

I-Doser.com

The definitive Guide to understanding
and using the entire line of I-Doser brand products.

**How Binaural Beats Work • Maximizing the Effects • Complete FAQs •
User Guides • Advanced Usage • Tips and Tricks •
Reference Material • Secrets and Rumors**

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Disclaimer

As you look through the I-Doser.com website – the main landing page, our store, on the back of audio CDs, every time you open a dose file in the I-Doser Player Application for the PC, player application for the iPhone, and here in this guide – you will find a disclaimer:

I-Doser makes no medical, psychological, physical, or otherwise, claims to the effectiveness of the I-Doser Application, Simulation CDs and MP3s, it's included or purchased doses. The use of the I-Doser Application, Simulation CDs and MP3, and included or purchased doses, should be used for entertainment purposes only. I-Doser Application, Simulation CDs and MP3, and included or purchased doses, may impair your ability to drive a car or operate machinery.

Thusly, you are on your own. Assume this guide is fiction, and the I-Doser line as a very experimental idea with varying degrees of success. That is all we claim, and all anyone should claim in the sensitive area of Binaural Brainwaves.

The brain is the most delicate part of your body. The decision to alter it in any form should be considered very carefully. Hallucinogens and other ways to alter perception, as well as the placebo effect, and the effects that the I-Doser line of products can have on some people, is not something that should be done carelessly. We cannot be held responsible for your perception on our offerings, and we propose for you to check out some positive explorers in Binaural Technology if you decide to pass on the I-Doser Experience: CenterPointe through their program, or by the Monroe Institute.

If you do decide to move forward with the free sequences offered with our PC Application, MP3s, CDs, iPhone, or purchased doses: be an adult, tread lightly, and remember that Binaural Brainwave Technology is NOT an exact science. Results will vary, not occur at all, or occur at varying levels of potency. We receive hundreds of experience reports (see <http://www.i->

doser.com/readexp.htm) and most of them are positive, so we truly feel we are on to something...

...but we'll let you decide.

Forward

My name is Nick Ashton, and I am the Conceptual Artist who created the I-Doser line of products. I have often used many terms to describe myself, in relation to the whole model of I-Doser: Scientist, Experience Engineer, Audio Technician, Binaural Sculptor, and Regular Joe... and, equally, I have been called many things: Quack, Scam Artist, Visionary, Miracle Worker, and Futurist. So, it is with this document that I open by calling myself a Conceptual Artist, decisively.

Let me explain that – I-Doser is a vision, and one that I take seriously. Binaural Brainwaves have been around for hundreds of years. I did not invent the concept or the execution of using them. What I did do, and I promise this was no small feat, was refine the process through countless hours to the point where we can use them to simulate an experience. It is a new way of thinking, a redefinition of the science, and with methodology that could only come to an “artist,” one who thinks different from the norm. That is who I am, and I will admit to questioning my sanity.

I mean, it sounds crazy, right? You put on a pair of headphones, a white noise carrier delivers two pulsating sounds independently into each of your ears, and they mix until your brain reaches a specific hertz level – one that can define how you feel.

So here I was, 5 years ago now, reading every last bit of information I could find on Binaural Brainwaves, how they can effect a person, how they are created, the technology and the history behind them, and then it hit me: life is a series of experiences that are sometimes natural (falling in love, sexual, relaxed, anxious), and sometimes self-medicated or induced (using a recreational or

prescription drug, alcohol, even having a cup of coffee to wake up in the morning). Despite your current mood or experience, your brain is operating at a specific hertz level. What if we could measure an experience or mood level, use Binaural Brainwaves to control the tone your brain is operating at, and tune it to make you feel how you want to feel at any moment, with no side effects, with no addiction? Is it possible? "But my brain is not a radio."

Actually, it is.

I told a few close friends, and most of them laughed the idea off. People who truly understood the brain (as best as we are capable – it is a relatively unmapped terrain), who spent many years studying it, gave me the spark of hope I needed. "Anything is possible. There is much about the brain we don't know."

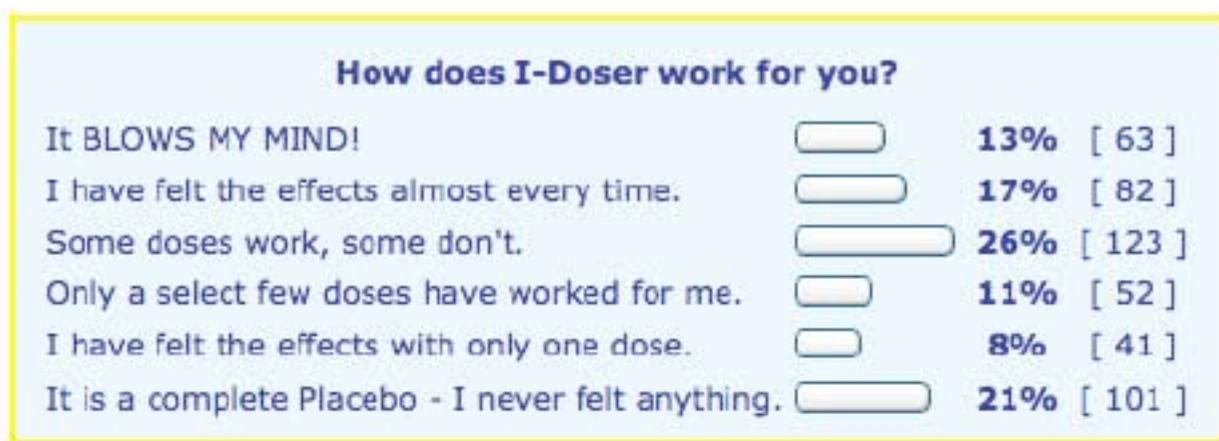
I spent the next 3 years doing three things:

One: I held massive Quality Assurance sessions interviewing people who have experienced a certain naturally occurring hallucinogen: Peyote. I still have binders full of notes that overflow a back closet. How did they feel before, after, and during their experience with the cactus? I went to Amsterdam, where it is legal, and studied the process, used any equipment I could find on budget to check brainwave patterns, and talked to hundreds of people who thought I was out of my mind, but were willing to talk and share their experiences. I experienced it myself, with them, and without them. I wrote thoughts, taped thoughts, and became as intimate as I could with this particular experience... After all, I was going to attempt to "bottle it," I needed to live it. I (and I say "I," but I was with team) used some scientific equipment to measure, on loan as I was a "starving artist" at the time, and began to measure brain patterns, but to also listen to the experiences so when the design process came, I had the base to recreate an experience in binaural form.

