



*The Missing Link for
Health*

PEMF

PEMF Global



“Are you tired of looking for external solutions to solve an internal problem?”

Welcome!

We are so happy you have decided to make yourself a priority today. We hope this information we are about to share throughout this eBook, will help you continue on the path to taking control of your health for years to come!

You are about to discover one of the most powerful tools people are using all over the world.

**Pulsed Electromagnetic Field (PEMF) Therapy.
THE MISSING LINK TO HEALTH!**

Now, you may have heard of [PEMF](#) before. Perhaps you are using this technology currently and want to learn more about what it is and how it's really working. Or maybe this is your first introduction and you're curious for yourself and/or a loved one. Or maybe like so many others around the world, you are in search of a sustainable solution to a specific health problem!

We're here to help you no matter where you're at in your journey.

Who are we?

Let us introduce ourselves, we are Lindsay, Reid and Allie. We are a team of PEMF experts who passionately seek out people like yourself. People who are ready to take their health to new levels! With over 25 years combined experience in the [PEMF](#) industry, a long history in health and wellness, and extensive field experience working with frequency-based technology.

“it is our mission to bridge the gap between the uninitiated and the professional. At PEMF Global we guide you towards a healthier lifestyle with a focus on awareness, education and empowerment. Our professional, passionate team are here to devote our time, effort and compassion, providing you with the guidance and information to help you reap the many benefits of PEMF technology”

YOUR HEALTH IS THE REASON WE HAVE COME TOGETHER!

With the amount of content available online, and in a world where Dr's can be bought and outcomes purchased, where does that leave you? Navigating and understanding the vast world of [PEMF](#) technology can be very time consuming and confusing. Especially when you take into account that most of the information is sales driven.

PROBLEM: How will you confidently determine if [PEMF](#) is right for you?

SOLUTION: We've created an eBook that will introduce you to science-based research about PEMF and guide you through learning about the many benefits and how they can relate to you! We wanted to arm you with a fool proof guideline for navigating the online world of [PEMF](#) technology. What we hope you find in these pages is a sustainable solution that you can apply at work or from your very home.

*WE HOPE THAT YOU ALLOW US TO BECOME THE
HEALTHIEST PART OF YOUR DAY!*

Does PEMF Global sell PEMF devices??

Yes, we at [PEMF Global](#) have chosen [PEMF](#) products that we stand behind based on scientific research, extensive experience, knowledge, and countless positive results and testimonials with clients. At this moment right now, we are here with you as educators, without pressure or expectations, just information and facts.

"This E-book is not intended to be a substitute for the medical recommendations of physicians or other health-care providers"

DID YOU KNOW??

1 in 5 people experience chronic pain.

48% of people suffer from a sleep disorder

322 million people are dealing with depression

1 in 5 people suffer from anxiety

Let's get started

[PEMF](#) stands for Pulsed Electromagnetic Field.

OPTIMIZES CELL FUNCTIONS - because our cells are the foundation of our health and we are only as healthy as they are.

INITIATES THE BODY'S NATURAL HEALING ABILITIES - which yes, our bodies are capable of doing! We are meant to be self healing machines

REPLENISHES CELLULAR ENERGY - as without full energy capacity our cells cannot provide the energy our bodies need to regenerate

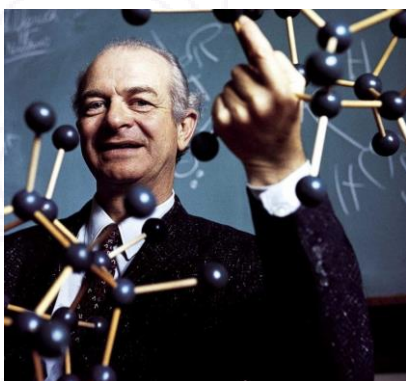
BALANCES THE BODY SYSTEMS - once the body is in the right environment for optimal health, homeostasis can return.

A technology that can change the course of disease as we know it, and ultimately improve your quality of life!

We don't know about you, but with only the one life, we want to make sure it's the best it can be! The three of us have our own unique story of health issues, but to keep it simple today, it went a little something like this:

Low energy, pain, injuries, hormone imbalance, insomnia, allergies,sadly it continues.... ([Full stories](#))

Sound familiar????



"Every activity of our cells can ONLY take place due to electrical impulse. PEMF is a benefit for mankind from infant to geriatric, and will lead to a change in the paradigm of medicine"

-Dr. Linus Pauling, Double Nobel Prize Winner

Let's get back to [PEMF](#) and why we're so happy you've chosen to empower yourself with knowledge! After all, solutions are meant to be shared! Not kept to yourself.

