



# CerebralFit

train **your** brain



**CEREBRAL****LIGHT**  
1070

## USER MANUAL

# **USER MANUAL**

<b>CONTENT</b>	<b>PAGE</b>
<b>1. Overview .....</b>	<b>4</b>
<b>2. Getting Started .....</b>	<b>5</b>
<b>3. Consultation .....</b>	<b>6</b>
<b>4. Programs .....</b>	<b>7</b>
<b>5. Safety Guidelines .....</b>	<b>13</b>
<b>6. Service Guarantee .....</b>	<b>14</b>
<b>7. Disclaimers .....</b>	<b>14</b>
<b>8. Appendix .....</b>	<b>15</b>

Please note this is not a medical device. This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the Food and Drug Administration.

# 1. OVERVIEW



**Dr. Jeff Drobot**  
ExPhys, NMD

Visionary Biological Medicine physician, bio-hacking pioneer and published author, Dr. Jeffery Drobot is recognized as a leading authority on European Biological Medicine, electroceutical performance technology and athletic performance. Dr. Drobot is the founder and co-founder of the Biomed Centers in Scottsdale and New England, collectively the largest, most preeminent Biological Medical centers in North America. Additionally Co-founder of CerebralFit Brain Training, a Nutraceutical, Electroceutical, company translating the latest research into solutions for peak performance and brain health across a life span.

Dr. Drobot has spent the last twenty years harnessing the cutting edge science of Biological Medical technology to assess and amplify human biology and physiology. He is passionate about guiding people near and far who envision being free from chronic illness and those dedicated to preventing a serious diagnosis from ever manifesting.



**Guy Odishaw, CTO, NFP**  
Healthcare Entrepreneur, Bioelectric  
Medicine Practitioner

Founder of Bhakti Wellness Center, one of the largest, most diverse, integrative medicine clinics in the country. Co-founder of the first integrative student health clinics in the country at the University of Minnesota. Most recently, in collaboration with Dr. Drobot, the co-founder of CerebralFit Brain Training, a Nutraceutical, Electroceutical, company translating the latest research into solutions for peak performance and brain health across a life span.

Guy's 30 years of clinical experience specializing in treatment resistant chronic pain, traumatic brain injury and psycho-emotional trauma informs his approach to brain health. Additionally, his 20+ years as meditation instructor and facilitator of courses on personal growth help him understand how to support clients through the potent changes arising from Neurotherapy. Brain training does not only alleviate unwanted symptoms it often also positively changes ones whole sense of self and relationship to the world around them.

# 2. GETTING STARTED

## Packing List & Accessories



*\*Optional, may not be included in all models.*

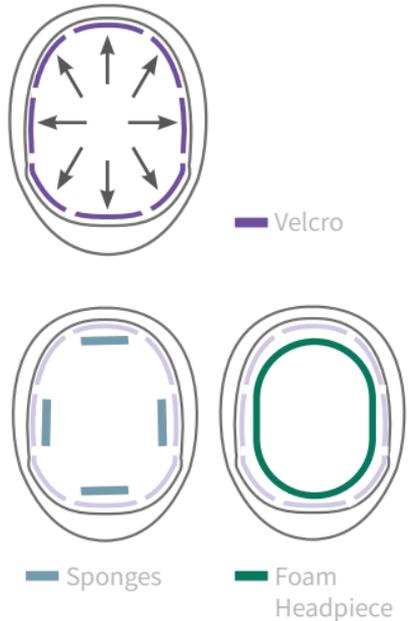
Helmet	Fixation Sponges
Handbag	Instruction Manual
Power Adapters	Quick Start Guide
Control Box	Connection Cables
Foam Headpiece	Velcro

### Set up

#### 1 Fitting Guide

Remove the helmet and components from the case. Take the Velcro strips from the adhesive paper and apply onto the inside of the helmet as shown in the diagram. Apply the sponges or foam headpiece onto the Velcro so the unit is fitted during use. **Do not place any Velcro on the clear plastic inside the helmet.**

