



mindalive inc



# [ OPERATOR'S MANUAL ]

Usage and care of your CES device

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# WARNINGS

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**Do not** use if you have a cardiac pacemaker. The electrical signals may cause the pacer to malfunction, leading to serious injury or death.

**Do not** use while driving or operating hazardous machinery.

**Do not** place ear clips or electrodes over skin lesions, new scars, cuts, eruptions or sunburn.

All persons who:

- a) suffer from any mental disorder or psychiatric illness,
- b) are currently using any drugs (prescription or recreational),
- c) are under the influence of alcohol,
- d) have serious head injuries, epilepsy, brain tumors, or strokes,

should not use the Oasis Pro unless under the supervision of a qualified health care provider.

***The Oasis Pro delivers electrical current through the body and should be used with care.***

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## NOTICE TO HEALTHCARE PROVIDERS

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It is the responsibility of the health care provider to complete a proper intake. Mind Alive Inc., its employees, suppliers and distributors are exempt from any liability in damages resulting from a seizure or psychiatric condition that may occur from prescribing this device.

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**THE OASIS PRO IS NOT RECOGNIZED AS A TREATMENT OR CURE OF ANY MEDICAL CONDITION OR DISABILITY. HOWEVER, RESEARCH SUGGESTS THAT THE OASIS PRO IS AN EFFECTIVE RELAXATION AND MEDITATION TOOL.**

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# INTRODUCTION

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You have purchased the most innovative, high-quality **Cranio-Electro Stimulation (CES)** device available on the market today. We are confident you will find that using the Oasis Pro will improve your quality of life and increase relaxation.

The Oasis Pro may be used while you are sitting, lying down or engaged in quiet, non-hazardous activity (eg. light housework, reading, listening to the radio, watching TV, or on a relaxing walk).

Additional accessories are available for the Oasis Pro to add Microcurrent Electro Therapy (MET) or Transcranial DC Stimulation (tDCS) functionality. For more information please see the Additional Functions section on page 13.

**In order to obtain maximum enjoyment and benefits from your Oasis Pro, please read this operator's manual thoroughly.**

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## COMPONENT LIST

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- ✓ Oasis Pro – Serial Number \_\_\_\_\_
- ✓ Stimulus cable with ear clips
- ✓ Storage Bag
- ✓ 9-Volt Alkaline Battery
- ✓ Oasis Pro Operator's Manual

## OPTIONAL ACCESSORIES

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- MET Kit
- MET Probe Kit
- tDCS Kit
- DAVID Session Editor

## ABOUT CES

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As far back as the first century, the Greeks and Romans used the electric ray, a variety of the “Torpedo Fish” for electrical stimulation. The electric ray was used well into the 19th century, even after the invention of electronic stimulation devices. First century writings record placing a live torpedo fish under the feet of a person suffering from gout to ease the pain. There are also reports of placing these fish on people’s foreheads to treat headaches.

Current interest in CES was initiated by Robinovitch, who in 1914 made the first claim for electrical treatment of insomnia. In 1958, the book *Electro-Sleep* reflected the first serious works on CES. This book inspired research in Europe and in Eastern Bloc countries, as well as in South America, Asia and finally the US. Because the CES equipment used was bulky, inconvenient, and unreliable, CES, like the electric eel, was abandoned in favor of drug therapies.

With the invention of the transistor in the 1960s, small, low-power and reliable CES devices were developed. By 1975 several companies in the US and Europe were manufacturing CES devices for public use. During this time, research on CES was quite active and scientific papers were published.

Most studies to date have shown CES as a reliable method to reduce anxiety and improve cognition in recovering alcoholics. Additional studies have shown CES to be an effective tool in reducing anxiety and improving IQ.

Research to date is quite vague on the effects of using CES at various frequencies, citing both low and high frequencies can be effective for improving learning and reducing anxiety. Many people, who have used CES along with AVE, have reported that they experienced deeper relaxation for prolonged periods of time. In addition to enhancing

## ABOUT CES

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entrainment, CES increases neurotransmitter production. These neurotransmitters are necessary for information processing, memory, energy level and physical well-being. When our neurotransmitters and endorphins are not produced to necessary levels, it may lead to destructive behaviors and/or the abuse of substances as a substitute for that “natural high”.

