

PEMF
THERAPY SOLUTIONS

THE REGENETRON USER GUIDE

PEMF and Brain Entrainment at Home

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INTRODUCING THE REGENETRON

The Regenatron is our home use system. It is a low intensity unit similar to most other PEMF devices in that it uses low gauss to emit specific PEMF frequencies.

The Regenatron is different from other PEMF devices in its superior technology, as well as that it is capable of using 8 different pre-set programs based off of brainwave frequencies so that the user receives different benefits depending on which frequency is chosen, making it a PEMF device with added Brain Entrainment functions.

The Regenatron™ has two completely separate computers inside simultaneously. One of the computers, “Subtle Energy” delivers the primary treatment frequency of PEMF that helps cellular regeneration (10hz Subtle Energy), while the other delivers a sweep of various frequencies waves depending on your chosen s makes the Regenatron a PEMF medical device with added Brain Entrainment capabilities with 2 separate computer programs.



WHAT IS PEMF

Pulsed Electromagnetic Field (PEMF) therapy has been around for over 40 years and has been researched with over 2000 University double blind studies.

PEMF works at the cellular level to essentially allow the cells to breathe better, bringing in more nutrients and pushing out toxins more efficiently. This results in a number of physiological effects, all of which allow the body to regain control of its natural healing capabilities.

Some of the effects of PEMF:

- ▶ Increased blood circulation; Thermo-graphic measuring charts show the increase of circulation under a magnetic field.
- ▶ Improved oxygen supply; The PEMF ensures increased oxygen extraction (de-oxygenation) and enriches the tissue with oxygen.
- ▶ Enhanced metabolism; PEMF enhances both anabolism and catabolism.

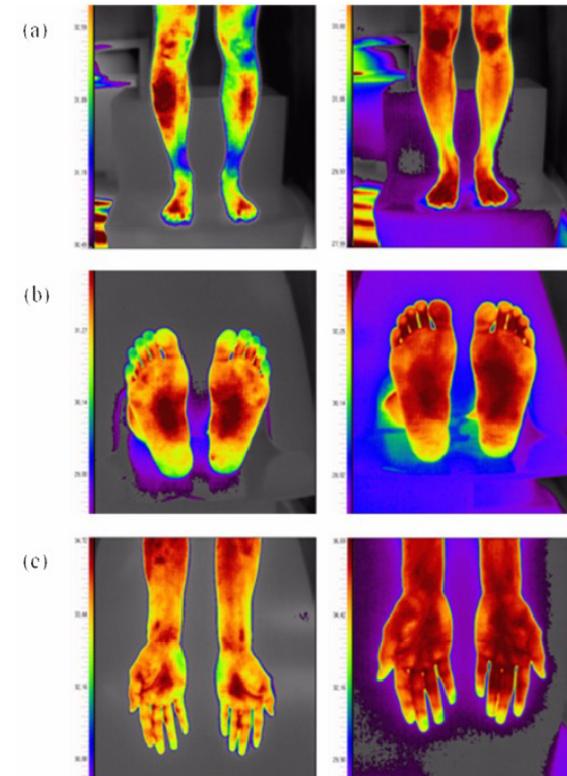
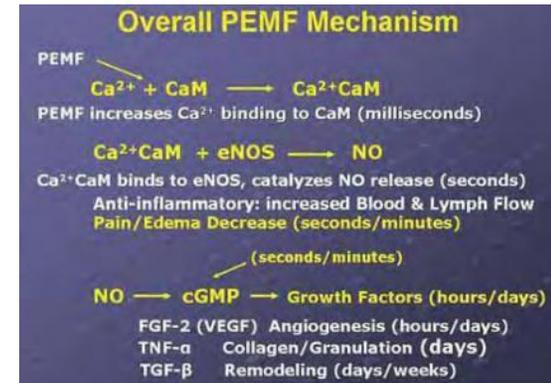


Fig. 5. (Color online) Thermo-gram of (a) lower limbs, (b) plantar skin and (c) palm of male of 33-years-old before and after applying magnetic field stimulus. The left side is shown less exothermically than the right side applied magnetic field stimulus. Vertical line means: range of spectrum in thermo-gram.

