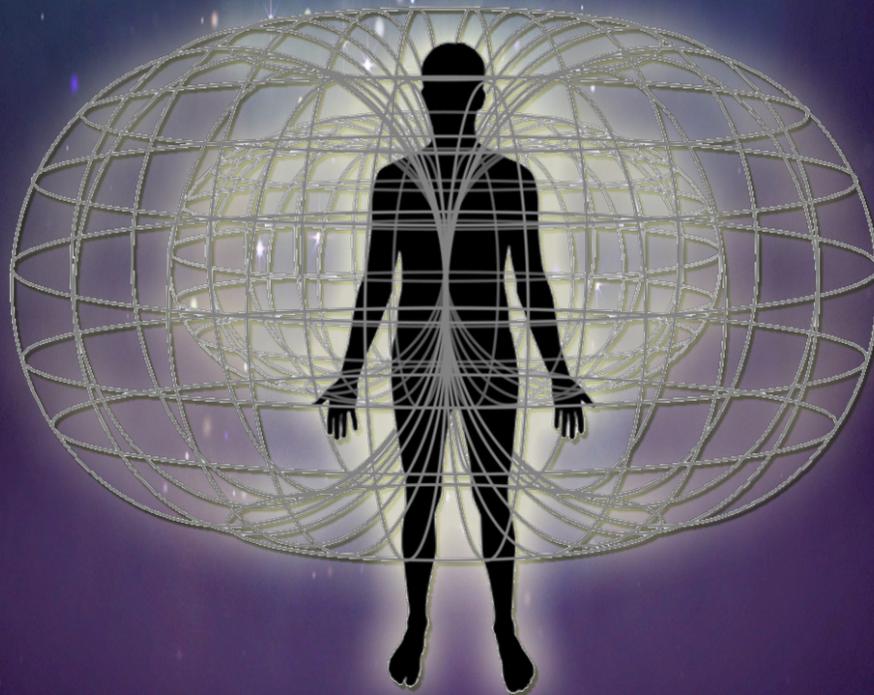


PEMF Therapy for Pain Relief

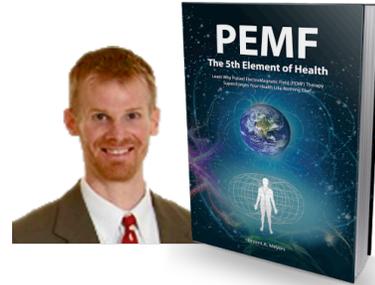
From the Author of
PEMF - The 5th Element of Health

Bryant Meyers



PEMF Therapy for Pain Relief

I'm Bryant Meyers, author of the book *PEMF – the 5th Element of Health*. If you are experiencing arthritis, back pain, neck pain, migraines, body aches, fibromyalgia, or any other form of pain, then this may be the most important article you've ever read.

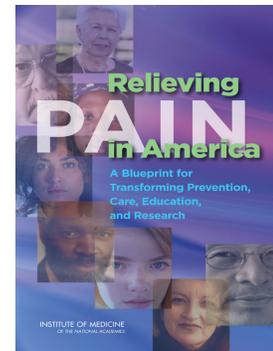


You do not have to suffer with pain any more. I'm going to share with you what Dr. Oz called the biggest breakthrough in pain management he had ever seen – PEMF therapy. That stands for Pulsed Electromagnetic Field therapy. It's related to magnetic therapy, but it's much more powerful, deeper penetrating, with better benefits for pain relief and healing and regeneration than magnetic therapy.

We will also look at what pain is, why you experience pain, and the big problem with prescription pain medications. We will share with you why PEMF therapy is a natural, non-invasive solution to end pain once and for all.

Pain Statistics

Let's begin by look at some statistics. Pain affects more Americans than diabetes, heart disease, and cancer combined. Chronic pain affects 100-million Americans, according to the Institute of Medicine of the National Academies. One in three Americans is affected by one of more than 100 types of arthritis that usually results in severe pain. Fibromyalgia affects 12-million Americans, most of whom are women. And research shows that 50-70% of patients die in moderate to severe pain. Here are the most common forms of pain:



- Low back pain (27%),
- Severe headache or migraine (15%),
- Neck pain (15%),
- Facial pain (4%).

