Earth PEMF goes quickly down and what to do

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Disclaimer

Despite the existence of hundreds of studies on PEMF, including those presented as scientific, it is difficult to find concrete information. You can read hundreds of articles on the topic and still you do not know the Modus Operandi. The problem is that you still do not know how to carry out particular procedures and build things. This is a common problem of modern times, they tell us what to do, but did not say how. As a result, the practical significance of such teaching is low. Missing component of Know How. This article (as well as my commercial works) is an attempt to fulfil this gap.

The author is not an MD, and the content of this article reflects his subjective way of perceiving things, without any guarantee it is error-free. So you cannot consider this text as an objective truth, but rather as a type of hobby essay for amateurs of experiments. Thus, whatever the Reader will do in relation to the content contained herein, he does it at his own risk.

Magnetism and PEMF

We have lived under the influence of Earth different magnetic fields for aeons. These fields are actually a team of several physical phenomena accompanying a flow of currents inside and outside the earth, as well as those coming to being due to cosmic radiation. Magnetic fields are also produced by certain materials. The existence of magnetic fields is one of the basic *phenomena of nature* in our physical reality. However, I am not going to give you a definition of magnetism. People much smarter than me break their teeth on this subject. So - the horse, what it looks like, everybody knows :).

PEMF is an acronym for the formulation of Pulsed Electro-magnetic Field. As I've said above, I will not try to define concepts behind this term. Who is really determined to understand this can analyse the Maxwell equations, preferebly in their original version;). In this article I will focus mainly on **magnetic** component of electromagnetic field.

As we know from lessons of physics, the flow of electric current (movement of electrons!) causes the formation of a magnetic field.

There exists intense motion of electrons in the core of the Earth, which results in continuous production of magnetic fields, whose presence one can easily check, using a compass, which is used in navigation. Generally, magnetic field is the basis for the operation of electrical motors, generators, electromagnetic lifts etc.

Earth's magnetic fields, which existence we generally do not realize of, create specific form of a protective jacket for living beings here - this field shields us from deadly influence of - for example, the so-called solar wind as well as cosmic rays. There is a hypothesis - I do not know if true, that periodically - every (as far as I remember) six hundred odd years, the Earth is deprived of this shield due to serious weakening of Earth's magnetic field.

It is supposed to kill many people from the Sun/cosmic radiation.

If this is true, people cyclically do not die from some contagious disease, but from cosmic radiation. Interestingly, most of the area of Poland is to be relatively well protected from cosmic rays due to the subsurface deposits of iron ore which retains residual magnetism.

There is another important aspect of Earth magnetic field, which, although interesting for scientists, is not a subject the general public or MDs are informed about. What I mean is close relationship between the earthly magnetic fields and the very existence of living organisms.

As above, so below[1]. Let's move this finding on the macro and micro scale. Earth magnetic field at the macro level is/was (was, since Maxwell's equations were compromised by the establishment) included it Maxwell's equations. On the micro scale, for example in the human body, magnetic field is also formed due to rotation and orbital movement of electrons. Control system of the human body is electromagnetic. As a result, even the smallest particle of the body creates a magnetic field, coming in close interaction with Earth's magnetic field - the static one and the PEMF one. The body contains a huge number of magnetic dipoles. Thus, they are wrong those who argue that the human body cannot be affected by Earth magnetism. What is more, some parts of the body contain ferromagnetic material.

Interesting evidence of the impact of a magnet on material which is not ferromagnetic, is mutual interaction of a magnet and... copper, which is not ferro-magnetic material (magnet is "not attracted" to copper).

A neodymium magnet, thrown in a vertical copper pipe, needs a few seconds to beat the length of the tube, although copper is not ferromagnetic, and the magnet is not it normally attracted. Why? Well, a magnet, moving in the copper tube (which is a good conductor of electric current) creates a flow of electric current in the copper, and this current creates magnetic field. Thus, two magnetic fields interact with one another. And it is the interaction of the magnetic fields of the magnet and copper which cause the slow movement of the magnet. As it can be seen, magnetic field can affect something which is non-ferromagnetic.

