

# PISTA for Brain and Emotional Health

## What is PISTA?

**PISTA** is a therapy that uses specific sounds and frequencies to relieve physical and emotional pain. It is backed by **45 years of research** from groups of psychologists, scientists and specialists in sports. and is specifically designed to promote mental well-being.

**Sound and vibration** are used together through a device to deliver brain stimulation that can reduce stress and anxiety, improving sleep, and promoting a sense of calm and relaxation and to also slow the cognitive decline of a patient.

## How does PISTA Ping Pong improves eye and brain stimulation?

By combining the physical motions of ping pong with the auditory stimulation of binaural beats, the game can provide players with **enhanced eyes and brain stimulation**.

The binaural beats, which are created through PISTA device, emit sound frequencies that help to increase alertness, focus, and creativity. This boosts the player's cognitive performance, allowing them to make quicker decisions while playing the game.

Additionally, the physical motions of the game work to increase eye-hand coordination and improve overall eye health. Ultimately, PISTA Ping Pong provides players with an engaging and stimulating experience that can improve their eyes and brain stimulation.



**Dr. Fei Sun with his team using PISTA devices**



**Table Tennis Champion using the new PISTA Life Power Device while training.**

# VR and PISTA Device for Brain Deterioration

As we age, our brains go through a lot of changes. One of the most common changes is a deterioration in cognitive function. This can manifest in many different ways, including problems with memory, executive function, and language skills.



The **PISTA device** uses binaural beats and vibration to create a brain entrainment effect. The PISTA Device is a powerful tool that uses binaural beats to **induce brain entrainment and improved neuroplasticity**. Binaural beats are auditory illusions created when two slightly different frequencies are played in each ear. When these frequencies are played together, they create a third tone that is perceived by the brain. This third tone is known as a binaural beat.

It is believed that when binaural beats are played, they interact with the brain to produce a calming effect, which can help reduce stress and improve concentration.

PISTA also uses **Virtual Reality** platform that is specifically designed to prevent brain deterioration. It does this by providing a range of stimulating and challenging activities that keep your mind active.

**Combined, these two factors make PISTA an incredibly effective tool for preventing brain deterioration.**

