

Icelandic Actress Eases Anxiety with Cranial Electrotherapy Device

Ragga Ragnars, Icelandic actress, former swimmer, and star of Vikings, was battling with stress and anxiety. She recently tried the Alpha-Stim Cranial Electrotherapy device and has never looked back.

Ragga tells her story, "As a mom and having the unstable job of being an actress, who sometimes needs to travel all over the world to work, it can be demanding and at times quite stressful."

"I never thought of myself as having anxiety the way it was usually described to me but when I think back to a few months ago, and throughout the pandemic (where projects fell through and a lot of uncertainty with my job was a constant for quite some time) I can say now that I have indeed experienced bursts of anxiety."

"After getting @alphastim and using it for 20 minutes every day (I have had it for over 6 months now) it is safe to say that my stress and anxiety has decreased so much. I am more calm and focused when dealing with the day to day mom life, I am at ease when I travel and need help from my family with my son (my friends and my parents have been amazing at bringing my son to me when I am away working, or taking care of him at home while I am away) and before, that would stress me out a lot. Now, I go through my days with minimum stress and anxiety and absolutely love my Alpha-Stim for it."

"If you suffer from anxiety, and you want a safe, non-drug treatment for it, I would wholeheartedly recommend trying Alpha-Stim. People all over the world spend a lot of money on anti-anxiety medications that carry a whole list of side effects and unwanted problems."

"With Alpha-Stim you get a safe treatment, and as luck would have it, more people in your household could use and benefit from using the same device. I have had friends come over and let them try a 20-minute Alpha-Stim session and most of them have felt a measurable difference with only one session, for example, my friend slept for the first time in years through the night after she came over and tried my Alpha-Stim. It's that good."

The Alpha-Stim AID is a cranial electrotherapy device for anxiety, stress, depression and insomnia and has a wealth of research to back up its efficacy [1,2]. The device itself is small and portable so can be used whilst doing daily tasks. It works by conducting an imperceptible microcurrent across the brain via two ear clips. The Alpha-Stim waveform promotes calming alpha waves, possibly giving the user a calmer outlook, reducing feelings of anxiety and depression, whilst promoting a deeper, better quality of sleep. It has few side effects, is well tolerated, is accessible and has evidence of effectiveness in anxiety symptom reduction.

In a new study, the Alpha-Stim was made available through a primary care social prescription service to patients with symptoms of anxiety. The study concluded, "It is important to identify anxiety symptoms and offer patients choice of treatment options. The results support the use of Alpha-Stim AID as a treatment option for people with symptoms of anxiety. Access to Alpha-Stim AID should not be restricted by being able to afford to buy it." [3]

And a new study carried out by Northamptonshire Healthcare NHS Foundation Trust on the Alpha-Stim cranial electrotherapy device published in the Open Journal of Depression [4] concludes that 'the implementation and use of the Alpha-Stim AID were found to reduce symptoms of anxiety and improve health status, and be feasible and acceptable to staff and patients.' These results 'support the availability of Alpha-Stim AID as a treatment option for people with symptoms of anxiety.' This follows on from successful trials and research on using the Alpha-Stim for anxiety disorders carried out by or in conjunction with the NHS over the past three years [5,6,7,8].

The Alpha-Stim AID is available to try from only £25 per week and payment plans and money back guarantees apply to all outright purchases. For more information please visit www.themicrocurrentsite.co.uk or call 01487 208041.

NOTES TO EDITORS

References

- [1] <https://www.themicrocurrentsite.co.uk/alpha-stim-in-the-uk/>
- [2] <https://alpha-stim.com/healthcare-professionals/clinical-research/>
- [3] Chris Griffiths, Kate Walker, Harmony Jiang, (2023) "The experience of using Alpha-Stim AID cranial electrotherapy stimulation (CES) for symptoms of anxiety [version 1; peer review: awaiting peer review]", F1000 Research, <https://f1000research.com/articles/12-68/v1>
- [4] <https://www.scirp.org/journal/paperinformation.aspx?paperid=121330>
- [5] Richard Morriss, Professor of Psychiatry, Institute of Mental Health and NIHR MindTech MTEC, University of Nottingham, Nottingham, UK, Georgios Xydopoulos, Research Associate, University of East Anglia, Norwich Research Park, Norwich, UK, Michael Craven, Senior Research Fellow, NIHR MindTech MTEC, University of Nottingham, Nottingham, UK, Larry Price, Professor/Director Methodology, Measurement and Statistical Analysis, Texas State University, Texas, US, Richard Fordham, Professor of Public Health Economics, University of East Anglia, Norwich Research Park, Norwich, UK, 'Clinical effectiveness and cost minimisation model of Alpha-Stim cranial electrotherapy stimulation in treatment seeking patients with moderate to severe generalised anxiety disorder.' The Journal of Affected Disorders, 15th April 2019. You can view the full study at <https://www.sciencedirect.com/science/article/pii/S0165032718325023?via%3Dihub>
- [6] <https://www.nice.org.uk/guidance/mtg56>
- [7] <https://www.scirp.org/journal/paperinformation.aspx?paperid=110614>
- [8] <https://bmcprimcare.biomedcentral.com/articles/10.1186/s12875-022-01681-3>

For further information

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