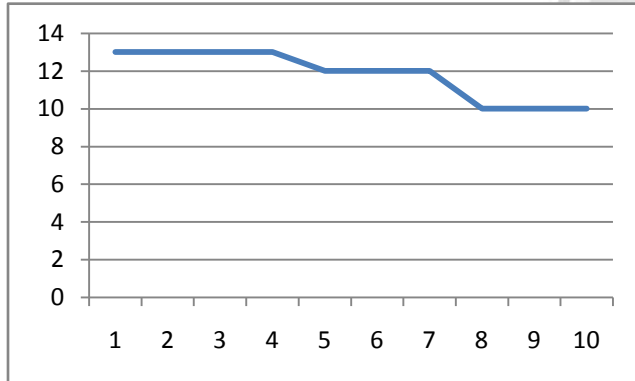
Determine the length of the program you are planning to listen to, then choose a relaxation program of approximately the same length. You may use the included patch cord to mix the recorded material along with MindSpa's built-in sounds. Optionally you may bypass the unit and listen directly to the recorded material while running one of the relaxation programs with just the glasses. Both methods can be very effective.

Program Descriptions

Program 1 Great for a quick 10 minute boost.

Alpha Focus 10 minutes

Low beta/mid-alpha 13 - 10 Hz



This short program has been updated and can provide a sense of relaxing visual colors and patterns along with feelings of relaxation and revitalization. It can be helpful on a daily basis for mental recharging. The exhilarating effect of this program can help lead to calmness, increased concentration and focus, enhanced cognition, and alertness. Use this program as often as you like. Try it in place of caffeine for a quick boost.

Relaxation Programs 2 - 8

The ability to relieve stress and tension through relaxation can be learned and integrated into our everyday lives. Symptoms of common anxiety that occur on occasion may be alleviated by learning to consciously move oneself into a calm state of mind. The night before a big event or test, prior to giving an oral report, or performing a physical or artistic activity in front of a group are examples of activities that can generate tension and anxiety.

Anxiety is one of the principal causes of reduced performance. When anxious, even the well-prepared can perform below their true capabilities. These programs are designed to help train the mind to easily enter into relaxed states and to become part of our normal waking state. The result is overall feelings of calmness and well-being giving more richness to our lives. A calm disposition can also help in confidence building which translates to better academic, business and athletic performance.

These relaxation programs may also be utilized before going to sleep as they

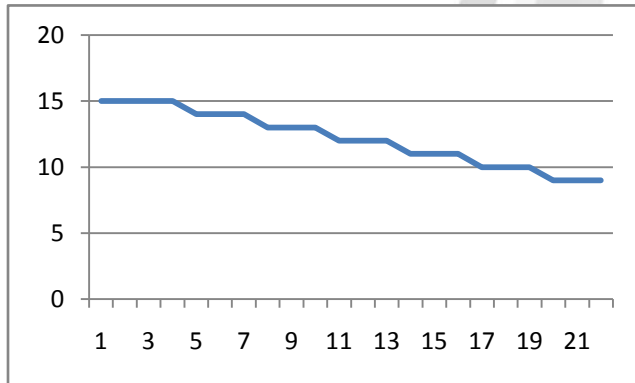
can help to gradually slow down mental activity. The relaxing benefits will allow for a more restful night's sleep waking up feeling revitalized.

Program 2 remains a great beginner/all-purpose program.

Light Alpha Relaxation 22 minutes

Mid-beta to mid-alpha 15 – 10 Hz - Original

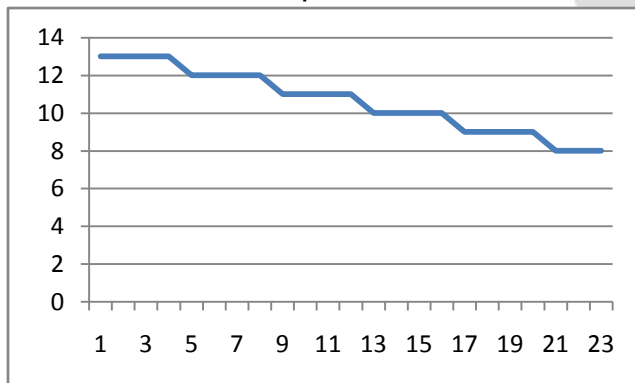
Mid-beta to mid-alpha 15 – 9 Hz - **Enhanced**



Program 3 & 7 are among the most popular deep state programs. These are especially recommended for the demands of multi-tasking lifestyles.