Research has shown time after time that [PEMF](#) technology has far reaching profound health benefits for everyone and we can promise you that you will experience some, if not all of the benefits listed here:

- Healthy Restorative Sleep
- More Energy and Vitality
- Reduced Pains and Aches
- Better Blood Circulation
- Better Oxygen Utilization
- Faster Wound Healing
- Reduced Inflammation
- Stronger Bones
- Improved Mental Clarity & Focus
- Better Sex Life
- Improved Mood
- Reduced Anxiety & Depression
- Improved Immune System
- Optimizing Cell Function
- Natural Detoxification
- Improved Nutrient Absorption
- Better Athletic Performance

A BRIEF HISTORY

The history of using magnetic fields to heal is over 5000 years old. Aristotle, Hippocrates, Tesla, Faraday and many others have successfully used magnetic fields. [PEMF](#) has been available in the U.S. for over a decade and has been used for medical conditions in animals and humans worldwide. In 1960 NASA proved that the body needs electro-magnetic fields to survive and in 2003 Dr. Goodwin conducted a \$3.5 million study showing successful nerve stimulation and restoration with PEMF. In 1979 the FDA approved PEMF for the first time and Health Canada approved specific PEMF devices. .

Sound good?

I think its safe to say we'd all be happy to check every box If possible!!

"After WW II, antibiotics and biochemistry were the leading solutions and today PEMF is sought after, as it is simple, safe, less costly then the current health care system and treats pathologies rather than just symptoms. Since 2000 research in magnetic field therapy has experienced a huge increase and it has gained immense credibility with many approvals from the FDA, Health Canada, Israel, Germany, and other European countries!"

Question: What are the most vital elements in our environment we need to survive and thrive in life?

The Vital Health Elements:

- ★ Water
- ★ Oxygen
- ★ Light
- ★ Food
- ★ Electro-Magnetism



The first four seem fairly obvious to you I'm sure. We know we need water, oxygen, light and food to sustain life. We know quite quickly when one of these is deficient.

But what you might not be aware of is that electromagnetism is on that list too. We have been evolving for millions of years being surrounded and bathed in the electromagnetic frequencies of the earth. Not just humans but all life has been exposed to the earth's electromagnetic field, the Schuman resonance, and all the beneficial harmonic overtones since the beginning of time. This constant communication has created a strong and deep connection.

Afterall, everything is energy.... including us.

Schumann Resonance:

Schumann resonances are natural waves excited by lightning strikes in the cavity between the Earth's surface and the ionosphere. Lightning pumps energy into the earth-atmosphere cavity, and causes it to vibrate or resonate at extremely low frequencies. These waves circumnavigate the globe an average of 7.83 times per second. This frequency correlates with the average frequency of alpha brain waves in human beings

The frequencies we've been exposed to naturally throughout millions of years fall within a specific range. This range is approximately 0.5-30 Hertz (Hz).

(Hertz= unit of frequency, equal to one cycle per second.)

The connection. Our cells emit, absorb and respond positively to frequencies in this range. This was discovered by Dr Ross Adey and has been deemed the *"human biological window of frequencies"*. It really should come as no surprise that our bodies are perfectly aligned with what nature was giving us all along.



William Ross Adey

Extensive research concluded that there is a very narrow range of frequencies to which humans and animals react positively (0.5 – 30 Hz), also called the "Adey Window". When you are exposed to these beneficial, health-enhancing frequencies, electrical and chemical processes in the tissue are stimulated.

Have you ever thought about why you feel good when you're in nature? There's science behind that feeling.

Great! so we can get these frequencies from the earth, especially by spending time outside. Unfortunately, there is an ever-increasing issue we're facing. How nature supported our bodies has been interfered with as modern civilization has forced its way into the driver's seat. We are no longer receiving the same level of exposure to those beneficial, earth-based frequencies as we were, even 100 years ago. There are a few reasons for that.

First, we are living in insulated cities. We live and work in concrete buildings, our cities are covered by pavement, we drive around in rubber-tired cars and walk around in rubber soled shoes. The other factor is that the strength of exposure from the earth's electromagnetism is declining due to changes created by us in our environment.

In fact, we're facing the fastest environmental change the world has ever experienced (excluding the meteor that wiped out dinosaurs). We'll tell you more on what changes have caused the greatest impact throughout this eBook.

"Assisting cells to reestablish or amplify their electro-dynamic resonant frequency patterns helps move the body toward a state of health!"

Looking back at those vital health elements, what do we do as a society if our health needs aren't being met? If these elements are declining in quality or have become deficient in our diets?

WE SUPPLEMENT.

Water. Do you drink filtered water? Most people nowadays have some form of filtration system in their homes or drink bottled water. If you live in an area with beautifully clean water then that is wonderful! However, it is easy to imagine if you didn't, you would supplement for better quality.

Fact: Nestle purchase spring water from beautiful British Columbia at \$2.25 per million liters, then sells it for as much as \$2.50 per ½ a liter.