These statistics show how prevalent pain is, and what a major problem it is in this country.

What is pain?

Pain is vital to humans because it signals that something is wrong. Pain is not a disease, but rather it's an important warning sign to protect the body. Pain has many manifestations; throbbing, cutting, piercing, pressing, dull, or paralyzing. It may appear suddenly or periodically. The causes of pain are varied; heat, pressure, stretching, injuries, and many other factors can cause pain.



Pain can be the result of chronic diseases, such as cancer or heart disease. Almost every disease has pain as a side effect. The definition of pain created by the International Association for the Study of Pain states: “Pain is an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.”



Pain is good, in that pain motivates us to take our hand off the stove. It's like the engine light in your car. When the oil light is on, you know something is wrong. So it does serve a purpose, but sometimes the pain signal can be much too strong.

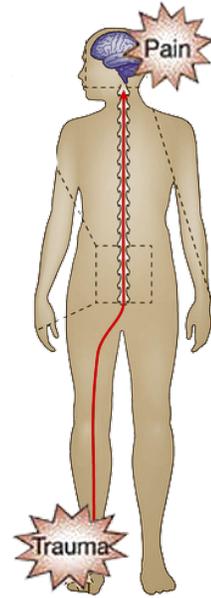
Chronic pain is a form of pain that persists over time. The pain signals keep firing in the nervous system for weeks, months, or even years, even after the body has healed. Or it may be the body never did heal, such as with arthritis and inflammation.

How is pain perceived?

Nociceptors are the receptors of sensory neurons. They respond to potentially damaging stimuli by sending signals to the spinal chord and brain. The process is called nociception. It usually causes the perception of pain. We have these nerve cells that send

signals to our brain telling us that something is wrong. For example, if your hand is on the stove, the nociceptors will relay to your spinal chord and brain to take your hand off the stove.

The perception of pain involves these pain receptors, which are in varying densities across the body. On average, each square centimeter of your skin has more than three hundred nociceptors. In order for the pain message to reach the brain rapidly, the pain is relayed at the rate of several meters per second. There's a switching point in the area of the spinal chord that decides whether the complaint is important enough to be relayed to the brain. The cerebellum and the pituitary gland react to the message by secreting opiate-like substances called endorphins. They inhibit the transfer of the pain signals to the brain.



There are basically two mechanisms. There's the signal that creates the sensation of pain, and then there's endorphins that relieve the pain. There's a whole cascade of hormones which gives you the sensation of pain, but the endorphins and other "happiness" hormones in the brain, such as serotonin, help to make the body more at ease and relaxed. A lot of prescription drugs are opiate-derived, such as Vicodin, Percocet, and oxycodone, and morphine. But your brain can also create those naturally.

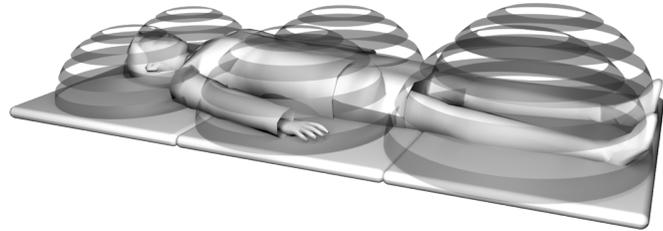
Let's take a look at the allopathic approach to pain relief. I call it the "numbing and dumbing" approach. It's giving you synthetic chemicals that basically turn off the sensation of pain, but unfortunately they have side effects and they don't fix the problem.



Prescription pain killers are also considered the major contributor to the total number of drug deaths. In 2007, for example, nearly 28,000 Americans died from unintentional drug poisoning. Of these 12,000 involved prescription pain relievers.