Two: I designed the Binaural Sequence. That sounds easy as I type it, but it was the most frustrating experience of my life. I still remember my first attempt. I had spent about a year designing the sequence, and I was sure I had it *this*

time. I got together a very large testing pool and they listened, recorded their experience, and only 2% felt anything... "Anything" being: I feel tired, I have a headache, and I am bored... it went on, but there was nothing. This was a fool's attempt at a stupid idea. I didn't give up, and sometime after about 2 years the first successful experiences started to trickle in. Those that felt it were hit hard, and they couldn't believe it. Our post interviews were filled with wonderment. It was amazing, but the percentages were still too low for this to be worth marketing and releasing... but I was closer.

Three: I refined, and refined, and refined. Tweak, test, tweak, and test... Our success rate rose until we hit the 75% mark, and we are still refining. We still offer our success rate poll in the I-Doser forum (see <http://www.i-doser.com/forum>).



Over 75% Success Rate (I-Doser Forum Poll)

Binaural Brainwaves aren't an exact science, and I don't think I will see 100% success rate in my lifetime, but when we had 75% of people having a truly profound experience (even if just with one dose), I knew it was ready for prime time.

One. Dose. Ready. I knew that to bring this to the masses, I needed a library. Life is full of experiences, thus should be my offerings. I designed our core library and spent another few years defining them, using the harsh QA and test process I designed during the peyote phase.

I opened the I-Doser site on November 25, 2005 after years of work: creating doses, defining the computer application, marketing, design, all the stuff that goes into making a commercial idea a reality. You know the old saying, “If you build it, they will come?” I built it, and they didn’t come. Someone would order a dose out of pure curiosity, rarely. Slowly, though, people started to talk and the word spread.

So, here we are. I-Doser is now the leader in Binaural Brainwave technology, “virtual drugs,” simulated experiences, or whatever you want to call it. We have a huge library of dose files for our computer application, a best-selling line of audio CDs and MP3 packs, a truly unique iPhone application, and thousands of Myspace friends and forum members. Emails flood in, and hundreds of positive experience reports have been sent in and posted to I-Doser.com.

Our success tells me that people are starting to believe and accept the technology, but we aren’t there yet. I see so many benefits to what we create: simulated experiences, study aids, self-help, life modification, and successfully tuning of your brainwaves to achieve, truly, a better life – on demand.

So many times, verbally, though email, through written letters, and Myspace notes: how can I maximize the effects? What is the history behind I-Doser.com? What kind of headphones do I need? Expel the rumors, and fill in the blanks.

Well, here you go. Welcome to the Definitive Guide to I-Doser.com.

About the Company

I-Doser.com. To see it in print, even now, amazes me. I never intended us to be “a company,” I simply thought we would be forever experimenting. That’s what happens when you spend years trying to define an idea; you go through so many phases of hope and failure, success, and more failure. I can’t even remember how many times I said, “I give up.” Those of you who are artisans

(artists, writers, musicians, CEOs, anyone who *creates*) will know what I am talking about. As cliché as this is, and I hate to even type it, “don’t give up. You can accomplish *anything*.” Your mother has probably said it to you, and it is so sugar-sweet it is almost easy to shrug it off... but don’t, it’s true.

So how did the transition happen? We went from grassroots experimentation and expansion only to be faced with the task of getting the word out when we achieved a level of success. I think a company becomes a company as your need outgrows the resources you have when your passion is only a hobby. I needed to do application design, web design, forum, web store, tangible store, CRM, advertising, tracking, testing, QA, sequence design, audio design, and the list goes on.

I needed help with the work, but I had a mantra: keep it simple. I did not want to go through a quick and large expansion, and lose the audience by making things complex. I always strive to present the idea as minimally as possible, even though the underlying technology (your brain!) is anything but simple. When people ask me how the binaural process works, I always point them to Wikipedia (see http://en.wikipedia.org/wiki/Binaural_beats).

But how do we describe the process in our FAQ?

Using proven, scientific, and safe methods of synchronizing your brainwaves; a simulated state can be achieved through the use of our advanced audio CDs and MP3s, or the I-Doser Application, and a pair of high quality stereo headphones. Our Binaural process has been refined with years of research and development. With thousands of satisfied users, the I-Doser Labs CDs, MP3s, and the I-Doser Application for the PC continue to lead the industry as the only safe and effective method to achieve a simulated mood or experience.

That’s it. We will get more into theory and practice later in the guide, but you do not see it outlined in detail in our marketing. I believe that people are inquisitive by nature. Some may prefer to experience our products with an open mind, not really caring how or why the process works. Those who do want to really dig into the science behind what I-Doser know full well how to use Google.

I sure this loses us customers. I have thought about expanding I-Doser.com to include science, practice, and theory. I decided give people the credit they deserve. You aren't stupid, and most will not carelessly spend money on something they do not research, at least to verify the idea. If you have wholeheartedly believed a company you know nothing about, with a science you know nothing about, purchasing products you don't understand based on web marketing – then I kindly ask you to stop.

Use the Internet to research binaural brainwaves. Don't take our word for it. Read up on it, understand (in the least) the theory behind why this can be a positive addition to your life, and then come back to us. Enjoy what we have to offer, and we invite you to join a truly great community and discuss your experiences with others (see <http://www.i-doser.com/forum>).

I-Doser is here to only offer you the experiences and a place to discuss them. We are open and honest about what we do, and we admit we are working with a perceived pseudoscience. So, we do our best to keep costs low, and keep you informed. Our PC Application comes with free samples, and our CDs and MP3s have professionally produced ambient backdrops that are soothing, and they would be a good purchase even without the effective binaural tracks. Our iPhone application is reasonably priced and a great on-the-go product with doses designed to be administered in 2-3 minutes – perfect for a quick hit. Our forum and Myspace has thousands of members. We have grown, and we love when new people open their minds and discuss. We still strive to answer every email, and we still love hearing from our customers or potentials.

To me, that is what being a company is all about.

Philosophy

I used to have just one philosophy: make it work. As we hit milestones, I got smarter as my endeavor grew, little by little, year by year, and the philosophy

got deeper: keep it simple, empower the user, and open communication channels.

I spoke a little before about keeping the idea simple without loads of scientific explanation: I am selling you an on-demand experience for a few dollars. It really is as simple as that. That experience may have taken 2 years to develop, test, and assure. There may have been countless hours of man work put into a simulated mood that you achieve in just ten minutes with a pair of headphones. There is a vast and complex science behind how you got there, but the base offering is still as simple as could be: I am selling you an on-demand experience for just a few dollars – less than the price of a good cup of coffee, if you care to think in such terms.

