

Recharge your life with Pulsed Electro-Magnetic Field Therapy

Pulsed Electro-Magnetic Field Therapy (PEMF) is a revolutionary therapy that produces healing at the cellular level. It literally puts energy back into the body by exciting the mitochondria, the cell's powerhouse. The extra energy produced during treatment with **PEMF** can be stored in the body from 4 hours up to 10 days.

The human body is extremely intelligent and wonderfully complex. Everyone knows that in order for our bodies to function well we need air, proper nutrients, water, exercise, sun, and adequate sleep. Most of us however, do not realize that life cannot be sustained without the magnetic forces that surround us and permeate our bodies. All of the required elements for us are provided by the Earth. However, in our technological race we are also altering the quality of many of these essential elements. The earth's electromagnetic field has dropped from 30 Gauss at the time of the dinosaurs to 0.3 Gauss today!

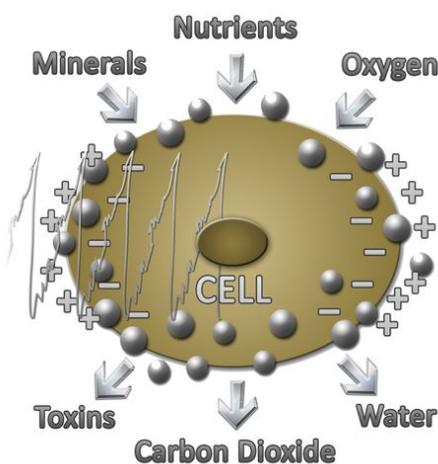
Magnetic therapy has been studied throughout the centuries. Magnets have long been believed to have healing powers associated with pain, stiffness and energy. Over the past 60 years scientists worldwide (including NASA) have been investigating the effects of this particular form of magnetic energy (**PEMF**) on nearly every organ and every disease, resulting in over 2000 published clinical studies. The FDA initially approved the use of **PEMF** devices in 1979 for fractures. The applications have expanded widely for human and animal use. Even though Dr Oz did a show on this amazing therapy on November 17, 2011 it is still largely an unknown in this country.

Here are a few of the benefits of **PEMF**:

- Repair damaged and diseased tissue.
- Improves energy by increasing ATP in the cells
- Improves cell hydration
- Reduces pain and inflammation
- Accelerates repair of torn tendons, nerves, and fractured bones
- Increase the cellular level of oxygen absorption up to 200%
- Increases synthesis of protein in the cells.
- Improves circulation by opening and dilating the arteries and capillaries.
- Stimulate endorphins production
- Helps the cells and organs detoxify
- Influence the ion exchange at the cellular level and greatly improves the oxygen utilization of diseased or damaged tissues.

ENERGY

Every cell in your body is like a tiny battery and when your cells are sick they lose energy. As a result there is not enough ATP (energy) and your cellular voltage drops. The pulsing magnetic fields of **PEMF** builds up energy- it is like cellular recharger. These cellular effects include increasing cellular alkalinity; increasing viscosity allowing better flow of nutrients in and toxins out; relaxation of the vascular system and improvement of blood pressure within minutes of treatment; reducing the stickiness of red blood cells (rouleaux formation); and restoring the ionic exchange that allows for increased wound and bone healing. We humans are electric beings and the mitochondria in each of our cells are our mini-generators. **PEMF** at its very core restores mitochondrial function!



In other words, **PEMF** Therapy re-energizes damaged cells by inducing electrical changes within the cell that restore it to its normal healthy state. Because of this, cellular metabolism is boosted, blood cells are regenerated, circulation is improved and oxygen carrying capacity is increased. Ultimately, the immune system becomes healthier, the nervous system relaxes, bones and joints become stronger and vital organs such as the liver, kidneys and colon are able to 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.

Here is a partial list of conditions that been treated with success using **PEMF** therapy:

- Musculoskeletal disorders of all types
- Fibromyalgia
- Depression & anxiety
- Wound healing
- Skin disorders (Acne, Eczema, etc)
- Shingles
- Arthritis
- Insomnia
- Migraines
- Infertility
- Neurological disorders (Parkinson's, ALS, etc)
- TMJ Disorders
- Sinus issues

- Endometriosis and PCOS
- Lyme's disease
- Incontinence and urinary issues
- Diabetic neuropathy
- Multiple Sclerosis



There are many PEMF devices on the market today and a variety of opinions about them. Here at Healthspring Holistic Center we use the iMRS system. Dr. Janeah chose this unit because it produces frequencies that are closest to natural; it is strong yet safe; it produces pure pulsing magnetic fields; it utilizes the same NASA approved waveform; it switches polarity every few minutes; and it is FDA compliant.

A typical session involves lying comfortably on a mat for 8 to 24 minutes. Additional therapies include a pad and a wand for extra treatment to specific areas. Also available is a sound and light relaxation machine that integrates right and left hemispheres of the brain.