BENEFITS OF PEMF

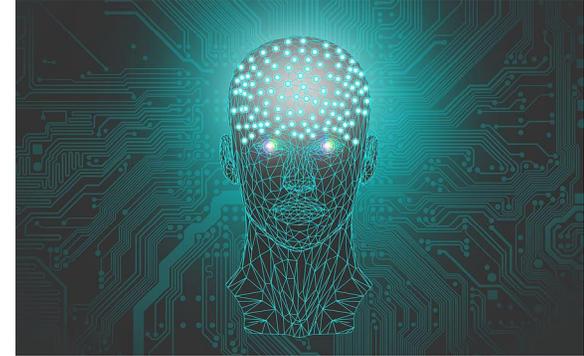
PEMF is a well known and thoroughly studied form of treatment. Through over 2000 double blind clinical research studies over the past 40 years, Pulsed Electromagnetic Field Machines have been shown to:

- ▶ Reduce Pain
- ▶ Reduce localized inflammation
- ▶ Increase Blood and Lymphatic Circulation
- ▶ Increase Cell Membrane permeability, flexibility and elasticity
- ▶ Stimulate cellular genesis
- ▶ Help improve the effectiveness of treatment for Cancer and drug absorption
- ▶ Improve Sleep
- ▶ Help with Migraines
- ▶ Decreases wound healing time
- ▶ Increase Mitochondrial function
- ▶ Increases cellular metabolism
- ▶ Increases energy storage and cell activity
- ▶ Stimulates Cellular Communication and Replication
- ▶ Benefit the treatment of bone diseases, micro-fractures in vertebrae and related pains.
- ▶ Helps to treat Depression



BRAIN ENTRAINMENT

Our brain is constantly firing electrical signals through its neural networks. The arrangement of these signals are called brainwave patterns. Brainwaves are divided into 5 states based on frequency bands. Interestingly, these frequency bands also correspond with states of consciousness known as Delta, Theta, Alpha, Beta, and Gamma.



Synchronizing your brainwave patterns to specific states through light, sound, or electromagnetic pulses is called Brain Entrainment. In other words, it is the synchronization of the brain frequency to external frequencies depending on Hz. Hz are wavelengths per second, which make up a frequency.

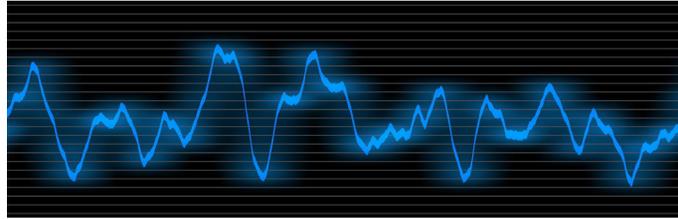
Magnetic fields from a small battery-operated 4 Hz generator were tested in a double-blind study. Effects on sleep were studied prior to treatment and after 2 and 6 weeks of treatment. They found that this field and intensity was effective in reducing sleep disturbances in 83% of the exposed group, compared with 57% in the controls. Slow-wave activity (0.5-4.5 Hz) is believed to play a role in brain restoration and memory consolidation. (Massimini, 2005).

People who use Brain Entrainment with PEMF have reported having a full and restful night sleep, as well as waking up with more energy in the morning, better ability to focus as well as retain information from the previous day, engaging in tasks throughout the day, and the ability to “unplug” and relax easier.

