

PEMF is **Pulsed ElectroMagnetic Frequency**. It is connecting to the frequency of our earth. Health is a state of being connected to the earth. Our brains are tuned to the earth's frequencies (like we tune in to the frequency of a radio station) via a metallic compound in the pineal gland in our brain called magnetite. Some animals have large amounts of magnetite and that's how they know how to find their way home. Animals need connection to the earth's frequencies, too. NASA has incorporated PEMF generators in space because astronauts cannot survive without the earth's geomagnetic frequencies. After a multi-million dollar study, NASA found the astronauts needed PEMF for bone density, better healing, regeneration of damaged tissue, greater cell longevity, and the health of human nerve cells.

Your health is completely dependent on the health of your cells as ALL organs and tissues are composed of cells. Using earth-inspired PEMF therapy is like hooking up your 100 trillion cells to microscopic jumper cables and giving them a full charge. These are the cellular benefits of PEMF therapy:

1. Increase ion transfer In/Out of cells by maintaining cell "voltage"  
Keeping our cell voltage charged is how we can radically increase our lifespan. Imagine you have a shiny new flashlight and you put in a fresh new battery. Turn the flashlight on, and the light burns bright. As the chemical reactions inside the battery are converted to electricity, the voltage begins to drop and the light starts to dim over time. When the battery is dead, the light goes out. The analogy holds true with our cells as well but we have "rechargeable batteries" that can be replenished and re-energized via PEMF.  
Heart cells = 90-100 mill volts (must be at this to live)  
Chronic Illness/fatigue = 30-50 mill volts  
Cancer = 15-20 mill volts (This is why there is no heart cancer!)
2. **Increase Energy Production** in Mitochondria, called ATP (adenosine triphosphate). 90% of our ENERGY comes from our mitochondria. ATP is like a rechargeable battery that fuels immunity, reproduction, breathing, body movement, organ function, and circulation which all require ENERGY. If all the ATP energy we have gets all used up JUST for organ function (required to live), then there's no excess for feeling ENERGETIC.
3. Enhances **Cells pumping** action that brings nutrients INTO our cells and takes waste OUT of our cells so we can DETOX the bad and utilize the NUTRIENTS!
4. PEMF makes our cells **alkaline**, which is how our body should be. An acidic body from an unhealthy diet is unhealthy. An acidic body will take an alkalizing material from our bones (calcium) to try and restore that alkalinity, which leads to osteoporosis. All disease (including cancer) occurs in an acidic environment, not an alkaline one. Many have tried to become more alkaline to lose weight.
5. **OXYGENATION**: By keeping our cell walls transferrable (porous) for stuff to go in (nutrients) and out (toxins), PEMF also allows for greater oxygenation of our cells. When the cells are porous like a clean filter and operating efficiently, it's like a car getting 40 mpg compared to 5 mpg. Oxygen is the most important element of life. Oxygen's main purpose is to create energy in our bodies. Cancer cells cannot grow in a highly oxygenated environment.

6. PEMF **lessens blood's thickness** by stopping red blood cells (RBC's) from clumping together. When RBC's are clumped together, blood is too thick and can't pass through our small capillaries or small arteries. This lessens circulation. When PEMF separates RBC's, the blood cells can pass through capillaries one at a time which enhances circulation.

Some Symptoms of Magnetic Deficiency: Stiffness across shoulders, Lower back pain, Habitual headaches, Dizziness, General fatigue, Chest pain and many others!

Lack of these frequencies during flying is the reason for blood clotting while flying. The risk of getting a blood clot in the legs rises due to the lack of geomagnetic frequencies from earth keeping microcirculation flowing. That is what a PEMF device restores to keep each red blood cell (RBC) separate, not clumped together in a clot. This is also why you get jetlag, especially if your blood is not flowing well ahead of a flight and is worsened when you leave the geomagnetic forces of the earth. Imagine the benefits of doing a session on a PEMF device before and after a flight to eliminate clots AND jetlag!

Due to rubber soled shoes and metal buildings; we have no connection to the earth or these frequencies.

Dr Amy Osenbaugh - [Like us at Atlas Chiropractic & Nutrition in Iowa 515-965-7835](#)

EMF (no "P" for pulsing) is static unhealthy, high frequency exposure to electrical wires, wi-fi, cell phones, and microwaves are NOT good for us. Using an earth based PEMF is like taking a bath to get rid of BAD EMF and bring the body back to healthy, natural, earth based pulsed frequencies.

Magnetic field therapy (PEMF) is a method that penetrates the whole human body and can treat every organ without chemical side effects.

Comparisons:

Frequency Bracelets: These set your body to the healthy **atmospheric** Schumann frequency of 7.83mHz which we need (the Chinese call this "Yang"). PEMF uses the frequency from the **core of Earth** called geomagnetic frequency (the Chinese call this "Yin"). We need BOTH frequencies to survive just like we need food AND water for life.