The handoff is to *you*. After you read about our very simple offer and research the possibility, your next step is to try it. After that, we don't do any handholding. We like to use the word "empower," because I think that is the endgame for many of our users. I compare it to meditation, since the results only get better with time and practice. Be empowered, visit our forum, better yourself by informing yourself, practice, and only then will the true benefits really start to shine.

Most important, communicate! I have mentioned the forum, and that is a very obvious place to start. There are many like-minded people that are expanding their knowledge of this exciting and unique idea right now. Go talk with them! Why not submit your experiences to us through I-Doser.com and read through what others have to say? There are hundreds of posted experiences, and many of them may be just like what you are feeling. Visit our Myspace and add some friends with this same newfound interest as you.

What not to do? Don't download our program, listen to 2 minutes of an included free dose, and shrug it off as a scam. I understand this is all very new, and it can sound like science fiction, impossible, and many people will shun the idea of on-demand simulated experiences through audio (including, maybe, yourself). Who knows, maybe this won't work for you, but give it the effort, try a few times, and test out a few different offerings before moving on. Most people

are very glad they made the attempt to invest some time in it. Our experience reports on our site are all real – hundreds of different people can't all be wrong.

As you slowly start to unravel the truth behind the theory, science, and unique way in which binaural brainwaves can change your life, you will come up with your own philosophy, and you won't have a need for ours.

Until then, we will empower and communicate, and simply make you a reasonable offer. Take it or leave it.

Expertise

Anyone can become an expert at anything through time and dedication. Life is short though, so you need to pick and choose how you dedicate your time. I get asked all the time how I got into binaural technology and to describe the first the time idea for I-Doser came to me. I need a good story, because I would love to tell how an apple fell on my head or I get hit by lightning and the vision appeared, but alas I just don't remember – it's been that long.

I-Doser has only been officially on the market for a few years, but there were many years of product research prior to that, and many more years of general hobby interest prior to that. Do the math, and me and my team have been involved in binaural technology, at some level, for over a decade.

Are binaural beats complicated? They are absolutely not. There are many software packages available (Google is your friend) that will allow you to create your own binaural sequences. They are great fun, and you can achieve some wonderful results through research and experimentation. Or, you can visit <http://www.i-doser.com> and purchase pre-built sequences in MP3, CD, or PC Application files that are backed by years of experience, expertise, and research. There is a huge gap between hobby experimentation and a company that has the experience to create top quality products. We are confident that we have achieved some of the best results in the industry, and our rank as the leader in this technology proves this.

Do I have some Master's degree this field? No, I don't, but I consider myself a master, and I have a team of highly skilled audio and design technicians, a huge QA pool, and the knowledge to create and market viable products. We just recently released a series of ten binaural doses we refer to as QuickHits: short sequence doses that are designed to give you the maximum effects in the least amount of time. We had the idea about 5 years ago, and they have been in development for over two years – that is an idea of the time and effort we put into this work. Some of your favorite musicians, artists, and writers don't dedicate as much time to their master works as we do with some of our dose offerings. Yet, we still offer them for dollars per – on-demand experiences available cheap. We went next level on this concept with our iPhone mobile player that has refined the doses to even shorter on-demand experiences. It just keeps getting better. Just when I think we have hit every milestone possible, we hit another breakthrough.

Of course, with any success come imitators, and you will see some similar offerings to what I-Doser has. What some of these companies have done is take a binaural sequence, best guessed, slapped it on a CD with some cheap backing track, and market it as a binaural or mediation CD. Don't fall for it. Look for how long they have been in business, how long their development and test cycle was, and what their QA process is. If you don't find that information, move on. We are talking about brain modification here, and to tread foolishly is not advised.

As an established business, we have partners who are interested in reselling, and we are very picky about who we choose. We want only field experts, because we feel the I-Doser name means quality. Define what is expert is to you – if you agree that a subject matter expert is an entity with many years of experience, open an honest about their achievements, and established and respected, then you can be confident in your business with them.

We hope to be that expert for you, so you can augment your life with on-demand experiences as you see fit.

Line of Products

We strive to offer the best and most advanced lineup of any binaural company EVER, and our dedication our line of products and services is second to none, and our proof is that we are the leading provider of binaural brainwave software and services.

Player Application

Location: [Http://www.i-doser.com/store](http://www.i-doser.com/store) for APPLICATION (Direct Download)

The I-Doser application scientifically syncs your brainwaves to achieve a specific mood or experience, as outlined by the dose you are taking. It does this through the use of a binaural beat dose that changes your brainwave patterns to make you feel a certain way. Binaural brainwave doses for every imaginable mood. I-Doser includes two free one-time-use doses: Alcohol and Content.

Dose Files (for PC Player Application)

Location: [Http://www.i-doser.com/store](http://www.i-doser.com/store) for DOSES (Direct Download)

I-Doser offer hundreds of doses for the I-Doser Player Application for the PC. With such a wide selection, and each dose meeting our high quality standards, you can be sure to find the right experience for you, all at very reasonable prices, and with unlimited use after purchase.

Simulation CDs

Location: <http://stores.lulu.com/i-doser> for CDs (Shipped via mail)

Simulation CDs differ from the I-Doser Player Application for the PC in that our high quality CDs have ambient soundscapes that act as soothing sound while

you dose. Our PC Application Dose are “pure,” and do not contain an ambient soundscape.

MP3 Packs

Location: <http://stores.lulu.com/i-doser> for MP3s (Direct Download)

Simulation MP3 Packs differ from the I-Doser Player Application for the PC in that our high quality MP3s have ambient soundscapes that act as soothing sound while you dose. Our PC Application Dose are “pure,” and do not contain an ambient soundscape.

iPhone

Location: iPhone APP STORE (Search for I-Doser)

We offer the ONLY advanced binaural brainwave application available for the iPhone. Our best-selling highly advanced doses are now available on the most popular mobile platform available today. We love innovation and being cutting edge, and our proud of our I-Doser iPhone App.

Tips and Tricks

A binaural beat is created in the brain when you put on a set of headphones and listen to a recording where tones of slightly differing frequencies are played in each ear. The fact that each ear is hearing a different frequency creates a “binaural beat” in the brain which just happens to beat at the rate which is the difference in frequencies between what each ear is hearing.

Confused? It's simple if you use numbers. Let's say we play a tone of 400 hertz into the left ear and a tone of 410 hertz into the right ear. The brain will perceive a new tone that pulsates at 10 hertz. The new tone that the brain perceives is a tone that is the "average" of the tones played into each ear. So in our example, the brain will perceive a 405 hertz tone pulsating at 10 beats per second.

So how do binaural beats affect the brain?