Pulsed Electromagnetic Field Therapy

Let's discuss PEMF. I call it "the smart choice." PEMF, or Pulsed Electromagnetic Field, therapy is a natural, non-invasive, safe and effective treatment for pain. It's related to magnetic therapy, but instead of a constant magnetic



field, PEMF provides a field that changes with time. It really is the most effective, natural form of pain relief available. As we said, Dr. Oz featured PEMF on his show in 2011 as the biggest breakthrough in pain management he had ever seen.



There are 10,000 research studies including over 2,000 double-blind studies that demonstrate PEMF therapy works. It's well-researched, well-established, and in my seven years of experience with PEMF therapy, pain relief is by far the number one reason why people invest in a PEMF therapy device.

PEMF therapy helps with pain relief in three, powerful ways:

1. PEMF therapy increases endorphins, serotonin, and other hormones help to relieve pain.
2. PEMF therapy reduces and temporarily interrupts the pain signal. Less signal equals less pain.
3. PEMF therapy actually heals the problem. Using the analogy of the oil light coming on in your car, PEMF therapy is like putting the oil back into your car so the light goes off. While the traditional medicine approach is like cutting the wire to the oil light so you don't know that there's a problem. PEMF actually heals and regenerates the tissue so the pain really goes away.

How does this work? Let's begin with endorphins, the "feel-good" or "happiness" hormones. Endorphins are your body's natural opiates. Your body makes opiates; you don't have to take morphine, oxycodone, Percocet or Vicodin. There's ways to naturally stimulate endorphins in your body. PEMF therapy is one of those ways, and there's research to prove that.



When your endorphin levels are high you naturally feel happier, more relaxed, less stressed, and you certainly feel less pain. Why do you think that most of the powerful pain killers are opiate-based? It's because endorphins have been shown to be the most effective form of pain relief. But your body can create them naturally. In addition to PEMF therapy, other methods that increase endorphins include massage, yoga, meditation, deep breathing, certain foods, good hydration, and even just smiling. Add PEMF therapy to those methods and watch the magic happen. You'll really notice some serious pain relief.



The second way that PEMF therapy helps is that it interrupts the signal that causes the pain. PEMF generates micro-currents that run through the neural pathways which reduces the signal needed to create the feeling or sensation of pain. Less signal equals less pain perception. PEMF not only helps to improve your "happiness hormones" but it directly decreases the triggering of the pain response. In doing so, it raises your threshold for pain so you don't feel pain as intensely.

The third reason is that PEMF therapy is one of the best natural solutions for healing and regenerating tissue and areas of trauma so that the signals for pain naturally go away.

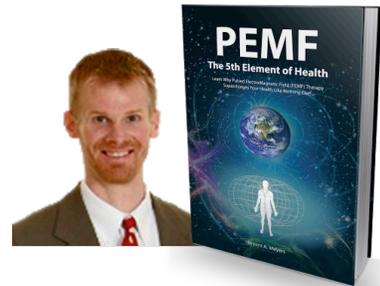
In conclusion, PEMF therapy helps with pain relief in three powerful ways:

1. It increases endorphins, your body's natural compounds to help naturally relieve the pain.
2. It reduces and temporarily interrupts the pain signal, and
3. It heals the problem and regenerates tissue so that the pain naturally goes away.

PEMF for Pain Relief - Part 2

Pain Protocols for Back Pain, Neck Pain and Headaches/Migraines

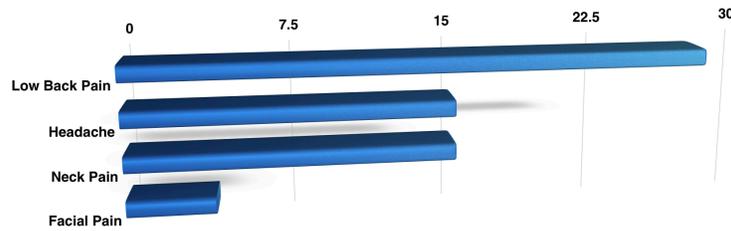
I'm Bryant Meyers, author of the book *PEMF- The 5th Element of Health*. This is a follow-up to my first article on PEMF for pain relief. If you haven't read that article, please do so now as it provides background information on the topic. In this article I will give you practical tips, strategies and pain protocol that you can implement to get success in pain relief using PEMF therapy.



