What practical measures should we take to create a healthier environment? The hidden environmental crisis is no longer invisible. We are not going back to living in simple dwellings or living without modern conveniences. But we should certainly make ourselves much more aware of the very real threat to our health that EMF poses to all of us each and every day. The goal is to simply acknowledge the problem, identify the sources of the problem, seek out the solutions to the problem, and then better manage and avoid living in harm’s way.

“PEMF”

While EMF can be dangerous, pulsed electromagnetic fields ("PEMF") are a known and scientifically proven noninvasive healthy lifestyle necessity. The positive effects of PEMF applications have been known for decades and are the subject of numerous scientific works. PEMF works like a "cellular battery charger." Basically, in layman’s terms, the low-frequency pulses create a brief, intense voltage around each cell. The mitochondria (within the cell) then grab some of this energy. This, in turn, makes the cell more efficient at producing ATP and delivering oxygen throughout the body. In other words, PEMF works like a "spark plug" for energy production in the cell.

PEMF is vitally essential to our health and wellbeing. Just ask the Russian Space Agency. In April 1961, Soviet cosmonaut Yuri Gagarin made history when he orbited the earth with his 1 hour and 48 minute flight. Gagarin was the first to experience space sickness from the exposure to zero magnetic fields due to the absence of the earth's magnetic fields. Yuri had air, water, food, light, limited movement and the very best that Russian technology at that time could provide. This was competition at the highest level and ever consideration was taken to achieve the highest level of success. This experiment was the first demonstration of the profound importance of an unknown essential for life: PEMF. Since that flight, PEMF devices have been used in every space suit and space station.

Why does the body need the magnetic field of the earth? It is a vital source of energy to all living things on this planet. Valerie Hunt, Ph.D. (who did research on energy fields at UCLA) closely duplicated the zero magnetic field scenario that Yuri Gagarin experienced in his historical flight. She had a "mu” metal cage built so that she could put subjects in for observation. Mu metal has the unique ability to block out magnetic fields of the magnitude of the earth’s magnetic field and the electromagnetic pollution, which surrounds us. Two individuals were placed in the room and connected with EEG, EMG, and ECG devices to measure effects on the
body in the absence of environmental magnetic fields. To her amazement, in just a few minutes they began to sob and said they felt like they were falling apart emotionally. In a few more minutes, they were beginning to lose coordination, muscle control, and she had to pull them out to avoid affecting the heart muscle. All this occurred within just a matter of minutes!

Research indicates poor cell membrane performance is either cause or a dominant cofactor in most chronic and autoimmune disease. According to Nobel Prize winner Otto Warburg, healthy cells exist with a transmembrane potential (TMP) of between 70 and 90 millivolts. Due to the constant stresses of modern life and a toxic environment, cell voltage tends to drop as we age or get sick. As the voltage drops, the cell is unable to maintain a healthy environment. If the electrical charge of a cell drops to 50 millivolts, a person may experience chronic fatigue. If the voltage drops to between 15 and 30 millivolts, the cell often can become cancerous.

PEMF makes it possible to raise the critically low TMP of cancer cells and therefore to reduce one of the critical factors of tumor growth. Effects that are seen when the TMP is increased include: enhanced cellular energy (ATP) production, increased oxygen uptake, changes in entry of calcium, movement of sodium out of the cell, movement of potassium into the cell, changes in enzyme and biochemical activity, and changes in cellular pH.

According to Marcel Wolfe, a holistic lifestyle research educator, “PEMF research proves routine neurological, physiological and psychological repair. When the frequency is spot-on, absolutely NOTHING compares, not far infrared, not laser, not ultra sound. PEMF Research has repeatedly proven BETTER physiological repair in far less time than any other type of care while indicating absolutely no adverse reactions. It is important to remember that this energy is sub-threshold, meaning that the users generally will not feel the application. When frequency and exposure duration are adequate the results can be astounding.”

There are over 1,000 clinical studies and over 7,000 research papers validating the therapeutic benefits of PEMF. In an August 6, 2007, Science Daily article entitled “Electric Fields Have Potential As A Cancer Treatment,” it was reported that low-intensity electric fields can disrupt the division of cancer cells and slow the growth of brain tumors. So here is the $64,000 question. Does frequency matter? According to Marcel Wolfe, “Frequency does matter. Frequency is not just a piece of the health puzzle it is the glue that holds it all together and the major means necessary for communication to make it all happen.” Hence the quotes from Albert Einstein: “Frequency is everything;” and “frequency trumps chemistry.”
THE “MRS 2000+”

Due to our current lifestyle, our bodies are constantly deficient in energy that can only be provided by exposure to beneficial PEMF. And the need for healthy sources of energy will only increase over time. One important piece of equipment, in my opinion, is a PEMF device. The “MRS 2000+” (MRS stands for Magnetic Resonance Stimulation) is one of the most effective devices I have researched in the area of PEMF. It is the top selling PEMF system worldwide used by thousands of world class professional and amateur athletes and almost half a million home unit users and millions of clinical users. The MRS 2000+ has been around since the mid 1990’s with hundreds of clinical studies and case studies that have been documented.

Most importantly, it is the closest PEMF experience to that of nature. That is, the earth’s magnetic field is at 40 μT (microtesla), and the MRS uses intensities very close to this strength. Without going into too much detail, the naturally occurring pulsed field on the earth is the “Schumann resonance,” and the first two major harmonics are 7.83 and 14.2 HZ. The MRS 2000+ uses these harmonics plus millions of frequencies in this range, plus it contains a “biorhythm clock” so you run the appropriate program for the time of day. That is, you get energizing frequencies in the early part of the day and more relaxing frequencies in the evening. Also, the full body pad is much thicker, softer, and more comfortable than other mats. While this does not affect the quality of the field, it does give a more enjoyable experience.