The basic idea is that if you set up the binaural beats properly, the brain will try to adjust its brainwaves to match the pulsating tone it hears. In our example, your brain would try to adjust its brain waves to be 10 hertz.

Looking into the science of brain waves, we see that 10 hertz just happens to correspond to a natural relaxation state of the brain defined by "Alpha" brain waves. Alpha brain waves have a frequency of between 7 and 13 hertz.

Pretty cool huh? The big win promoted by binaural beat advocates is that using a prescribed set of binaural beat audio tracks, every day people can quickly achieve meditation and relaxation states that have previously only been available to those who have practiced lifelong meditation!

More big wins from binaural beats!

Beyond achieving advanced states of meditation and relaxation, binaural beats can be used to enhance concentration, learning and even induce sleep or simulate an experience.

A general word of caution...

Binaural beats and programming your brain to achieve enhanced concentration or deeper states of relaxation seems to be a great thing. Just remember that in the process you are altering the way your brain works at a core level.

About Behind Binaural Brainwaves

What Are Binaural Beats?

Binaural beats are auditory brainstem responses which originate in the superior olivary nucleus of each hemisphere. They result from the interaction of two different auditory impulses, originating in opposite ears, below 1000 Hz and which differ in frequency between one and 30 Hz (Oster, 1973). For example, if a pure tone of 400 Hz is presented to the right ear and a pure tone of 410 Hz is presented simultaneously to the left ear, an amplitude modulated standing wave of 10 Hz, the difference between the two tones, is experienced as the two wave forms mesh in and out of phase within the superior olivary nuclei. This binaural beat is not heard in the ordinary sense of the word (the human range of hearing is from 20-20,000 Hz). It is perceived as an auditory beat and theoretically can be used to entrain specific neural rhythms through the frequency-following response (FFR)--the tendency for cortical potentials to entrain to or resonate at the frequency of an external stimulus. Thus, it is theoretically possible to utilize a specific binaural-beat frequency as a consciousness management technique to entrain a specific cortical rhythm.

The "frequency-following response" effect.

The binaural-beat appears to be associated with an electroencephalographic (EEG) frequency-following response in the brain(3). Many studies have demonstrated the presence of a frequency-following response to auditory stimuli, recorded at the vertex of the human brain (top of the head). This EEG activity

was termed "frequency-following response" because its period corresponds to the fundamental frequency of the stimulus (Smith, Marsh, & Brown, 1975). Binaural-beat stimulation appears to encourage access to altered states of consciousness.

Various Uses Of Audio With Embedded Binaural Beats

Uses of audio with embedded binaural beats that are mixed with music or various pink or background sound are diverse. They range from relaxation, meditation, stress reduction, pain management, improved sleep quality, decrease in sleep requirements, super learning, enhanced creativity and intuition, remote viewing, telepathy, and out-of-body experience and lucid dreaming. Audio embedded with binaural beats is often combined with various meditation techniques, as well as positive affirmations and visualization.

Resonant entrainment of oscillating systems.

Resonant entrainment of oscillating systems is a well-understood principle within the physical sciences. If a tuning fork designed to produce a frequency of 440 Hz is struck (causing it to oscillate) and then brought into the vicinity of another 440 Hz tuning fork, the second tuning fork will begin to oscillate. The first tuning fork is said to have entrained the second or caused it to resonate. The physics of entrainment apply to biosystems as well. Of interest here are the electromagnetic brain waves. The electrochemical activity of the brain results in the production of electromagnetic wave forms which can be objectively measured with sensitive equipment. Brain waves change frequencies based on neural activity within the brain. Because neural activity is electrochemical, brain function can be modified through the introduction of specific chemicals (drugs), by altering the brain's electromagnetic environment through induction, or through resonant entrainment techniques.

The Discovery Of Binaural Beats

Binaural beats were discovered in 1839 by a German experimenter, H. W. Dove. The human ability to "hear" binaural beats appears to be the result of evolutionary adaptation. Many evolved species can detect binaural beats because of their brain structure. The frequencies at which binaural beats can be detected change depending upon the size of the species' cranium. In the human, binaural beats can be detected when carrier waves are below approximately 1000 Hz (Oster, 1973). Below 1000 Hz the wave length of the signal is longer than the diameter of the human skull. Thus, signals below 1000 Hz curve around the skull by diffraction. The same effect can be observed with radio wave propagation. Lower-frequency (longer wave length) radio waves (such as AM radio) travel around the earth over and in between mountains and structures. Higher-frequency (shorter wave length) radio waves (such as FM radio, TV, and microwaves) travel in a straight line and can't curve around the earth. Mountains and structures block these high-frequency signals. Because frequencies below 1000 Hz curve around the skull, incoming signals below 1000 Hz are heard by both ears. But due to the distance between the ears, the brain "hears" the inputs from the ears as out of phase with each other. As the sound wave passes around the skull, each ear gets a different portion of the wave. It is this waveform phase difference that allows for accurate location of sounds below 1000 Hz(9). Audio direction finding at higher frequencies is less accurate than it is for frequencies below 1000 Hz. At 8000 Hz the pinna (external ear) becomes effective as an aid to localization. In summary it's the ability of the brain to detect a waveform phase difference is what enables it to perceive binaural beats.

How It Works On The Brain

When signals of two different frequencies are presented, one to each ear, the brain detects phase differences between these signals. "Under natural circumstances a detected phase difference would provide directional information.

The brain processes this anomalous information differently when these phase differences are heard with stereo headphones or speakers. A perceptual integration of the two signals takes place, producing the sensation of a third "beat" frequency. The difference between the signals waxes and wanes as the two different input frequencies mesh in and out of phase. As a result of these constantly increasing and decreasing differences, an amplitude-modulated standing wave -the binaural beat- is heard. The binaural beat is perceived as a fluctuating rhythm at the frequency of the difference between the two auditory inputs. Evidence suggests that the binaural beats are generated in the brainstem's superior olivary nucleus, the first site of contralateral integration in the auditory system (Oster, 1973). Studies also suggest that the frequency-following response originates from the inferior colliculus (Smith, Marsh, & Brown, 1975)" (Owens & Atwater, 1995). This activity is conducted to the cortex where it can be recorded by scalp electrodes.

