

# Discover the secret of eternal youth!

How you can reverse the aging process and rekindle your vitality with Pce EternaStim!

## Rejuvenation begins in the head!

Imagine if you could not only stop the aging process, but actually reverse it. This vision has driven the developer of this “wonder tool” since the 1990s and has never let go. Today he is proud to have developed a revolutionary approach that makes just that possible - turning back time and regaining youthful condition.



For years he has devoted himself intensively to researching the impressive capabilities of the human brain. It is amazing what potential lies hidden in our brain - not only for our mental performance, but also for our physical health and well-being. In fact, the latest research shows that the key to rejuvenation and a long, healthy and vital life also lies in the brain itself.

Thanks to completely new approaches in neurostimulation, I was able to achieve a significant breakthrough. This method is not only based on scientifically sound studies, but is now also easy for everyone to use with an innovative device. This makes it possible to use the amazing powers of the brain in a targeted manner and benefit from the latest scientific findings.

## **Pce EternaStim**

Pce EternaStim offers a revolutionary solution for those who want to maintain their mental vitality and slow down the biological aging process. By combining the latest technology, a user-friendly online platform and personalized advice, Pce EternaStim ensures that every user can use the full potential of neurostimulation.

Pce EternaStim is a groundbreaking device designed to slow down the aging process and sustainably strengthen mental vitality. Through precise neurostimulation, Pce EternaStim promotes the neuroplasticity of the brain, which leads to a significant improvement in cognitive functions. At the same time, it supports general mental and physical well-being by supporting the body's natural regeneration processes.



## How to activate your rejuvenation

### What effects can you expect:

#### Slowing down the aging process:

Maintaining mental and physical youthfulness with a positive influence on DNA/telomeres.

#### Improved cognitive function:

Increased memory performance and ability to concentrate.

#### Increased well-being:

Reduction of stress and improvement of sleep quality.

#### Improved nervous system and immune system activity.

#### Improved physical responsiveness.

#### Improved coordination, balance and mobility.

#### Self-test to document progress.

EternaStim combines the latest technology with user-friendly online tests that support and monitor users' progress. We have developed special online tools that enable every user to precisely measure their memory and reaction speed and to continuously track progress.



As we get older, our thinking and memory skills can decline. The Pce EternaStim can effectively counteract this decline. With regular stimulation, mental and physical activity can be regained.



### How does the device work

Through targeted neurostimulation, neuroplasticity is increased. This improves the cognitive functions of the brain and increases general mental and physical well-being.

The microcurrent stimulation, which uses an extremely slow, calm and even

delta wave, in combination with an integrated fine energy biostabilizer, maximizes the effectiveness of the application. This method is characterized by a particularly high level of effectiveness and brings significant advantages for stimulation.



Microcurrent stimulation, as used by EternaStim, is neuroscientifically proven as a training method!



## Scientists around the world are researching rejuvenation

Studies have shown that microcurrent stimulation can improve working memory, attention and other cognitive functions, especially when the frontal brain is stimulated. This is particularly important because cognitive performance often declines or can even decline sharply in old age. Improved cognitive function is therefore to be considered an important anti-aging effect, as it helps to maintain mental performance even in advanced age.

Scientific studies show that targeted neurostimulation can improve synaptic plasticity and have neuroprotective effects, which in turn is considered to rejuvenate.

In addition to the cognitive effects, neurostimulation also has positive effects on mood. There is research showing that stimulation of the frontal brain can alleviate depressive symptoms, which is particularly important in old age, as depression is common in older adults.

Improved mood and increased well-being contribute significantly to the overall quality of life and thus to the subjective feeling of being "rejuvenated".



## The transformative power of neurostimulation

Imagine rediscovering the capabilities of your brain and taking its performance to a whole new level. With the latest scientific findings, neurostimulation not only shows impressive effects on cognitive function, but also influences crucial processes such as nerve cell myelination and telomere length.

This method not only opens up paths to improved mental vitality, but also to a sustainably healthy and vital life.



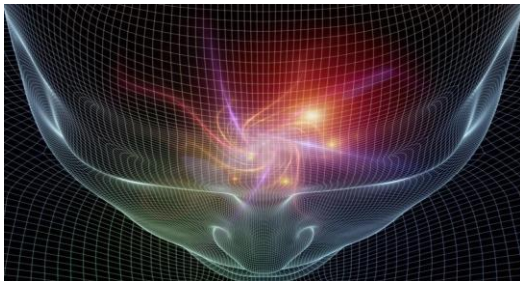
## Improvements in brain performance.

Studies on working memory and executive functions:

Number of sessions: Typically, studies show measurable\* improvements after 8-15 sessions (\*see measurements of memory and enhanced reaction speed for this, see our online tools).

Duration of each session: Typically, sessions last 20-30 minutes.

