

BRAINPATHS FINGERTIP TRACING DEVICES

INSTRUCTIONS:

Trace with all ten fingertips: Place your thumbs along the outside edge of the Maze-side of the device and fingertips on the back-side of the device.

Begin tracing around the device using all ten fingertips. Be sure to indent into each fingertip as you trace, to receive the greatest stimulation.

Use one or more fingertips to trace the maze. Find the beginning point and ending point and trace as many times as desired.

Alternate tracing around the outer edge with all ten fingertips and tracing the maze with one fingertip or more.

A suggested time period for tracing is 20 - 30 minutes each day, using *three* 7 - 10 minute intervals per day.

Tracing can be in the morning, noon, evening, before bed, waking up, waiting for an appointment or sitting in your bed or in the spa.

Email us at: Brainpathstrials@gmail.com to share your experiences. Remember, we are constantly testing our

designs and creating new designs to add to our collection of Brainpaths devices.

BACKGROUND RESEARCH: Brainpaths devices are neurosurgical medical devices, registered with the FDA (Federal Drug Administration) Brainpaths products are new, but Braille and Braille research is over 100 years old. Brainpaths uses Braille research and other tactile brain stimulation research to design Brainpaths.

We ask you to try Brainpaths and share your experiences with us, so we can share on Facebook, twitter and Brainpaths.com.

Repeatedly tracing textures injected into the surface of the device, indents into the users fingertips to reach 3000 mechanoreceptors in each fingertip, providing a 'superhighway to the brain' to stimulate the brain.