

## Why use PEMF Therapy:

PEMF therapy can greatly enhance your OsteoStrong results by optimizing overall cell health, creating the healthiest system possible. By stimulating cells with Pulsed Electromagnetic Fields, it boosts circulation, reduces inflammation, and supports osteoblast production—the cells responsible for bone formation. When your cells are functioning at their best, not only do osteoblasts work harder to build stronger bones, but every system in your body, from muscles to circulation to immune function, performs more efficiently. This holistic improvement not only accelerates bone healing and strengthens your skeletal system, but also supports your overall vitality and well-being.

## What is PEMF Therapy?

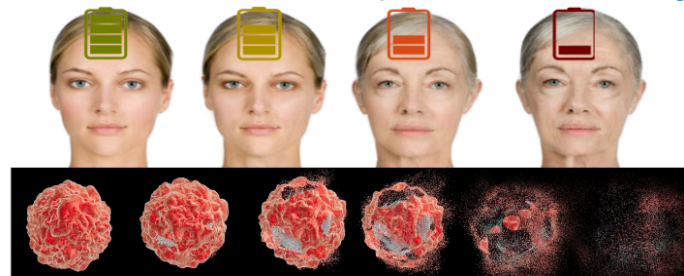
PEMF (Pulsed Electromagnetic Field) therapy uses low-frequency electromagnetic pulses to stimulate and recharge the body's cells. These pulses help optimize cellular function by recharging cell membranes, improving ion flow, and promoting better nutrient exchange and waste removal. By enhancing the electrical activity of cells, PEMF supports tissue healing, reduces inflammation, improves circulation, and boosts energy production.

PEMF therapy is non-invasive and has been used for a variety of health concerns, including pain management, inflammation reduction, bone healing, and improving overall cellular health. It works by aligning the body with the natural frequencies of the earth, helping to counteract the effects of modern environmental factors that can drain the body's energy.

## How Does PEMF Work:

At a cellular level, cells function like tiny batteries that need energy to work properly. Just like a factory needs power, cells rely on a steady supply of energy to stay healthy. The cell membrane acts as a gatekeeper, controlling the flow of nutrients in and waste out, maintaining balance. When energy is low—due to illness, poor diet, aging, or environmental factors—the cell's ability to function efficiently diminishes, much like a factory running on low power.

Your Cells Are Like Batteries- They Weaken When Not Charged



Weakened cells = substantial increased risk of disease.

### HEALTHY CELLS

The cell wall and the cell nucleus are intact and have a healthy charge. The cell stays vital and healthy.

### UNHEALTHY CELLS

The cell membrane shrinks and cannot absorb nutrients & oxygen to survive. The cell perishes & decomposition begins.

For optimal health, cells should maintain a voltage between -70mV and -100mV. When the voltage drops below this range, cells become weaker. For instance, cancer cells often have a voltage below -20mV, which impairs their normal function. Keeping our cells properly charged is crucial for overall health and disease prevention.

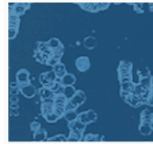
PEMF therapy uses electromagnetic pulses tuned to match the natural frequencies of your cells. These pulses recharge the cell membrane, boosting its electrical activity. This process improves communication between cells, speeds up repair, and optimizes their performance. Whether it's enhancing tissue healing, reducing inflammation, or supporting energy production, PEMF helps restore your body's cellular function.

By generating pulses that penetrate deep into tissues, PEMF improves cell membrane permeability, opening ion channels for better nutrient exchange and waste removal. This supports tissue repair, reverses chronic health issues, and promotes an overall optimal health state.

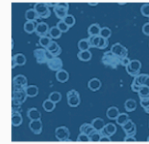
### STICKY RED BLOOD CELLS

Separate in 10 minutes

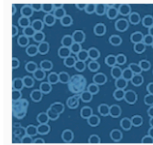
Dark Field Microscopy before and after



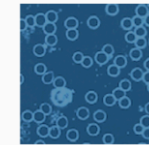
Before session



During 5 minute session



15 minutes after session

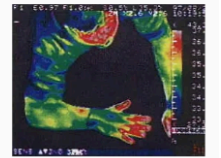
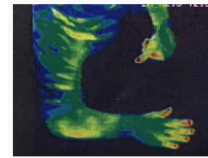
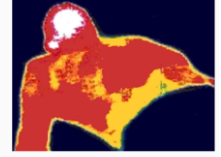
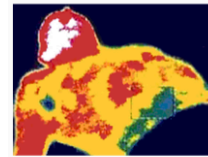


Several hours after

### INCREASED OXYGEN DIFFUSION

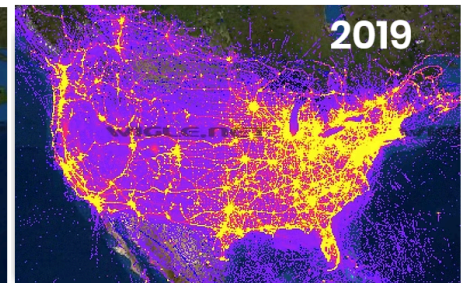
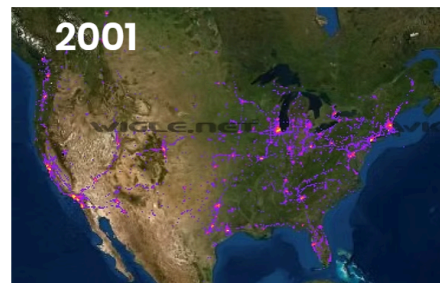
80-90% in 10 minutes