Deep Alpha Relaxation I - 23 minutes

Low-beta to low alpha 13 – 8 Hz

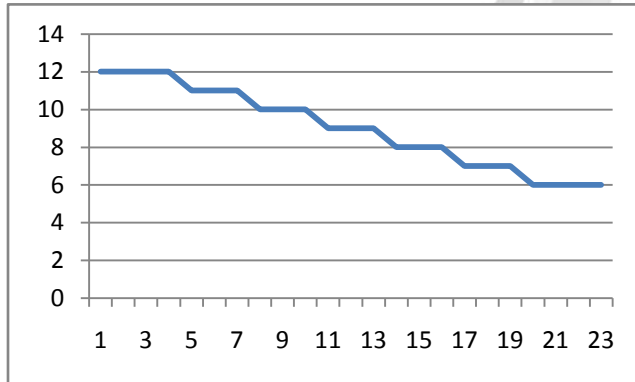


Program 4 is an effective, solid relaxation program that has now been enhanced with additional light patterns to help move into a relaxed state more quickly and easily.

Deep Alpha Relaxation II - 23 minutes

Mid-beta to low alpha/high theta 14 – 7 Hz - Original

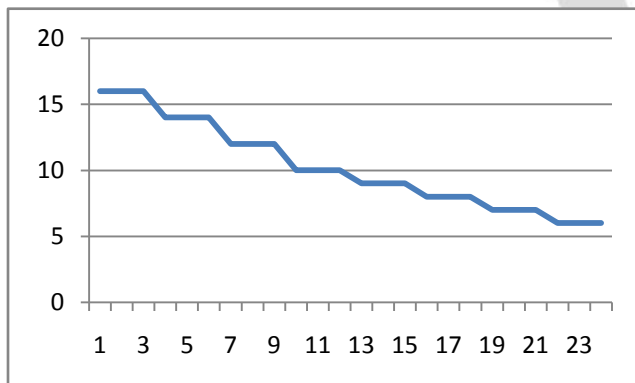
Mid-beta to low alpha/high theta 12 – 6 Hz - **Enhanced**



Program 5 now improved to help induce theta creativity and enhance problem solving abilities utilizing more complex light patterns
Use as an option to 3 & 7

Theta Induction I - 24 minutes

Mid-beta to theta 16 – 6 Hz

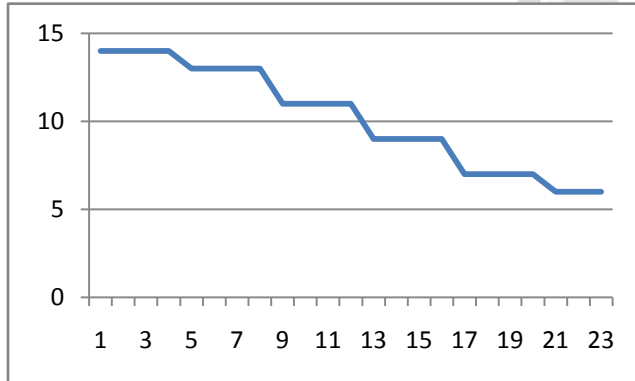


Program 6 is excellent experiencing the symptoms of anxiety and have difficulty staying focused and feeling calm.

Theta Induction II - 23 minutes

Low beta to low theta 14 – 4 Hz - Original

Low beta to low theta 14 – 6 Hz - **Enhanced**

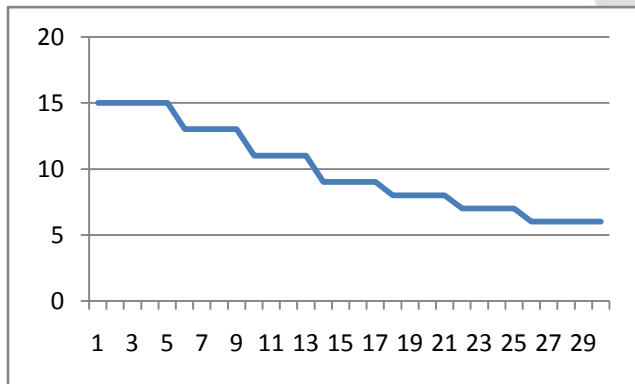


Program 7 as mentioned above, it is excellent for demanding, modern, multi-tasking lifestyles. It is excellent for cross training the left and right hemispheres into a balanced state. A suggestion for those with sleep and stress issues are to use sessions 3 and 7 in the morning and evening to help relax into restful, high quality sleep.