Magnetic field and its impact on the functioning of the body

Magnetic fields, although most of us are not aware of it, has been with us for aeons. Life, coming to being on the Earth, has been with magnetism from the very beginning. Therefore the existence of magnetism is a natural condition of our existence on this planet.

Every organ of the body (or even a single cell) contains magnetic dipoles which are in specific relationship with Earth's magnetic fields - both static and pulsed.

Researches have been done in a special chamber, completely blocking magnetic field. It turns out that animals after a few days without magnetic field lose vital body functions . For example, the gradual disappearance of electric potential on the border outside / inside of cells. Since such a potential is a basic condition of metabolism, its lack invariably results in death after several weeks. Such functions enebled by magnetism like the selective permeability of

1 Hermes Trismegistus

cell membranes, enabling the absorption of essential substances, elimination of waste products and many other metabolic processes, are neutralized without magnetism - no chance to survive.

We do not realize how many things condition our earthly existence, in this particular case, those relating to magnetism - both static and pulsed.

Although some animals "feature" specific biological "sensors" of magnetic field, people do not have a sensor that would enable us directly to perceive magnetic field. Meanwhile, Earth's magnetic field creates a "protective umbrella" over the planet in order to protect us from cosmic radiation. Apart from this, because the magnetic field determines many vital body functions, its disappearance would mean the end of our earthly existence.

What frequencies do we need?

The Earth, in addition to maintaining a static magnetic field also produces some other - pulsing fields. The most known is the standing Schumann wave. However, it is only one of the frequencies with which we have lived on the Earth's surface for aeons, and which we desperately need.

Yet it is hard to get more specific information related to the values of other frequencies, which are non-linear harmonics. Much time did I devote searching information. In the end I managed to find some information thanks to Bryant A. Meyers[2].

In terms of frequency of Schumann - the space between the ionosphere and the surface of the Earth can be viewed as a resonant one, which allows, via lightning, to generate PEMF. It is assumed that the frequency is 7.83 Hz. In fact, in various parts of the planet it may vary slightly and I think that if we want to generate this frequency, 1% or 2% difference is still OK. Of course, a good function generator can generate it fully precise.

I observe a common tendency to focus on 7.83 Hz, but there exists a group of several other, non-linear Schumann frequencies, generated by the Earth and necessary for us.

Schumann frequencies are, however, only a part of we really need to get magnetically. One need another group of frequencies - the geomagnetic ones. Having lived with them for aeons we cannot already live without them, so the fact, that their intensity is going significantly down (as well as the intensity of the Schumann frequency band) creates problems for us, which most of us are generally not aware of.

So we need at least two types of magnetic pulses here on the Earth. They are Schumann and geomagnetic ones - in accordance with the principle of the balance Yin / Yang. In total there are ten or eleven frequencies. I'm going to come back to this thread later on.

These frequencies, depending on the geographical location, are slightly different. It can be assumed that the possible frequency difference (+/- 1 percent) from values established, are acceptable, as they are not Rife-like frequencies (where it is assumed that the permissible

2 PEMFA - The Element of Health fift

deviation can be up to 0.025%), but they are frequencies of magneto-stimulus, "nutrient" nature. In addition to these Schumann and geomagnetic frequencies, there are two other, important frequencies, but more on them - later on in this article.

It would be beneficial to use PEMF frequencies we are talking about - one after the other, a change every several minutes. It seems, however, that a Spooky2-XM is necessary to achieve this goal. Since Spooky2-XM is controlled by a PC, the procedure becomes a bit cumbersome. A better idea would be applying a Spooky2 GX, which can carry out the necessary procedure working without a computer. Then again the GX is costly. Therefore it would be a good idea to develop and make a much cheaper, programmable device, which could substitute for the GX here. What makes things easer is the fact, that the accepted frequency tolerance may be within 1% - 2%. An advantage over the GX would be the fact, that the device mentioned would be capable of sweeping, which is impossible for GX working without a computer.

