

## **NewReality NXTLynk Clinical Studies**

There have been many independent studies on the effectiveness of CVR over the past decades.

Below you will find several abstracts of clinical studies performed by world-renowned doctors and top universities.

This is just a small sampling of the many studies on CVR, the NXTLynk™ system, and the use of fiber-optic blue-light therapy.

If you would like to view additional research on any facet of NewReality, please feel free to contact us and we will send you any full-text publication.

### **Dr. Norman Shealy, Dr. Richard Cox In 'Pain Reduction and Relaxation with Brain Wave Synchronization (Photo-Stimulation)'. Study performed by the Forest Institute of Professional Psychology, Springfield, Missouri, 1990, 9pp:**

Cerebral synchronization was obtained with photic stimulation devices and tested on more than 5,000 patients suffering from chronic pain and stress-symptoms during the '80s. A detailed study on 92 patients indicated that 88 obtained relaxation results higher than 60% after 30-minute sessions at 10 hz. Thirty patients had sessions in Theta (5 hz) and experienced relaxation states of 50-100% after five minutes as well as improved pain relief. Eight patients had blood tests before and after the sessions and showed improved beta-endorphin levels of 10-50%. All of these relaxation results are improved when combining the photic stimulation with relaxation audio tapes.

### **D.J. Anderson, B.Sc., M.B., "The Treatment of Migraine with Variable Frequency Photo-Stimulation," in Headache, March 1989, pp 154-155:**

D.J. Anderson used photo-stimulating goggles with variable frequency using red LEDs in order to stimulate the optic nerve, through closed eyes, right and left, with frequencies between 0.5 and 50 hz. The study included seven patients who suffered a total of more than 50 migraines during the observation period. Forty-nine of these migraines were relieved (either by reducing the average duration or by increasing the frequency interval in between migraine crisis) and 36 other migraines could be stopped while using the goggles.

### **Richard E. Townsend, Ph.D. of Neuropsychiatric Research, U.S. Naval Hospital in San Diego, "A Device for Generation and Presentation of Modulated Light Stimuli," in Electroencephalography and Clinical Neurophysiology, 1973, 34, pp 97-99:**

The author describes a system allowing generation and presentation of modulated light stimuli with variable frequencies and wave forms. He concludes the possibilities of stimulation and positive responses during sleep-preparation and insomnia troubles.

### **Dr. William Harris, Director of the Penwell Foundation, USA in 1990:**

Preliminary studies with audio-visual brain stimulators used by patients with AIDS indicate that "the devices are extremely efficient in terms of providing mental clarity, improved sleeping patterns (for sleep preparation and sleep duration) allowing for better physical detoxification by the liver. The apparatus also stimulates immunology functions through states of deep relaxation."

### **Dr. Olivier Carreau, Saint-Louis Hospital in Paris, on "Efficiency of the MindsEye Plus audio-visual stimulator in treatment of the psoriasis during puvotherapy," study completed in January 1991.**

Dr. Carreau analyzed 20 patients over a period of five months. Patients were treated one per week alternately via UVA and audio-visual stimulation (30-minute sessions) for psychosomatic skin disorders. All patients experienced deep relaxation during the sessions and had a feeling of well-being during the entire day. Five patients claimed that this feeling lasted for the following 2-3 days. Patients with combined therapy did better than with puvotherapy alone.

**Dr. Roger K. Cady, Dr. Norman Shealy in "Neurochemical Responses to Cranial Electrical Stimulation and Photo-Stimulation via Brain Wave Synchronization." Study performed by the Shealy Institute of Comprehensive Health Care, Springfield, Missouri, 1990, 11 pp.:**

Eleven patients had peridural and blood analysis performed before and after the relaxation sessions using flash emitting goggles. An average increase of beta-endorphin levels of 25% and serotonin levels of 21% were registered. The beta-endorphin levels are comparative to those obtained by cranial electrical stimulation (CES). This indicates a potential decrease of depression related symptoms when using photic stimulation.

**Dr. Thomas Budzynski in "Biofeedback and the Twilight States of Consciousness," in G.E. Schwartz and D. Shapiro eds., Consciousness and Self-Regulation, vol. 1, New York, Plenum 1976 and non-published studies at the Biofeedback Institute of Denver, 1980:**

Using a first-generation prototype, Dr. Budzynski concluded that "these devices produce a distinct relaxation state. Programming the device between 3 and 7 hz, it takes about 10 to 15 minutes for the patients to enter--effortlessly-a state of hypnosis. They terminate the sessions relaxed and with a feeling of well-being." Also, "the device has a calming effect on nervous or anxious patients. In a majority of cases the patients feel relaxed and calm during a period of three to four days after the session."

**Dr. Norman Thomas and David Siever, University of Alberta, Florida. Several publications, notably: The Effect of Repetitive Audio/Visual Stimulation in Skeletomotor and Vasomotor Activity, 1989:**

"We stimulated one of two groups of 30 people with a brain- stimulation device to test relaxation levels, using 10 hz frequency while observing their muscular tension with an EMG and their index skin temperature. The second group had to relax without machines via traditional means of autosuggestion. Most of the people in the second group said they felt relaxed while demonstrating greater tension (EMG) and lower skin temperatures, both of which are stress and nervous tension indicators. The group using the machine obtained deep relaxation state going beyond the programmed 15 minutes. EMG curves confirmed relaxation of the cortex due to the frequency adoption response."

**Dr. Robert Cosgrove, Jr. of the anesthesia department of Stanford University School of Medicine, Stanford, California:**

Dr. Cosgrove proceeded in 1988 with multiple experiences with the same devices and concluded that states of deep relaxation are obtained with these machines. "We are very optimistic about the possibilities of calming our patients before and after surgery. By the way, we already treat chronic stress affected patients. Thus, our EEG analysis shows that optimal cerebral functioning can be obtained with regular use of such audio-visual apparatus. The machines could eventually slow the decreasing cerebral performance with the elderly. This type of machine could 'revolutionize neurology and medicine.'"

**Elisabeth Philipos, Pepperdine University, California, and James McGaugh, University of California, Irvine, have tested the effects of Theta frequencies on learning:**

During their study a group of 20 students learned 1,800 words of Bulgarian in 120 hours while using Theta stimulation programs. In about 1/3 of normal time they spoke and wrote the new language.

**Dale S. Foster of Memphis State University, "EEG and Subjective Correlates of Alpha Frequency Binaural Beats Stimulation Combined with Alpha Biofeedback," 1988:**

Mr. Foster's conclusions indicate that the combination of binaural sounds with audio-visual stimulation machines allow access into Alpha states of consciousness much faster than with traditional biofeedback techniques.