

Welcome to the BeechBand community!

The BeechBand info:

When our founder, Carl Beech, first began losing his ability to move, speak and live freely, he knew he had to try something different. That journey led him to create the BeechBand. At the heart of the BeechBand is subconscious vibrotactile stimulation – gentle vibrations that the body and brain respond to without effort or thought. It creates what we call ‘brain training’ or ‘entraining’, which can have significant and dramatic effects on us.

We make no medical claims as we do this, and do not use words like ‘cure’ or ‘functional cure’ for our bands unless in the context of a trial or research paper.

We are obtaining medical evidence and conducting research so that, should this be the case, we will be able to help more people.

We have received hundreds of positive reports and there are many thousands using BeechBands and reporting anecdotally that they are experiencing lasting relief.

Designed by patients, for patients, the BeechBand was made to be accessible and non-invasive.

Wear:

We recommend wearing the band as much as possible! Since the battery lasts 3-4 hours, and requires 45 minutes to charge, we recommend wearing the band as long as the battery lasts, charging it up, then putting it back on again. We say to aim for at least 7 hours a day, but the more you can wear it the better! We have seen the most positive results when people are so used to wearing the band that they are able to forget they have it on and the vibration can become subconscious. Some people like to wear the band for one charge in the morning, and one charge in the afternoon/evening, so it’s worth finding out what works best for your daily routine.

In general, we recommend wearing the band on your stronger side, so the opposite of your ‘problem side’ if you have one. Everyone is very different though, so it’s best to try out a range of placements to see what works best for you – left wrist, right wrist, left ankle, right ankle, upper arm, upper calf, or even tucked into a bra or strapped to your chest.

So far, we’ve seen about 25% of users experience an immediate positive effect with the band. For most people, it can take anywhere between 2-10 weeks (or even longer for some) for the positive effects to be tangible, so perseverance and persistence really are key!

If you haven’t seen any positive results in the first few weeks, it might be worth testing out a different placement.

The band doesn’t work for everyone – based on the feedback we have received so far, we have seen an efficacy rate of around 75%.

The vibration:

The BeechBand is a 'dumb device' with no WIFI, connectivity, or magnets. The vibration it releases is mechanical rather than electrical. It is similar to a phone vibrating in your pocket or a smart watch vibrating on your wrist.

The BeechBand should be fine to use for anyone who has DBS or has a pacemaker fitted, however we do always recommend speaking with their healthcare provider first as we do not know the details of everyone's personal medical situation.

Battery:

The battery lasts approximately 3-4 hours, and requires 45 minutes to charge. The band does not come with a charger. It uses a USB-C charger, which is the same as most iPhones and lots of electrical devices, so you might well have one lying around already.

We are planning to release a device with a longer battery life in the future. In the meantime, some people like to have two bands so that they can always have one in use and one on charge. There are also lots of portable chargers available to ensure that people can charge up their BeechBands on the go for continued wear.

The charging light will show up red whilst the band is charging, and green once it is fully charged.

We recommend using a standard 5V charger rather than a fast charger.

Please note that the BeechBand is not waterproof!

The noise:

The BeechBand's gentle audible vibration can take some getting used to if you are used to silence. Some people are wearing sweat bands over their device to muffle the sound a bit. Others are wearing the band on their ankle as this also muffles the sound (and is further away from the ears!)

Please also make sure that the strap is secured snugly to reduce any rattling.

Adverse Effects:

Though the band is non-invasive, the frequency of the vibration can take some getting used to for some people. A very small percentage of people have reported experiencing a sense of nausea or dizziness when first putting the band on. In this instance, we recommend only wearing the band for shorter periods of time – maybe 5-10 minutes – a couple of times a day. As you begin to become more accustomed to the vibration, you can begin to gradually build up to longer wear. This doesn't mean that the band won't work for you, just that it will take a bit longer for you to be able to wear the band for extended periods of time.

Straps:

The BeechBand comes with one standard strap. We are looking to launch a range of straps in the future. If you would like a more adjustable or easier to use strap, or if you have a silicone/nickel allergy, there are lots of alternatives available online for a low price – if you search ‘adjustable watch strap 20mm’ on Amazon, for example, there will be lots of options that come up. You can change the strap by pushing the two push pins on each side of the underside of the BeechBand.

Feedback:

If you haven't already, please feel free to join our **BeechBand Community Group** on Facebook (which can be found here: <https://www.facebook.com/groups/1342593926915189/>) to see lots of people sharing their experience with the band and the kind of things they are finding it helps with.

We would love to hear how you get on with the band!

We are also here to offer support and guidance. No question is too big or too small!

Please reach out to us at support@beechband.com / or get in contact with April at April.hutchinson@beechband.com and we will be happy to help.