

Senior Testimonials from Mind Alive, Inc. website about the effect of audio-visual entrainment on their mental focus and balance

## Testimonials from Seniors

### Testimonial from Susan Tereba

**BALI**  
**April 21, 2005**

"My husband, Bob, aged 72, has been experiencing mild cognitive impairment for a few years now but we let it slide until this year as we live in Bali and only return to the States to do our annual exhibition of our jewelry and sculpture. But this year we could no longer avoid dealing with the problem.

We were blessed by being directed to several professionals who have each contributed to his improvement. He has been using the PAL since early March about 5 times or more a week. He is also taking Aricept (started taking this about 3 weeks after starting the PAL) and exercising his grey matter by learning the language here.

I can't say which piece of this puzzle has helped more but I felt from the start that the PAL made a big difference. His mood and attitude changed almost immediately. It seemed he asked the same questions less often than before. Bob became brighter and more with it and when he didn't use it I could see his short term memory was worse. And he really has taken to it. He initiates using it so I know he sees a difference too.

Thanks for making such a wonderful machine."

### Testimonial from Mrs. Ella Mansfield

**St. Albert, Alberta, CANADA**  
**March 31, 2004**

"The self-confidence I felt after using the DAVID PAL device was remarkable. Before the Mind Alive senior's study that I participated in,\* I suffered a fear of falling for the past few years and my fears fed my depression. All of this was because of two painful outdoor falls in the past. After the falls I hardly went anywhere. If it wasn't for my friends that live next door I would not have managed to walk to the grocery store, which is only across the street. I felt bad bothering people to help me to the store - just to pick up a dozen eggs and cream.

After a few days of using the DAVID PAL device, I felt more confident and my mind seemed clearer. I think this was the combination I needed to feel like "my old self" again. I was always independent and I dearly wanted that back. Now I go to the store by myself and purchase my own groceries twice a week.

Thank you, Mind Alive, for the strength you have given to this old lady."

\*Ms. Mansfield was an AVE Intervention Depression Participant in a recent senior citizen's study at Mind Alive Inc. She used the DAVID PAL for four weeks before departing on a trip to Arizona.

[http://www.mindalive.com/Testimonials\\_Seniors\\_Issues.htm](http://www.mindalive.com/Testimonials_Seniors_Issues.htm)