## ABOUT MICROCURRENT ELECTRO THERAPY (MET)

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Although electromedicine has been in existence for well over a thousand years, developments in electronics and new research have seen this technology grow at a terrific rate in recent years. MET (also known as Micro-TENS) is very different than traditional TENS because MET produces some of its benefits on a cellular level. MET may replace TENS for pain applications as it has longer lasting effects.

The concept of MET is based, in part, on Arndt’s Law, which states that weak stimuli excite physiological activity, whereas medium-strength stimuli will encourage activity and strong stimuli will suppress activity.

It is believed that MET delivered at around 500 micro-amps and randomly produced in the 0.5 to 3 Hz range may be most effective for treating pain. The Oasis Pro uses sting reduction and randomization techniques (patent pending) to improve the user experience and effectiveness of MET.

# OPERATING INSTRUCTIONS

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## POWER

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The Oasis Pro is powered by a 9-volt alkaline or rechargeable battery. To install the battery, slide the cover off of the battery compartment on the back of the unit. Insert a 9-volt battery as indicated on the diagram in the battery compartment. Slide the cover back into place. An alkaline 9-volt battery will provide approximately 25-30 hours of operation.

## TURN ON/TURN OFF

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Press and hold the power button (🔌) until the power LED turns on. The graph will display the battery level when you first turn on the unit (*see page 5*). If no session is selected within two (2) minutes, the Oasis Pro will turn off.

To turn off the Oasis Pro at any time, press and hold the power button (🔌) until the unit shuts off. This may take up to one (1) second if a session is running.

## ENDING A SESSION

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All sessions end with Soft Off™: a gradual reduction of the CES stimulus. After Soft Off™ the unit will power off. To end a session early, press and release the power button (🔌). The graph will scroll from 8 to 1 to confirm that Soft Off™ is in progress.

## PLACEMENT OF ELECTRODES

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Remove glasses, earrings or any other objects near the ears that might interfere with the ear clips. Plug in the stimulus cable into the CES output jack (⚡). To ensure a better electrical connection, wet the earlobe using tap water, saliva or a tiny amount of conductive gel before attaching the ear clips. Attach the **black** clip to the left ear and the **red** clip to the right ear.



# OPERATING INSTRUCTIONS

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## BATTERY LEVEL

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

The battery level is displayed on the graph for a couple of seconds when the Oasis Pro is first turned on. The battery level is also monitored and displayed periodically while the session is running.




When the battery level is getting low, the graph will display two (2) bars and blink. It is recommended that the battery be replaced before running a session if this warning is displayed.


When the battery level is critically low, the graph will display a single (1) blinking bar. If this warning is displayed when you turn the unit on, replace the battery immediately. If this warning occurs during a session, the session will end early and the battery indicator will continue to blink for a short period of time. The battery *must* be replaced before the unit can be used again.

## SELECTING A SESSION

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The Oasis Pro has four (4) standard session groups (20 minute , 45 minute , 3 hour , and user designed ). Each group offers eight (8) sessions. The session number is indicated by the lit number between the intensity and select controls. If no number is lit, then the group has no sessions programmed into it.




Press and release the power button () to switch between groups. The lit group icon will change. Press the INT  or  to highlight a session number. If no sessions are available in a group, no numbers will be lit. The frequency and mode icons associated with the session light up to indicate what frequency range and CES pulse type will be used.

Press the select button () to start the highlighted session. The session number will flash and the session will begin after a five (5) second delay.

# OPERATING INSTRUCTIONS

## CONNECTION TEST

At the start of each session, the Oasis Pro checks for an electrical connection by entering a test mode. The CES Mode light ( $\llcorner$  or  $\lrcorner$ ) will blink. The graph will display the status of the connection. Once a connection has been confirmed, the display will go blank or display a Soft On animation (if resuming or restoring a saved preference). The intensity may be adjusted as soon as the connection test ends.

No Connection (blinking)	Okay Connection (solid)	Excellent Connection (solid)
		

*The Oasis Pro will run with either an **Okay** or **Excellent** connection.*

*If the connection displayed is **Okay** then the intensity may have to be turned up higher before it can be felt, or may not be felt at all.*

If the ear clips are disconnected, the Oasis Pro will pause the session and wait for the ear clips to be reconnected. No Connection (7 and 8 blinking) will display for a couple of seconds, then the graph may scroll up and down indicating that the unit is returning the voltage to a safe testing level; this may take up to 20 seconds (the  $\geq L \leq$  and  $\geq R \leq$  lights may turn on as well).

