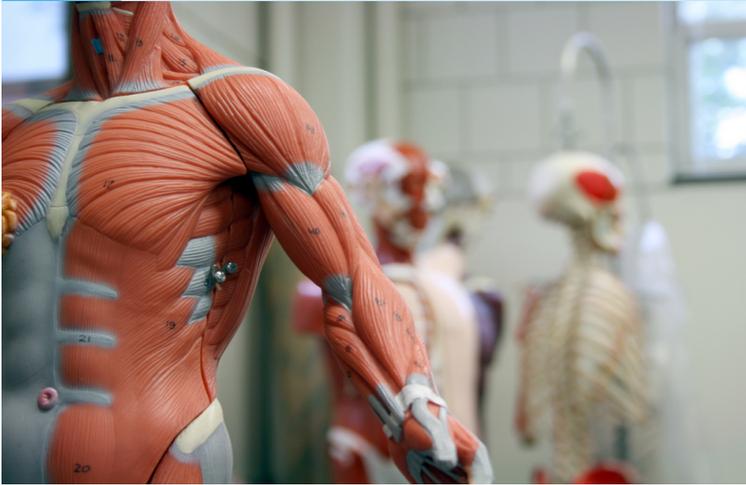


# Health Benefits of PEMF



## About Pulsed Electromagnetic Fields Therapy PEMF

*"In all living things energy is more fundamental than chemistry."*

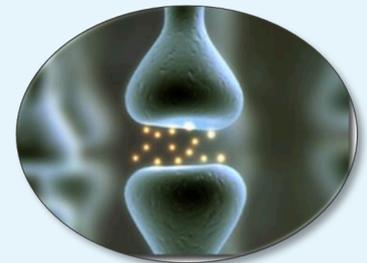
- James Oschman, author of Energy Medicine

PEMF's are like a spark plug or catalyst for energy production in the cell. Just like a car needs oxygen, fuel and an ignition (spark plug), so does the human cell need fuel (glucose), oxygen and a "spark plug" or ignition. This ignition is PEMF or pulsed magnetic energy from both the earth and movement/exercise on the earth.

We can also think of PEMF as a battery recharger for the human cell. We now know that the voltage of a healthy cell is about 70-110 millivolts and when we get sick that voltage drops below 50 millivolts or less and cancer cells are 30 millivolts or less. PEMF act like a catalyst and battery recharger for the human cells and these PEMF's are critical for human metabolism.



PEMF's also improve microcirculation, oxygenation (up to a 200% increase), help in nerve regeneration, pain management and many other health promoting benefits. There are over 1000 clinical studies and over 7000 research papers validating the therapeutic benefits of PEMFs.



### PEMF & Metabolism

Further studies have been done on earth (zero field studies) with both laboratory animals and human subjects. What was found is that just in a matter of hours of NO exposure to healthy PEMF's, cell metabolism begins to break down causing bone loss, muscle weakness, depressed metabolism, disorientation and depression.



“Lying on the magnetic field helps the overexerted muscles and tissues to recover more quickly. We studied the effect and both the lab results and the athletes themselves confirmed that the capacity for regeneration improved.”

**Dr. Beat Villiger, Manager of the Swiss Olympic Medical Team**

A deficiency of electromagnetism in the body, is like the body running out of oxygen. With the loss of over 90% of of the earths electromagnetic field, and today's polluted environment, almost everyone is toxic and operating at far below their true potential. PEMF therapy restores to our bodies what earth changes and modern living has depleted.

**With PEMF immune system becomes healthier, the nervous system relaxes, bones and joints become stronger ,the liver, kidneys and colon can rid themselves of impurities thus detoxifying the body. PEMF Therapy can reduce pain and improve the quality of your life by allowing your body to function as it was designed to do**

The following is a list of the general health benefits from using PEMF therapy:

- Improved cell regeneration speeds recovery from physical exertion, strenuous activities and workouts, etc.;
- Balances the body's acupuncture meridians in just a few minutes;
- Strengthens the immune system; improved wound healing and especially post-operative wound healing and more effective scar healing.

- Positive effects on pain reduction resulting from various causes: arthritis, back pain, bursitis, muscle stress, etc.
- Normalizes action of the cellular electrical voltage potentials for healthier metabolism.

#### CARDIOVASCULAR SYSTEM:

- Strengthens the cardiovascular system.
- Improve blood circulation and microcirculation, reduces blood platelet adhesion (stickiness).
- Positive influence on secondary disorders, such as migraine, tinnitus.
- Prevents thrombosis (blood clots) – patients using blood thinners must consult with physician before using PEMF therapy.
- Regulates high and low blood pressure – stimulates natural release of Nitric Oxide to relax and expand blood vessels.
- Improves blood vessels: improves the cholesterol level, increases the oxygen partial pressure.

#### RESPIRATORY TRACT:

- Increases oxygen uptake and reduces respiratory problems and asthma attacks.

Reference:<http://pemflounge.blogspot.com/p/expert-view-on-pemf.html>