PISTA

EXPLORING BINAURAL BEATS AND NEURO ENTRAINMENT FOR **MANAGING DYSTONIA**

Dystonia often manifests when attempting to perform specific actions with the affected body part. For instance, if dystonia affects the foot, individuals may exhibit normalcy while seated, but upon walking, they may experience toe curling or foot inversion (the foot or ankle turning inward). Some instances of dystonia can occur independently of any action or movement.

Individuals with Parkinson's disease (PD) frequently encounter painful dystonia on the side of their body with more noticeable Parkinson's symptoms. This is typically observed in the early morning when dopamine levels are at their lowest due to the diminishing effects of nighttime medication. Fortunately, this painful cramping tends to subside following the administration of the first daily dose of Parkinson's medications.

HOW CAN PISTA HELP IN MANAGING DYSTONIA?

PISTA, which utilizes the science of binaural beats and neuro entrainment, is a therapeutic approach that may have potential benefits for individuals with dystonia, one of the early signs of Parkinson's disease. Dystonia is a movement disorder characterized by involuntary muscle contractions, resulting in abnormal postures or repetitive movements.

Binaural beats are auditory illusions created by playing two slightly different frequencies in each ear through the PISTA device, which then interact in the brain to produce a perceived beat frequency. Neuro entrainment refers to the synchronization of brainwave activity to an external stimulus, such as sound or light.

In the case of dystonia, PISTA may help by inducing a state of relaxation and reducing stress, which can have a positive impact on symptom severity. Stress and anxiety are known to exacerbate dystonic movements, so promoting relaxation through binaural beats and neuro entrainment could potentially lead to a reduction in symptoms.

Moreover, PISTA may also have an influence on the brain's electrical activity and neural network connections. By entraining the brainwaves to specific frequencies, it is possible to stimulate or modulate neural pathways associated with motor control and movement coordination. This modulation could potentially help restore balance and alleviate some of the abnormal muscle contractions observed in dystonia.

PISTA®