Altered States

Binaural beats can easily be heard at the low frequencies (< 30 Hz) that are characteristic of the EEG spectrum (Oster, 1973). This perceptual phenomenon of binaural beating and the objective measurement of the frequency-following response (Hink, Koder, Yamada, Kaga, & Suzuki, 1980) suggest conditions which facilitate entrainment of brain waves and altered states of consciousness. There have been numerous anecdotal reports and a growing number of research efforts reporting changes in consciousness associated with binaural-beats. "The subjective effect of listening to binaural beats may be relaxing or stimulating, depending on the frequency of the binaural-beat stimulation" (Owens & Atwater, 1995). Binaural beats in the delta (1 to 4 Hz) and theta (4 to 8 Hz) ranges have been associated with reports of relaxed, meditative, and creative states (Hiew, 1995), and used as an aid to falling asleep. Binaural beats in the alpha frequencies (8 to 12 Hz) have increased alpha brain waves (Foster, 1990) and binaural beats in the beta frequencies (typically 16 to 24 Hz) have been

associated with reports of increased concentration or alertness (Monroe, 1985) and improved memory (Kennerly, 1994).

Passively listening to binaural beats may not spontaneously propel you into an altered state of consciousness. One's subjective experience in response to binaural-beat stimulation may also be influenced by a number of mediating factors. For example, the willingness and ability of the listener to relax and focus attention may contribute to binaural-beat effectiveness in inducing state changes. "Ultradian rhythms in the nervous system are characterized by periodic changes in arousal and states of consciousness (Rossi, 1986;

Shannahoff-Khalsa, 1991; Webb & Dube, 1981). These naturally occurring shifts may underlie the anecdotal reports of fluctuations in the effectiveness of binaural beats. External factors are also thought to play roles in mediating the effects of binaural beats" (Owens & Atwater, 1995). The perception of a binaural beat is, for example, said to be heightened by the addition of white noise to the carrier signal (Oster, 1973), so white noise is often used as background. "Music, relaxation exercises, guided imagery, and verbal suggestion have all been used to enhance the state-changing effects of the binaural beat" (Owens & Atwater, 1995). Other practices such as humming, toning, breathing exercises, autogenic training, and/or biofeedback can also be used to interrupt the homeostasis of resistant subjects (Tart, 1975).

Brain Waves and Consciousness

Controversies concerning the brain, mind, and consciousness have existed since the early Greek philosophers argued about the nature of the mind-body relationship, and none of these disputes has been resolved. Modern neurologists have located the mind in the brain and have said that consciousness is the result of electrochemical neurological activity. There are, however, growing observations to the contrary. There is no neurophysiological research which

conclusively shows that the higher levels of mind (intuition, insight, creativity, imagination, understanding, thought, reasoning, intent, decision, knowing, will, spirit, or soul) are located in brain tissue (Hunt, 1995). A resolution to the controversies surrounding the higher mind and consciousness and the mind-body problem in general may need to involve an epistemological shift to include extra-rational ways of knowing (de Quincey, 1994) and cannot be comprehended by neurochemical brain studies alone. We are in the midst of a revolution focusing on the study of consciousness (Owens, 1995). Penfield, an eminent contemporary neurophysiologist, found that the human mind continued to work in spite of the brain's reduced activity under anesthesia. Brain waves were nearly absent while the mind was just as active as in the waking state. The only difference was in the content of the conscious experience. Following Penfield's work, other researchers have reported awareness in comatose patients (Hunt, 1995) and there is a growing body of evidence which suggests that reduced cortical arousal while maintaining conscious awareness is possible (Fischer, 1971; West 1980; Delmonte, 1984; Goleman 1988; Jevning, Wallace, & Beidenbach, 1992; Wallace, 1986; Mavromatis, 1991). These states are variously referred to as meditative, trance, altered, hypnogogic, hypnotic, and twilight-learning states (Budzynski, 1986). Broadly defined, the various forms of altered states rest on the maintenance of conscious awareness in a physiologically reduced state of arousal marked by parasympathetic dominance (Mavromatis, 1991). Recent physiological studies of highly hypnotizable subjects and adept meditators indicate that maintaining awareness with reduced cortical arousal is indeed possible in selected individuals as a natural ability or as an acquired skill (Sabourin, Cutcomb, Crawford, & Pribram, 1993). More and more scientists are expressing doubts about the neurologists' brain-mind model because it fails to answer so many questions about our ordinary experiences, as well as evading our mystical and spiritual ones. The scientific evidence supporting the phenomenon of remote viewing alone is sufficient to show that mind-consciousness is not a local phenomenon (McMoneagle, 1993).

If mind-consciousness is not the brain, why then does science relate states of consciousness and mental functioning to brain-wave frequencies? And how is it that audio with embedded binaural beats alters brain waves? The first question can be answered in terms of instrumentation. There is no objective way to measure mind or consciousness with an instrument. Mind-consciousness appears to be a field phenomenon which interfaces with the body and the neurological structures of the brain (Hunt, 1995). One cannot measure this field directly with current instrumentation. On the other hand, the electrical potentials of brain waves can be measured and easily quantified. Contemporary science likes things that can be measured and quantified. The problem here lies in oversimplification of the observations. EEG patterns measured on the cortex are the result of electroneurological activity of the brain. But the brain's electroneurological activity is not mind-consciousness. EEG measurements then are only an indirect means of assessing the mind-consciousness interface with the neurological structures of the brain. As crude as this may seem, the EEG has been a reliable way for researchers to estimate states of consciousness based on the relative proportions of EEG frequencies. Stated another way, certain EEG patterns have been historically associated with specific states of consciousness. It is reasonable to assume, given the current EEG literature, that if a specific EEG pattern emerges it is probably accompanied by a particular state of consciousness.

As to the second question raised in the above paragraph, audio with embedded binaural beats alters the electrochemical environment of the brain. This allows mind-consciousness to have different experiences. When the brain is entrained to lower frequencies and awareness is maintained, a unique state of consciousness emerges. This state is often referred to as hypnogogia "mind awake/body asleep." Slightly higher-frequency entrainment can lead to hyper suggestive states of consciousness. Still higher-frequency EEG states are associated with alert and focused mental activity needed for the optimal performance of many tasks. Perceived reality changes depending on the state of

consciousness of the perceiver (Tart, 1975). Some states of consciousness provide limited views of reality, while others provide an expanded awareness of reality. For the most part, states of consciousness change in response to the ever-changing internal environment and surrounding stimulation. For example, states of consciousness are subject to influences like drugs and circadian and ultradian rhythms (Rossi, 1986; Shannahoff-Khalsa, 1991; Webb & Dube, 1981). Specific states of consciousness can also be learned as adaptive behaviors to demanding circumstances (Green and Green, 1986).

