Pulsed Electromagnetic Field Therapy

*"Also known as **low field magnetic stimulation** (**LFMS**) is the use of electromagnetic fields in an attempt to heal non-union fractures and depression. By 2007 the FDA had cleared several such stimulation devices." --Wikipedia.*

Pulsed Electromagnetic Field Therapy (PEMF) is a scientifically proven, FDA-approved therapy that utilizes electromagnetic frequency to optimize cellular function. Energy waves delivered at human frequencies work with the body's natural magnetic field to improve the efficiency of cellular operation and metabolism. In the same way sound waves deliver noise, PEMF delivers language.

What is the Buzz about PEMF therapy?

If you had asked me what PEMF therapy was a year ago, I would have said, *'Please don't tell me I need to read more Urban Dictionary.'* But seriously, I had no idea. Never heard of it. Like most new things, I learned about PEMF while trying to figure out how I was going to help a patient I hadn't been able to help with anything else I had at the time.

Why are you people so complicated? This is why I don't sleep.

In reading about complex systems, I kept running into it. PEMF for this, PEMF for that. Jeez - this new PEMF thing was everywhere. Was it a new thing?

"You got pain?" No problemo.

"You can't sleep?' Easy peasy.

"You're too tired to take your dog for a walk?" Just give those cells a quick PEMF zap and you'll be ready to rock and roll.

What is this, a Swiss Army Knife? It's got more benefits than the best multi-vitamin on steroids. Pain relief, better sleep, sharper brain function, improved circulation, detoxification, immune system boost, muscle recovery... you name it, PEMF therapy

has some science to back it. It's like a cellular rejuvenation gone completely mad. And you've probably never even heard about it.

The Magic of Electromagnetic Waves:

How does this PEMF therapy actually work? Well...it's complicated and, we don't have all day.

So think of it like this: PEMF therapy sends out these energy waves that zap your cells with all the goodness a perfectly operating cell might need - like a battery jumpstart to get things back in order. It recharges those cells, gets them humming along like a well-oiled machine, and kicks their metabolism into gear.

Nerding out for just a moment: PEMF therapy works by delivering pulsating electromagnetic waves to your body. These waves create tiny electrical currents within your cells, which stimulate specific biological processes. They give your cells a gentle nudge, reminding them of their natural rhythm and encourage optimal functioning.

These electromagnetic waves have the power to penetrate deep into your tissues, reaching areas that are often difficult to target with other therapies. They can stimulate the production of adenosine triphosphate (ATP), which is the fuel that powers your cells. By boosting ATP production, PEMF therapy gives your cells the energy they need to perform their tasks more efficiently. *PEMF stimulates cellular rejuvenation.*

Safety First:

Now, I know what you're thinking. Is zapping ourselves with electromagnetic waves the smartest of ideas? Kind of sounds like a 'we've had too much to drink and are looking for some fun' idea... Are we going to end up looking like a science experiment gone wrong? Fear not, my intrepid readers, because PEMF therapy is as safe as kittens. No drugs, no scalpels, no drama. The energy waves pass right through your body without causing any harm. It's like having a superpower that won't blow up in your face. How cool is that? So, rest assured, you can give those cells the spa treatment without worrying about turning into a human lightning rod. Which would be cause for a disclaimer.

Look, we are all just a bunch of cells. All cells need charge to operate efficiently. Over time, they lose charge. Without medications, surgery, or the potential for toxicity, PEMF therapy restores charge. End of story.

FDA Approvals and Success Stories:
Now, don't just take my word for it. PEMF therapy has been around for decades and even got FDA approvals for treating things like broken bones, depression, and brain cancer (not that that's saying much but moving on...). It's like the little therapy that could. People have shared success stories about how PEMF therapy transformed their lives, helping them recover from injuries, manage chronic pain, and improve their overall well-being. It's a secret weapon in the battle for optimal health.
Let's dive even deeper into the world of PEMF therapy and explore its fascinating mechanisms and the science behind its benefits.