1. A study that conducted 10 neurostimulation sessions over 2 weeks showed significant improvements in working memory and decision-making in healthy adults.
2. Another study with 5 sessions over 1 week found improvements in attention control and cognitive flexibility in older adults.



## Frontal brain - improvement in reaction speed

Research results on reaction speed

1. Study situation: Several studies have shown that stimulation of the frontal brain is associated with improved reaction speed. This area of the brain is crucial for executive function and working memory, which has a direct impact on processing speed.

We observed this as early as 1990 during our mental training with top Austrian athletes (world champions, European champions and national champions).

2. Results of international studies: Participants who received neural stimulation training of the frontal brain area showed significant improvements in tasks that required quick reactions after several sessions. Therefore, we also offer a free test tool to determine complex reaction speed.

## Improvement of motor skills



Motor skills often decline sharply with age.

Studies on improving motor skills:

Number of sessions: Studies on improving these skills have shown that significant improvements were observed after 10-15 sessions.

Duration of each session: The usual session length was 20-30 minutes.

Studies show that neural stimulation training over 3 weeks led to significant improvements in hand and arm function as well as significant progress in fine motor skills, balance and walking ability in participants. If motor exercises or cognitive training were performed immediately after a neural stimulation training session, the improvements were further enhanced.



## Motor brain areas - improving reaction speed

Research results on reaction speed

1. Study situation: Studies that examined reaction speed in motor tasks also report positive effects from neural stimulation training. This brain region is responsible for planning and executing movements.
2. Results: Participants showed faster reaction times in motor tasks after a series of neural stimulation training sessions.



## Neurostimulation and myelination

The studies on neurostimulation and also our laboratory data show that microcurrent stimulation of the brain also has an effect on the myelination of nerve cells in the brain.

Myelin is a fatty substance that surrounds the axons of nerve cells and is responsible for the safe and rapid transmission of nerve impulses.

## Basics of myelination

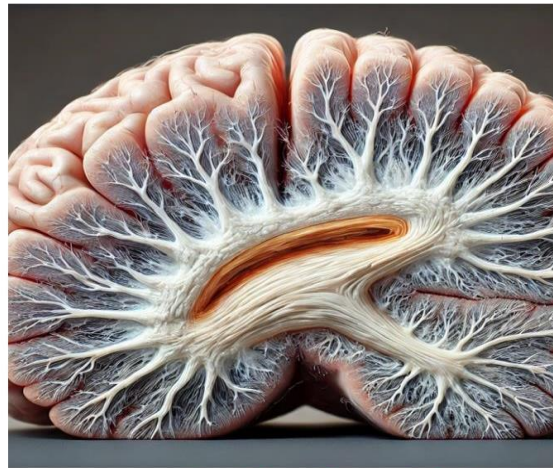
Myelin is formed by special cells, the oligodendrocytes in the central nervous system. It plays a crucial role in the efficient transmission of electrical signals along the nerve pathways. Damage or insufficient myelination can lead to various neurological diseases. The better our brain functions, the better the myelin layer in the brain is formed.

## Human studies

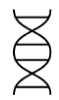
Studies using imaging techniques have shown that Neurostimulation causes structural, positive changes in the brain that are due to a change in myelination. These studies used magnetic resonance imaging (MRI) or other imaging techniques to assess the integrity of the white matter, which is highly myelinated.



**schwache Myelinschicht**



**starke Myelinschicht**



## **Neurostimulation and telomeres.**

Telomeres are the end caps of chromosomes that protect DNA during cell division. With each cell division, telomeres shorten, which is considered a marker of cellular aging.

Shorter telomeres are associated with a higher risk of chronic disease and premature death.

Research shows that brain function and mental health have an impact on telomere length.

Stress and telomeres: Chronic stress and poor mental health are associated with faster telomere shortening. Conversely, stress management and positive psychological interventions can slow telomere shortening, which has a clear anti-aging effect.

Cognitive interventions: Studies suggest that cognitive training programs, neurostimulation and mentally stimulating activities have positive effects on telomere length.

These activities and neurostimulation may work by reducing stress and inflammation, as well as promoting neuroendocrine health and DNA repair mechanisms.



## Effects of brain performance on the body Cognitive function and physical health

Studies have shown that high cognitive function and mental activity correlate with better physical health. Good mental performance can reduce the risk of various chronic diseases such as cardiovascular disease, diabetes and certain types of cancer.



## Neuroendocrine system

The brain plays a central role in regulating the neuroendocrine system, which in turn controls numerous physical functions.

Improved cognitive function can positively influence the release of hormones and other biochemical substances that regulate metabolism, the immune system and general physical health.

## Neurostimulation for a strong immune system

Our immune and nervous systems are closely linked. Targeted stimulation with the Pce EternaStim triggers neuronal activity that strengthens your body's own defenses. This stimulating effect on the central nervous system leads to improved communication between the two systems - a process known as neuro-immune communication.