Synchronized brain waves

Synchronized brain waves have long been associated with meditative and hypnogogic states, and audio with embedded binaural beats has the ability to induce and improve such states of consciousness. The reason for this is physiological. Each ear is "hardwired" (so to speak) to both hemispheres of the brain (Rosenzweig, 1961). Each hemisphere has its own olivary nucleus (sound-processing center) which receives signals from each ear. In keeping with this physiological structure, when a binaural beat is perceived there are actually two standing waves of equal amplitude and frequency present, one in each hemisphere. So, there are two separate standing waves entraining portions of each hemisphere to the same frequency. The binaural beats appear to contribute to the hemispheric synchronization evidenced in meditative and hypnogogic states of consciousness. Brain function is also enhanced through the increase of cross-collosal communication between the left and right hemispheres of the brain.

Resetting Your Brains Sodium/Potassium Ratio In Theta

Your brain cells reset their sodium & potassium ratios when the brain is in Theta state. The sodium & potassium levels are involved in osmosis which is the chemical process that transports chemicals into and out of your brain cells. After

an extended period in the Beta state the ratio between potassium and sodium is out of balance. This the main cause of what is known as "mental fatigue". A brief period in Theta (about 5 - 15min) can restore the ratio to normal resulting in mental refreshment.

Users Guide (EXPERIENCE METHOD)

We could have never guess the support and dedication of our community members. It is very typical for a new forum member to reach out for support, and our members are always on hand to offer guidance. This guide is written internally, and with support from our forum members. There are some invaluable tips for getting the best out of your I-Doser experience, so I kindly ask that you read and follow this section carefully. We find the EXPERIENCE Method to be the most practical when trying to achieve the best effects possible.

Equipment Needed:

1. I-Doser Player Application for PC and included or purchased doses
 - a. (or) I-Doser Player Application for iPhone
 - b. (or) I-Doser CD
 - c. (or) I-Doser MP3 Packs
2. High quality over-ear headphones
3. A comfortable location (bed, couch, comfortable chair)
4. Eye Mask
5. Covers, Pillows, etc., comfortable support items.

The **EXPERIENCE** method:

Expel

Your first step is to create an environment for you to take your dose in. Consider this VERY carefully. We call it the EXPEL step, because you should spend some time looking around your environment for things that can be a distraction. It is important that you listen to the whole dose from beginning to end without interruption. If something can interrupt you, remove it from the environment. This includes phones, pets, and people, outside noise, excessive light, or any distraction that could force you to pause or stop a dose, which will decrease the effectiveness.

X-Factor

So, you have gone through the EXPEL step, not think twice. There is ALWAYS an X-FACTOR, or something you didn't quite think of that will interrupt your dose. Are you hungry? Eat. Do you, or will you, need to use the restroom during the dose? Go now! Will someone come barging into your environment while you are administering your dose? Go tell them now that you cannot be interrupted. Is your phone turned off? Double-check! Remember, those X-FACTORS can completely ruin a dose session, so think twice after the EXPEL step.

Prepare

So you have gone through the EXPEL steps and removed any X-FACTORS. You now need to take a look at your environment and PREPARE! Where will you be doing this? We recommend you lay down, so make sure you have a comfortable pillow, headphones that can reach your bed, and the lighting is perfect. Doses should be taken in a dimly lit room, or in a dark room. Close the window, turn off the lights and TV, and pull those bed sheets back. PREPARING your environment is a very important step.

Eyes

You are going to want to close your eyes for the duration of the dose. This prevents you from focusing on something other than the dose. Some people have a lot of trouble keeping their eyes closed for the duration of the dose without getting tired, or distracted. Because of this, we recommend the EYES step. Close your eyes for a few minutes in your environment and see how much light penetrates your eyelids. If you are not in complete darkness with your eyes closed, then consider using an eye mask. An eye mask is a great addition to dosing because you can have your eyes open under the mask and still be in darkness, or if you are dosing during the dark and can't be in darkness, this helps. Regardless, consider your EYES before dosing and how you will handle light.

Relax

The RELAX step could be the most important step in the EXPERIENCE Method. Many people get very anxious before a dose. What will happen to me? What will the effects be? Will I hallucinate or worse? Our advice? Calm down, don't think, and RELAX. If your brain is going a mile a minute thinking about effects or process, the dose will be inhibited. Take a few minutes before you dose to do a little meditation and clear your mind.

Insight

You are going to want the strongest and most effecting dosing experience possible, so take some time to have some personal INSIGHT. I like to recommend meditation, but maybe at a more advanced level than what is mentioned in the RELAX step. Think about your life, what you are looking to achieve through using an I-Doser Sequence, and become "one" with your environment. A little personal reflection and INSIGHT can go a long way to making this a very positive and effective experience.

Effigy

What is the EFFIGY step? It means to stay completely still like a dummy or a carving. As you dose, don't move around a lot, or at all! Stay still, relax, lay on your back in the darkness and let the dose come over you. Imagine yourself as an inanimate object that has no control over the sounds that are playing in your ears. You can't move, you can't see, you can't think – all you can do is lay still and listen, with a clear mind – like an EFFIGY forced to listen.

NO!

The NO step! This happens to everyone. During the length of the sequence you will inherently get the urge to give up, to move, to pause or stop the dose and come back to it, to work on the computer or watch TV while you listen... to this, we say NO! Don't listen to the natural urges your body makes when you force to mind to clear and stay still. Your mind wants to race and think, force it not to, and listen and focus just on the sounds. NO, don't move. NO, don't stop or pause the dose. NO don't get up and move... ride it out, and if you get the urge, tell yourself NO!

Calm

OK, so you have completed the dose. Say calm, remove the headphones, and remain still. Feel the effects wash over your body, enjoy them. You have tuned your brain like a radio, so don't rush off and change the channel. You could ruin the effects by forcing your brain into another state, so remain calm and enjoy what you have done here.

Extend

So, you have successfully administrated a dose using the I-Doser EXPERIENCE method. EXTEND those results by staying calm, staying focused, and staying still. You will be able to feel your brained tuned with some experience. Using I-Doser gets better with time, so extend with practice with additional doses and time spend using the methods outlined here.

FAQ

1. What is I-Doser?

I-Doser Labs is the leading producer of Binaural Brainwave CDs and computer applications. Using proven, scientific, and safe methods of synchronizing your brainwaves; a simulated state can be achieved through the use of our advanced audio CDs, or the I-Doser Application, and a pair of high quality stereo headphones. Our Binaural process has been refined with years of research and development. With thousands of satisfied users, the I-Doser Labs CDs, MP3s, and the I-Doser Application for PCs continue to lead the industry as the only safe and effective method to achieve a simulated mood or experience.