BRAINWAVE FREQUENCIES

Delta (0.5-4 Hz)	Theta (4-8 Hz)	Alpha (8-13 Hz)	Beta (13-30 Hz)	Gamma (30-100 Hz)
<p>▶ Non REM Sleep. Deep Relaxation and De-stressing of the body. During Sleep, it is where the Physical Body recuperates, heals and prepares for the next day. The body goes into the low=[est blood pressure, respiration, heart rate, metabolism and body temperature it experiences. There are no mental processes, no emotional processes and no sense of time. This is the most difficult time to try to awaken a person sleeping. During Meditation, this is often called the "void".</p>	<p>▶ Dreaming. REM sleep. The Theta portion of sleep is where the Emotional Body recuperates, heals and "tunes" itself for the next day. While awake, it is responsible for Creativity, Imagination, Daydreaming, Problem Solving. No movement During Sleep. Place where dreaming takes place during sleep. During Meditation, this state is associated with deep relaxation.</p>	<p>▶ When the Attention is turned inwards, brainwaves change to alpha immediately. Meditative State of inner focus, often seen with Zen Monks. Inner directed, non linear thinking. "Pondering" function. Movement during sleep, twilight space between sleep and awake.</p>	<p>▶ Waking consciousness, external awareness, information processing, dealing with ordinary world events, talking, thinking, figuring, Task Oriented, Check off the to do List.</p>	<p>▶ Self-awareness, higher levels of insight and information, psychic abilities, out of the body experiences of the self viewing the self.</p>

BRAINWAVE BREAKDOWN



- ▶ **Delta:** Sweeps Through .5-4 Hz; Physical Relaxation, De-Stress, Non-REM sleep.
- ▶ **Theta:** Sweeps Through 4-8 Hz; Emotional/Mental Relaxation, REM sleep, Creativity
- ▶ **Alpha:** Sweeps Through 8-13 Hz; Internal Awareness, Problem Solving,
- ▶ **Beta:** Sweeps Through 13-30 Hz; Task Oriented, Alert, Awareness, Information Processing.
- ▶ **Gamma:** Sweeps Through 30-100 Hz; Self-Awareness, Higher Level of Insight



Feeling stressed? Try Delta and relax with a thirty minute program.

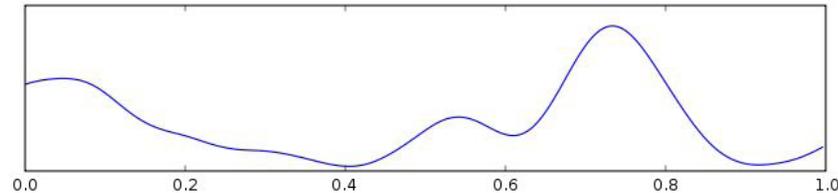
Need to release the day? Lay on the mat and set the Theta mode for an hour.

Need better recall or memory enhancement? Set the program to Beta, and read a book.

Need more serotonin? The Alpha program always hits the spot for mood and good vibes.

Need a moment for self reflection and meditation? Try Gamma for your thoughts

DELTA BRAINWAVES



Delta BrainWaves (0.5 to 4Hz)

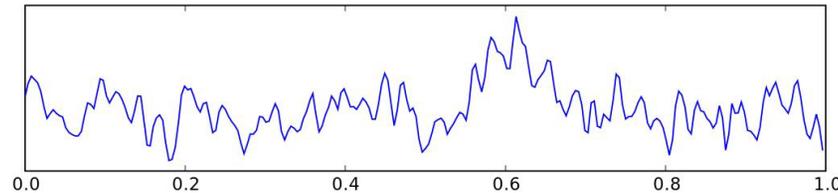
- 0.5 Hz ▶ Relaxation, helps soothe headaches
- 0.5 - 1.5 Hz ▶ Pain relief. Endorphin release
- 0.9 Hz ▶ Euphoric feeling
- 1 Hz ▶ Wellbeing. Harmony and balance
- 1 - 3 Hz ▶ Profound relaxation, restorative sleep. Tranquillity and peace
- 2.5 Hz ▶ Production of endogenous opiates (pain killers, reduce anxiety)
- 2.5 Hz ▶ Relieves migraine pain. Produces endogenous opiates
- 3.4 Hz ▶ Helps achieve restful sleep
- 3.5 Hz ▶ Feeling of unity with everything. Whole being regeneration
- 3.9 Hz ▶ Self renewal, enhanced inner awareness
- 4.0 Hz ▶ Enkephalin release for reduced stress
- 4.0 Hz ▶ Allows brain to produce enkephalins, all natural pain killer
- 4.0 Hz ▶ Full memory scanning. Releases enkephalins
- 4.0 Hz ▶ Vital for memory and learning. Problem solving, object naming