I have an idea how this device should be made to work, but I'm not sure if it will until I've done experiments. If it will, it could be a splendid "driver" for my MA-2 PEMF machines.

PEMF ensures conditions for functioning of living organisms

How magnetic pole affect the body? The body is electro-magnetic in nature; the control of many functions of the body, Nature has solved via continuous flow of different micro-currents which are, in turn, controlled with PEMF, as we know, nerve fibres are conductive.

Micro-currents flowing in the body generate magnetic "micro-fields". Magnetic fields interact with each other. Earth magnetic fields affect these produced in the body - let's call them *bio-fields*. Moreover, body fluids have a certain pH, because they contain salts, acids, bases, and this means that body fluids conduct electric current. As it can be seen, we are dealing here with a never-ending chain of interactions.

Another element of this "electromagnetic puzzle" is the fact that the human body, contrary to doubters' opinions, contains some minor amounts of a ferromagnet. So we do have two good reasons for numerous magnetic fields in the body. Thus, Earth PEMF cannot fail to affect human body.

Processes associated with the interaction of magnetic fields occurring in the body and between the body and the environment

Life is a form of existence of electromagnetic information

"Vital life processes in the light of the electromagnetic concept of life, "Prof. Marian Wnuk, 1996

The organism is bound to the electromagnetic fields in the functional unit, so magnetism is the force that keeps everything in its entirety

prof. Włodzimierz Sedlak

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There are so many body processes controlled by magnetic fields, that one needs to think carefully which of them to mention.

To name just a small fraction of the processes:
- mediating the exchange of information between cells
- gas control exchange process in the blood (without magnetic field the exchange is impossible
- magnetism is a necessary condition of normal metabolic processes in cells of the body
- magnetism controls the construction and reconstruction of the body structure
- magnetism enables the process of growth and wound healing

It's hard to find a process independent of the magnetic field.

Robert Becker's[3] research proves that the existence of small electromagnetic fields is a prerequisite the body's ability to use the so-called stem cells to build any other tissues - muscles, bones, brain etc. Dr. Becker managed to regrow cut/lost parts of the body, e.g. a finger. When the authorities realized what Robert Becker does, they completely cut funding his research. Why should people be able to regenerate lost parts of the body? The authorities, in contrast of what they say, rarely miss an occasion to harm us. Well, probably they do exactly what they are paid for. It's worth remembering what they are really paid for with our money, but against our will.

PEMF and functions of the body

What way does PEMF affect the functions of the body? Probably this could be explained like this: PEMF intensifies the movement of ions and electrolytes in the body fluids and tissues, which - in turn - triggers a series of key body processes in tissues with beneficial effect on the whole organism. One of the important elements for the body to function is the highly sophisticated work of walls of the cells: It boils down itself into their works as valves - what and how should be let in/out of cells - for example, release of metabolic products, and let nutrients - oxygen, glucose in. Well, as I mentioned, it seems the external magnetic fields should be seen in terms of a key factor for enabling and improving the functions of cell membranes in the role of already mentioned "valves".

Earth magnetic fields are necessary. Supplementing the body with magnetic fields, allowing better nutrition and cleansing of the body, can act as a kind of a rejuvenation procedure, which delays ageing, and restores health. Piece of the puzzle explaining the interaction of the alternating magnetic field for the human body is the influence of this field on the adenosine triphosphate (ATP), which is fundamental for sustaining bodily functions. transfers energy-chemical cells and regulates cellular metabolism. Small levels of ATP impair various cell functions, including regeneration energy generation.

Well, it is considered that stimulation of the tissues with external magnetic field can

3 The Body Electric

increase the efficiency of the functioning of ATP up to six times. This means that the production of much larger quantities of energy by the cells may become possible.

It means that the fact that we are "bathed" in magnetic fields enables us to live. The presence of these magnetic fields is a *sine qua non* condition of the very existence of biological life on Earth.

