# **Pulsed Electro-Magnetic Field therapy**

# A New Frontier in Medicine Compliments of the Space Race

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Space travel was taking a terrible toll on astronauts (American) and Cosmonauts (Russians). Bone loss and muscle degeneration were rampant as were weakness, a lack of energy, sickness, bone fractures and the inability to perform necessary tasks. NASA was looking for a way to counteract the negative effects experienced from space travel to enable further exploration of space. NASA discovered these ailments were due to being away from the earth's gravity and magnetic field and used pulsed electromagnetic field (PEMF) therapy to improve the growth and repair of all human tissues. Specifically to prevent and reverse the bone loss and muscle degeneration experienced by the astronauts and cosmonauts.

## What is PEMF Therapy?

Our bodies are intimately connected to the earth's magnetic field as we can see through the various frequencies the earth and our bodies function at.

- Earth's magnetic field (Schumann and geomagnetic frequencies): 0-30 Hz
- Human Brainwave: 0-30 Hz
- Our bodies tissues and healing response: 0-30Hz
- Our bodies cells: 0-30 Hz
- Energies that our body emits: 0-30 Hz.

As you can see, our body is closely connected to the earths 0-30 Hz frequency range. PEMF therapy uses pulsed electromagnetic energy to recharge our cells. When our cells are healthy, they can store 70-100mV, however when we get sick or become diseased the cellular voltage will drop to 20 mV or lower. PEMF acts as the magnet to recharge our cells back to health. This is a non-invasive therapy that can be used for pain relief, to strengthen bones, improve sleep, increase your energy, improve your immune system and fight off infections, help to decrease stress, regenerate nerves and tissues and improve circulation.

#### **History**

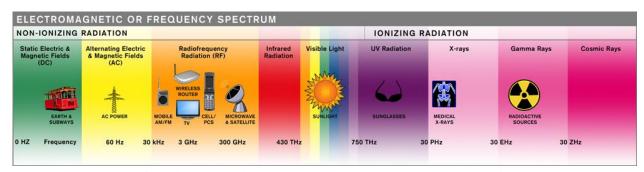
Magnet therapy can be traced back as far as 2000 years ago for its use in Chinese medicine. In the 16<sup>th</sup> century Paracelsus used magnets to treat a variety of conditions, however lodestones were used and these are weak magnets, so only small benefits were seen and the use of magnetic therapy wasn't looked at further.

The Earth's magnetic field was first measured in the 1800s by Gauss, Weber, Faraday and Maxwell. They also came up with the idea of the Magnetic Field Deficiency Syndrome. It is the idea that our body needs to be exposed to the earth's natural magnetic energy for optimal health. Without it, we see ailments such as pain, insomnia, fatigue, and dizziness. This is exactly what NASA had seen in the astronauts and cosmonauts after exploring space.

### I Thought EMFs were bad for me?

We are starting to hear that EMFs that come from our cell phones, laptops, microwaves, wireless routers, 4G networks and even X-ray machines can be detrimental to our health. This is true; however, it depends on the frequency and intensity of the EMFs as well as the length of time and duration of exposure.

There is a large spectrum of EMFs that range from high frequency to low frequency. As humans, we have evolved with the earth's natural low frequency EMF. It is argued that the fall in the earth's magnetic field has contributed to some of the ailments we all experience today. This problem is furthered because we are not exposed to enough of the earth's good frequencies. We isolate ourselves. We remain inside and don't spend enough time outdoors and when we do, we walk on concrete, wear shoes with rubber soles or are inside cars with rubber tires. All of these factors prevent us from receiving the earth's natural frequencies. This problem is further compounded by the constant exposure to the bad, high frequencies.



EMF & RF Solutions. 2018. Electromagnetic Spectrum or Frequency Spectrum. Retrieved from: http://www.emfrf.com/wp-content/uploads/2014/03/spectrum.jpg

Higher EMF frequencies such as those that come from X rays are ionizing and cause damage by removing an electron from an atom to "excite" and activate them. Ionizing radiation can harm the human body, so the body in response attempts to fix and repair itself. The body will either be successful and repair the cell or it may repair the cell incorrectly and mutate (we see this with cancer), or if it cannot repair itself, it dies.

Electromagnetic frequencies in the middle EMF band include those that come from microwaves and TVs. These can change your DNA, affect sleep to cause insomnia, affect memory and cause anxiety and restlessness to name a few.

PEMF therapy uses the idea that our body has learned how to function with the earth's natural electromagnetic frequency rhythm. This is why most EMF machines use low frequency of 0-30 Hz. This therapy is also pulsed, so you are not constantly exposed to electromagnetic frequency, but rather in waves.

## What can it help with?

Research and experimental evidence show PEMF treatment can positively affect:

- Chronic Pain
- Cancer
- Fibromyalgia
- Migraines

- Multiple Sclerosis
- Diabetes
- Parkinson's
- And many more!

## What can it do?

- Repairs and regenerates torn tendons, fractured bones, wounds, bruises, sprains, strains, dislocations and nerve injuries. It also decreases inflammation which rids the body of pain
- The magnetic energy can penetrate deep into your body, making it great for treating deep muscle soreness
- It also improves circulation by expanding arteries and veins thereby decreasing swelling!
- It increases the amount of oxygen your organs and tissues absorb! This helps with repair and boosts your energy and vitality!
- Strengthens the immune system to fight off stealth microorganisms
- Can be used for chronic pain, arthritis, carpal tunnel syndrome and low back pain
- It can even be used to mimic brain waves to improve memory, language, sleep, energy, reduce stress and anxiety and improve mood, attention, concentration and focus

### **How can I Receive PEMF Treatment?**

The iMRS (intelligent Magnetic Resonance Stimulation) and SANZA are devices that use PEMFs to recharge your body's cells with the frequencies like those from the earth's magnetic fields to bring you back to health. They also use entrainment to align the brain with a specific frequency; alpha, beta, theta and sometimes delta. This is done using pulsing sound, light or electromagnetic fields. This aligns the brain with frequencies to improve focus, relaxation, and sleep.

The iMRS uses a mat, pillow or probe (wand) to provide you with the therapeutic PEMFs to benefit health. It stimulates brain wave entrainment by using light and sounds to activate the brain and promote clarity, cognition, calmness and many more. The Sanza machine is slightly different from the iMRS as it uses 2 magnetic field generators, one for circulation and to improve bone density, the other for brain wave entrainment. The dual frequencies form envelope curves. Our body generates signals this way, and it is thought that providing our body with 2 frequencies will give us maximal health benefits. The other component of Sanza treatments is the use of BFS chips. The codes on these chips bombard the body with frequencies that are known to help destroy viruses, bacteria, mold, parasites and fungi that your body may be infected with (more on frequencies later). Weakening the microorganism, preventing its reproduction and growth while exposing microbial antigens to the immune system so the immune system can more easily attack these stealth microorganisms.

It seems that no matter how hard we try to improve our health, there are constant obstacles obscuring our way. We live in a society where we are constantly exposing ourselves to the harmful electromagnetic frequencies and prevent ourselves from receiving the earth's natural healing frequencies by remaining inside, walking on pavement or using rubber as a barrier. Astronauts and cosmonauts experienced the negative effects of continuously being away from the earths healing frequencies and experienced the ill effects quickly. Everything runs on its own electromagnetic frequency and these frequencies can be used to fight off infections, regenerate the body, increase our energy and eliminate pain to better our health and improve our lives.

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