Rajendra R Aparnathi, "The study About BrainWave Extreme Low frequency and Works".

Conference: International medical Association Expert talk & Conference.

India Volume: 1 June 2014

THETA BRAINWAVES

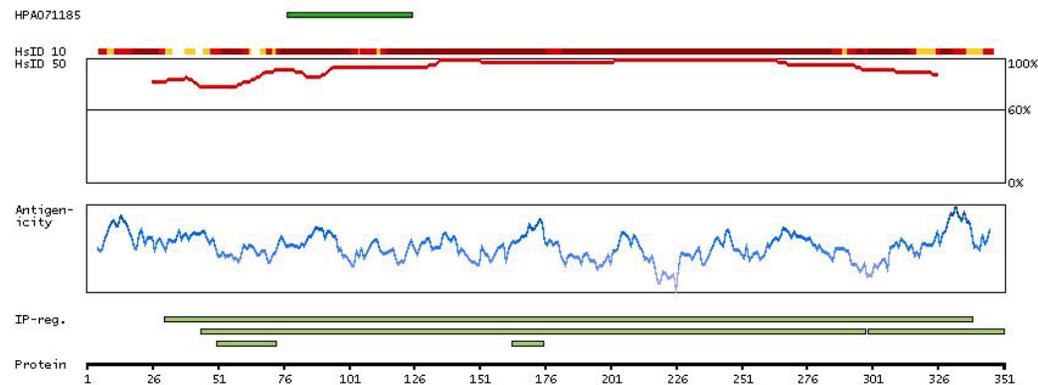


Theta BrainWaves (4 to 8 Hz)

- 3 - 8 Hz ▶ Deep relaxation, meditation. Lucid dreaming
- 3 - 8 Hz ▶ Increased memory, focus, creativity
- 4 - 7 Hz ▶ Profound inner peace, emotional healing. Lowers mental fatigue
- 4 - 7 Hz ▶ Deep meditation, near-sleep brain waves.
- 4.9 Hz ▶ Induce relaxation and deeper sleep
- 4.9 Hz ▶ Introspection. Relaxation, meditation
- 5 Hz ▶ Reduces sleep required. Theta replaces need for extensive dreaming
- 5.35 Hz ▶ Allows relaxing breathing, free and efficient
- 5.5 Hz ▶ Inner guidance, intuition
- 6.5 Hz ▶ Centre of Theta frequency. Activates creative frontal lobe
- 7.5 Hz ▶ Activates creative thought for art, invention, music. Problem solving
- 7.5 Hz ▶ Ease of overcoming troublesome issues
- 7.83 Hz ▶ Schumann earth resonance. Grounding, meditative, Leaves you revitalized

Rajendra R Aparnathi, "The study About BrainWave Extreme Low frequency and Works".
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ALPHA BRAINWAVES



Alpha BrainWaves (8 to 13 Hz)