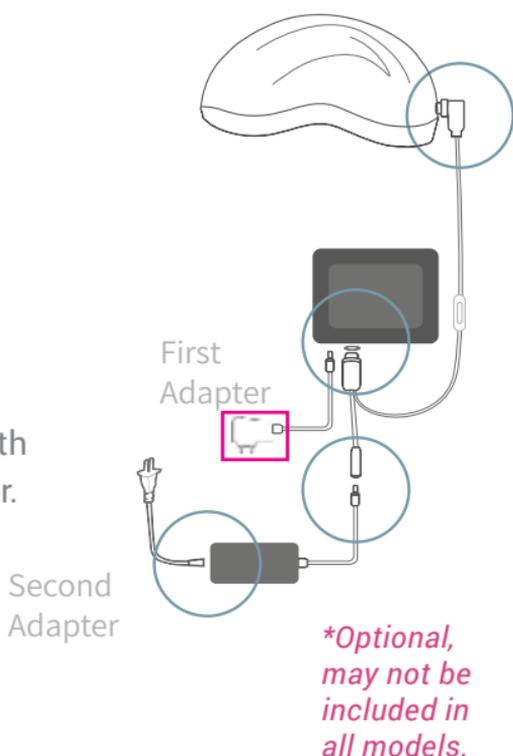
Bottom View



## 2 Turn on the Device

Connect the helmet with the controller, connect the controller with the first power adapter.

Connect the controller with the second power adapter.



## 3. CONSULTATION

A 1-hour consultation is offered to those who purchased the CerebralLight 1070 and is designed to ensure safe and effective use of the device for improving general health and wellness. We will answer questions on the use of the different programs, answer specific questions you may have, and construct a 'real world' set of metrics that will define clinical progress. To book your consultation, please email us at: [messages@cerebralfit.com](mailto:messages@cerebralfit.com)

Customers who purchased the **CerebralLight 1070** with the 4 quadrant function will be provided with a code (see page 9) to access the clinical protocols and an appointment link to arrange your **90-day personalized consultation.**

# 4. PROGRAMS

The four default programs are designed to provide specific types of stimulation to support the establishment of specific physical and mental states. We recommend using the device twice a day, morning and evening.

**We do not recommend exceeding this daily use.**

## Program Inputs

Each program is unique and made up of three main inputs; time, pulse rate, and intensity which are outlined below.

### Time

The amount of time the program will run from start to finish. The unit will make a beep at the start and end of the chosen program. **The maximum time for a program is 30 minutes.**

Time  
00:00

### Pulse Rate

The pulse rate is the frequency that the light flashes every second. At 10Hz the light will flash 10 times per second, similarly at 40Hz it will be 40 times per second. **The maximum pulse rate is 9999 Hz.**

Pulse Rate  
00

### Intensity

This reflects the duty cycle of the light or the amount of time in which the light will be on for every pulse. For example, if the light pulses at an intensity of 25% once a second, it means that the light will remain on for only 0.25 seconds. **With full intensity of 100%, no pulse rate can be set.**

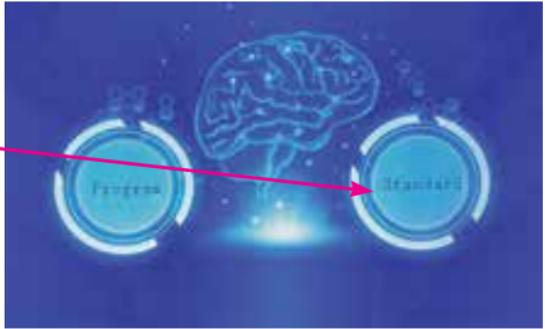


# Program Descriptions

## Understanding the default Programs

Suggested protocols easily programmed by user to meet their specific needs.

For basic set up press the standard button.



- Touch, delete previous setting, enter the pulse rate you would like, press ok.
- Touch, delete previous setting, enter the time you would like, press ok.
- Touch, delete previous setting, enter the power level you would like, keep in mind 4 bars = constant light no pulsing, press ok.



## Peace

This program uses a 10Hz pulse rate associated with alpha brain waves, fostering a relaxed and restful state of consciousness. The light intensity is low so that you can enjoy a longer exposure time of 9 minutes. This program can be used with meditation activities or other integrative mind-body awareness practices to calm the central nervous system further.



Time	<b>9 min</b>
Pulse Rate	<b>10 Hz</b>
Intensity	<b>25%</b>

## Focus

The Focus program uses a 40Hz pulse rate associated with gamma brain waves. Gamma brain waves have shown improved cognitive functioning, including short-term memory, reaction time, mental flexibility, and positive neurophysiological effects. The recommended duration is 6 minutes. We encourage starting with 3 minutes, pausing to notice how you feel before continuing with the second 3-minute session.