Recreational Simulation CDs and MP3 are collections of binaural doses on standard audio CDs or MP3s. Each audio track contains our advanced binaural beats that will synchronize your brainwaves to the same state as the recreational dose. Mixed with our advanced auditory pulses are soothing backtracks of ambient soundscapes to help the brain induce of state of mood lift, euphoria, sedation, and hallucination. I-Doser CDs and MP3s are also perfect for using with iPods, other MP3 players, or through a regular CD player.

I-Doser for the PC is the most advanced computer application available to achieve a simulated mood or experience through the use of binaural beats. Use I-Doser to play doses purchased through the I-Doser Store. Each dose is scientifically designed to give you the optimal measure of pure beats safely and

effectively to induce state. Every download of the I-Doser application includes two free doses.

2. Does I-Doser really work?

A panel of users who consider themselves experienced in binaural beat modification tests all I-Doser doses. A dose is not passed on to the I-Doser Store until it is proven working by a good majority of the tester staff. We find that users of I-Doser fall into one of 3 categories: Susceptible to Binaural Beats, Originally Unsusceptible to Binaural Beats, and Immune to Binaural Beats. This is why we include several free doses with the application, so you can see for yourself if the process works for you. Some users have also reported that it may take several uses over a period of time before they see results. We can only tell you to try for yourself. Some other things that could effect your dose are: not taking your dose in a quiet serene environment, damaged or poor quality headphones, or the volume you are playing the dose at. These issues will be addressed elsewhere in the FAQ. Before purchasing Recreational Simulation CDs or MP3s, we advice you try the I-Doser Application and Free Doses to see if I-Doser works for you.

3. Is I-Doser safe?

Absolutely! I-Doser has been tested on many people of many different age ranges and there has never been an issue with the safety of the I-Doser doses. However, for doses marked "strong or long program doses, it is highly advisable you do not operate heavy machinery or drive under the influence of a strong I-Doser dose. Use it with the same respects you would a doctor prescribed or recreational drug.

4. How does administrating a dose work?

With a Recreational Simulation CD, it's easy. Pick a track and listen to the entire program through a pair of high quality headphones. Recreational MP3s can be used with iPod or other MP3 players. With the I-Doser Application, a dose is purchased through the I-Doser store and can be downloaded after payment approval. The dose is opened through the I-Doser application and played as binaural beats through high quality headphones to achieve the mood specified by the dose description. You are licensed to use each dose as many times as you want on one computer if you have I-Doser v4.5 installed.

5. Can I use an I-Doser dose to replace doctor prescribed medication?

Absolutely NOT! I-Doser and the purchased doses are intended for entertainment purposes only. While we fully stand behind the fact that the process works, it is NOT intended to replace doctor prescribed medication.

6. Can I use an I-Doser dose to replace a recreational drug?

Yes (and no.) We have received many emails from users who have used I-Doser doses to help them kick the habit of recreational drugs. I-Doser makes no claims to the effectiveness of using I-Doser doses to help treat a drug addiction, and we highly recommend professional help for people wishing to break a harmful drug habit. But, if I-Doser helps in conjunction with professional help, we are always happy to hear of such results.

7. Can I mix prescribed or recreational drugs and I-Doser doses?

Yes. For doctor prescribed medication, I-Doser will not interfere with any form of this medication. For recreational drugs, I-Doser has received many emails from users who have had great experiences enhancing their recreational drug taking with doses supplied with I-Doser. We can, however, not recommend the mixing of illegal drugs with doses supplied by I-Doser. Any illegal drug can be

dangerous, so we make no claims or recommendations for users wanting to experiment with I-Doser and recreational drugs.

8. How long will the effects of a dose last?

We have done much research into this to try and give our users a solid answer. The truth is, this varies quite a bit. It seems to be dependent on how quickly you return to normal brain activity. See "how to maximize the duration of a dose."

9. What steps can be taken to maximize a dose?

Several steps can be taken to maximize the potential of an I-Doser dose. We at I-Doser actually consider this essential to the dosing experience. First, set a serene mood. It is recommended that you administer the dose while lying down in a dim-lit room in solitude without any noisy distractions. No interruptions, no phone ringing, nothing! It should be you and the dose. It is advisable that you use a pair of high quality headphones, and the headphones that I-Doser scientists use when designing doses are listed at I-Doser.com. Play the dose at a comfortable soft level, not too loud, and just lay back and clear your mind. Let the dose do the work. Let the entire dose play out without removing the headphones, and remove them only when the dose is finished playing.

10. How can I maximize the duration of the effects?

We have done many tests with I-Doser to get the most out of each dose. The duration of the effects seems dependent on how quickly your brain returns to its prior state. We recommend that you carefully read the description of the dose and stick to activity related to the dose you just took.

11. All I hear is hisses and beeps?

I-Doser works by playing two separate binaural beats through the headphones and into each ear. The hertz level is mixed with the beats and sent on a carrier tone of white noise. The hiss or static is the white noise, and is completely normal and essential to the dose. For a further explanation see further questions in the FAQ explaining usage.

12. Do I need headphones? Can't I just play it through my speakers?

Headphones are REQUIRED. Simply playing your dose through your computer or laptop speakers will have no effect. Binaural beats need to travel in separate tones through each isolated ear at the same time. This is not possible through speakers. The higher quality the headphones, the better your experience will be. See I-Doser.com to purchase the headphones used by I-Doser scientists when designing doses.

13. My headphones won't stretch to a comfortable place, like my bed?

You have 3 choices when it comes to headphones and your location. First, you can just use a pair of regular headphones and sit at your computer with your eyes closed. Or, you can order a headphone cable extension cable and run the cable somewhere comfortable. Finally, and this is what I-Doser techs do, you can order a wireless headphone unit and take your dose anywhere in your house. Check I-Doser.com for the exact headphones used by I-Doser scientists when designing doses.

14. What headphones do you recommend?

Please check I-Doser.com. We list the exact headphones used by I-Doser scientists when designing doses, and they will give you the best experience with I-Doser brand products.

15. Can I get a refund on a dose that does not work?

No. I-Doser doses are sold as-is. It is recommended you try the test doses included free with the download of I-Doser before you commit to a dose purchase. Also, try purchasing single doses to see if you like the dose before purchasing multi-dose packs.

16. The I-Doser application, dose, purchased dose, or web page does not work?

I-Doser is currently handling a very large order volume for doses. Because of the high rate of happy I-Doser users, and to keep the cost of doses down, everything (application, doses, web) is considered as-is. The I-Doser application is offered free for download and includes free doses for your own testing purposes. If you are not happy with the application, included free doses, or the web experience - please, submit an experience report and uninstall the application. We find that most users are very happy with the I-Doser experience.