The Science of PEMF Therapy:
Okay, let's get nerdy for a moment. PEMF therapy works by delivering pulsating electromagnetic waves to your body. These waves create tiny electrical currents within your cells, which can stimulate various biological processes. It's like giving your cells a gentle nudge, reminding them of their natural rhythm and encouraging optimal functioning.
These electromagnetic waves have the power to penetrate deep into your tissues, reaching areas that are often difficult to target with other therapies. They can stimulate the production of adenosine triphosphate (ATP), which is the fuel that powers your cells. By boosting ATP production, PEMF therapy gives your cells the energy they need to perform their tasks more efficiently.

The Healing Power of PEMF Therapy:
Now, let's talk about fixing things. Whether you're dealing with a sports injury, chronic pain, or a slow-healing wound, PEMF therapy might just be the missing puzzle piece in your recovery process. The electromagnetic waves can help reduce inflammation, increase blood flow, and promote the regeneration of damaged tissues. PEMF therapy has also shown promising results in the world of mental health. Studies demonstrate it can help alleviate symptoms of depression, anxiety, and PTSD. It's like a little mood booster for your brain, giving you that extra pep in your step.

Where to get me some PEMF:
Alright, you're sold on the idea of PEMF therapy, but how do you get your electromagnetic fix? Well, my friend, you have a few options. There are specialized PEMF devices available for home use, ranging from mats and wraps to full-body

systems. These devices emit the electromagnetic waves and allow you to customize the frequency and intensity according to your needs.
You can also seek out PEMF therapy at specialized clinics or wellness centers - like ours. Lindgren Functional Medicine has state-of-the-art equipment and trained professionals who can guide you through the process. It's VIP treatment for your cells, with experts ensuring you're getting the right dose of electromagnetic energy.

So, should you go all-in on PEMF therapy?
Well, as with any health-related decision, it's essential to consult with your healthcare provider. They can assess your specific needs, medical history, and any potential contraindications to ensure that PEMF therapy is a safe and suitable option for you.

PEMF Fun Facts:
In 1979, the FDA approved PEMF therapy to heal nonunion fractures.
In 1998, PEMF therapy was approved for urinary incontinence and muscle stimulation.
In 2004, it was approved for cervical fusion surgery patients at high risk for non-fusion.
In 2006, PEMF was approved for the treatment of depression and anxiety.
In 2011, it was approved for the treatment of brain cancer.
In 2015 the FDA reclassified PEMF machines from medical devices to wellness devices.

Who should not use PEMF therapy?
According to Dr. Pawluk (the Godfather of PEMF):
The only absolute contraindication for use of a PEMF device is placing an active applicator over implanted electrical devices like pacemakers, defibrillators, cochlear implants, intrathecal pumps, and many others, because the magnetic field can shut the device off or otherwise interfere with its function."

PEMFs have a relative contraindication in organ transplant patients. This is because these people are on immune suppression to prevent organ rejection. We do not want to risk adversely affecting the immune suppression/rejection process. PEMFs decrease the stickiness of platelets, normally a desirable aspect of PEMF therapy. For people with implants of any kind, very high intensity PEMFs (beyond 100 Hz) should be used with caution or only with professional guidance.

The Bottom Line:

In a world where we're constantly bombarded with new health trends and miracle cures, PEMF therapy stands out as a promising contender. It harnesses the power of electromagnetic waves to give your cells the rejuvenating spa day they deserve. With its array of benefits, from pain relief to improved sleep and mental well-being - it's no wonder PEMF therapy is gaining popularity.

But friends, let's not forget our skepticism. While there is scientific evidence supporting the efficacy of PEMF therapy, like all things in medicine, more research is still needed to fully understand its mechanisms and potential applications. It's an evolving field of study, and we can expect even more exciting discoveries in the future.

So, whether you're curious about giving PEMF therapy a whirl or your content with your trusty foam roller and a good night's sleep, the choice is yours. Just remember to stay informed, consult with the experts, and approach every health decision with a healthy dose of skepticism and snark, if you're me, anyway.

Well, it is past my bedtime, my Friends. I must bid you adieu. May your journey towards optimal health be filled with electrifying discoveries and souvenir magnets. Until next time, stay curious, stay skeptical, and keep your cells dancing to the electromagnetic beat of life.

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