Time	<b>6 min</b>
Pulse Rate	<b>40 Hz</b>
Intensity	<b>50%</b>

## Energize

The Energize program boosts cortical blood flow, giving more oxygen to the brain. The 20Hz Beta brain waves help to increase attention and clarity. This pulse rate is also associated with increased adenosine triphosphate (ATP) production. The duration of this program is slightly shorter as the intensity is higher, giving you a short burst of energy.



Time	<b>3 min</b>
Pulse Rate	<b>20 Hz</b>
Intensity	<b>75%</b>

## Glow

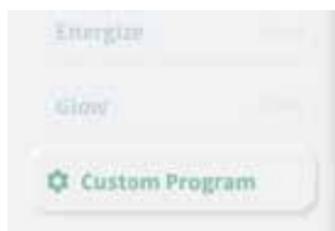
Encourages renewal and revitalization of cellular health, increasing blood flow and aiding removal of waste products. This program can be used for supporting general brain wellness, and for recovery after a period of ill health. This program also has cosmetic and dermatological applications as it improves the blood flow to the skin by stimulating elastin that improves skin appearance and enhancing blood flow to the scalp and thus promoting hair growth resulting in a truly healthy glow. This program does not use pulsing as the intensity is set to 100%.



Time	<b>10 min</b>
Pulse Rate	<b>- Hz</b>
Intensity	<b>100%</b>

## Custom Program

These are individualized programs developed in consultation with a qualified clinician. Each program is customized to efficiently achieve your personal wellness goals.



Time	- min
Pulse Rate	- Hz
Intensity	- %

## Clinical Protocols & 4 Quadrant Functionality

Clinical Protocols are exclusively for use with the 4 quadrant feature which can only be used when purchased with 3 months of consultation with a qualified clinician. If you have bought the CerebralLight1070 and wish to upgrade the device, please contact Cerebral-Light at [messages@cerebralfit.com](mailto:messages@cerebralfit.com)

There is growing recognition in the neuroscience community regarding the role of brain networks as being a primary driver in overall brain performance. Efficient communication among and between brain networks is a principal focus in developing effective digital neurotherapeutic (DN) applications. CerebralLight is contributing to the advancement of DN applications with the introduction of the CerebralLight 1070 with 4 quadrant function, by providing **independently programmable pulse frequency, intensity, and duration to four key brain quadrants** (front, back, left, right) and thereby allowing users to define specific regions for customized stimulation protocols.

The image below is the control settings for the 4 quadrant feature and should be used under the guidance of a qualified clinician.



In order to optimize the benefit for each user, we include a personalized consultation process. The consultation process has **3 basic components; assessment, protocol design and implementation, as well as continuous integration**. Each individual has their own case history, resources, and expectations and therefore the goal of the consultation is to understand and incorporate those factors into the CerebralLight 1070 protocol(s) they'll be using.

The initial consultation will include a thorough review of the personal assessment materials the user will have previously completed and returned to Neuronics. The review of past experiences and concerns will support the consultant in advising on the photobiomodulation protocol design, establish 'real world' metrics for evaluating progress, and suggestions for obtaining further consultation or support. At this time, users will be instructed and practice the safe and efficient use of the CerebralLight 1070 and how to modify a protocol.

# 5. SAFETY GUIDELINES

## General Guidelines

Photobiomodulation demonstrates a dose-response curve which means that there is a 'sweet spot' wherein the stimulation has the most positive impact on our cells and tissues. Too little stimulation provides little benefit, and too much stimulation can cause a diminishment of response.

We therefore strongly suggest that users accept two basic principles:

- More is not necessarily better. We've seen many instances wherein the best results come after relatively small amounts of stimulation, especially when it is delivered with the right pulse frequency and intensity.
- Indications that you have had too much light stimulation can occur during or shortly after (30 seconds to 10 minutes) completing a protocol. They can also appear after a few hours. If you know you are particularly sensitive to energetic or pharmaceutical stimulation in general, then we suggest that you use the device for a few minutes initially and build up the usage gradually. If indications persist, consult your healthcare professional and contact Neuronic for additional support.

## Helmet & Adapter Use Precautions

Please only use the adapter and transformer provided by the manufacturer to ensure the normal operation of the device. The company is not responsible for product failure caused by self-assembly or disassembly of the product. Please discontinue using the device if wet or there is visible damage to the helmet, adapter or cables, this includes usage in conditions of high humidity or temperature.

**Our company does not bear any responsibility for the damage or any accidents caused by improper use.**

## 6. SERVICE GUARANTEE

You can return the device within the first 30 days for free. Additionally, we have an 80% refund policy, valid for one month from the time of purchase. Our product is covered with a 12-month warranty.