The initial space flights were associated with major health and emotional problems experienced by cosmonauts, who were deprived of controlling and "nutritional" influence of magnetism produced by Mother Earth. These problems were solved by installing simple devices generating PEMF inside spacecraft cabins, most often the basic Schumann frequency.

We live on the Earth, but still have a growing problem of the relative lack of magnetism.

Magnetic fields of the Earth are getting smaller and smaller

We require these magnetic waveforms, being for millennia provided to us. Now they are getting weaker.

We also have to deal with high levels of interfering electromagnetic "hiss" / "noise" due to the ubiquitous technical equipment, which interferes and neutralizes the beneficial effects of the Earth magnetic fields. Many of us live in (damping these gentle PEMF pulses) "reinforced concrete cages", which are often our homes. Moreover, we live in skyscrapers, sometimes high above the ground, numerous floors below us, which additionally weakens the Earth magnetism. The situation is exacerbated by the fact that we are - as a result of our ignorance and lifestyle - galvanically isolated from the earth potential. The Earth is a donor of electrons. I will mention here that grounding has a clear anti-inflammatory effect on the body.

Returning to the magnetism: Dr. R. Broeringmeye claims that six thousand years ago, Earth's magnetic fields' induction potency was 3 Gs. Now it is less than one gauss. It is said that the process of weakening of the Earth's magnetic fields is becoming accelerated.

All this results in Earth magnetic fields being to week for us to keep us healthy. In this situation, many metabolic processes are incomplete, other ones are non-existent. The problem is not talked about, the general public is not informed.

Meanwhile, research in the field of "supplementing" with magnetism seems to show promising results. I believe something must be done about that.

What to do?

Dr. K. Nadakawa claims that supplementing humans with magnetic field can be used to compensate for the abnormal conditions in which we live. Giving the body this type of external magnetic signals, PEMF generated by simple devices, is considered by insiders as a kind of magnetic "nutrient", a nutrient essential to life and health.

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Joanna Taylor writes in her article[4] that ageing is the result of cell changes - manifested, among others, by the fact, that the cells can no longer adequately adapt to stressors as a result of unwanted contact with a stressor, or ***due to the lack of what they need*** (e.g. PEMF). She further writes that supplementing with PEMF improves and intensifies numerous functions of the body, e.g.:

- improves circulation
- improves the quality of cell membranes and metabolic processes
- improves transport of nutrients and their absorption
- prevents pain

Therefore, concludes the authoress, (artificially produced) PEMF should be used as a part of procedures aimed at reducing pain and extending life. Pulsating magnetic field jest useful in ,aching body fitness better and reducing the damage at cellular level. They respond positively to PEMF therapy. The authoress of these statements says does not know a better, more universal, of wider range of activities therapy, acting without destroying healthy cells - than using the PEMF.

There are observations (of course not "recognized" by the establishment's "Validated test", which simply means to me, that they are too good to be used), indicating the possibility of rejuvenation through prolonged, systematic, continued exposure to certain PEMF, covered later on in this article.

Intensity and polarity of magnetic field

Magnetic impulses are not ionizing and as such, do not contribute to injuries. Researches were unable to determine the intensity (or more precisely - force induction or magnetic flux) of magnetic field, which could hurt the body. The researchers used a growing intensity, and the test object is feeling well, or even better :). This means that even very strong magnetic fields of a few tesla are safe for the human body. Thus, a man can safely stand under powerful electromagnets (used for example, at scrap metal centres - the intensity of the magnetic field allowing to lift cars is safe. Of course, the same cannot be said of payment cards or any electronic devices, pacemakers included... I haven't heard about metal teeth being pulled out by such devices :), they are non-ferromagnetic.

It is essential that the action of the magnetic pole a person is subjected to, depends on the polarity. Wishing to take advantage of the beneficial effects whether it's a PEMF generating device or a static magnet, generally it should be the so-called "negative polarity pole". This pole can be called a Bio-North Pole. From the point of view of magnetism, it is the pole chosen by North seeking segment of a compass needle.

