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'Electric waves cured my fears'

By **DOMINIC GOVER**

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AN ENFIELD woman whose life was ruined after she suffered panic attacks for 60 years is easing her condition by flooding her brain with electricity.

Audrey West, 80, who lives in Highlands Estate, Winchmore Hill, has suffered from agoraphobia for three-quarters of her life after suffering a nervous breakdown when she was just 20-years-old.

"I was just afraid of everything," said Mrs West.

"I was afraid of going out of my home on my own - it restricted my life considerably.

"I could not think about doing things because of the worry I would have an attack. It ruined my life."

Mrs West's existence was a vicious cycle of living in fear of the condition which could grip her without warning.

It forced her to shrink her day-to-day life down to a range of familiar places and rely heavily upon friends for support.

Traditional drug treatments helped stabilise her condition but left her worn out and unable to do simple tasks. Psychotherapy also helped, but Mrs West was still vulnerable to



Audrey West's agoraphobia has been helped by the Alpha-Stim system (Picture posed by model)

sudden attacks.

"I relied on medication but it left me feeling doopy and not myself," she said.

But now, Mrs West says she has gained a new lease of life - thanks to a stress control system called Alpha-Stim.

The unit emits electrical pulses from a slim lightweight pack through two ear-mounted electrodes into her brain.

It costs roughly £300 from makers Electro Medical Products Ltd (EMP), which claims the product jump-starts the body's natural defence against stress.

Mrs West now regularly uses Alpha-Stim at night-time to calm her natural anxiety. The benefits of a half-hour dose before sleep lasts her about 24 hours.

It means that she can now enjoy travelling abroad without the need for a cocktail of pills, and is convinced Alpha-Stim has real benefits.

Mrs West said: "I'm not completely free of my anxiety but I can lead a fairly normal life, which is what I want."

● **For more information on the Alpha-Stim visit themicrocurrentsite.co.uk**



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