



October 25, 1993

Landgraf Enterprises
11151 Danube Avenue
Granada Hills, California 91344

Attention: Michael J. Landgraf

Re: Limited Clinical Study Utilizing Light and Sound Technology
Using The "Esprit" and "MindLab" Models Manufactured
by Synetic Systems'

Dear Mr. Landgraf:

As a Spiritual Psychologist and Certified and Registered Clinical Hypnotherapist, I have worked within the AIDS community as well as the "Recovery" field.

Due to a personal commitment, I decided to work exclusively with those recovering from chemical dependency, sexual addiction and/or abused women, co-addiction, eating disorders, and co-dependency issues.

Prior to my introduction to light and sound products I was verbally inducing relaxation through the use of Clinical Hypnotherapy and treatment through post-hypnotic suggestion. The results obtained with clients were slow and extremely painful.

As this technology was new to me, I decided to utilize it personally in order to become aware of the technology as well as the result. After using the equipment for a period of approximately six months, having benefited emotionally, mentally and physically, I achieved a more thorough understanding of light and sound technology and decided to incorporate light and sound technology into my practice.

The following study was completed within a six-month period, with four clients who suffered from chemical dependency as their core addiction who were freshly released from a second stage recovery program.

These clients all began using individual "Esprit" units as part of this study. They were requested to use their units twice a day, seven days a week, while listening to my prerecorded, therapeutic audio tapes. These clients were allowed to determine for themselves their commitment to using the unit for the purposes of this study. The active group totaled two, and the inactive group two, for a total of four clients for this study.

During the ensuing six months, controlled, individual weekly therapeutic sessions were given, at my office, using light and sound therapy. The model used was the MindLab; the program, relaxation; the time, 35 minutes using, again, my personally prerecorded audio tapes. All four clients received this control session once a week.

OBSERVATION:

It was evident that the two dedicated clients had been utilizing the Esprit unit twice a day, seven days a week. Their skin color was clear and fresh, their eyes clear, their step firm, and their voices strengthened. Throughout the therapeutic sessions calmness, self-esteem, communication levels, logical thinking and reasoning (the ability to make a healthy decision), acceptance of addiction and the responsibility for same, the ability to walk through fear, the ability to work through anger, and a strong commitment to recovery were evident.

The two clients not committed to using the Esprit twice a day, seven days a week, were much more difficult to support therapeutically; therefore, individual recovery was slower. The crests of despondency and exhilaration were greatly exaggerated as were the common addictive emotions such as fear, anger, and denial. Self-esteem, competency issues, communication, logical thinking and reasoning average were much lower than the user group.

Based on a scale from zero to 10, those not using the Esprit independently twice a day, seven days a week, rated on a level of three to four.

Those users following instructions, using the Esprit independently two times a day, seven days a week, rated on a level of five to seven.

The weekly use of the MindLab was beneficial for a limited period of time for those not reinforcing with the Esprit on an individual basis. However, those clients did not maintain motivation and commitment for more than one and one-half days.


The committed Esprit users continued to become stronger, maintained motivation and commitment, and took charge of their individual recovery programs.

CONCLUSION:

The above results, though the clinical study was brief, leave no doubt in my mind that individual use of the Esprit twice a day, seven days a week, with weekly clinical reinforcement of the MindLab, have proven most successful in the recovery of two chemically dependent clients.

Since my sharing of the above results with the four individuals involved in this study, two are preparing to re-enter society as contributing adult members; one has committed to utilizing the Esprit twice a day, seven days a week; and the fourth has slowed down her therapy.

Sincerely,



Christine A. Lyon-Wilson, Ph.D.
RAINBOW RECOVERY UNLIMITED

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