



Beyond the complex mechanisms by which it operates remain the health benefits associated with PEMF therapy. PEMF therapy increases blood circulation in and around damaged tissue, and effectively helps damaged cells heal. Generally, PEMF therapy produces one main effect; it stimulates the cell metabolism by increasing the flow of electrons and ions across the cell membrane. This effect involves a chain of processes in the human body, which leads to improvement of health without side effects including:

- Decreased inflammation, swelling and pain
- Accelerated detoxification of cells and organs
- Improved circulation with mechanical contraction and relaxation of blood vessels
- Improved interstitial fluid circulation
- Increased supply of oxygen, ions and nutrients to cells
- Increased partial oxygen pressure
- Improved elimination of carbon dioxide and waste products away from the cells
- Activation of cellular and molecular processes enhancing the internal self-regulating mechanisms of the body
- Stimulation of cellular repair mechanisms
- Stimulation of inter cellular communication
- Increased cellular genesis promoting bone, cartilage, tendon and soft tissue growth
- Increased collagen production with associated enhanced cellular and tissue elasticity
- Stimulation of the Na/K pump by increased opening of the ion channels in the cell membrane
- Increased calcium transport and absorption for stronger bones, joints, and muscles
- Increased ATP production by excitation and increased transport of electrons in the mitochondria
- Stimulation of RNA, DNA and protein biosynthesis by electron and energy transfer Because of its many positive biological effects, PEMF therapy helps the body's natural processes and promotes healing