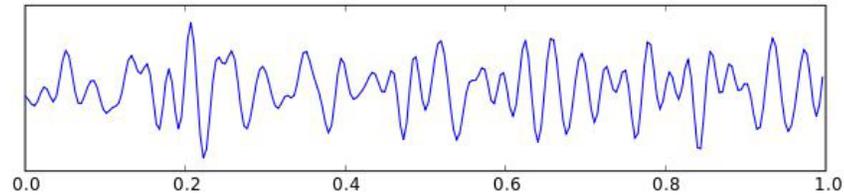
- 8- 10 Hz ▶ Super-learning new information, memorisation, not comprehension.
- 8.22 Hz ▶ Associated with the mouth. Brings creativity
- 10 Hz ▶ Enhanced serotonin release. Mood elevation, arousal, stimulant
- 10 Hz ▶ Provides relief from lost sleep, improves general mood
- 10 Hz ▶ Mood elevator. Used to dramatically reduce headaches
- 10 Hz ▶ Clarity, subconscious correlation. Releases serotonin
- 11 Hz ▶ Relaxed yet awake state
- 12 Hz ▶ Centering, mental stability.
- 11 - 14 Hz ▶ Increased focus and awareness
- 12 - 14 Hz ▶ Learning frequency, good for absorbing information passively

Rajendra R Aparnathi, "The study About BrainWave Extreme Low frequency and Works".

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BETA BRAINWAVES

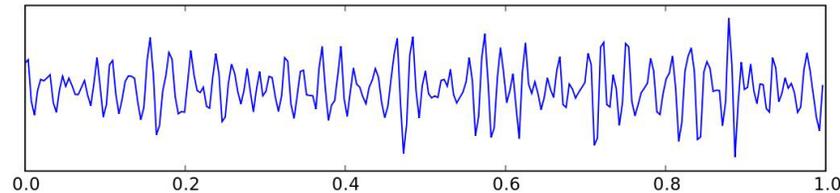


Beta BrainWaves (13 to 30 Hz)

- 16 Hz ▶ Bottom of hearing range. Releases oxygen/calcium into cells
- 12 - 15 Hz ▶ Relaxed focus, improved attentive abilities
- 13 - 27 Hz ▶ Promotes focused attention toward external stimuli
- 13 - 30 Hz ▶ Problem solving, conscious thinking
- 14 Hz ▶ Awakeness, alert. Concentration on tasks, Focusing, vitality.
- 18-24 Hz ▶ Euphoria, can result in headaches, anxiety.

Rajendra R Aparnathi, "The study About BrainWave Extreme Low frequency and Works".
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GAMMA BRAINWAVES



Gamma BrainWaves (30-100 H1z)

- ▶ Gamma is associated with the formation of ideas, language, and recall processing and various types of learning. It is the fastest brain activity and associated with heightened perception as well as higher mental function. Gamma is great for learning disabilities.
- ▶ Forms new brain cells. Abnormal Gamma activity is involved with Alzheimer's disease, epilepsy and other psychiatric disorders.

Rajendra R Aparnathi, "The study About BrainWave Extreme Low frequency and Works".
Conference: International medical Association Expert talk & Conference.
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GETTING STARTED

Connect the power supply into the MAINS socket on the back panel of the device. **Always plug the treatment coil and mat BNC connectors into the connector sockets on the back panel of the device before selecting a treatment.**



Both the treatment coil and mat can be plugged in and used at the same time. Inserting/Changing a Treatment Coil.

Do not plug or unplug a treatment coil or mat during a treatment cycle. Insert the treatment coil and mat BNC connectors by pushing them into the connector sockets and twisting clockwise to lock them in place.

Remove the treatment coil and mat by twisting the BNC connectors counterclockwise and pulling them out.

VARIOUS FUNCTIONS OF THE REGENETRON

Sleep Sweep Setting: Slide the paddle or mat under your pillow to run the sleep sweep program for a better night sleep, or use both at the same time on different parts of your body. Running a 45 minute Delta-Theta program as you fall asleep, then switching to a 30 minute Alpha boost right before the cycle is finished, ensures a restful night sleep and an energizing start to your day. Using the Sleep Sweep setting is a great way to fall asleep, stay asleep and wake up rejuvenated. No need for sleeping pills! Go Natural!



