

# Understanding PISTA:

PARKINSON'S, ALZHEIMER'S, AND  
ENGAGING ACTIVITIES

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# Maintaining Cognitive Function through engaging activities



Engaging activities to stimulate cognitive function:

- Playing ping-pong to enhance hand-eye coordination and concentration
  - Doing exercises to build strong physical body
  - Engaging in social activities to promote social interaction
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In addition to the engaging activities and innovative therapies we provide, we have a team of dedicated medical professionals who specialize in assessing the elderly individuals with dementia.

- These professionals play a crucial role in our program, conducting thorough cognitive tests, physical evaluations, and managing medications.
- By collaborating with our medical professionals, we aim to comprehensively address the challenges associated with dementia, Alzheimer's and Parkinson's.



# The Power of AI and Emotional Connection

- By incorporating Virtual Reality (VR) and AI, we employ advanced techniques to restore memories in areas affected by memory loss.
- Through VR simulations and AI algorithms, we facilitate memory recall and create meaningful experiences.





As a result, we witness a transformation from a poker face to a smiling face, reflecting the positive impact of our approach on emotional expression and overall well-being.



# Enhancing Memory Restoration through Auditory Beat Stimulation of PISTA

- PISTA, which stands for Processing Inner Strength Toward Actualization, utilizes auditory beat stimulation through binaural beats to achieve brain entrainment.
- Binaural beats are carefully designed audio frequencies that, when listened to with our PISTA device, stimulate specific brainwave patterns.
- The PISTA program incorporates 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.



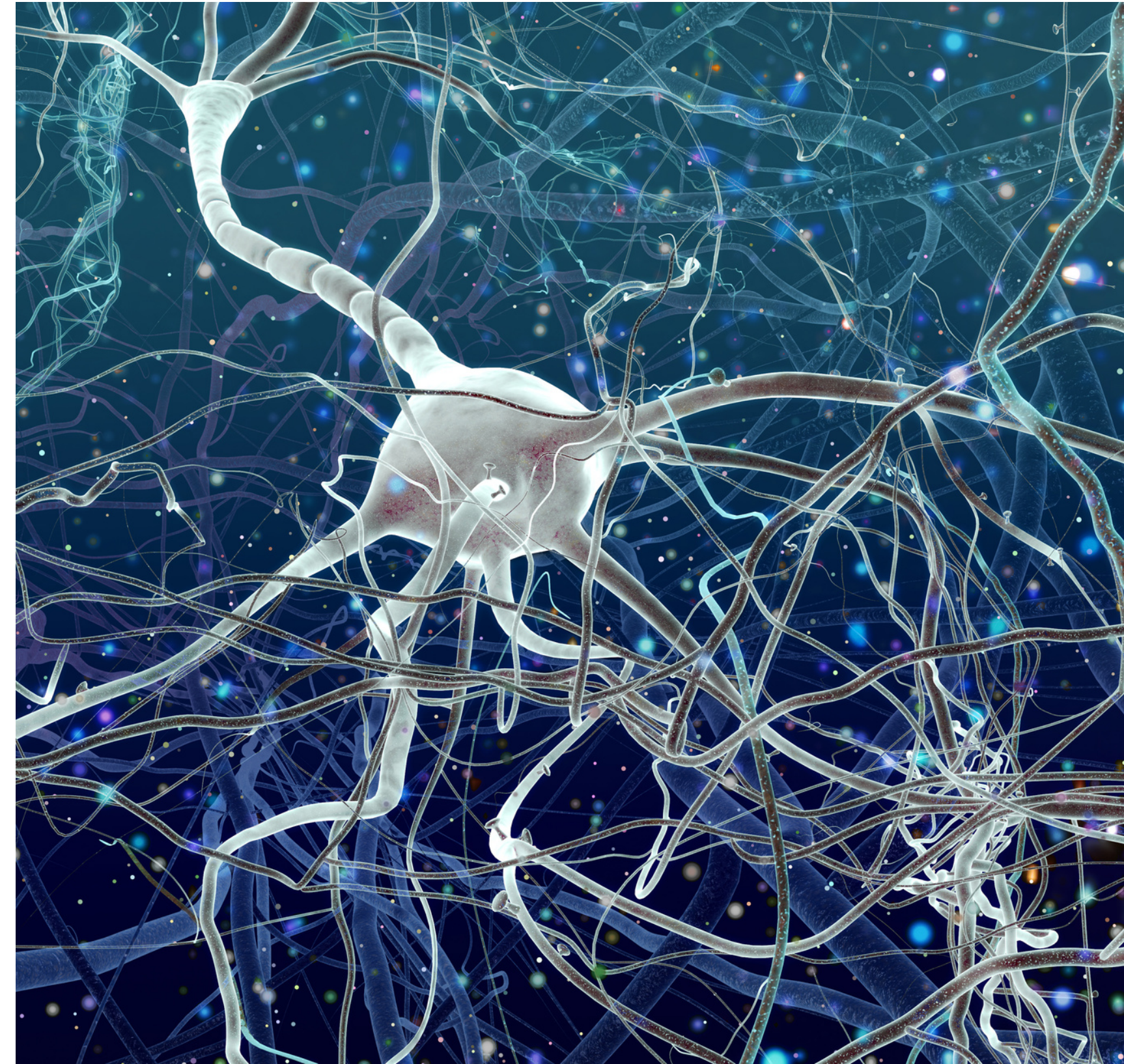
- PISTA's rhythm combines the speed and volume of vibrations to generate desired outcomes, inducing specific brainwave patterns that alter negative connections.
- By integrating different frequencies, speeds, and volumes, PISTA regulates mood, learning, memory, cognitive and executive functioning.
-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





