



## A new, scientific way to improve your mood: The Environmental<sup>®</sup> Air Purifier: Therapeutic Use for Antidepressant Negative Air Ionization

[This unit](#)\* is manufactured as an air purifier by Wein Products, Inc. Its therapeutic use is based on research at Columbia University Medical Center. The supporting clinical trials, sponsored by the National Institute of Mental Health, found that daily exposure to negative air ions at the high flow rate produced by this device could reduce symptoms of depression.



### PLEASE READ BEFORE OPENING THE BOX

- Do not remove the plastic tube at the base of the antenna-like emitter.
- Do remove the small plastic bag covering the emitter, if it is present in the original packaging.
- Do not touch the exposed wire tips. Oil from your finger will reduce ion output.

### PROPERTIES THE UNIT

- In normal operation, there is a small blinking monitor light in the left window on the face of the ionizer (showing ion flow rate) and a constant monitor light on the right side (power on/off).
- There is a normal subtle, but noticeable vortex of swirling ion production above the emitter, which is perceptible close-up as distinct airflow. No noise is normal, though some persons can hear a very light whirring sound (anything louder than this is considered a defect and the unit should be returned).
- A harmless static buildup may be noticed when a grounded surface – like your computer keyboard – is touched immediately after being close to the unit. The static electricity is normal and safe, but don't allow children or pets to touch or get close to the device.
- Ion output rate is 450 trillion ions/sec, with distribution into the air at 150 ft/min.
- Ozone output does not rise above 0.05 ppm, well within the UL safety standard.



\*Web links will be active on your screen.

Contact your Amazon supplier for return or replacement if you detect a malfunction.

Copyright © 2016, Center for Environmental Therapeutics.  
All rights reserved. Distribution permitted only by PDF download from [cet.org](http://cet.org).

## HOW TO SET UP THE IONIZER

- Place the unit on a table or small stand – even a sturdy cardboard box -- preferably at least 2 ft (60 cm) from a wall and 2-3 ft off the floor. Walls tend to be positively charged, and the negatively charged particulates will be attracted to the walls at a higher than normal rate. Or choose a wall with a smooth, easily washable surface.
- Rotate the antenna-like ion emitter (wand) located on the back of the unit into an upright position. While tightly gripping the base of the plastic tube, bend the top section slightly forward, in the direction you will be sitting or sleeping. To maximize the benefit, your distance should be about 3 ft (90 cm) from the wand.
- Plug the power supply unit into an outlet, and the other end into the receiver on the back of the unit. Press the switch on the top right corner of the ionizer to power up. The red status light on the right side of the face of the unit will be illuminated, and the ion monitor on the left should start blinking. Negatively charged ions will immediately start spreading into the room, with the flow coming from the emitter tip.
- Remove any electronic equipment near where you sit during treatment sessions. Negative air ions will flow toward any electrically grounded device, such as a computer, telephone clock radio, or TV. If these objects are placed at the far side of the room, you become the best-grounded object of ion flow, which maximizes the ion dose of your treatment.

## SCHEDULING TREATMENT

### Daily post-awakening treatment sessions

This is the method originally established for treatment of winter depression (Seasonal Affective Disorder). Patients awakened at a consistent hour each morning, leaving time for the treatment session and preparation to leave the house for work. Within minutes of rising, and after using the bathroom and grabbing some breakfast from the kitchen, they sat by the ionizer at 2 to 3 feet (or about 60-90 cm) for 30 minutes, carefully timed. After the session, they prepared to leave the house (showering, dressing, etc.). They followed the same schedule on weekends, resisting any temptation to sleep in. While this schedule proved effective, changes from it may also work, with sessions later in the day, for example. Each new user should test any desired variations in scheduling (for about a week at a time), and compare the outcome with the original research schedule.

### Use in the bedroom during sleep

Later clinical trials tested the antidepressant effect of negative ion exposure in the bedroom during sleep. This method provides the convenience of automatic action without reserving a daytime interval for treatment. For this application, place the ionizer on a bed table, with the ion emission wand facing the pillow area at the top of the bed, again at 2-3 ft from the head. Plug the unit into a 24-hour electronic appliance timer set to switch on power 90 minutes before wake-up time, with automatic switching off around the time you get out of bed. Make sure the timer you select operates silently, so there is no distracting sound of clicking when power switches on: you should take care not to be awakened by the sound of a click! One such low-cost timer is [available from Amazon](#).

A second option, all-night exposure to negative air ions, may produce the strongest results for some people, though it has not yet been tested systematically in clinical trials. For example, a bedroom – a 20 x 20 ft (6 x 6 m) room with doors and windows shut – will reach negative ion “stasis,” or saturation, in about an hour’s time. Again, the unit should be placed away from other electrical appliances that will tend to attract the ion flow, reducing the therapeutic effect. The unit can be turned on at bedtime and turned off upon rising, or scheduled for automatic electronic switching. Ion density is maximized if the room is humidified, especially when air-conditioned in summer or heated in winter. There is no problem operating the ionizer 24/7 if this is more convenient. However, placement should not be against a wall, to minimize the build-up of particles.