Alert Setting: Boost your brain into faster brainwaves for a high functioning and clearer mind. A 30 minute sweep between Beta and Gamma will ensure more mind power to accomplish tasks. Start your day with a 30 minute program while (or instead of) drinking your morning coffee or tea. Or use it for the midday pick me up, to bring you natural energy instead of that double espresso. You might find yourself with your "to do" list, completely done!

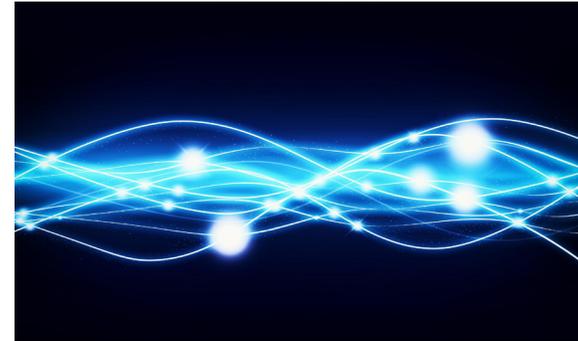
Subtle Energy: Runs at 10 Hz which is the common frequency in most low powered PEMF devices on the market. This is the basis for cellular rejuvenation with PEMF, this is where most other PEMF units from other manufacturers leave off. This is where we begin. We build on this 10 hz frequency with an additional built in program, with frequencies (delta-gamma) ready for you to choose ranging from . 5-100 Hz.

- ▶ For Delta-Gamma Brainwave Frequencies and their benefits, see "Brainwave frequencies" section for more detail.

USING THE REGENETRON

Using The Regenatron Beginning Treatment Users can remain fully clothed and no direct contact between the treatment coil or mat and the skin is necessary for the treatment to be effective.

Place the treatment coil and mat on or under the desired treatment area. The closer the coil or mat are to the treatment area, the more effective the treatment will be.



Two different areas on the same person or two people can be treated at the same time.

Press the desired push button to begin one of the seven preset brainwave treatment cycles along with the Subtle Energy Therapy treatment. The corresponding blue light comes on. For one of the brainwave treatments alone, press the Subtle Energy push button to turn it off. The Subtle Energy light will turn off.

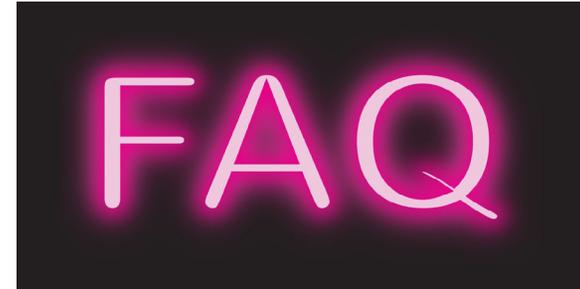
It is our recommendation to use subtle energy alongside the chosen frequency with every treatment. The Subtle Energy treatment can be used alone by only pressing its corresponding push button. If you would like to have the benefits that the specific frequencies can offer, along with the benefit of 10 Hz PEMF, then ALWAYS run both programs simultaneously. In this case, both blue lights (Subtle Energy and chosen frequency band) should be on at the same time.

You may switch back and forth between treatments by pressing their respective push buttons. Each treatment has a corresponding blue light.

FREQUENTLY ASKED QUESTIONS

Q. What does PEMF therapy do?

A. The PEMF therapeutic device delivers a series of pulsating magnetic frequencies into the patient, which creates a penetrating energy that will dynamically interact with cellular metabolism to produce a wide range of healing benefits. Those healing benefits to the body are increased ATP production, normalization of cellular membrane potentials, increased oxygenation of tissues and improved removal of toxins from the cells.