Oxygen. Now this is obviously a big one! Poor air quality can create respiratory conditions that require air filtration systems, and if we become deficient in oxygen????!! The result is dire. If ever the need should arise to supplement oxygen, it would need to happen.

Fact: Canada sells bottled oxygen to China.

Light. Many people suffer from ailments attributed to lack of light. Depending on where you live in the world controls how much natural light exposure you receive year-round. Light is essential to our health. Maybe you or someone you know has supplemented with light therapy to improve their health, such as people with seasonal affective disorder.

Fact: According to research, in Canada 15% of the population experience some depression from lack of light, and 2-6% are diagnosed with SAD

Food. Our bodies let us know pretty quickly when we are deficient in nutrients. It's a tough one to ignore! Do you take supplements? Vitamins? Minerals? Health drinks? Herbs? Most people today are taking OR have taken many supplements to increase the nutritional value of the foods we eat today. Our food quality isn't nearly what it used to be and so therefore, we supplement.

Fact: The average North American spends \$300 per month on nutritional supplements.

ELECTROMAGNETISM is no different. It is vital to our health and its quality is declining; therefore we must supplement to maintain nature's ways.

Daily use of a PEMF system that is low frequency and low intensity (aligned with nature) is the **ONLY** effective supplement to maintain health at any age or stage of life.



The Earth has an electromagnetic field that allows it to sustain life.



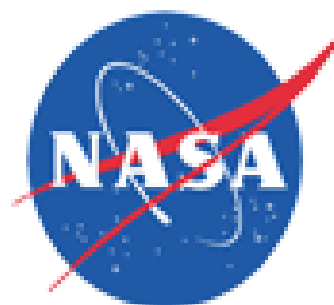
The moon doesn't have an electromagnetic field and does not sustain life.

The concept that space cannot sustain life was proven when the Russians sent the first Cosmonaut into space in the 1960's. Yuri Gagarin was only outside the earth's electromagnetic field for close to 100 minutes! That's shorter than the average movie these days!! When they brought him back, he was sick and suffering from severe osteoporosis, muscle atrophy, migraines, depression and a host of other conditions. His cells had begun to die and his body was shutting down. People normally take years to develop these conditions and his health had rapidly declined in less than 2 hours. This spurred much discussion and curiosity, leading to years of research into why these frequencies surrounding the earth were detrimental to sustaining life??!!

Nasa concluded a 4 year 3.5-million-dollar study on the effects of PEMF's on living cells. The conclusion was that cells that are exposed to extremely low intensities and frequencies turn over into healthy cells at a rate of 2.5 to 4 times faster than without. The research and testing that Nasa did was so convincing that they now include some form of [PEMF](http://www.pemfglobal.com) on all space expeditions, to allow their astronauts stay healthy and alive during prolonged missions.

What Are Electromagnetic Fields?

An electromagnetic field is a physical field produced by electrically charged objects. It affects the behaviour of charged objects in the vicinity of the field. The field can be viewed as the combination of an electric field and a magnetic field. The electric field is produced by stationary charges, and the magnetic field by moving charges. Every living organism generates an electromagnetic field from molecules to atoms to cells to organs and so on, including plants and animals.



Now you understand PEMF's are essential to life, but what are they actually doing to the body? To understand that, we need some basic knowledge of our cells.

FACT: The human body is made up of approximately 70 trillion cells.

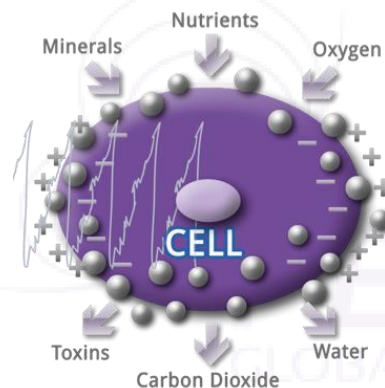
Your cells have many functions within your body; however, their most basic but fundamental job is to create energy. They do this through chemical and electrical processes. You can actually think of your cells as tiny batteries, each having their own charge and energy capacity.

FACT: We are much more electromagnetic beings than chemical beings. Without the electrophysiology of the body there can be no chemistry.

Metabolism

Your cells produce their own energy, called ATP (Adenosine Triphosphate) by way of metabolism. ATP is a term synonymous to the athletic world. It isn't just the energy that we need to run a marathon, but for every physiological function in the body such as opening our eyes, standing upright, digesting food. It's also the vital energy needed

to heal and regenerate the body, to build up and break down molecules, and to transport substances across cell membranes. To produce adenosine triphosphate, a cell needs oxygen, and about 90 other substances, including enzymes, glucose, and nutrients. In addition to energy, cells also produce carbon dioxide, water, waste products and toxins that all need to be transported out of the body.



