Buyers guide to Pulsed Magnetic Therapy

The 19 Questions You Must Ask Before You Buy Any PEMF Device
2012 Pulsed Magnetic Therapy (PEMF) Buyers Guide Reveals...

“The 19 Questions You Must Ask Before You Buy Any PEMF Device”

You Don’t Have to Spend $400,000 to Find The Best PEMF Machine-Use My Research Inside And Save Thousands

Inside...

2. Does the device produce earth-based frequencies?

3. Does it include a built-in Biorhythm Clock?
   Is it Strong Enough, Yet Safe?
   Is there a Sensitive Setting for Sensitive Individuals?

4. Is the Intensity Graduated from Head to Feet?
   Does the Machine Actually Have PURE Pulsating Magnetic Fields?

5. Does the Mat Use a Sawtooth Wave?
   Do the Applicators Use the NASA Proven Square-Wave?

6. Does the Unit Switch Polarity?
   Is There an Optional Light and Sound Machine?
   Does the Unit have a Biofeedback Feature?

7. Is the Unit Digital and Easy to Upgrade?
   Does it come with a database of Protocols?
   Is it FDA Registered?
   Is the Company Progressive and Always Improving?

8. Is the Unit a Good Value (not the cheapest, but best value/dollar)
   Does it Come Standard with At Least a 3 Year Warranty?
   Is the Mat Comfortable to use?
   Is the Device Easy to Use?
   The Question You Forgot To Ask: hat Kind of Training and Support Do You Include?
Thanks to the Dr. Oz Show which aired on November 17th 2011, Pulsed Magnetic Therapy or PEMF for short is becoming more and more a household word for alternative pain relief and overall health and longevity. Though Dr. Oz promoted pulsed electromagnetic therapy in general, he did not endorse any one specific brand.

In this buyers guide, I want to share with you 19 critically important tips you need to know before buying any pulsed magnetic therapy device.

**Question #1:**
**Does the device produce earth-based frequencies?**

Make sure to use only PEMF machines that have frequencies that are closely aligned to nature. Ideally this is roughly 0-30 Hz. Nature produces frequencies mainly in this range due to what is called the Schumann Resonance (7.83 Hz is the 1st harmonic).

Additionally Electroencephalogram EEG studies prove that the brain wave patterns are roughly in this range from Delta to High Beta (0-30 Hz). Even more evidence is Supplied by Adey and Bawin who discovered that the biological window of frequencies the cells absorb is again roughly 0-30 Hz.
Question #2:  
Does it include a built-in Biorhythm Clock?

Look for a Device with an Organ Clock or at least a machine that adjusts the frequencies to different times of the day. Circadian rhythm or biorhythm studies have proven that our brains, bodies and even the planetary frequencies change at different times of the day. There are both internal (thalamus) and external (environment) biological clocks that have a profound impact on our wake/sleep cycles and energy/tiredness cycles that occur throughout the day and night.

A simplified explanation is that typically we operate at higher or more energized frequencies in the day (Beta/High Beta Brain Wave) while we are working and active and in the evening and nighttime our brain and nervous system operates at lower frequencies (alpha/relaxation, theta and delta/deep sleep)

For example, you don’t want to be put to sleep in the morning or energized before bedtime. What you need is energizing frequencies early in the day and relaxing ones at night. Most machines DON’T offer this option, so ask. Circadian rhythms in the human body are a well researched phenomenon so having a biorhythm clock keeps the body “tuned” to the cycles of the body is beneficial.

Question #3:  
Is it Strong Enough, Yet Safe?

The Device Should be strong enough to handle problem areas yet safe enough to be in compliance with U.S and DIN safety standards. The DIN 0848 safety standard says the intensity should never exceed 400uT or 4 Gauss.

Some devices on the market have intensities that are way too high. Don’t be fooled by companies that tell you that you need a stronger intensity to get results. The key is frequency resonance, not intensity. So look for a device that uses intensities close to what the earth provides.

Question #4:  
Is there a Sensitive Setting for Sensitive Individuals?