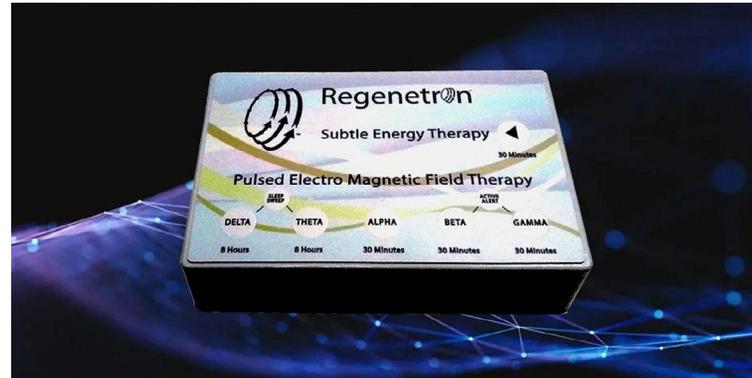
Q. What is a PEMF session like?

A. A PEMF session will essentially feel relaxing. No action or physical activity is required.

Q. What should I experience during a PEMF session?

A. Since everyone is unique and has different physical problems or conditions, each will experience something different. There are numerous types of therapeutic and intensity settings on the device, allowing the individual to increase or decrease the effects. Thus, a person can experience many different sensations. Frequently, people will state that they feel a tingling in an area of an old injury, while others say they feel a sense of wellness and relaxation.

IN THE BOX



- ▶ Control unit
- ▶ 48V medical grade power supply
- ▶ 16 cm treatment disc
- ▶ 30 cm x 57cm treatment mat
- ▶ User Manual
- ▶ Warranty Registration Card (Three year device warranty, one year for applicators)
- ▶ Voltage input: 120 to 230 VAC
- ▶ Current input: 1.5 Amps maximum
- ▶ Dimensions: 22cm x 14.5cm x 5.5cm
- ▶ Weight: 1.2 kg/ 2.64 lbs
- ▶ Shipping weight: 2.0 kg/ 4.40 lbs

CONTRAINDICATIONS

- ▶ DO NOT USE within 25 cm of pacemakers, defibrillators or any other implanted electronic devices.
- ▶ DO NOT USE soon after taking any medication.
- ▶ Consult your health care provider to discuss using the device if you think you are at risk for any of these contraindications.
- ▶ Users with heart problems should consult their physician before using the device.
- ▶ Users with suspected or diagnosed epilepsy should consult their physician before using the device.
- ▶ Users taking pain, anxiety, depression or any other medication should be carefully monitored when using the device as medication effectiveness may be intensified.
- ▶ DO NOT USE in wet environments. Do not immerse any part or pour any liquids on the device.
- ▶ Keep away from sources of heat and moisture.



ADVERSE REACTIONS

There are no known negative side effects, or reported adverse or allergic reactions with the use of this device.

Detoxification may occur after treatment. Drink plenty of water after treatment.

In case of any adverse effects or allergic reaction, stop using the device and consult a physician.



- ▶ “PEMFs hold promise as a safe, easily administered and noninvasive modality to accelerate and improve the body’s healing mechanisms”.(Pulsed Magnetic Field Therapy Increases Tensile Strength in a Rat Achilles’ Tendon Repair Model”, 2006)
- ▶ Compared to regular pharmaceuticals, PEMF offers an alternative with fewer, if any side effects. This is a tremendous advantage versus pharmaceutical treatment at which the administered medication spreads over the entire body, thereby causing adverse effects in different organs, which sometimes might be significant.

(Pulsed electromagnetic field therapy history, state of the art and future.
Marko S. Markov. Springer Science+Business Media, LLC 2007)

CUSTOMER SERVICE

We are there for your PEMF needs and always work with you to find the answer to your question, and best solution to your concern.

After having two hip replacements, being left with pain and a search for a solution, we found PEMF. We know what it is like to live in pain. We also know what it is like to receive help and guidance, and a solution that is natural and holistic, and just how relieving and healing this can be. This is why we do what we do, to help you find a solution to your stubborn condition. We are here for you.

Contact Us



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