Ion transfer

Each of our cells produce an electromagnetic field that is created by ion transfer through the cell membrane. Positive and negative ions (such as sodium and potassium) pass through the cell membrane wall causing a friction that creates an electrical charge, or cellular voltage. This voltage and the ATP we produce are vital to cellular health. Whenever the electrical potential of a cell drops, cell function is impaired. Low performance levels, lack of energy, fatigue, chronic diseases and much more are the results.

Ultimately, every condition and ailment is the consequence of impaired cell function. If cellular energy is not replenished conditions can continue to decline and eventually become chronic or lead to disease.

How does [PEMF](http://www.pemfglobal.com) affect our cellular energy? You can think of PEMF's as a whole-body battery charger. The pulsating electromagnetic fields penetrate through the whole body, and all 70 trillion cells. This process gently pulls on cell membranes, promoting ion transfer. The improved ion transfer increases the friction or energy in the cell. Their electromagnetic field is recharged. Fully charged cells are able to maintain an optimal shape which maximizes cell membrane potential, mobility (circulation) and permeability. A cell that is more permeable, allows for better metabolism i.e. increased nutrient and oxygen absorption, and waste and toxin expulsion. More cell energy equals improved cell functions.

We care more about your cells than anyone else!
PEMF Global Team

Resonance

Resonance is the tendency of a system to oscillate with maximum amplitude at certain frequencies. The cells of your body vibrate, or oscillate. Electromagnetic impulses with the appropriate frequencies can produce cellular resonance.

Picture cellular resonance as, every cell vibrating together in sequence. This is the essence of magnetic resonance stimulation.

The profound beneficial effects of magnetic resonance on human physiology is achieved by improving intercellular communication and intracellular interactions through the induction of resonance in the body.

The next generation of pulsed electromagnetic field therapy systems employ low frequencies within the “human biological window” (0.5-30) to help cells resonate at their natural frequencies.

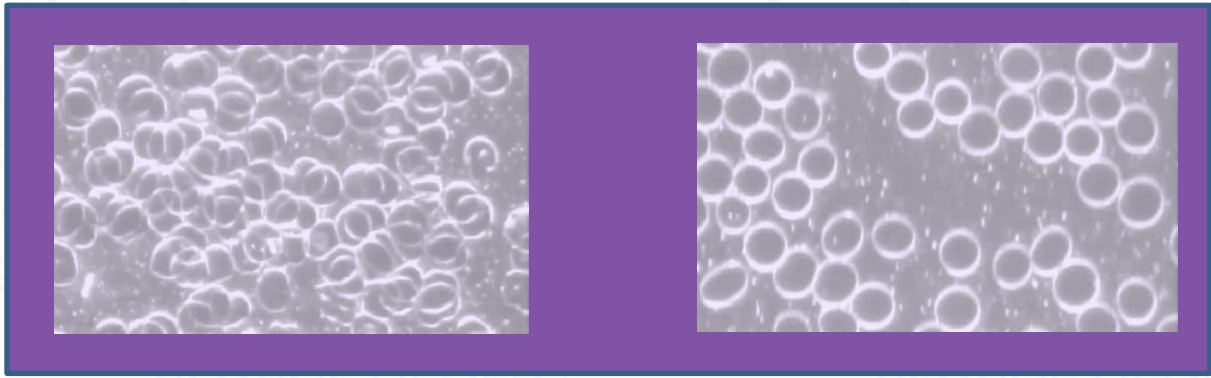
“A deficiency of electromagnetism in the body is like running out of air. Nothing will heal or repair in the human body without electromagnetic signals to our cells”

Fact: You are only as healthy as your cells.

Imagine your 70 trillion cells vibrating at their optimal level? When using pulsed electromagnetic fields, low frequencies (this is key) are passed through your tissue, organs and bones without being absorbed. These unobstructed frequencies turn unhealthy, deteriorating or malfunctioning cells into healthy cells. Your body begins to restore, regenerate, rejuvenate and your cells can turn over into healthy cells. This wonderful process happens regardless of which disease or chronic condition you suffer from. When cell function is optimized and fortified, the body becomes incredibly resilient, making it very difficult for disease to invade your body.

DARK FIELD MICROSCOPY

For anyone that is truly intrigued by this process, there is a way for you to see this amazing process in action. It is called Dark Field microscopy. This is the practice of examining the state of live blood cells. A small drop of blood is taken and immediately placed on an extremely high-power microscope. What you see is a snap shot of your current cellular activity and ultimately your health.