Theta Induction III - 30 minutes

Low beta to low theta 14 – 4 Hz - Original

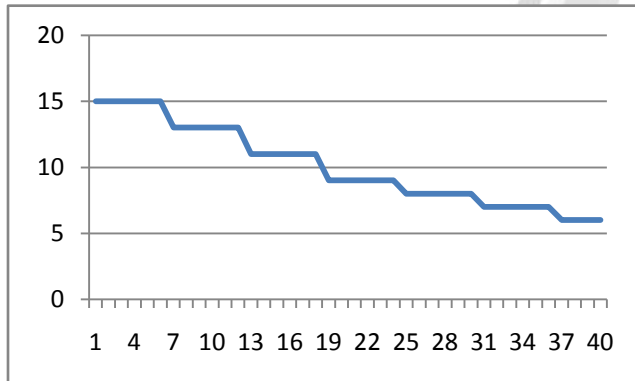
Low beta to low theta 15 – 6 Hz - **Enhanced**



Program 8 at 40 minutes is the longest session. It is a strong inhibitory session, helping to reduce the symptoms of anxiety, and increase focus and concentration.

Theta Induction IV - 40 minutes

Mid-beta to theta 15 - 6 Hz



Enhanced Stimulation Programs

Use these programs two to three times per week for four to eight weeks to begin receiving optimal benefit.

The stimulation programs may also be helpful in overcoming feelings of mental lethargy that is, for example, common during or after long transoceanic flights. When changing several time zones, we recommend use upon or shortly after destination arrival.

They may also be useful for many performance-related tasks including athletic competition.

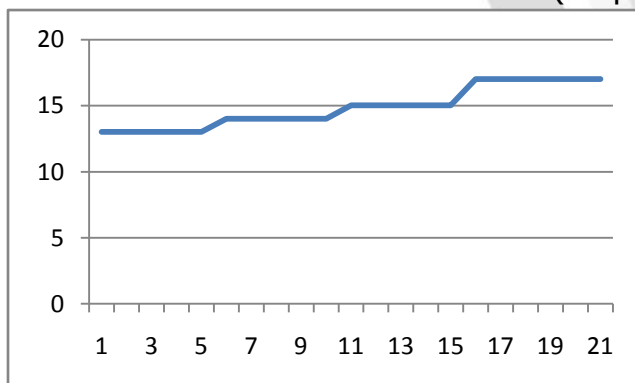
We recommend not using prior to retiring for bed as these programs may be somewhat over-stimulating.

Program 9 is completely revised as an excitatory session for memory enhancement and to assist in improving motivation and energy level. For most general purposes users, we suggest starting with this program before moving on to the more advanced stimulation sessions 10-12.

Memory Enrichment - 21 minutes

Mid beta 17 – 13 Hz - Original

Mid beta 13 – 17 Hz - **Enhanced** (Map is reverse of shown)



Program 10 is an advanced creativity stimulation program which also induces increased problem solving abilities. It is an excellent follow-up to Program 9 for improved mental functioning.

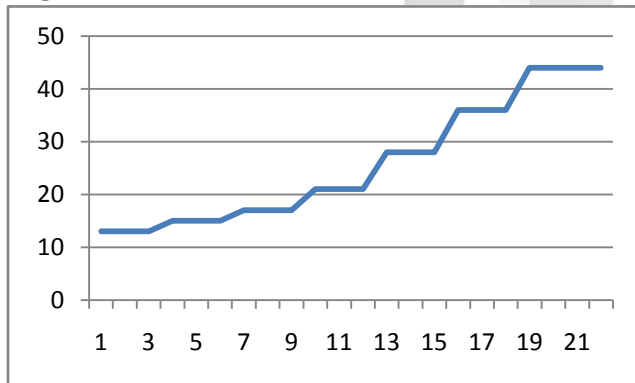
It can also be useful for any performance-related task including athletic competition, intense work requiring high mental capacity, or complex activities that require superior mental concentration. This program and Program 12 can help calm the over- active mind.

Note: *This program is not recommended if one is experiencing symptoms of anxiety.*

Cognitive Enhancement/Creativity - 22 minutes

High to low beta 35 – 13 Hz - Original

High to low beta 44 – 13 Hz - **Enhanced**



Program 11 now has an even higher frequency range and is a very powerful excitatory session to improve the symptoms of depression, fatigue, lethargy, and lack of motivation. This program is used regularly in clinical practice to decrease the symptoms of depression and is also recommended for decreasing the symptoms of Attention-Deficit/Hyperactivity Disorder in children, (ADHD).

This program has also been found to be helpful as a mood elevator and for improving motivation in adults. Many users report noticeable improvements after two to three weeks of use. Use may continue past the recommended four week period.

