

## An Overview of Pulse Electromagnetic Fields (PEMF) Therapy

### Description



*Professional PEMF System*

PEMF appears to be improving the healing of injuries by increasing chondrocyte, osteoblast, [fibrocyte](#) and endothelial mitosis in cells and to lower inflammatory cytokines to speed up healing of bone fractures (as well as surgery & far safer), traumatic brain injury, cartilage tears, venous ulcers, stress, muscles, skin wounds, ligaments, nerves, capillaries, damaged tissue, wounds, diabetes, grafts, heart attacks, and strokes.

### Research

- The Biologic Effects and the Therapeutic Mechanism of Action of Electric and Electromagnetic Field Stimulation on Bone and Cartilage: New Findings and a Review of Earlier Work  
Jack B. Haddad, Alexis Guy Obolensky, and Phillip Shinnick.  
The Journal of Alternative and Complementary Medicine. June 2007, 13(5): 485-490.  
<https://doi.org/10.1089/acm.2007.5270>
- Brett Wade. A Review of Pulsed Electromagnetic Field (PEMF) Mechanisms at a Cellular Level: A Rationale for Clinical Use. American Journal of Health Research. Vol. 1, No. 3, 2013, pp. 51-55. doi: 10.11648/j.ajhr.20130103.13
- Therapeutic uses of pulsed magnetic-field exposure: A review  
Naomi M. Shupak, Frank S. Prato, and Alex W. Thomas  
URSI Radio Science Bulletin ( Volume: 2003, Issue: 307, Dec. 2003 )  
10.23919/URSIRSB.2003.7909506
- A portable pulsed electromagnetic field (PEMF) device to enhance healing of recalcitrant venous ulcers: a double-blind, placebo-controlled clinical trial.  
STILLER, M.J., PAK, G. H., SHUPACK, J.L., THALER, S., KENNY, C. and JONDREAU, L. (1992)

- British Journal of Dermatology, 127: 147–154. doi:10.1111/j.1365-2133.1992.tb08047.x
- Walker NA, Denegar CR, Preische J. Low-Intensity Pulsed Ultrasound and Pulsed Electromagnetic Field in the Treatment of Tibial Fractures: A Systematic Review. Journal of Athletic Training. 2007;42(4):530-535.
  - TREATMENT OF UNUNITED TIBIAL FRACTURES: A COMPARISON OF SURGERY AND PULSED ELECTROMAGNETIC FIELDS (PEMF)  
Harry R Gossling, Richard A Bernstein, Joan Abbott  
Orthopedics. 1992;15(6):711-719<https://doi.org/10.3928/0147-7447-19920601-08>
  - The effects of low-intensity pulsed ultrasound and pulsed electromagnetic fields bone growth stimulation in acute fractures: a systematic review and meta-analysis of randomized controlled trials  
Hannemann, P.F.W., Mommers, E.H.H., Schots, J.P.M. et al. Arch Orthop Trauma Surg (2014) 134: 1093. <https://doi.org/10.1007/s00402-014-2014-8>
  - Mol Brain. 2014; 7: 11.
  - Deep-brain magnetic stimulation promotes adult hippocampal neurogenesis and alleviates stress-related behaviors in mouse models for neuropsychiatric disorders  
Yan Zhang et al.  
<http://www.ondamed.net/us/biological-effects-of-pulsed-electromagnetic-field-pemf-therapy>
  - What is PEMF Therapy? <https://www.pemfadvisor.com/what-is-pemf-therapy/>
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## Which one to buy? – a review of a dozen or so PEMF devices

- <http://healthvibed.com/pemf-devices-sale-sleep-healing/>
- <https://www.well-beingsecrets.com/best-pemf-mats-reviews/>
- <https://selfhacked.com/blog/ices-the-closest-thing-to-a-fatigue-and-inflammation-cure-upgraded-pemf/>

## Using PEMF for sleep

- <http://healthvibed.com/earthpulse-sleep-machine-v5-reviews/>

## Additional PEMF Device Reviews

- <https://www.pemfadvisor.com/pemf-machines-reviews/>
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## My Experience

Using [ICES M1 PEMF](#) with its sleep setting works as well for me as a free [Binaural Beats Builder app](#) in getting me into delta sleep. They both take away the anxiety that I won't get back to sleep, and both deepen my sleep. Used together, they work stronger than either one individually.

Getting PEMF for its injury healing is great just for that, as does the ICES & Earthpulse. ICES also has a transcranial magnetic stimulation (TMS) setting. That standalone machine usually costs \$50,000, so

if you have depression or autism & want to see if TMS works for you, ICES may be the best option. The inventor is the creator of PEMF originally, and his ICES is his continued & refined version. All other versions are based on his original PEMF machines.



# ALIEN HERBALIST

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## Category

1. Therapy

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## Author

biggs

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