How Do PEMF Mats Benefit Your Health? Transcript

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Introduction to PEMF Mats

So I wanna talk a little bit about the PEMF mat that we use. Now, let's talk about some goods and bads, right? So some things that you may have heard of.

There's good bacteria, there's bad bacteria. there is bad EMFs.

How PEMF Relates to Body Balance

So P-E-M-F stands for Pulse Electromagnetic Fields. So, the earth has a certain vibrational frequency. The earth is vibrates at about 8 Hz. When we experience pain, inflammation, non-optimal function in the body, there's parts of our bodies that will radiate frequencies higher than what balance is.

So when we use a PEMF with what we do in muscle testing, we have the ability to muscle test the appropriate frequency for correcting these abnormalities in the body.

But a very simple thing with a PMF unit is to restore the back to balance with the earth.

Earthing and Homeostasis

You may have heard of a lot of people doing things like earthing. That's where they get out, you're in grass, got no shoes, no socks on, your restoring connection and communication with earth The PEMF units that we do mimic that same thing.

They take frequencies in the body that are out of whack and help restore them to homeostasis, maintaining a stable internal environment. I can tell you firsthand with some of the experiences that I've had with the PemF, it is astronomical.

I have two units, I a mat that we lay on and I also have a ring that is used for extremities.

Personal Experience With PEMF

I'm still a big kid at heart so I still like to play hockey and softball and golf and all these other sports. So it's not uncommon for me to come home and complain to my wife who is also an orthopedic PA that I had some sort of injury.

But after my complaining state I'll take some nutritional products and run some PEMF treatments on myself.

Using PEMF for Recovery

And I can tell you without a word of a lie I've had moments where I'd had knees this big, ankles this put some nutrition in my body, maybe put a topical or two on my injury, put my leg or my knee or ankle in the PEMF ring, set it for a frequency to reduce pain and inflammation, and I'm restored.

Yes, it is that amazing. So if you are interested in PemF treatments and what they can do for your body check us out at Synergy Nutrition and Wellness.