*To get a better connection, wet your earlobes with tap water or a tiny amount of conductive gel.*

# OPERATING INSTRUCTIONS

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## ADJUSTING INTENSITY

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To increase the intensity of the stimulus, press the INT ▲ button. To decrease the intensity, press the INT ▼ button. The graph lights 1 to 8 only show an approximate intensity level.

When adjusting intensity, the topmost lit number will blink.

Set the intensity so that it can just barely be felt. **Setting the intensity too high may result in a skin irritation. A higher intensity will not give better results.** A double-blind study showed that CES works at sub-threshold levels, just below your ability to feel the stimulus.

*The intensity buttons are raised to help you find them easily.*

## SAVING PREFERENCES

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Your preferred intensity setting for each session can be saved. Adjust the intensity, then press and hold the Select button (✓) for one (1) second. The graph will display a short animation. You may continue the session or end it immediately and the Oasis Pro will save your preferred intensity and use it the next time you run that session.

Be aware that you may need a different intensity level each time you use the Oasis Pro, and that different people may use widely different intensity levels (due to different skin conductivity). A saved intensity preference may be too high or too low the next time you or someone else uses the unit. You may interrupt the Soft On™ process at any time by pressing either INT ▲ or ▼. Use saved preferences with caution.

*By default, all sessions have an intensity of zero and must be turned up every time.*

# QUICK START

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
## Get comfortable

CES and MET can run for up to 3 hours at a time. Sessions can be run while relaxing or during light activity such as reading, walking, listening to music or working at a computer.


## Connect power

Insert a 9V battery. Follow the diagram inside the battery compartment.






## Connect the ear clips

Remove any metal jewelry from your ears. Wet your earlobes with tap water, saliva or a tiny amount of conductive gel and attach the clips: **black** to left ear, **red** to right ear. Connect the ear clip cable to the CES jack () on the side of the device.




## Turn on the Oasis Pro

Push and hold  until the power light comes on. The number LEDs will display the battery level before displaying the last session used.


## Select a session length

Tap  to select a session length (the top row of icons):  20 minutes,  45 minutes, or  3 hours.  User Designed is empty by default.

## Select a session

Tap the INT  or  to highlight a session number. The frequency of the highlighted session is displayed on the icons. Tap  to start the session. The number will blink to confirm the selection. See the list of sessions for information (*page 9*).




## Adjust the intensity









The Oasis Pro will check your connection (*page 6*). As soon as the graph clears, you can increase the intensity by tapping or holding INT . Adjust the intensity until the pulses can just barely be felt.

## Relax and enjoy

The Oasis Pro will automatically shut off when the session completes.

## OASIS PRO SESSIONS

	<b>20 Minute Sessions</b> For short relief or relaxation.
	<b>45 Minute Sessions</b> For full relief or relaxation effect.
	<b>3 Hour Sessions</b> For extended relief or relaxation use.

<b>1</b>	<b>MET</b> - Reduce physical discomfort through direct stimulation of the affected area. See page 13.	
<b>2</b>	<b>Sub-Delta</b> - Reduce physical discomfort and produce endorphins through CES. If the effect is too strong, try using the MET session with ear clips.	
<b>3</b>	<b>Delta</b> - Promotes a relaxed state of mind. May reduce alertness and promote sleep. May be used as an alternate MET session.	
<b>4</b>	<b>Theta</b> - Promotes a relaxed state of mind. May reduce alertness and promote sleep.	
<b>5</b>	<b>Alpha</b> - Promotes a relaxed and calm state of mind. May help with meditation or reducing anxiety.	
<b>6</b>	<b>SMR</b> - Promotes a relaxed and passively alert state of mind. Good for relaxing without feeling drowsy.	
<b>7</b>	<b>Beta</b> - Promotes a relaxed and alert state of mind. May help to focus attention.	
<b>8</b>	<b>100Hz</b> - Most popular for reducing anxiety and improving sleep.	