To recap, Dr. Oz called PEMF therapy the breakthrough in pain management. PEMF helps with pain relief in three powerful ways:

1. It increases endorphins.
2. It reduces and temporarily interrupts the pain signal. Less signal equals less pain perception.
3. It heals the problem, injury or trauma.

I will be giving you protocols for the three most common sources of pain. Low back pain is the most common source. That is 27% of the people who have pain problems. There's a tie for second; severe headaches or migraines (about 15%), and neck pain (also about 15%). Between low back pain, severe headaches and migraines, and neck pain well over 50% of all sources of pain are accounted for. I'm going to give you some practical advice you can use to get rid of pain once and for all.

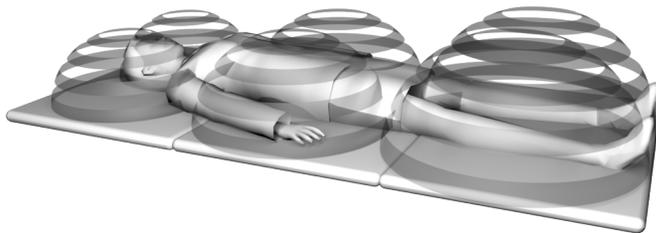


Let me guide on what to look for in a PEMF therapy device before we get into the protocols. That way the protocols will make more sense. You want to look for a **whole body mat system with local applicators**. You want a mat that is roughly six feet long and a couple feet wide. That way you can lay on it and work on your whole body. That's really important because it opens up the circulation throughout your body, and it's going to locally help improve oxygenation and nutrient delivery to the source of pain.

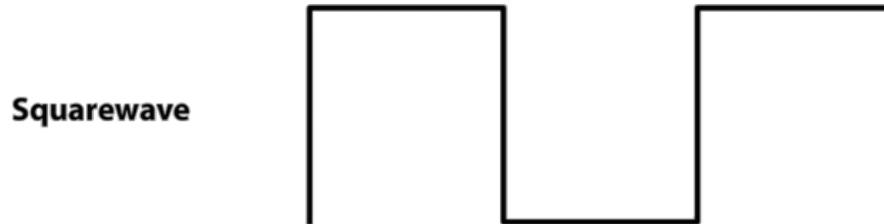


You should look for a **PEMF device that has Earth frequencies**. You want to use safe intensities. Read my articles on why “more is not better” and the myth of high intensity PEMF. You do not need high intensity; in fact it can be counter-productive by taking your body out of healing. It provides a constant stress to the body. In my opinion, the safest and most effective intensities are in the range of 0 to 300 micro-tesla. You're very

safe in using that range on an everyday basis. You can use the very high intensity systems on a short-term basis, but I do not recommend those for daily use.



The final thing you should look for in a PEMF device is a **rapid rise-and-fall waveform**. NASA found that to be the most effective waveform for healing and regeneration.



I personally use and recommend the iMRS-2000 system because it is in harmony with the body and what nature gives us. The iMRS-2000 and the previous generation MRS-2000 have over 20 years of research in Germany and abroad. The pain protocols I'm going to share with you come from proven research in clinical settings with over 200,000 patients and hundreds of doctors. The protocols are really based on results.



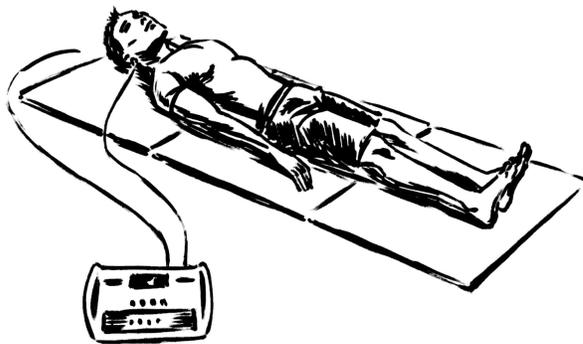
There are other good PEMF therapy devices on the market, and these protocols will work with other PEMF devices as long as they are low-frequency, low intensity with a full body mat. The protocols I will be providing are based on settings on the iMRS-2000 and MRS-2000. The range of intensities is from .009 micro-tesla on the sensitive level up to 300 micro-tesla on level 400. If you have another brand, these numbers may not make sense, but just know that from the low to the high, from sensitive level 10 up to level 400, it's ranging from very weak to 300 micro-tesla, which is about four times the strength of the Earth's natural intensity.

