

Excellent and informative podcast:
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What are EMFs?

EMFs, or electromagnetic fields, are produced by the body's atoms, chemicals, and cells. Each organ in the body generates its unique bio-electromagnetic field. These fields enable cells to communicate with each other, facilitating trillions of chemical reactions per second. For the body to maintain optimal health, these cellular communications must be precise, synchronized, and uninterrupted. Any disruption or blockage can compromise the cells, tissues, and organs, leading to unhealthy symptoms.

EMF therapies, such as magnetic therapy, have been researched and used worldwide for decades. Magnetic therapy is based on treating the body with specifically designed EMF signals. These signals enable each cell to resonate sympathetically, reinforcing its internal vibration. This helps to facilitate the body's healing processes. Georges Lakhovsky first proposed the principle behind magnetic therapy in 1939.

Understanding EMFs is crucial to maintaining optimal health. Ensuring that the body's cellular communications are fluid and precise can prevent unhealthy symptoms and promote overall wellness. EMF therapies, such as magnetic therapy, can also be useful tools in facilitating the body's healing processes.

How EMFs Affect You

EMFs that are man-made and unnatural come from electrical wiring and equipment, producing potentially harmful electrosmog that stresses the body. With the increasing use of technology, people are constantly bombarded with EMFs from wi-fi, cell phones, and other devices, which can add to the daily burden. Therapeutic PEMFs, however, are different and can provide beneficial balancing frequencies to decrease the negative effects of electrosmog and promote healthy cellular communication.

PEMF therapy differs from EMFs in that its central principle is enhancing cell-cell communication. This communication is essential for multiple functions within the body. PEMF therapy is like charging a battery, stimulating cells, and generating small microcurrents that tend to run along nerve pathways. This increases intercellular communication, metabolic processes, circulation,

oxygenation, alkalization, ATP production, and optimized cell membrane potential. As a result, cells regenerate, oxidative stress and inflammation are reduced, immune responses are strengthened, feel-good endorphins are boosted, and depleted adrenal, and other endocrine gland functions are restored.

Improving intercellular communication is crucial because defects in this communication are associated with various diseases, including diabetes, autoimmune disorders, atherosclerosis, cancer, neuropathy, infertility, and other conditions (Trosko et al., 1998). Activating the intracellular signaling mechanism is a key mechanism underlying the therapeutic effects of PEMFs (Seegers, 2001).

PEMF Therapy Explained

PEMF stands for Pulsed Electromagnetic Field therapy, which is a type of therapy that promotes cellular communication to enhance self-healing and wellness. This therapy has gained popularity recently for its effectiveness in treating autoimmune and chronic disease states. Patients struggling with physical and cognitive issues resulting from Lyme disease, infectious disease, injury, and autoimmune disease often benefit from PEMF therapy.

Cellular communication plays a critical role in the body's adaptation and regulation processes that help maintain overall health and manage the symptoms and causes of cell deterioration and disease. Each organ in the body has its bio-electromagnetic field, and every cell communicates through electromagnetic signals or fields at a rate of trillions of chemical reactions per second.

To maintain balance and good health, the body's organs, tissues, and subsystems require precise communication to process these instantaneous exchanges effectively. When these critical communication exchanges are disrupted or blocked, the body's cells, tissues, and organs may be compromised, leading to unhealthy symptoms.

How PEMF Affects Cellular Communication

Every organ in the body generates its unique bio-electromagnetic field. PEMF therapy is a technique that modifies these energy fields to enhance cellular functioning. Health-enhancing EMFs can be provided by delivering controlled and pulsed electromagnetic frequencies (PEMF) to the cells, which can

counteract the negative impact of environmental stressors and toxins that affect people daily.

Low-frequency PEMFs, even at their weakest strengths, can penetrate every cell, tissue, organ, and bone without being absorbed or altered. PEMF technology uses pulsed low-frequency energy fields, which stimulate electrical and chemical processes in the tissues as they pass through.

PEMF therapy enhances cellular energy, resulting in better cellular health and function. With PEMF therapy, the body can more efficiently process cellular communication channels' electrical and chemical exchanges. This can help to address imbalances or dysfunctions in those areas, leading to improved adaptation and natural healing. Overall, PEMF therapy can be a powerful tool for improving cellular communication and promoting better health and wellness.

What Are PEMF Therapy Side Effects?

Side effects after a PEMF aren't typical. Less than five percent of individuals experience side effects after a session. The majority of side effects can be resolved by changing protocols. Detoxification effect or death of bacteria (herxing) is the most common source of side effects. Detoxification support before or after sessions can also be a helpful tool to support the body's healing process.

Research and PEMF

The therapeutic use of magnetic therapy is now well-established, with a growing number of double-blind placebo-controlled studies and many modalities now approved by the US FDA and regulatory bodies worldwide for pathologies such as bone repair, pain, inflammation, and chronic repair (Pilla, 2006).

Recent research studies have added to the growing body of evidence supporting the effectiveness of PEMF therapy in enhancing cellular communication and promoting healing in the body. For instance, a randomized, double-blind, placebo-controlled study showed that PEMF therapy significantly reduced pain in patients with knee osteoarthritis (Zeng et al., 2021). Another study found that PEMF therapy can improve sleep quality in individuals with chronic low back pain (de Pedro et al., 2020).

A systematic review and meta-analysis of randomized controlled trials found that PEMF therapy can significantly reduce pain intensity in patients with chronic musculoskeletal pain (Wang et al., 2021). Another meta-analysis of randomized controlled trials found that PEMF therapy can improve wound healing in individuals with diabetic foot ulcers (Choi et al., 2020).

These recent studies add to the growing evidence of the beneficial effects of PEMF therapy on cellular communication and overall health. By utilizing low-frequency energy fields to stimulate electrical and chemical processes in the tissues, PEMF therapy can improve adaptation and natural healing, making it a promising treatment option for various pathologies.

How does it work?

We can think of PEMF as a battery charger for our cells. The voltage of a healthy cell is about -20 to -25 millivolts. We start to get sick when that voltage drops below -15 millivolts or less. Once our cells' voltage drops below that level, they are unable to heal and become dysfunctional. By inducing a mild electrical magnetic current into damaged cells, PEMF therapy slows or stops the release of pain and inflammatory mediators, increases blood flow of the cells, and re-establishes normal cell interaction. With reduced inflammation, pain decreases, energy increases, and faster tissue healing occurs.

What are the benefits of cellular exercise?

Over time the cells in our bodies begin to lose their energy. The reduction of your cells energy is the root of cellular dysfunction. With PEMF you can energize your cells and reduce the risk of the cellular dysfunction. As long as the cells in your body remain healthy, your body will remain healthy.