You can see in the first picture that the blood cells are stacked together and their shape is quite concave. This stacking is called the rouleau effect. As we mentioned one of the most important functions of a cell is to absorb and expel, which is greatly diminished by the stagnation of the rouleau effect. In the second photo the cells have been exposed to very low frequency, low intensity PEMF's for just 8 minutes! As a result their electromagnetic field has increased and cellular energy has been replenished. You can see the energetic cells have taken on an optimal shape, allowing them to utilize their full surface, optimizing metabolism and action potential. Cells can also be seen repelling off of each other as two similarly charged magnets would. This vastly improves circulation throughout the body. These healthy cells create an environment that promotes whole body health. Using a PEMF system daily helps to

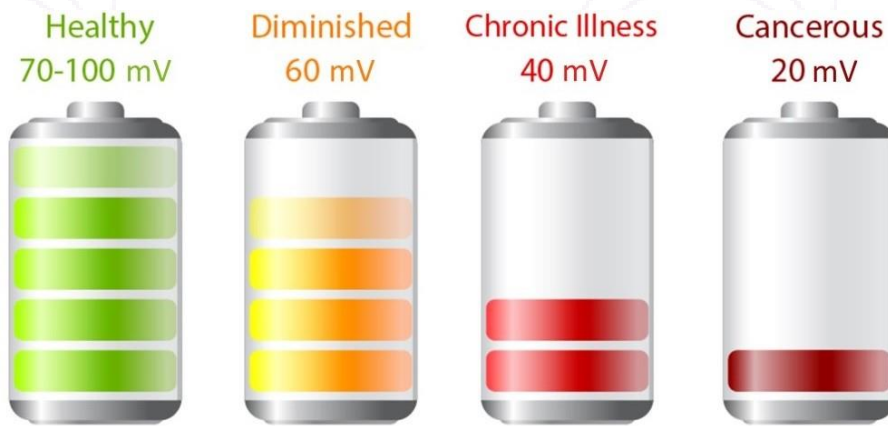
ALL ENERGY HAS BOTH A FREQUENCY AND AN INTENSITY

Going back to the comparison of our cells to tiny batteries. Of course we want them to have a full charge and a long battery life. The intensity level or cellular charge is measured in millivolts.

Your cells need a minimum membrane potential of -70 millivolt in order to function optimally. If cell charge drops for any reason, functions become diminished, and cells become weak and susceptible to disease. Any disease in your body starts long before a symptom shows up.

In conventional medicine your cell receptors are activated by chemical signals from prescription drugs that come with a long list of side effects. Now you can activate cell receptors with magnetic fields without any side effects. The best news is that PEMF actually addresses the cause of your disease on the cell level unlike conventional medicine that just deals with the symptom.

FACT: a heart cell always has a charge over -100 millivolt as it is always pumping at a high charge. That is the reason why there is no cancer of the heart as a primary cancer. Cancer cells have -20 mV or less.



It is the natural progression of life that our cells begin to power down. They start fully energized and as we get older that energy declines. This decline is what opens up the cell to disease and poor health.

The unfortunate fact is that it seems this process is being sped up. In the past, the majority of people lived a healthy life and didn't start to succumb to imbalances until they were elderly. Now people are getting sick earlier and younger.

“PEMF can raise the cellular voltage of declining cells helping them stay more resilient to disease. PEMF therapy is like anti aging on the cellular level”

What is causing our cells to power down faster than they should?

There are a number of environmental factors that contribute to diminished cell function from chemical exposure in foods, pollution, or physical and emotional stress, but the biggest culprit and the one that we have no protection against is wireless and other forms of radiation.

It's all around us, every minute of every day. We can't touch, taste, feel, smell or hear it so the possible danger isn't in the forefront of our minds. These harmful EMF's (electromagnetic frequencies) pass through your body unobstructed and undetected. Human beings don't have an organ to detect when we've reached our maximum exposure, which is why nuclear medical imaging technicians that operate equipment such as X ray equipment wear a meter to measure their exposure. The rest of us have to simply pay attention to the signals our bodies give us such as:

Aches, pain, fatigue, insomnia, low energy, headaches, low sex drive, anxiety and depression.

These are just a handful of the conditions that our society is living with. Everyone on the planet has experienced some or all of these symptoms at some point in their life. The sad realization is that these conditions have become so common that they are seen as normal.

“harmful frequencies disrupt cell function and beneficial frequencies restore cell function “

What Are Harmful Frequencies And How Do They Affect You?

Before we proceed, let's remember that our cells are healthiest when they're resonating between 0.5-30 Hz.

Manmade technology operates in ranges catastrophically higher. These frequencies are often referred to with terms such as electro smog or dirty electricity. Our mobile phones range from 700-1900 Mhz(megahertz), millions of cycles per second. Wifi operates on 2.4 Ghz and 5Ghz (gigahertz) billions of cycles per second.

Did you know that 2.4 Ghz is the same frequencies a microwave uses to cook your food?

While you may know about all the possible dangers of cell phone usage, the problem extends far beyond mobile phones. Unnatural frequencies from power lines, communication towers, computers, home appliances, Wi-Fi, mobile phones, microwaves, smart meters and even baby monitors are draining your energy and are making you sick. Your cells are always under siege as you live and work in a constant electro-magnetic smog made up of harmful frequencies.

