



Self Care Days PEMF BENEFITS

The National Institutes of Health studying PEMF therapy found good results for many conditions.

The main reason people use PEMF therapy is to feel better both physically and mentally.

PEMF therapy improves cell behaviour by stimulating electrical changes around and within the cell. The cell will experience an increase in the energy, which will optimize all its functions. **Your entire body recharged!**

Physical Benefits:

- PEMF improves blood supply increasing oxygen delivery to cells and activating cellular regeneration.
- Reduction of pain and inflammation, muscle relaxation
- Improve energy/circulation
- Regulate blood pressure and cholesterol levels
- Improved uptake of nutrients like calcium into bones for example
- Increase cellular detoxification and the ability to regenerate cells
- Accelerates repair of bone, muscle and other soft tissue

What could this mean for your health:

- Better Sleep: Be freed of those sleeping pills
- Enhanced flexibility: Reduce the symptoms of arthritis and back pain. Decrease muscle spasms, even in conditions like Parkinson's.
- Enhanced Motor Coordination: Those suffering neurological conditions will find PEMF therapy helpful
- Improved Strength and Stamina: This is useful for everyone, not just fitness experts and sports professionals
- Faster Trauma Recovery: If you are going through both physical or mental stress, PEMF devices will help you overcome stress faster than most other tools
- Mood Elevation: Whether you are suffering from PTSD, depression, or any other mood disorder, PEMF devices can be very helpful