Thermography before and after

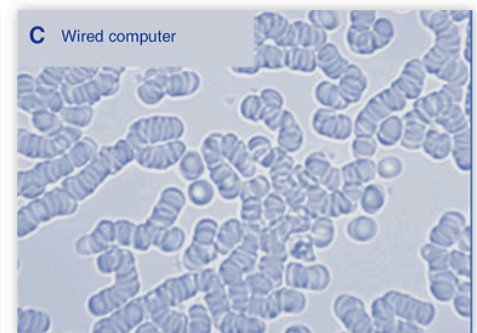
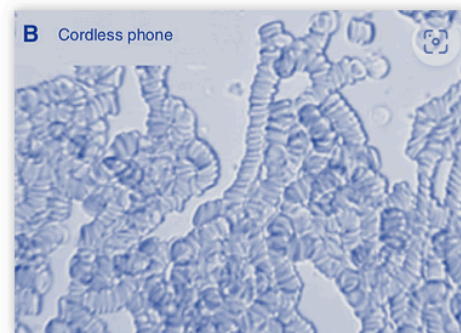
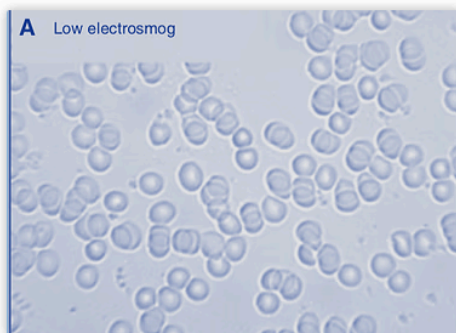


## Why Do I Need PEMF:

In today's world, we're constantly exposed to electromagnetic fields (EMFs) from Wi-Fi (wireless routers), cell phones, basic household electronics, power lines and other sources. These invisible forces disrupt our cells' natural electrical activity, draining their energy and impairing their ability to function properly. As a result, we may experience issues like fatigue, weakened immunity, and even chronic illnesses.



PEMF therapy helps counteract this by recharging your cells, boosting their energy, and restoring their natural function. With the growing impact of EMFs on our health, using PEMF can help support your body's cellular health and overall well-being.



You can see above in these microscopic views of our cells and how they are affected by our current technologies with electromog. These cells are sticking together due to the poor charge of the cells and thus leading to decreased circulation and energy output ultimately leading to illness or greater ability to become so.

## What are PEMF Benefits:

- **Pain Reduction:**
  - Helps reduce acute and chronic pain by stimulating the body's natural healing processes.
  - Can alleviate conditions like arthritis, fibromyalgia, and joint pain.
- **Improved Circulation:**
  - Enhances blood flow and oxygen delivery to tissues.
  - Supports better nutrient absorption and waste removal from cells.
- **Reduced Inflammation:**
  - Reduces swelling and inflammation in muscles and joints.
  - Useful for conditions like tendonitis, bursitis, and sports injuries.
- **Accelerated Healing and Tissue Repair:**
  - Promotes cellular regeneration and recovery of damaged tissues.
  - Aids in healing fractures, sprains, and wounds.
- **Enhanced Bone Health:**
  - Stimulates bone growth and density, particularly helpful in cases of osteoporosis or bone fractures.
  - Can promote faster healing of broken bones.
- **Stress and Anxiety Reduction:**
  - Encourages relaxation and helps in reducing stress and anxiety.
  - Balances the body's electromagnetic field, promoting a sense of calm.
- **Improved Sleep Quality:**
  - Can help regulate circadian rhythms and improve sleep patterns.
  - Beneficial for insomnia and other sleep-related disorders.
- **Boosted Immune System:**
  - Stimulates and strengthens the immune system.
  - Can help the body better defend against infections.
- **Increased Energy and Vitality:**
  - Enhances the body's energy production at the cellular level.
  - Provides a feeling of overall well-being and vitality.
- **Muscle Recovery and Relaxation:**
  - Speeds up muscle recovery after exercise by reducing muscle fatigue.
  - Relieves muscle spasms and tension.
- **Improved Cellular Function:**
  - Increases the cellular metabolism and ATP production.
  - Enhances the function of the mitochondria, leading to more efficient cell energy production.
- **Reduction in Swelling and Edema:**
  - Helps reduce fluid retention and swelling in the body.
  - Supports the body's ability to drain excess fluid from tissues.
- **Mental Clarity and Focus:**
  - Improves brain function, clarity, and cognitive abilities.
  - Some studies suggest it may help with conditions like ADHD or cognitive decline.
- **Detoxification:**
  - Supports detoxification by improving lymphatic drainage.
  - Helps clear out toxins from the body.
- **Improved Skin Health:**
  - Promotes collagen production and skin regeneration.
  - Can help with skin conditions like acne, psoriasis, or eczema.
- **Reduction in Nerve Pain:**
  - Relieves nerve-related pain by improving nerve cell communication and regeneration.
  - Can be helpful for conditions like neuropathy.
- **Enhanced Flexibility and Mobility:**
  - Increases joint mobility and reduces stiffness.
  - Supports muscle and tendon flexibility.
- **Anti-Aging Benefits:**
  - Supports overall wellness and promotes healthier, younger-looking skin.
  - Increases blood flow to the skin, helping with skin rejuvenation.

Check out this incredible podcast: <https://www.purewavelife.com/emf-radiation>