



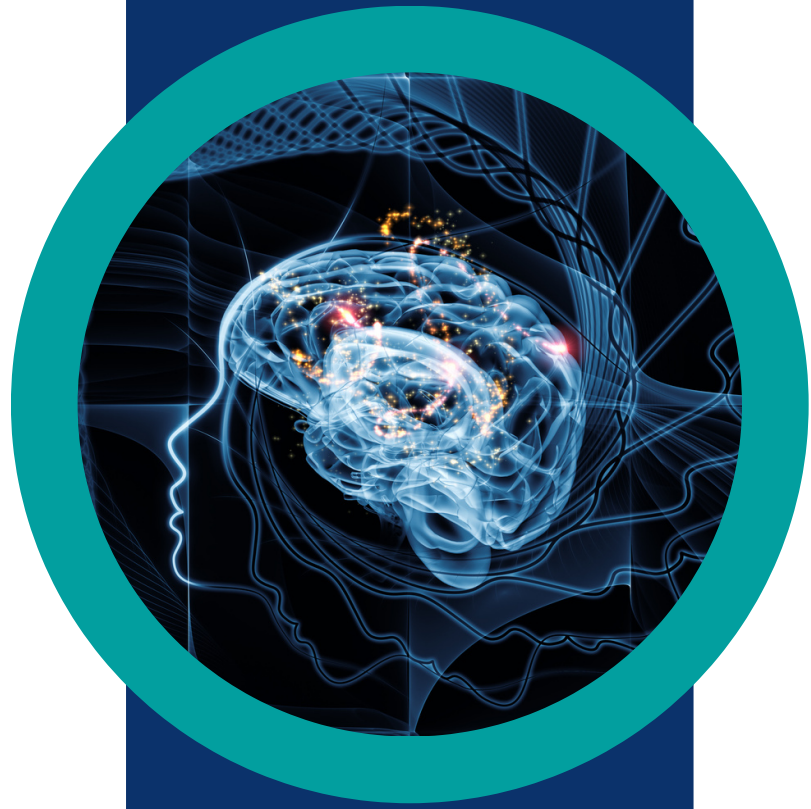
# PISTA **CLINICAL** **OUTCOME**

PISTA utilizes binaural beats to impact working memory capacity by targeting the specific wave range of brain activity. Research has shown that when binaural beats are used at frequencies corresponding to range of 7.5 Hz – 12.5 Hz in adults, they can potentially influence overall brain activity. This wave activity is associated with various cognitive functions, including attention, inhibitory processes, perceptual abilities, and working memory improvement.

Some research also stresses that listening to a specific binaural beat frequency can increase the strength of particular brain waves. Remarkable effects are evident when brainwave patterns are slowed as it increases electrical fluctuations in the brain, modifies the neural structure, and forces the brain to reorganize itself at greater complex levels of functioning.

Research findings have documented the efficacy of PISTA. The data gathered from numerous studies, including longitudinal research over three generations, demonstrates the effectiveness of the PISTA modalities. Research has focused on applying sound and vibration to different experiences, such as memory and learning, cognitive decline, panic attacks, and traumatic experiences.

Using sound and vibration within a psychological framework encourages the brain to process memories and emotions correctly. The results found that research participants gained deep insight into their situation. Together with a trained PISTA coach, they could use this insight to make the necessary changes to overcome anxiety, reverse cognitive decline, and reframe trauma.



**The PISTA Sound Wave refers to the combination of different hertz frequencies, starting from 7.5 Hz, used in the PISTA program.**

**These frequencies are designed to target specific brainwave patterns, particularly within the range, which is associated with cognitive functions like attention and working memory.**




The PISTA program incorporates all of these findings, using binaural beats and vibrations to create a baseline of brain stimulation for working memory improvement.

This approach has shown potential benefits for individuals with dementia and Alzheimer's disease. It can also be applied to **Parkinson's and Alzheimer's patients** during daily exercises like walking in the park or by the sea, or during meditation to generate a meditative state of mind that provides energy and promotes motivated thinking for relevant tasks.

**Executives** using PISTA can benefit from improved executive functioning through specific brain wave oscillations. PISTA activities designed by coaches can help improve perceptual abilities, store new information, and enhance processing speed of thinking. Users of PISTA often experience an increase in working memory capacity, allowing for easier identification and storage of items.

PISTA's rhythm combines the speed and volume of vibrations to generate desired outcomes, inducing specific brainwave patterns that alter negative connections. By integrating different frequencies, speeds, and volumes, PISTA regulates mood, learning, memory, cognitive and executive functioning. The program combines various activities such as running, walking, and performing tasks to facilitate brain entrainment

Users can set personalized programs based on their daily activities and desired effects. The PISTA model incorporates different rhythms, hertz frequencies, and machine models to cater to various needs. Detailed information about the mechanics and devices used in the program can be found on the corresponding page



**PISTA Vibration, on the other hand, involves the use of vibrations in conjunction with sound and speed to generate specific frequencies.**

**The vibrations are utilized to create a desired effect or outcome in line with the objectives of the PISTA program. The combination of sound, speed, and vibration helps in achieving the desired tasks and goals**