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Whitepaper

9 Critical Things You Need To Know Before You Start Pulsed Electromagnetic Field (PEMF) Therapy

1. There Is A Wealth Of Scientific Research That Proves PEMF Works

PEMF is not some kind of experimental alternative healthcare treatment. There are **over 10,000 research investigations, including over 2,000 double-blind, placebo-controlled studies** that prove PEMF Therapy produces results. These aren't so-called "studies" done by manufacturers. They are published research reports by independent scientists.

2. PEMF Is One Of The Few Places Where Traditional And Alternative Medicine Fully Agree

Traditional Western medicine develops treatment modalities based on solid scientific research on specific diseases and parts of the body. Alternative medicine focuses on treating the entire body holistically. PEMF meets the rigorous standard of research and treats specific organs and tissues in the body. It also treats the body holistically by improving the biochemical and physiological function of major systems and balancing energy in the acupuncture meridians.

3. PEMF Is Targeted To Make The Whole Body Healthy Rather Than Cure Any Specific Illness

Unlike things like pharmaceuticals, PEMF is **NOT** designed to treat or cure any particular illness like cancer, heart disease, diabetes, or arthritis. Instead, it is proven to benefit the basic way the body operates. For example...

The Rouleaux Effect is a tendency of blood cells to clump together. That makes it difficult for the blood to flow through the microcapillaries in your body, and that reduces the amount of

nutrients that reach your cells and the amount of toxins that are removed from your cells. PEMF is proven to **reduce the Rouleaux Effect and enable your blood to deliver more nutrients and eliminate more waste from your cells.**

Research has shown that people with chronic health problems have lower voltages measured between the inside and outside of cells. That is quite literally the “energy” in the body. PEMF has been proven to **increase this cellular voltage.**

PEMF **enhances the regeneration of tissues, bones, and nerves in the body.**

And more...

By improving the overall functioning of the body, PEMF can benefit the effects of specific diseases.

PEMF is beneficial in 2 different, but important ways.

- It can repair and regenerate the body to resolve current health challenges.
- It can improve the overall functioning of the body to reduce the likelihood of future health problems.

4. The Intention Of PEMF Therapy Is To Supplement The Natural EMF Fields Of The Earth

Life has always been surrounded by, and you have lived your entire life in what is called the **Schumann Resonance**. That’s the natural EMF of the Earth. It has a frequency of approximately 7.8 HZ and intensity around 1 pico Tesla. When astronauts go outside the ionosphere, they are outside this Resonance, and their bodies begin to deteriorate. You need this EMF to be healthy. Unfortunately, all the other EMF from cell phones, microwave ovens, TV, radar, radio, etc. interfere with this natural EMF. The objective of PEMF therapy is to improve the effects of Earth’s natural, beneficial EMF in your body.

5. Only Certain Types of Pulsed Electromagnetic Fields Are Good For You

The independent research clearly shows that only very specific kinds of PEMF are right for you. Many manufacturers claim their “unique” PEMF machines are the best, but they can be harmful, particularly when used over extended periods of time. Here is what the independent research by groups like NASA clearly shows...

- Frequencies (HZ) must be below 30HZ.
- Intensities must be below 400 microTesla and go down to 1 picoTesla.
- The optimum waveforms are square waves and sawtooth waves.

Many manufacturers build their machines to send PEMF signals outside these critical ranges as a way to distinguish their device from others. They quote their own research as proving they are superior. Independent research does not back up their claims.

In particular, higher intensity PEMF signals are not better. The government limit for exposure to EMF fields is 400 microTesla.

6. Selecting a PEMF Machine Should Be Done On the Basis Of The Solid Scientific Research

It's important to distinguish well-designed scientific inquiry done by independent researchers from so-called "studies" done by PEMF manufacturers (or someone they have hired) to promote their products. PEMF is unique because there is a wealth of independent reliable scientific research that proves what works.

So, how do you decide which machine is the one you should use? There are a few guidelines to follow.

- Select a machine whose PEMF signal conforms to the proven scientific research about frequency, intensity, and waveforms.
- Select a machine that is easy to operate.
- Select a machine that is easy to upgrade.
- Select a machine that is well constructed.
- Select a machine with features that add to the basic PEMF operation

Once you are certain that the device you are interested in delivers the kind of EMF that's beneficial for you, then consider the unique features it has that distinguish it from the competition.

If you go to a healthcare professional for PEMF therapy, see if their machine conforms to the known research about frequency, intensity, and waveforms. If it does not, make sure they have a substantial amount of experience using the machine and achieving great results that they are proposing to treat you with.

7. Some People Do NOT Feel Immediate Results From PEMF Therapy

Some people feel the effects of PEMF during a therapeutic session. Some people don't. In fact, some people wonder if the PEMF machine is working (that can be easily proven with a compass or gauss meter). It isn't like using a heating pad and feeling the heat.

No matter what people feel during individual sessions, over time, they notice remarkable, and, many times, measurable results. In some acute conditions like a sprain, people feel relief after one or two sessions. For chronic conditions, it may take weeks or months to experience a

change. The most important thing for experiencing the results you want is to regularly use PEMF therapy over time.

8. The Best Machine For You Should Not Require A Lot Of Support

If you decide to purchase a PEMF machine for your personal use or for use on your clients in a healthcare setting, it should not require much customer support. Good machines are simple to set up and simple to use.

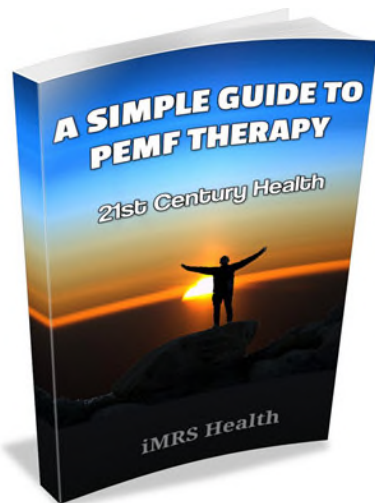
9. PEMF Balances Energy In The Body

The fact that PEMF improves the voltage across the cell membrane was discussed above. In addition, many acupuncturists have noticed that PEMF balances the energy in the acupuncture meridians (the goal of acupuncture therapy) and many energy medicine practitioners have reported that PEMF balances the energy in the chakras. At this point, these observations are mainly anecdotal; no thorough research studies have been done. Even so, the results are noteworthy.

READY TO FIND OUT MORE?

Discover exactly what PEMF therapy is all about...

- How the human energy system works.
- How PEMF was discovered.
- How PEMF works.
- Exactly what the *natural* frequencies are for healing.
- The proven benefits from PEMF.
- How to buy your own PEMF system.



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