

# Pulsed Electromagnetic Field Therapy (PEMF)

Pulsating magnetic fields can dramatically influence ion exchange at the cellular level and increase oxygen utilization of diseased or damaged tissues. Such effects on cellular dynamics allow cells to create energy necessary for function and repair. Additional beneficial effects involve detoxification, pH, absorption, and circulation.



**Therapeutic pulsating magnetic fields are associated with better outcomes involving wound healing, tissue degeneration, pain, swelling, spasm, inflammation, mood, strength and mobility. Favorable outcomes have been published in regard to patients with conditions involving:**

**Alzheimer's  
Arthritis  
Arterial insufficiency  
Amyotrophic Lateral Sclerosis  
Bone Fractures  
Bronchitis  
Burns  
Cancer  
Depression  
Edema  
Head aches  
Heart Disease  
Hypertension  
Hepatitis  
Insomnia**

**Joint disease  
Multiple Sclerosis  
Muscle Injury  
Nerve damage  
Osteoporosis  
Parkinson's  
Peripheral neuropathy  
Post herpetic neuralgia  
Spinal pain  
Sprains  
Sexual dysfunction  
Ulcers  
Venous insufficiency  
Wound healing  
Zoster**

Pulsed Electro Magnetic Frequency Technology uses an outside generating source to provide the magnetic field to cause our cells to expand and contract. This will allow the cells to circulate better, moving lymph fluid, blood-oxygen through cells, and help cells to detoxify. The Magnetic Field may help the cells to re-charge themselves.

PEMF can be used for Electrotherapeutics, pain reduction, plant growth stimulation and seed germination or as a water treatment device. It may improve circulation, not by increasing heartbeat or blood pressure, but by opening and dilating the arteries and capillaries. This also reduces edema (swelling) and regenerates damaged and diseased tissue, repairs torn tendons and fractured bones.

The body's natural magnetic field is created by the flow of electrically charged ions in and out of cells and the transmission of electric impulses through cell membranes. Only Pulsed Electro-Magnetic Field force and not static magnets can effect electrical changes on a cellular level within the body for cell metabolism to be influenced. In addition static magnets only create continuous low levels of magnetic induction.

PEMF delivers a very short duration, high intensity Electro- Magnetic pulse combined with multiple frequencies. This results in a magnetic field which penetrates completely through joints and muscles for a complete penetration in as little as 2 to 20 minutes!

## Risks:

All cells exposed to a pulsed magnetic field are being mildly stretched and relaxed (exercised). In the first 10 minutes of exposure, oxygen content in the cells increases which can further stimulate the exit of toxins. Due to this, your body's response to the session may be the experience of mild side effects including but not limited to: nausea, lethargy, headaches, fatigue and muscle aches. For this reason, elderly, frail, acutely ill or sensitive individuals are advised to begin with an initial low strength session with a maximum duration of 15 to 30 minutes.

Depending on the strength, the pulsing magnetic field may cause involuntary muscle contractions and you will experience a sensation of muscle twitching. It is not uncommon for teeth to exhibit some sensitivity, as well as the lumbosacral (low back) spine area. As with starting any new exercise program, you may experience stiffness or discomfort due to cells being moved that are normally not active.

Water is essential for the transport of many of these toxins for elimination. It is a good habit to drink plenty of pure water before and after exposure to the pulsed magnetic field to maintain optimal cellular hydration.

## Precautions:

- Do not use, if you have an implanted electronic device including an implanted pacemaker or defibrillator or an implanted cochlear hearing device or other implants that are battery operated or magnetically charged.
- Other hearing aids may not work properly and should be removed when using the unit
- Remove all chain linked necklaces, automatic car key openers and any items with batteries.
- Keep cassette tapes and other electronic devices 3 feet or more away from the cables.
- Cell phones should be placed greater than 3 feet away from PEMF machine in current use.
- Do not sit on a metal chair while using the PMT-100.
- Do not use the PMT-100 if you are pregnant or about to become pregnant.
- Do not use during active bleeding, hemorrhaging or during heavy menstruation.

The PMT-100 will wear out any battery. Keep any magnetic media (i.e. credit cards) greater than 3 feet away from the cables of the PMT-100 or they can become demagnetized.

**Disclaimer:** High Intensity PEMF is not a medical device in the U.S. It simply produces a pulsed magnetic field of varying strengths. It is not intended for the treatment, diagnosis or prevention of any disease or condition.

### **Resources, History and Theory**

For more information regarding Pulsed Electromagnetic Field Therapy (PEMF), please read this excellent article by physicist Gary Wade entitled

"Exciting Possibilities in Pulsed Intense Magnetic Field Therapy".

"Magnetic Field Deficiency Syndrome and Magnetic Treatment" by Kyoichi Nakagawa, M.D.

CNN reports: *Earth's Magnetic Field Fading*

National Geographic: *Earth's Magnetic Field Is Fading*

Veterinary Application of Pulsed Magnetic Field Therapy by Dr. D. C. Laycock Ph.D.

Published, scientific studies abound for pulsed magnetic field therapy. It has been FDA approved and widely used in the treatment of human delayed bone fractures for over a decade, and there is a growing body of literature concerning the biological and clinical effects of this energy. A recent study using pulsed magnetic fields shows us that in clinical studies done over a period of 17 years, millions of patients have been treated safely with magnetic fields.