“Ionizing radiation from radioactive elements, including radiation emitted from X ray machines and CT scanners, damages living cells. This can result in cancer. How? Simply speaking, there is a gene in every cell called the regulatory gene. It controls the rate of cell division. If this specific DNA sequence is hit by radiation the cell will either be killed or, alternatively, the regulatory gene can be bio-chemically altered. This is called a mutation. It is impossible to know if this damage has taken place in your body. The cell will sit silently for many years until one day, instead of dividing in a controlled fashion by mitosis to form two daughter cells, it begins to reproduce uncontrollably, producing trillions of cells. That is cancer. A single mutation in a single gene can kill you. This process is accelerated in children.”



Harmful EMF's outside of the 0.5-30 Hz range can negatively effect cell charge. When a cells charge becomes diminished its functions become compromised making it susceptible to disease as proven by Dr. Otto Warburg. This has been scientifically proven that exposure causes a whole host of diseases.

There are many solutions to help reduce exposure to wireless radiation such as limiting cell phone use, removing Wi-Fi from your home, shielding your home etc. There are now 5.1 billion mobile phones in the world and wifi in every house making it almost impossible to escape. So unless you plan to move to the mountains, you'll need a way to manage the damage to your cells that is already happening from wireless radiation.

PEMF offers a natural way to help mitigate the damaging effects of the constant low-level radiation. It is the *ONLY* tool available able to help cells return to their optimal state and fortify them against the constant assault of harmful, high frequencies.



Many diseases of modern civilization such as, migraines, arthritis, MS, fibromyalgia, anxiety, depression and many more have been linked to wireless radiation by the Women's College Hospital in Toronto. Scientists have already concluded that exposure to electromagnetic fields in the high frequency range (such as mobile phones and wifi) is responsible for certain cancers, reproductive dysfunction, birth defects, neurological and brain disorders. Yet conventional medicine continues to unsuccessfully treat the symptoms instead of opting to explore what it takes to have healthy functioning cells. Which is the essence of human health!

Insurance companies are bracing for the biggest health care crisis ever. Lloyd's of London, a major insurance provider, has included a liability exclusion clause regarding electromagnetic fields. School districts, school boards and school medical health officers in Canada have been notified that Lloyd's of London has now excluded any liability coverage from injuries, "directly or indirectly arising out of, or resulting from, or contributed to by electromagnetic fields, electromagnetic radiation, electromagnetism, radio waves or noise." This includes the radio frequency radiation emitting from Wi-Fi and other wireless devices in schools.

What's the best insurance policy?

Life insurance = \$800/year

- Per person basis.
- Doesn't improve health.
- Doesn't improve quality of life.

PEMF System = \$3345-\$6545

- Can be used by the whole family.
- Improves health.
- Improves quality of life.

*prices in US\$

“Once we ask the right question: what does it take to achieve optimal health? The answer is: beneficial magnetic field energy at frequencies that mimic those of human cells and the magnetic field of the earth – only then will we make more progress in treating chronic conditions in this decade than we have in any other decade before.” PEMF Global Team

How Does PEMF Technology Really Work?



Magnetic resonance stimulation uses weak pulsating electromagnetic fields to activate various physiological processes in the body by improving cell membrane potential through increased ion transfer. While receiving PEMF energy pulses, these pulses penetrate and stimulate cells at the injury site and everywhere around it. When using a full body mat, PEMF's stimulate every level of the body.

*“In both aging and degenerative conditions, cells lose their membrane charge. PEMF has the ability to recharge cell membrane potential.”
-Baker, 1983*

Not All PEMF systems are created equal. To effectively compare PEMF systems there are three important parameters you need to be educated on. We'd like to share these with you.

Waveform, Field Strength And Frequency

In theory these three components must be balanced in order to produce optimum health-promoting effects of cellular resonance in the body. These parameters are of paramount importance, and decide whether you experience benefits, nothing at all, or even negative effects.

Waveform

According to research the therapeutic value of a given pulsed signal is highly dependent on how rapidly the rise and fall time happens. This signal characteristic cannot be emphasized enough, and is perhaps the most important thing about an electromagnetic signal. An abrupt fall time represents a high peak voltage value, which is responsible for ion displacement in the body. The greater the ion displacement, the stronger the biological effect it exerts and therefore square or triple saw tooth wave is more effective than a simple sine wave, or a static magnet.

One of the most useful waveforms created is the “saw-tooth” wave. Research has shown that the saw-tooth carrier waveform provides the best magnetic resonance stimulation of all the waveforms. The sharp rise time and fall time produce the maximum impulse or stimulation for your cells, recharging them in the most effective way.