Protocols for Back Pain

Low back pain affects 80% of all Americans. At any given moment about 1 in 10 people are experiencing back pain. Back pain is associated with over-exertion, heavy lifting, but it can also be the result of inactivity, and poor posture.

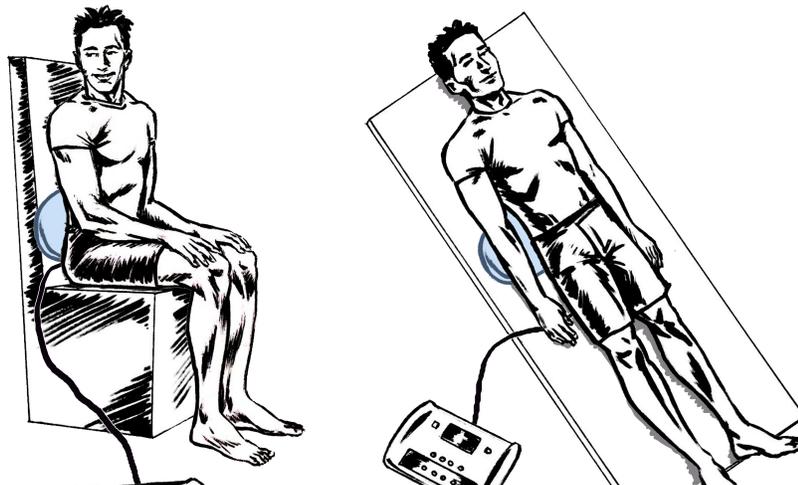


Let's look at the pain protocols based on hundreds of thousands of patients in Germany and several hundred doctors. They recommend that for low back pain you should use a



full body mat for 8 minutes, twice a day at level 25 in the morning and level 10 at night (those are settings with the iMRS-2000). Those are low intensity settings. And you want to use a slightly lower intensity setting at night so you don't over-stimulate the body.

Use a pillow pad for low back pain for 16 minutes, 2-3 times a day (more is OK for severe or acute pain). Use the 150-200% level. That's a higher intensity, roughly in the 40-50 micro-tesla range. Here are some sample placements of the pillow pad for sitting down or laying down. You could be reading a book or watching TV while you are



speeding up the healing.

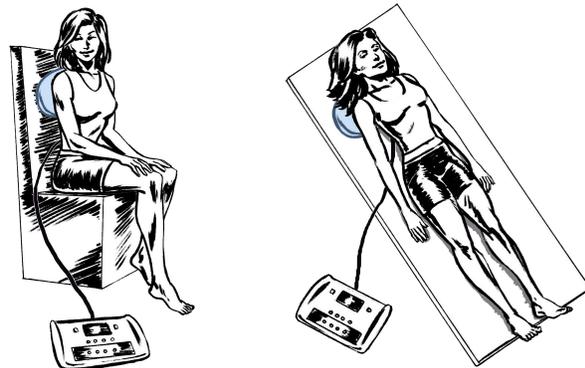
For mid-back pain, follow the same protocols, but instead of 150-200%, use the 100% setting (approximately 20-30 micro-tesla). Use this lower intensity because you're working in the torso area where internal organs are located. Again, use level 25 in the morning and level 10 at night. For acute or serious pain consider chiropractic care and the use of ice is recommended. Use ice 15-20 minutes while the pain is severe.