It is critical to use only machines with low intensities between 0 and 70 uT (Micro tesla). This is what the Earth provides us and it is what is natural (Earth is Approximately 30-70 uT).

So, you know the old saying, sometimes “Less is More”. In Fact, when it comes to PEMF Therapy less can sometimes be essential and more can be harmful. And there is plenty of research to suggest that the lesser field strengths (in the earth’s
natural range) actually work better in clinical studies. IMPORTANT: If you are chemically sensitive, you will want to find a mat with a picotesla setting (very weak magnetic field).

Make sure to get a full body mat with pairs conducting coils for upper, middle and lower body with a decreasing magnetic flux from head towards the feet. What this means is that you want ideally 3 pairs of coils, for the head/neck, hips/torso and legs/feet and one coil for each side of the body. AND, The coils toward the upper body should have a lower intensity (lower intensity = lower magnetic flux = smaller number of turns in coil) and the coils toward the feet should have a greater intensity (magnetic flux). This is very important because the legs and feet can handle a much higher intensity than the head and neck (which are the most sensitive area). When walking on the earth the feet naturally experience a slightly higher intensity especially when in contact with the ground. But even more important for people that are chemically sensitive or electrosensitive is that the head and neck/thyroid can be easily over-stimulated and irritated.

WARNING: Avoid the new wire mesh mats. These mesh mats CLAIM to offer a more uniform field (and they do) but at the expense of giving both the feet and head the same intensity. This means you are LIMITED by the intensity the head can handle.

Question #5:
Is the Intensity Graduated from Head to Feet?

Question #6:
Does the Machine Actually Have PURE Pulsating Magnetic Fields?

Another important point from Physics 101 is that a pure magnetic field using a current can only be created from a current loop.

Several devices on the market use a wire criss-cross mesh with oval current loops surrounded by plastic tubing (See attached image). Not only is this the wrong geometry to create a pure pulsating magnetic field, it also has spacing between consecutive turns which allows the magnetic field lines to be further distorted.

The criss-cross wire mesh is NOT a current loop and will NOT create a pure magnetic field, period!
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Question #7: Does the Mat Use a Sawtooth Wave?

You want to find a pulsed magnetic field device that uses a sawtooth waveform. The sawtooth waveform provides the maximum impulse or action potential across the cell membrane which will boost the voltage of the cell.

Also the sawtooth yields the greatest spectrum of frequencies that can be delivered simultaneously.

Again make sure the frequency range is 0-30 Hz.

Question #8: Do the Applicators Use the NASA Proven Square-Wave?

Make Sure the Local Applicators use a SQUARE WAVE. Why? Because the square wave is the most effective for breaking up cycles of pain AND also the square wave works best when it comes to healing and regeneration. This information comes DIRECTLY from the NASA study done on PEMF using a square wave.

The 4 year NASA study is perhaps the most intensive and thorough investigation ever done in pulsed magnetic therapy. It was a multi-million dollar study conducted by Dr. Goodwin with the goal to find the most effective type of electrotherapy for healing and regeneration.

The conclusion was that a pulsating magnetic field with a frequency of 10 Hz, very low intensity and a square waveform was most effective for pain relief, healing and regeneration. Only two devices on the market offer this.

This NASA study CLEARLY proved the square wave pulsed magnetic signal was BY FAR the most powerful for pain, healing and regeneration.

Look for the NASA proven square wave on the pillow and pen/probe/pen applicators on a PEMF device.

“We have clearly demonstrated the bioelectric/biochemical potentiation of nerve stimulation and restoration in humans as a documented reality”.

“The most effective electromagnetic field for repair of trauma was square wave with a rapid rate of change (dB/dt) which saw cell growth increased up to 4.0 times.”

They further noted that “slowly varying (millisecond pulse, sine wave) or non varying DC (CW lasers, magnets) had little to no effect.”

Final Recommendation: “One may use square wave EM fields with rapid rate of change for”:

- Repairing traumatized tissues
- Moderating some neurodegenerative diseases
- Developing tissues for transplantation

*the first study to clarify technologies and efficacy parameters for tissue growth and restoration
Nasa's Conclusions

Pemf Provides:

- greater cell viability
- accelerated cell growth
- better organized cell morphology
- upregulation of genes related to collagen production
- upregulation of genes related to cell restoration and growth
- bioelectric potentiation of nerve stimulation and restoration
- high-speed square wave increased cell growth four-times faster.