# Neuroplasticity

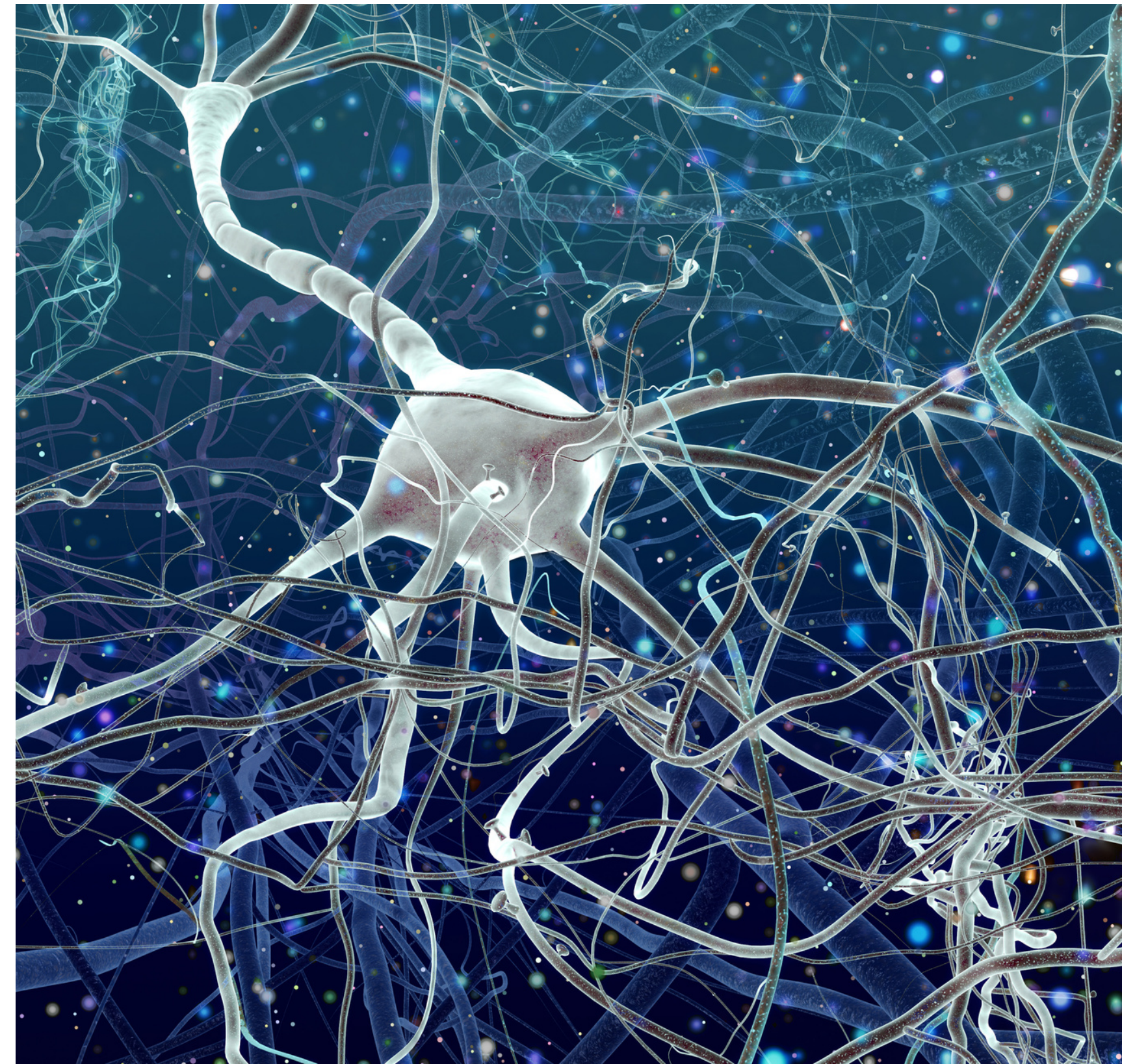
- The core of PISTA modalities is based on neuroplasticity - the ability to change how our brain works by modifying thought patterns which result in significant changes to the brain's structure.
  - To achieve the desired outcome, PISTA utilizes brainwave feedback, brain training, brain entrainment, stimulation, self-regulation procedures, and coaching to change the mechanism of the brain and improve inefficient mental activities.
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# Brain Entrainment

- PISTA is based on the science of brainwave entrainment, which activates and deactivates thought systems as part of the self-regulation process to produce desirable brain states.
  - Brainwave entrainment is a technique that uses rhythmic sounds, lights, or electromagnetic fields to guide the brain into a desired state.
  - By pulsing specific frequencies, it encourages the brainwaves to synchronize and match the beat's frequency.
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# PISTA Machine

- A binaural beat is created by using the PISTA machine, enabling the mind to reach a specific altered state.
- It is like listening to music, except in brainwave entrainment, the sound with low-frequency vibrations (LFV) is hacking the brain's rhythm to induce a state of altered consciousness that may aid in the reduction of symptoms related to various health concerns.