## OASIS PRO SESSIONS



### User Designed Sessions

These sessions have been left blank to store your own custom sessions (using the DAVID Session Editor, *sold separately*). See page 14 for details.

<b>1</b>			
<b>2</b>			
<b>3</b>			
<b>4</b>			
<b>5</b>			
<b>6</b>			
<b>7</b>			
<b>8</b>			

## ICON DESCRIPTIONS

### Icon

### Control



#### *Power*

Turn the Oasis Pro on/off  
Cycle through session groups  
Initiate manual Soft Off™



#### *Start Session*

Start the currently selected session

**INT**



#### *Intensity Control*

Cycle through sessions in current group  
Increase or decrease the intensity of the CES pulses

### Icon

### Connection



CES Output



Audio Input (3.5mm, stereo)

### Icon

### CES Mode



Short-Pulse CES Session



50% Duty Cycle CES Session







Left CES channel is active when lit



Right CES channel is active when lit

## ICON DESCRIPTIONS

Icon	Session Group	Icon	Session Group
	20 minute sessions		3 hour sessions
	45 minute sessions		User Designed sessions (no factory sessions)

Icon	Session Frequency Range
$M_{ET}$	<i>Microcurrent Electrical Therapy</i> 0.5-3Hz, short pulses
$\Delta$	<i>Sub-Delta</i> 0.5-3Hz, 50% duty cycle pulses
$\Delta$	<i>Delta</i> 2.5-5Hz
$\theta$	<i>Theta</i> 6-8Hz
$\alpha$	<i>Alpha</i> 9-11Hz
$\beta_1$	<i>Beta 1</i> 12-15Hz
$\beta_2$	<i>Beta 2</i> 18-22Hz
$100_{Hz}$	100Hz



## ADDITIONAL FUNCTIONS

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In addition to being a CES device, the Oasis Pro has a couple of additional functions that require additional hardware, purchased separately:

- Microcurrent Electrical Therapy (MET) Stimulation
- Transcranial DC Stimulation (tDCS),

### MICROCURRENT ELECTRICAL THERAPY (MET)

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*Requires the MET Kit (sold separately) which includes a stimulus cable with snaps and self-adhesive electrodes. Or the MET Probe Kit (sold separately) which includes a stimulus cable with a pin and Y probes.*

MET is an effective and safe way to reduce physical discomfort, or speed healing and recovery.

Place electrodes on either side of or through the area to be treated. Connect the stimulation cable to the CES output jack ( $\Delta$ ) on the Oasis Pro and the electrodes. Select a MET session ( $\text{MET}$ ) of the desired length.

To learn how to treat pain using MET, refer to the article “Microcurrent Electrical Therapy (MET): A Tutorial” by Dan Kirsch in the journal “Practical Pain Management”, October 2006 pages 59 to 64. (<https://mindalive.com/met/>).

*To purchase additional hardware kits, or for more information, please contact Mind Alive Inc. at (780) 465-6463, via email at [info@mindalive.com](mailto:info@mindalive.com) or visit us online at [www.mindalive.com](http://www.mindalive.com)*

## ADDITIONAL FUNCTIONS

### TRANSCRANIAL DC STIMULATION (tDCS)

*Requires the tDCS Kit (sold separately) which includes additional hardware, software and instructions. **tDCS Kits will only be released to qualified clinicians.***

Transcranial DC Stimulation (tDCS) is the practice of applying direct current (DC) over the scalp with the intention of altering neuronal activity. tDCS is effective in modulating spontaneous neuronal firing. tDCS has been shown to either excite or inhibit the sensory-motor cortex, with the effects lasting over an hour.

*To view the Transcranial DC Stimulation research article: [https://mindalive.com/articles/Article Eleven](https://mindalive.com/articles/Article%20Eleven)*

### USER DESIGNED SESSIONS

The User Designed session group (⊕) has been left blank for storing additional, or user created sessions. This provides space for eight (8) standard sessions. Sessions are created using the DAVID Session Editor (*sold separately*). Additionally, any session in the Oasis Pro may be overwritten, allowing the device to be customized with sessions to best suit your application.

Once the desired session is created, it must be saved with the

*Please refer to the help files included in the tutorial on the DAVID Session Editor on creating sessions and instructions for downloading them into your Oasis Pro.*

appropriate session number to be stored in the Oasis Pro. If you have previously purchased a copy of the DAVID Session Editor, please contact Mind Alive to upgrade to latest version.