The body is better able to respond to pathogens while optimizing its own functions.



## Scientifically proven

Numerous scientific studies demonstrate the positive effects of neurostimulation on the immune system. Research shows that regular neurostimulation training not only strengthens the immune system, but also helps regulate neuronal functions.

*On the scientific platform [PubMed](#), there are 9864 studies on the subject of neurostimulation as of August 11, 2024. Overview of some of these sources and studies: [https://i-pce.net/eternastim/Studien\\_zu\\_Neurostimulation\\_und\\_Altern.pdf](https://i-pce.net/eternastim/Studien_zu_Neurostimulation_und_Altern.pdf)*

### 1. Reduction of inflammatory markers:

Some studies have found that neurostimulation can reduce the production of proinflammatory cytokines. These effects were achieved by stimulating the frontal brain area = standard application, which plays a key role in regulating stress and inflammatory processes. (Note: Gerhard Eggetsberger has already described this effect in his book “The new brain training of the winners: the discovery and use of the psychogenic brain field to activate hidden mental and physical powers”, first published in 1991.

### 2. Modulation of the autonomic nervous system:

By influencing the autonomic nervous system, especially by stimulating the frontal brain area, neurostimulation can indirectly modulate the immune system. An improved balance between sympathetic and parasympathetic activities can help regulate inflammatory processes.

### 3. Improved stress resilience:



Chronic stress can weaken the immune system. Studies have shown that neurostimulation can increase resilience to stress, which in turn strengthens the immune system.



**The path to rejuvenation, vitality and lasting mental fitness!**



Only 20-30 minutes a day!

### **How does it work?**

Each training session with our latest device, the Pce EternaStim, only takes 20-30 minutes and can be easily integrated into everyday life. Significant progress can be achieved with just daily sessions over a period of 3-4 weeks.



This duration and training frequency has also been shown in scientific studies to be particularly effective in achieving rapid short- and medium-term progress.

## **Our own research and international studies confirm:**

Regular use of neurostimulation training over several weeks leads to SUSTAINABLE cognitive improvements.

You will not only see quick results, but also benefit from the positive anti-aging effects in the long term.

## **Facts, data and effects of EternaStim at a glance:**

### 1. Distinguishing features of EternaStim compared to other stimulation devices:

- a) EternaStim stands out from all other devices due to its specific stimulation values.
- b) The additional integration of fine energy information and the modulation of an extremely slow, calm and even delta wave maximize the effectiveness of the application and make EternaStim unique compared to other devices.
- c) EternaStim offers targeted stimulation to rejuvenate and activate telomerase.
- d) The stimulation quality of EternaStim has been optimized based on international anti-aging studies.
- e) EternaStim has a 3-stage stimulation function that enables maximum individual adjustment.

**EternaStim stimulates telomerase. More telomeres are produced at the end caps of the DNA. This shows a clear cellular rejuvenation process. Depending on the initial situation, the changes appear at different speeds.**

### 2. Who can benefit from the device?

Young adults 30-40 years old, in order to receive the greatest possible preventive care

Middle-aged adults 40-50 years old, in order to reduce and compensate for any stress and strain and to prevent cognitive damage.

Older adults over 60 years old, in order to prevent cognitive and motor (movement insecurity) deficits.

If cognitive or motor limitations have already occurred, consistent stimulation can in most cases reverse these processes in the long term (duration varies depending on the severity of the deficits).

### 3. Duration and frequency of stimulation:

We recommend starting with a short course of stimulation and then, to maintain and ensure optimal condition, 5 stimulations per week for a period of 3 weeks once every quarter. This is particularly important in old age.

**TIP: Drink at least 500ml of water during stimulation.**

**Take Omega 3 fatty acids and lecithin as a dietary supplement**

### 4. How can the effect of the stimulation be tested?

a) We offer free, modern online tests to test the effect at any time. The test links are in the enclosed device description.

b) The effect can be made visible using biofeedback measurement technology:

Brain potential measurement in the area of the frontal brain under stress and when performing tasks provides information about the ability and duration of concentration.

Brain potential measurement in the area of the amygdala provides information about stress and anxiety, which often lead to cognitive impairments. These values should improve after some time of using EternaStim.

Measurements of muscle tension, blood flow and skin conductance also show a reduction in stress levels due to the stimulation.

c) Telomere detection can be provided using a saliva or blood test. Only recommended after longer use.

### 5. Contraindication:

- Epilepsy
- Neuroprostheses - implanted brain pacemakers - metal implants in the head or brain area (for example in Parkinson's disease)
- Pregnancy
- If you are not sure whether you can use the device for health or psychological reasons, ask your doctor or therapist.
- Pacemaker
- Insulin pump

**All details on easy application and optimal use can be found in the device description.**