Note: *Consult with a medical professional before beginning use of this program for children with symptoms of hyperactivity.*

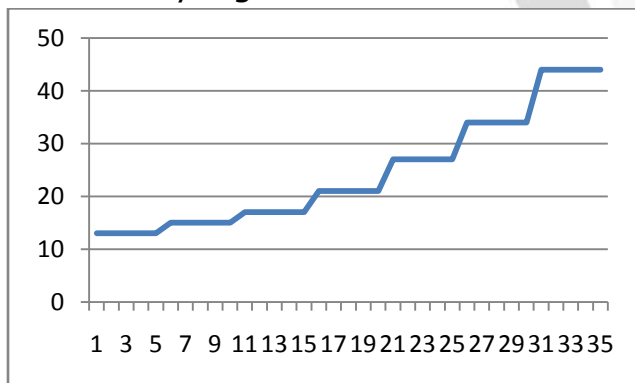
Do not use this program if experiencing symptoms of anxiety.

Do not use programs 11 and 12 more than once every two to three days as they can be over-stimulating. Any of the relaxation programs may be used on alternate days or even on the same day.

Advanced Excitatory - 35 minutes

Low to very high beta 13 – 40 Hz – Original

Low to very high beta 13 – 44 Hz - **Enhanced**



Program 12 is designed to help improve focus, attention and concentration abilities in adults. This program may also be very helpful in improving problem solving abilities and to reduce feelings associated with mental over-stimulation and over-activity.

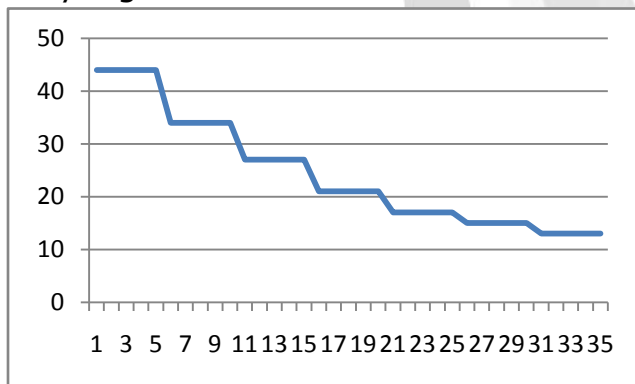
Note: *Please consult with a medical or health care professional before considering use of this program for medical conditions such as anxiety and depression.*

Program 12 is a mirror opposite to Program 11. (see the chart below)
Programs 11 and 12 may be used alternately for symptoms related to attention and focus.

Stimulus Reduction/Advanced Focus for Adults - 35 minutes

Very high to low beta 40 – 13 Hz - Original

Very high to low beta 44 – 13 Hz - **Enhanced**



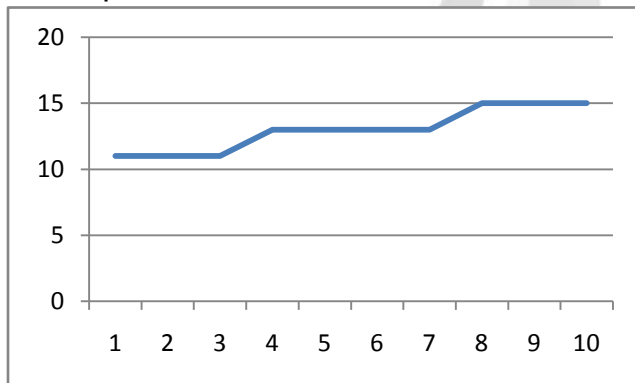
Bonus Program Descriptions

Program 13

A non-caffeine way to give yourself a quick boost of energy when you are short on time. This 10 minute program increases brainwave activity so you feel more alert and awake. It also may enhance your mood.

Pick Me Up (10 minutes)

Mid-alpha to low beta 11 – 15 Hz

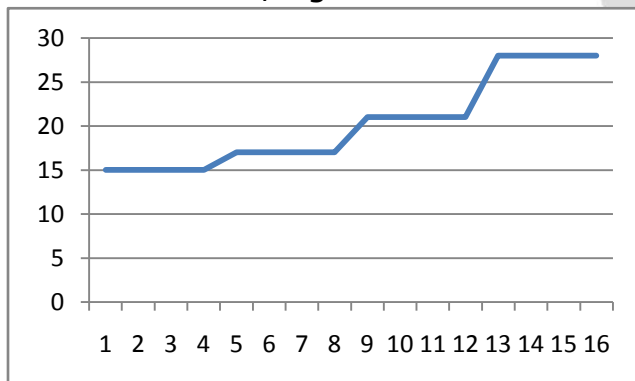


Program 14

This 15 minute program gives you a boost of energy and provides more motivation to get through the rest of the day. This program also assists in feeling more focused and gives your mood a boost.

Mid Morning Boost (15 minutes)

Low beta to mid/high beta 15 – 28 Hz



Program 15

This program helps to melt away stress and leave you feeling relaxed and calm. This program may also assist in helping you feel more focused for the rest of the day.

Stress Magic (22 minutes)

Mid-beta to alpha 17 - 9 Hz