17. How does the order process work?

Doses are purchased through the I-Doser store using the PayPal shopping system. This is currently all we support. After your order is processed and approved, you can instantly download your order through the I-Doser Web Store. A link with download information is emailed to you, or visit the account area of the Web Store. Ordering is fast, easy, and there are no shipping or processing charges for doses purchased for the PC Application. I-Doser Simulations CDs are sent via US mail, and MP3 packs are directly downloaded.

18. How are orders shipped?

Dose orders for the I-Doser Application are downloaded directly from the Web Store after payment approval. They can then be opened and used in the I-Doser application.

19. How many times can I take a purchased dose?

Each dose can be played on one computer as many times as you want if you have I-Doser v4.5. Additional computers will require a re-purchase of the dose. Simulation CDs are standard audio CDs, and thus are unlimited, as are the MP3 collections.

20. How loud should I play my dose?

Generally, our lab tests have shown that the overall volume of the dose will not alter the effect. Because of this, we recommend you play the dose at a soft, pleasing, level. Playing the dose too loudly can distort the beats or cause brain distraction. Keep that in mind. You want to hear it, but you don't want it blasting.

21. Who are you?

The I-Doser group consists of several teams of underground music and tonal experts, programmers, testers, researchers and admins. We all take the I-Doser project very serious and with a professional attitude. We are very interested in communicating with the users, and ask that you use the "Submit Experiences" sections of the application and web page to let us hear your thoughts on the project.

22. What is your relationship with SBaGen? Are you open source?

I-Doser uses a linked DLL based on SBaGen as its binaural beat engine. SBaGen's source code has always been licensed by its author (Jim Peters)

under the GNU GPLv2. Up until June 2007, I-Doser was distributed in violation of SBaGen's license. However, an agreement was reached between Jim Peters and I-Doser in June 2007. The details of this agreement can be found [here](#). The source code for SBaGen and I-Doser's linked DLL is included with the I-Doser installer and can be found in the application directory post-install.

Secrets and Rumors

When developing the mentality behind I-Doser, never did I realize what a black and white stance the community would take. Masses screamed "placebo" and groups valiantly defended the products and marketing for I-Doser. I'm not going to take a defensive stance for the company, and I have already written of the varying degrees of success you will achieve from our products. I'm just going to give one man's opinion, somewhat biased, but I am not going to attach labels. You can make your own decisions; ones not based on company marketing or forum users, but based on your own experiences and research. I present to you the theories:

The Gateway Theory

The gateway drug theory is the belief that use of a lower classed drug can lead to the subsequent use of "harder", more dangerous drugs. The term is also used to describe introductory experiences to addictive substances. Tobacco, alcohol, and marijuana are often labeled as gateway drugs. -Wikipedia

Add digital drugs to the list. Here is the explanation behind our drug names and imagery behind the sequences we offer. Real-life drugs elicit certain experiences, or side effects. Some of these are very dangerous, and if you aren't aware of the many dangers of recreation or prescription drug abuse, then I advise you to educate yourself. I-Doser looks to the idea of taking the danger out

of a recreational drug experience. If you are going to experiment, do it in the safest way possible.

This comes with a warning, though. Common sense should kick in and tell you to not seek out dangerous experiences in the event that I-Doser does not fulfill your expectations. I feel foolish even having to explain that, and I still think authority vastly underestimates the younger generation when it comes to being informed. If a poor decision is to happen, it would be with or without I-Doser. Hard drugs can be dangerous, and in no way does I-Doser recommend them. You are human, smart, and capable of making your own informed decisions, but that is not what some would want us to believe.

I remember watching (<http://www.kptv.com/video/16199213/index.html>) news videos that inferred that I-Doser could be a gateway drug. I have also heard of reports where schools block I-Doser on computers. My response is that schools have the right, and I am fine with their decision to obstruct us. However, I-Doser is not a gateway drug, and it's not a drug. Period. The most a child would get from the experience is a picture of a drug and a textual description of the effects said drug could cause. If this is how your child is being informed, then something is wrong. Children should be informed of drugs and their effects at a young age. Have that talk early. I-Doser is clear about its claims. If you feel it is not age appropriate to someone you guard, then take the same measures you would do with all the rest that is inappropriate on the Internet.

I think we are at the point where we are an educated and intelligent society. Scare tactics never seem to ebb, though, and a lot of that is shock fluff. General media loves to scare; it gets attention, gets subscribers, and gets eyes on the television. I-Doser is an easy target, for obvious reasons. I am reminded of a popular energy drink called Cocaine (<http://www.drinkcocaine.com>) that was removed from shelves and ordered to change their name based on a FDA decision. We don't fall under FDA tape, but it's a similar concept. Cocaine is a drink, and Cocaine is a dangerous drug. If you don't see the very big difference, get help. Oh, Cocaine is also a very effective binaural sequence (<http://www.i-doser.com>).

The Snake Oil / Placebo Theory

I will group the next two theories: Snake Oil and Placebo. At first glance, one would assume they are the same. In my own words, it is the idea that I-Doser offers miracles and delivers nothing.

Those who follow the Snake Oil theory simply believe that I-Doser is a complete fabrication, a total scam, and they simply can't bother to open their minds to the idea, or at least do some research. This is different from placebo, in that the snake oil theory claims that this doesn't even work on a placebo level. Let me remind you – this is a proven science. There are many institutions that have done countless tests on the effects on binaural sequencing. It may not work for you as you might expect or hope, or it might completely exceed all expectations. Regardless, this is not snake oil. Most get effects from one or more of our doses, and that is better than we could have even hoped for. If you can't get any effects, we are sorry the experience doesn't work for you.

Conclusion

I hope this guide was a good investment for you. Going into the I-Doser project, I knew very well that the process of making people aware that Binaural Brainwaves can be a very effective and daily addition to your life would be an uphill battle. It is not an easy concept to grasp, and I hope this guide did three things: explained the I-Doser mentality and our dedication, showed you that binaural brainwave modification is VERY real, and a science that has been around for decades, and explained the process you should use to get the best results.

If you have gone through this, grasped the knowledge, and applied it, I am confident that you will fall into the percentage of people who have found I-Doser products to be a great addition to their life. Hey, if you are, please submit some

experience reports and visit our forum. If not, all I can offer you is these words: keep at it! We often get experience reports from users who only achieved effects after a series of trials and errors. I'm not advocating you go buy all our products in blind faith of this, but don't give up. We offer many ways to try our products for free (free doses for joining the forum, registering for the store, downloading the free application, for example). Work with those, and only spend the money when you are sure you have mastered the process.

Until then, happy dosing, and I wish you only the best experiences in life – both real and simulated.