Question #9:
Does the Unit Switch Polarity?

Make sure the device switches polarity every few minutes. This is important because the body will get used to either a constant north or constant south pole polarity. This is one of the main drawbacks (amongst others) why you DON’T want a static magnetic mattress pad or pulsed magnetic therapy devices that do not switch polarity. Every two minutes is an ideal switch.

This is a nice option especially when the light and sound device uses the same frequencies that are in the mat.

Light and Sound relaxation systems help to synchronize both hemispheres of the brain using LED lights and binaural beats. When combined with pulsed magnetic therapy, it provides the ultimate spa and relaxation experience.

Question #10:
Is There an Optional Light and Sound Machine?

Is there an integrated Light and Sound Relaxation System?

One of the easiest and most effective forms of biofeedback is Heart Rate Variability (HRV) which can be easily and accurately measured through the
pulse (finger or ear sensors).

The beauty of using biofeedback to adjust intensities in a PEMF device is that it allows the user to relax and the system will automatically adjust the settings which the body needs for that given time and day.

Only two devices we have seen have a true biofeedback feature. Some claim biofeedback, but if there is no actual sensor hooked up to measure cardiac or brain wave patterns, it is impossible to have biofeedback.

**Question #12: Is the Unit Digital and Easy to Upgrade?**

Only a couple PEMF devices on the market are digital and programmable, and only one has a SD card capability to add new software programs and allow upgrades to be implemented easily.

Most PEMF systems are still solid state and have no ability to be upgraded or changed UNLESS a whole new unit is made. That is everything is hard-wired and there is not ability to upgrade or add new software. That is 1980’s technology.

**Question #13: Does it come with a database of Protocols?**

If you are a health care provider, it is advantageous to have protocols for different health conditions available at your fingertips. Only one device on the market offers this feature for licensed health care practitioners.
**Question #16:**
Is the Unit a Good Value (not the cheapest, but best value/dollar)

Price is always a big issue, but don’t confuse price with cost. If a device is priced at say $4000 and really, really works to the extent that it helps prevent a $4000 surgery, how much does the unit really COST? Not to mention the pain relief and added benefits that can come with a good PEMF device. Don’t settle for a cheap machine that will yield little or no results, because they actually could end up “COSTING” you more.

**Question #17:**
Does it Come Standard with At Least a 3 Year Warranty?

Make sure the unit has a good warranty. I recommend finding a machine with at least a 3 year warranty. These devices are expensive and very sensitive, so you want to make sure you are covered.

One device even offers an option for extending the warranty to 4 or 5 years.

**Question #18:**
Is the Mat Comfortable to use?

Look for a nice padded mat that is comfortable even on a hard surface. Also the applicators should be convenient and easy to apply.

It is an added bonus if the mat and applicators are easy to clean.

**Question #19:**
Is the Device Easy to Use?

Look for a device that is easy to use and operate.

Some pulsed electromagnetic therapy devices require a lot of training to use which can become an obstacle to getting fast and consistent results.

**The Question You Forgot To Ask:**
What Kind of Training and Support Do You Include?

This question is not numbered because it is perhaps the most important. Most of the devices on the market will offer some sort of benefit with the right training and support.

When you buy a PEMF device, you want to make SURE you have expert support available because everyone is unique and has a certain body type and every illness is different and requires a different protocol.

Not having expert training available will not only prevent you from getting results, but can even lead to adverse detox and healing reactions.

PEMF therapy is 100% safe, but it can trigger a
herxheimer or healing crisis in sensitive individuals if not used properly.

So please listen to this tip above all else: Find a company, distributor or product that offers EXPERT training and support by someone who has at least a couple years experience working with a wide range of body types and disease conditions. THIS IS CRITICAL and it’s the most important tip I can offer!

Most companies I looked into do not offer dedicated training and support by an expert. So please be careful and make sure you are in good hands.
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