Unlike simple sine waves or static, externally worn magnets, the saw-tooth electromagnetic signal changes continuously, producing constant induction of electromagnetism into the body's tissues, maximizing ion displacement and preventing cellular membrane fatigue. This means that the cell membrane remains responsive to the signals throughout the entire session, maximizing the beneficial effects of electromagnetic stimulation.

Field Strength

Field Intensity is a quantitative description of an electromagnetic field that depends on current flow and direction. Since the target of signalling is the cell membrane, extremely low field strengths are quite adequate in producing a beneficial biological response.

Just as is the case for electromagnetic frequencies, there is a “biological window” of electromagnetic intensities to which the human body responds best for wellness, stress reduction, enhanced oxygen delivery and overall health.

The research of Goodman and Blank found that human cells most readily express a cell-preserving gene, heat shock protein 70 (hsp70), at 7-8 micro-Tesla rather than a stronger field intensity above 70 micro-Tesla.

The native language of the human cell, from an electromagnetic perspective, is a subtle whisper. Systems that have kept this in mind only produce low intensities. The result is the best possible wellness effect for all 75 trillion cells of the body.

Frequency

The healthy range of electromagnetic frequencies is known as the “biological window of human cell frequencies” 0-30 Hz. Stimulation at frequencies and amplitudes outside this range will produce little or no positive health benefit and possibly even negative effects.

Dr. Ross Adey, an Australian-born professor of anatomy and physiology working at UCLA School of Medicine, coined the term “biological window”. Since Dr. Adey's initial discovery, energy medicine literature has shown strong scientific consensus that biological windows are important.

Let's talk full body mat. Do you have at least 8 mins twice a day?

That's rhetorical. If you don't have 8 minutes twice a day then a PEMF system can't help your condition!

Check out some of the biological processes that can be improved from an 8 min full body mat session:

The Heart Effect: The heartbeat slows down (relaxes)

Blood Pressure Effect: Blood pressure decreases (normalizes)

Blood Flow Speed: The blood flows faster

Blood Viscosity: The viscosity of the blood normalizes

Respiratory Volume: Humans immediately breathe more deeply

Capillary Dilation: Nitric Oxide, a vasodilator, is produced which dilates the capillaries

Uptake – More oxygen adheres to the hemoglobin as blood flows through the lungs

Oxygen Stripping Rate – The amount of oxygen stripped from the hemoglobin at the capillary level is increased

Brain waves - patterns are altered and brain function improves

Trans-Membrane Potential – Restores the trans-membrane potential across the cell wall. This increases energy and improves metabolism.

Ion Transport – Ions (both positive and negative) are transferred from the electrolytic fluids into adjacent cells. Nutrient uptake is improved.

Which benefits will you experience?

These enhanced biological processes in the body translate to a multitude of measurable and profound outcomes. The best judge of these results is you. While you may or may not feel anything when lying on the whole-body mat

What is most important is how you feel afterwards:

more energy, better focus, less pain and better sleep! and over time,

many or all the benefits we spoke at the beginning of this eBook

PEMF works incremental and cumulative when it comes to pain, discomfort or chronic illness and so on. It takes a minimum of 8 minutes to start optimizing all your cells in your body and the effects last for 6 hours.

Only 8 mins??? Yes it can be!

A minimum of 8 mins and a maximum of 24 mins for all 75 trillion cells to fully resonate and recharge. You decide how long you'd like to spend depending on your schedule. We personally enjoy how it feels and the benefits we notice from a little longer than 8 mins, but we never miss our 8 mins regardless. Using the whole body will become like brushing your teeth. It will be the most pivotal and lasting decision you will make about your health from here on.

Fact: Doing 8 mins twice a day is better than doing 16 min once.

What about the other applicators??

Local pain or local health issues are addressed with secondary applicators, which preferably employ a 10 Hz, square wave form similar to that used in the NASA study. These frequencies are designed to reduce inflammation, pain, and improve circulation.

IS PEMF Accepted?

The FDA has approved PEMFs for the healing of non-union fractures, trans cranial treatment of depression, a particular type of brain tumor and more. Health Canada has approved the iMRS PEMF system to reduce pains and aches, and to increase blood circulation, all of which are at the heart of every chronic illness or disease. There are thousands of scientific studies exploring PEMF technology as a possible solution to Fibromyalgia, Arthritis, Back Pain, Diabetes, Multiple Sclerosis, Cancer, Osteoporosis, Osteoarthritis, Sleeping Disorders, Depression, Lack of Energy, Erectile Dysfunction, Sports and other Injuries, Fractures, Neck Pain, Mood Swings and more. Whole-body systems have been available in Canada and the US for over a decade and have been used in Europe by tens of thousands of people, not only by health-conscious people, but also by world-class athletes for increased endurance, enhanced performance, and faster recovery. Most alternative clinics including cancer clinics in Europe are using [PEMF](http://www.pemf.com) as part of their protocol for all the reasons outlined in this E-book.