Protocols for Neck Pain



Neck pain comprises about 15% of pain complaints. In a rigorous Cochrane review of literature of electro-therapy modalities for mechanical neck pain and whiplash injuries, reliable evidence was found for the immediate benefits of PEMF therapy. By comparison the Cochrane elaboration found not so many benefits for electrical muscle stimulation, TENS units, permanent magnets, and other electrical therapy components. Cochrane reviews are systematic reviews of primary research in human health care and policy, and are internationally recognized as the highest standard in evidence based healthcare. I share this research with you to demonstrate how much PEMF therapy really does seem to work the best compared to other forms of energy medicine.

Let's go into the pain protocols for neck pain. Use the full body mat for 8 minutes, 2-3 times a day. Use level 25 in the morning and level 10 at night. Use the pillow pad 2-3 times daily (more is ok for severe pain) at level 25-50% in the area of the neck muscles. This is a lower intensity because the head and the neck and thyroid are very sensitive. For acute and serious pain, consider chiropractic care and ice to help with the immediate



inflammation along with the PEMF therapy.

Protocols for Headaches/Migraines



According to the National Headache Foundation over 45-million Americans suffer from chronic, recurring headaches. Of these, 28-million suffer from migraines, also called chronic daily headaches or chronic, non-progressive headaches. Tension headaches are the most common type of headaches among

adults and adolescents. These muscles contraction headaches cause mild to moderate pain and come and go over long periods of time. Migraine pain is moderate to severe, often described as pounding throbbing pain. Migraines can last from four hours to several days, and usually occur from one to four times a month. Migraines are associated with symptoms such as sensitivity to light, noise or odors, nausea or vomiting, loss of appetite, stomach upset or abdominal pain. The exact cause of migraines is unknown but a popular theory is that very triggers cause abnormal brain activity which in turn changes the blood vessels in the brain. That's called the neurovascular theory. According to one Harvard researcher and headache expert, many migraine headaches may have evolved if neck related muscle tension headaches were not successfully addressed earlier in life. Along with PEMF therapy, chiropractic adjustment and massage, proper diet and exercise really help with migraines.

Here are the protocols for headaches and migraines, based on the German research. They recommend using the full body mat for 8 minutes, 2-4 times a day. Level 25 in the morning and level 10 in the afternoon, and the sensitive setting at night. Use the pillow pad on the head area 1-2 times daily, at level 25-50. For migraines you can also use the probe for 24 minutes for 1-2 times daily, at level



100-150. Use the probe on the temple for acupuncture and local treatment.

Action Steps You Can Take

I want to conclude with action steps you can take to help with low back pain, mid back pain, neck pain, headaches or migraines. This is in addition to the protocols I shared. The #1 thing you can do to assist in pain relief is to drink a lot of water. Drink at least one big glass of water before each PEMF therapy session, and at least 50% of your body weight in ounces a day. Secondly, alkalize your body by eating a more alkaline diet. This is basically more fresh green foods, more fruits and vegetables, whole grains, certain nuts and seeds. For example, try some fresh lemon and water in the morning. If you have a water ionizer, you can do some alkaline ionized water a couple times a day.

Here's the third action step: deep abdominal breathing during the treatment. While you are on full body mat, do some deep belly breathing. That helps to further enhance the healing process.

The fourth action step is to add a good multi-vitamin and other supplements that help with pain relief and inflammation. Supplements might include systemic enzymes, turmeric, ginger, and boswellia herbs. Omega-3 fatty acids, like fish oil or vegan DHA supplements can help. Astaxanthin is a very powerful anti-inflammatory. MSM is well-known to be anti-inflammatory and good for your joints. And the mineral magnesium in a bio-available form helps with muscle relaxation. Definitely use some supplements to help with pain and inflammation.

And the fifth action step you can take is to smile and laugh more. Believe it or not, laughter actually increases endorphins. Norman Cousins was one of the first people to bring this to public awareness. He found that laughter and smiling helps with pain relief.

And number six is to use the correct settings on the PEMF therapy equipment. If you're working with the iMRS-2000 you can follow the protocols that I've shared. If you have another system, please refer to expert guidance on the settings to use.

And finally action step #7, invest in a good Earth-based PEMF system, like the iMRS-2000. And use it every day. That's the most important tip I give people – just USE IT. PEMF therapy works – it's research proven – you just have to use it regularly.