## 7. DISCLAIMERS

Our product cannot guarantee the same effects on each individual. There are no known side effects of using our device. Still, we advise you to consult your local doctor and conduct your independent research before purchasing our device.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Please note this is not a medical device.**

**The focus of our consultation(s) is on the safe and effective use of the CerebralLight 1070 photobiomodulation device and is not to be considered medical advice, nor is it in any way to be considered a replacement for consultation with your current medical or other qualified healthcare providers.**

## 8. APPENDIX

### Product Parameters

Product Name	<b>Neuradiant 1070nm</b>		
Model Number	<b>GY-PDT1</b>	Wave Length	<b>1070nm</b>
LED Numbers	<b>256 pcs</b>	Power	<b>50mw/pc</b>
Total Power	<b>15W</b>	Optical Power	<b>24mw/cm<sup>2</sup></b>
Input Voltage	<b>100-240 V</b>	Work Voltage	<b>5V ~ 6A</b>
Input Current	<b>800mA</b>	Frequency	<b>0-9999 Hz</b>



# CerebralFit

train **your** brain

**Dr. Jeoff Drobot, ExPhys, NMD**

drdrobot@cerebralfit.com | 866.953.4325

**Guy Odishaw, NFP, CTO**

godishaw@cerebralfit.com | 866.953.4325

**cerebralfit.com**



# CerebralFit

train **your** brain



# CerebralFit

train **your** brain

Thank you for purchasing the  
**CerebralLight 1070.**

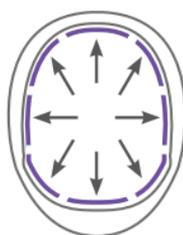
## Fitting Guide

Remove the helmet and components from the case. Take the velcro strips from the adhesive paper and apply onto the inside of the helmet as shown in the diagram.

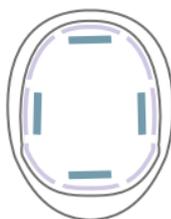
Apply the sponges or foam headpiece onto the velcro so the unit is fitted during use.

**Do not place any velcro on the clear plastic inside the helmet.**

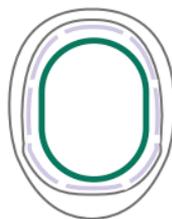
Bottom View



— Velcro



— Sponges



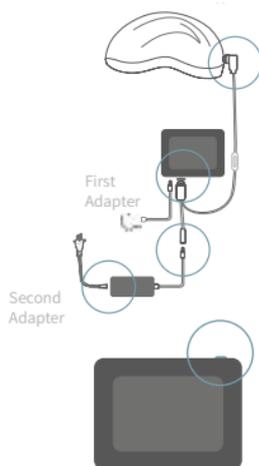
— Foam Headpiece

## Turning on the Device

Connect the helmet with the controller, connect the controller with the first power adapter.

Connect the controller with the second power adapter.

After connecting the cables, you can turn on the device via the button on the **top right**.

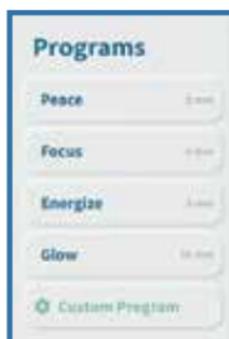


## Selecting a Program

Select one of our 4 programs as shown above for general wellness.

### Custom Program:

To be used when instructed by a clinician. Contact us at [team@neuronic.online](mailto:team@neuronic.online) for more information.

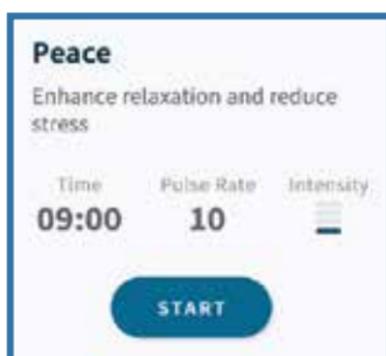


It's recommended to use it **morning and evening**, just like brushing your teeth!



## Starting a Program

Now that you have selected your program, click the start button when the helmet is placed on your head.



For more information about us, the device, the science and much more please visit our website at [neuronic.online](https://neuronic.online)

Clinical Protocol Passcode:

Note: Only available with 4 quadrant device.

Our product cannot guarantee the same effects on each individual. There are no known side effects of using our device. Still, we advise you to consult us or your local doctor and conduct your independent research before using the device.

**Please note this is not a medical device, we do not claim to treat, cure, prevent or diagnose diseases.**