## WARRANTY AND CARE

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The Oasis Pro is warranted against defects in workmanship or materials for one year from date of original purchase, on the terms stated herein. Should this unit become inoperative within the one-year period, it will be repaired or replaced at our option, without charge. Any postage, insurance and shipping costs incurred in returning the Oasis Pro for service are the responsibility of the customer.

This warranty does *NOT* cover:

- shipping damage
- damage caused by accidents or by other-than-normal use
- improper battery installation
- damage caused by exposure to excessive static electricity
- damage caused by any unauthorized person tampering with the Oasis Pro.

# WARRANTY AND CARE

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## RETURNING FOR REPAIRS

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**Should your Oasis Pro require repairs, you must contact our service department at 1(800) 661-MIND (6463) (Canada and U.S. only) or (780) 465-6463 to obtain a warranty/repair authorization number and important shipping instructions.**

When returning your device for repair, be sure to surround the Oasis Pro with at least one (1) inch (or 2.5cm) of tight packing on all sides in a strong carton. Neither Mind Alive Inc., nor courier companies will pay for damage incurred by poorly packaged goods. Label the carton ***"FRAGILE, HANDLE WITH CARE."*** Include a copy of your sales receipt, a brief written description of the problem and a daytime contact number. All postage, insurance and shipping costs incurred in returning the Oasis Pro for service are the responsibility of the customer.

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## FOR UNITED STATES AND INTERNATIONAL CUSTOMERS

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**Failure to receive proper instructions about completing customs and shipping documents may result in additional brokerage and duties charges to the customer.** Some courier companies do not include brokerage fees in their quoted charges. The customer is responsible for any and all charges. Equipment will not be returned to the customer until these charges have been paid. Indicate on ALL shipping documents ***"RETURN TO COUNTRY OF ORIGIN FOR REPAIRS UNDER WARRANTY"***.

# WARRANTY AND CARE

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## DISCLAIMER OF LIABILITY

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Mind Alive Inc., its employees, its authorized dealers and distributors shall not be held liable for any claim, demand, action, cause of action, liability or damages arising out of any injuries resulting from malfunction or defect of the Oasis Pro whether willful or negligent either to person or damage to property of the purchaser, employees of the purchaser, persons designated by the purchaser for training in the use of the Oasis Pro, clients or patients of the purchaser, any other person, designated by the purchaser for any purpose, prior to or subsequent to acceptance, delivery, installation and use of the Oasis Pro either at the premises of Mind Alive Inc., or the premises of its dealers or distributors or the purchaser's premises.

The purchaser, employees of the purchaser, clients or patients of the purchaser or any other person designated by the purchaser for any purpose, hereby undertake to waive and disclaim any action in respect of the aforesaid terms as above.

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## CARE AND MAINTENANCE

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Use a soft, slightly moistened cloth (use water or mild detergent) to clean the Oasis Pro. Do not clean with any solvents. Do not subject the Oasis Pro to static electricity. Do not place the Oasis Pro near heat sources such as radiators, air ducts, or in direct sunlight. Should any liquid enter the Oasis Pro, turn it off immediately. If liquid does enter the electronics, we advise that the Oasis Pro be checked by authorized personnel before commencing operation.

The ear clip stimulation cable can be cleaned and disinfected with an alcohol swab between uses.

## TROUBLESHOOTING

What	Try
<b>Graph blinks a single bar, then the Oasis Pro turns off</b>	Replace the battery
<b>Oasis Pro does not turn on</b>	Replace the battery
<b>Red lights on the graph (7 and 8) are blinking</b>	Ensure the CES stim cable is securely connected to the Oasis Pro Ensure the ear clips or electrodes are making good contact with skin Re-wet skin or electrodes at connection point ( <i>see page 4</i> )
<b>Graph is animating 1 to 8 and back to 1</b>	Wait while the Oasis Pro resets to a safe connection test level This may take up to 20 seconds
<b>Download is not recognized</b>	Ensure the 3.5mm patch cord is fully plugged into the download source and the audio in (🔊) jack of the Oasis Pro Adjust the source volume to a moderate listening level (15-20% on a PC).

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**<https://mindalive.com/manuals/>**

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