There are many wonderful studies available on www.pemf.com or <https://www.ncbi.nlm.nih.gov/pubmed/> - Just type in the condition and PEMF

Unlike pain medication, which masks symptoms, PEMFs affect the cause of the ailment, it is this reason that PEMFs have a realistic chance of bringing lasting positive changes

Why We Have Chosen Swiss Bionic PEMF Systems: iMRS & Omnium1?

As professionals and experts, we strive to stay on top of the ever-growing field of [PEMF](#) therapy, working only with the worlds premiere systems. If there was a better PEMF system than the [iMRS](#) and [Omnium1](#) we would be the first ones to start using it. As of today, there is simply no system that is more effective, more affordable, or with greater value.

We have chosen the [iMRS](#) and [Omnium1](#) systems based on science, research and a continually growing list of countless testimonials from satisfied customers.

We've also chosen the [iMRS](#) and [Omnium1](#) because of the high standards of the manufacturer, Swiss Bionic Solutions. They strive for excellence on all fronts, offering an excellent warranty and first-class customer support from offices around the world, including Canada and the US.

Here are few more compelling reasons for our choice:

[iMRS](#) & [Omnium1](#) offer a triple saw tooth wave form for the whole-body applicator which has been proven to be the most effective when using a multitude of healthy frequencies to optimize cell function. Changing in polarity every 2 mins to avoid habituation

[iMRS](#) & [Omnium1](#) Use the square wave for the pillow, probe & spot

Uses NASA proven coil technology with 6 solid copper coils in the whole-body mat with the coils closest to your feet having a stronger magnetic field density than in the head area. This is important as it is how we walk on earth as well, with our feet closest to the earth

Each device has an organ clock built in and automatically adjusts the frequencies to your biorhythm

The [iMRS](#) is registered with the FDA and has a medical device license by Health Canada

This technology has been around for 30 years and is represented in North America for over 14 years

Nearly 2 million people are using these PEMF systems every day with incredible results

Both the [iMRS](#) & [Omnium1](#) have an optional brain wave entrainment system that can be used simultaneously with a PEMF session.

The [iMRS](#) has the option of adding an iMORE (Heart rate variability system) to your daily PEMF session

The [iMRS](#) also has the option of a build in iGUIDE: a set of over 250 conditions with predetermined settings.

The [Omnium1](#) is the first ever android-based system in the world. It has one touch programs designed to help with physical and mental performance, regeneration, relaxation and sleep.

The [Omnium1](#) is compact, lightweight, easy to use and can run on battery for up to 6 hours – the perfect PEMF on the go.

[iMRS](#) AND [OMNIUM1](#)

Why you want to work with us and buy from us?

We hope that you have learned a lot about your health and PEMF technology by engaging in our PEMF Global E-book, which was designed and written with your health in mind. We are sure you have much food for thought and it is our hope that we garnered your attention to consider making PEMF the healthiest part of your day. With our professional expert approach we would love to guide you to a much better quality of life and become part of our thousands of personal clients who would never part with their PEMF device be it the [Omnium1](#) or the [iMRS](#).

We have come together as business partners and dear friends because of our common goal to bring optimal health to those we come in contact with and spread the powerful health benefits of PEMF technology. We want to empower you to take control of your health where it really matters: gaining healthy cells. In the PEMF industry just like in any other industry, many high pressure sales people emerge who have very little interest in after sales support, we also wanted to separate ourselves and be your authentic and transparent support system that is personal, approachable and easy to get a hold off. We will make our combined experience and knowledge work for you. We share deep respect for each other because of our individual contribution to this emerging industry that brings about real results and our passion to truly help each one of you. We would like you to be educated before you medicate and take control of your health on the cell level. We have 25 years combined expertise in the field of PEMF and we will always be there for you during your journey to better health. We are very passionate about our clients and we would like to become your friend and 'go to' team for any of your questions and concerns.

When you become part of our PEMF Global community you will have:

- Access to any one of us when you need it (by phone and or email)
- Receive a comprehensive guide to your personal PEMF application
- Detailed iMRS or Omnium1 product PDF
- Learn how to get the most out of your PEMF system
- Access to our well cared for PEMF community / family
- On-going educational resources and online events
- You will be the first to know about any specials or promos
- Receive our newsletter with real time current PEMF news and developments
- We will look after any warranty issues you may have on your behalf ASAP

Please read some of our testimonials from our valued clients and our personal bios to get to know us better

Insert link to testimonials

**Yours Truly,
Lindsay, Reid & Allie**



Lindsay, Allie and Reid. Your PEMF Global Team.
Dedicated to you.

To learn more about PEMF technology check out our
website at www.pemfglobal.com

We look forward to hearing from you

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