Grounding/Earthing: This also gives us static energy from the core of the Earth when we are barefoot on the earth, but the natural geomagnetic forces are lessening over time. The earth's magnetic field has declined by 50% in the last 300 years, and keeps getting worse. PEMF has more powerful intensities and frequencies.

Magnets: These are static magnets, whereas PEMF pulses frequency and intensity. Static magnets are still very good for you, but since there's no pulsing, the body quickly adapts and the penetration is not as deep as PEMF. They are still a very good option for superficial pain relief.

We are electrical beings with electrical charges (+/-) on every cell, just like a magnet. A Magnetic resonance imaging (MRI) scan uses the body's natural magnetic properties to produce detailed images from any part of the body. The energy field of our body extends outwards fifteen feet. We must keep those +/- charges in BALANCE to be healthy!



Dr Amy Osenbaugh Ankeny, IA [515-965-7835](tel:515-965-7835) [atlaschiropractichealthcenter.com](http://atlaschiropractichealthcenter.com)

***Main benefits of PEMF therapy:***

1. **STRONGER BONES:** PEMF stimulates osteoblasts to produce more new bone matter. It is FDA approved for healing AND strengthening bones – even fractures that are years old! A thigh bone should be stronger than concrete.
2. **PAIN RELIEF:** PEMF not only stimulates endorphins to stop pain, but it also SLOWS pain response from the beginning. When 1 out of 3 Americans experience some arthritic pain and 12 million Americans have fibromyalgia and 80% have Low back pain at some point – PEMF can help a lot of people!
3. **BETTER SLEEP:** Pulsing magnetic fields stimulate melatonin in the pineal gland in our brain, which not only helps with sleep but also is shown in cancer prevention. When we sleep better, human growth hormone (HGH) production goes up which is critical for longevity and anti-aging. It's important to emphasize that during sleep is when our body heals, repairs, and regenerates itself. SLEEP IS CRITICAL TO HEALTH!
4. **ENERGY:** Our energy comes from adenosine triphosphate (ATP) in our cells mitochondria. PEMF is all about stimulating the mitochondria as we discussed earlier. ATP production gives us ENERGY.
5. **INCREASED CIRCULATION:** PEMF increases the net charge (voltage) of a cell so red blood cells (RBC's ) repel one another just like magnets repel one another. This keeps RBC's from clumping

together so the RBC's can pass through narrow capillaries reaching all areas of the body. This also increases nitric oxide production to stimulate vasodilatation. You may have heard of nitric oxide as this is what Viagra increases.

6. **IMPROVED IMMUNITY:** It has been shown that germs, viruses, bacteria, parasites, and even cancer cannot survive in a body that has adequate oxygen, is alkaline, has good voltage, and has healthy circulation. PEMF enhances all of these things. Even if you do not manage to get an infection, PEMF will directly energize your immune cells and improve lymphatic circulation to help the body to eliminate unwanted bacteria or viruses.
7. **RELAXATION / STRESS REDUCTION:** PEMF has been shown to lower cortisol, the stress hormone. Also, since PEMF helps with a more restful sleep, the circadian rhythm (Sleep/wake cycle) gets reset to balance out all parts of the nervous system.
8. **NERVE/TISSUE REGENERATION:** Although PEMF has been proven to shut off pain, it also has been shown to heal and repair ALL tissues, including the difficult nerve and brain cells. It is critical for the re-growth of damaged nerves after a surgery/trauma.

Our bodies have all the blueprints to be healthy. We just have to supply the correct elements to KEEP it healthy. PEMF therapy not only energizes the physical body, but these frequencies also harmonize the mind and your emotions so you will be more relaxed, peaceful and creative, which produces all of the positive hormones. This helps YOU to be more at peace, healthy, creative, positive, and productive and better able to handle all the stresses life throws your way. Earth based PEMF devices that duplicate nature help us to supplement our body with this essential 5th element of health. By utilizing PEMF therapy just 8 minutes two times per day, you will supercharge and energize your body and cells, sleep better, eliminate and prevent pain and arthritis, improve cardiovascular health, maintain strong bones, boost your immune system and more!

The above notes were taken from the book titled "PEMF: The 5<sup>TH</sup> Element of Health" by Bryant Meyers. His final quote is "My prediction is in the very near future - we'll find PEMF devices in most homes, just as most homes have computers and televisions. Especially as the earth's magnetic fields continue to decline coupled with the increase in unhealthy EMF's from computers and cell phones. Energy medicine is the medicine of the future and Earth-Based PEMF is the most essential, natural, research proven and effective form of energy medicine available today."

**BEMER**  
PARTNER

FOR YOU :: FOR LIFE :: FOR ENERGY