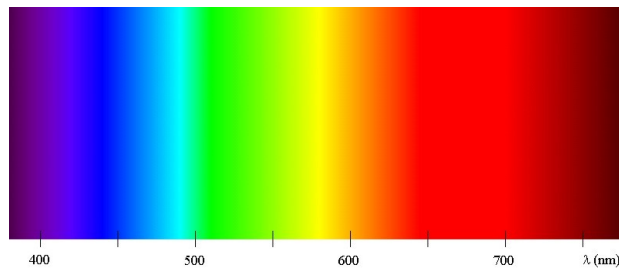


Hemistim Quick Reference Guide

Parietal vs Temporal Strategy

Parietal Lobe Stimulation (Magnocellular Retinal Neurons via Dorsal stream pathway)	Temporal Lobe Stimulation (Parvocellular retinal neurons via Ventral stream pathway)
Low contrast	High contrast
High processing speeds	Low processing speeds
Color: Blue end of the spectrum	Color: Red end of the spectrum
Size: Large (big picture)	Size: Small (details)
Visual Field: Lower field	Visual Field: Upper field



Hemispheric strategy

Right Brain	Left Brain
Peripheral field of vision: Big picture	Central field of vision: Details
Detects fast movements: High frequency	Detects slow movements: Low frequency
Colors: Blue, Indigo, Purple, Green	Colors: Red, Orange, Yellow
Size: Large	Size: Small
Contrast: Low	Contrast: High

Clinical applications

Dyslexia:

- Temporal Frontal stimulation, typically on left hemisphere: **Upper right quadrant**
- Hemistim Color 1: **Red**
- Hemistim Color 2: **white** or yellow for high contrasts.
- Hemistim size: **Smallest**
- Speed: **low** frequency: 10-12 on Focus Builder (bellow 10 is ultra low)