More benefits of applying PEMF

Bio-North polarization facing the body acts as follows - I will name here only a part of

4 Achieve Longevity using Pulsed Electromagnetic Field Therapy's antiageing Effects

the benefits[5]:

**** Relieve pain***

I received a few testimonies from people who have experienced a significant improvement and relief in case of injuries. A friend of mine had a motorcycle accident and suffered a complicated, open, double fracture of his leg. He lay in pain, and decided to give me a phone call. I quickly sent him the MA-2 device. Within several days he phoned me three times telling me haw happy he was without the pain. Before, he was in constant pain and no painkillers worked. Within an hour after the device was turned on, the pain subsided greatly. It took several days to get rid of pain. Used frequency? It was a frequency of 1028 Hz, suggested by Gary Wade, a Rife researcher, offering, by the way, a powerful, expensive PEMF device... for horses. However, as far as I know, he does not check if a buyer owns a horse :).

**** Reduces inflammation***
**** Fights infection***
**** normalizes the pH***
**** reduces fluid retention***
**** Fights infection***
**** reduces fat deposits***
**** promotes the transfer of oxygen to the cells***

According to Dr. Warburg (Nobel Prize winner), lack of oxygen inside the cells is a major cause of cancer. And they still "fight" with cancer, using mostly chemotherapy, after which within five years more than 97% of people die. Are oncologists doctors or monsters? An open question, waiting your feedback.

Structured water

I would add another piece of information about the positive use of PEMF. The point is that water subjected to the action of PEMF gets structured. But it is also possible to structure water using PEMF... *in vivo.* The body spends a lot of energy on making the water structured, so the use of PEMF means that the body saves energy that, in other case, would be spent on structuring water.

Let me say now, that although many benefits we get using static magnetism, pulsed PEMF fields give us much more positive effects. Of particular importance is the square wave, which is characterized by rapid pulse rise and fall, resulting in the entire chain of related reactions from the chain of mutual interactions of magnetic and electric fields.

How do we explain so many positive effects? For example, as it happens, that we get more oxygen? The magnetic field of Bio-North organizes magnetic dipoles of the body, that it adopts the polarity of Bio-North, which facilitates the transfer of opposite spin oxygen to the

5 Biomagnetic Handbook, Dr. William H. Philpott & Sharon Taplin

cells. I could cite other attempts to explain the favourable elements, but this article is already becoming long.

Can pathogens be neutralized with a PEMF device?

I suffered from recurring headaches, not knowing the cause. Some time ago I received a gift of fate. A good ND wanted me to explain some technological issues to him. He came to my place. After the training he stays in a hotel and asked if he could come the next day and give me a health test (he brought a Voll device with him. I said yes, the next day the ND and his wife (being also a Naturopathic Practitioner) came with their device. He said something like "you write much on health, it's interesting how healthy you are". He assessed my state of health as really good, but found Toxoplasma gondi. I told him then about the headaches, he said that surely we have the cause.

With my limited confidence in the methods of "our" medicine and its treatment, the next day I used Spooky2 several sets on this protozoan, and for several days in a row used my MA-2 / + treatment, applying coil to the head, two hours a day. It's been already two consecutive "terms" of headache without any problems, the matter seems so be, at least initially, under control.

According to my observations, PEMF methods are also very effective - a real charm - in the case of the so-called "stomach flu." Here one should immediately do a bioscan and then immediately use the result frequencies (received in the bioscan) via a PEMF device and the coil on one's stomach. A nearly immediate, huge relief.

The issue of PEMF intensity (induction potency) in commercially offered hardware

Unfortunately, the necessary information on the intensity of the generated PEMF are too often mere marketing and an attempt to bend the truth to the capabilities of devices offered. And yes, if the company (or the person who has taken up its marketing), offers a mini-pulser it will be argued that for "established here such and such purposes" this mini-pulser is the best, because "sometimes less is more". I consider such revelations as marketing and attempt to bend the facts to fit the device offered. I saw that after some time, the same people retreated from such claims, if the new offers related to strong devices.

No one can convince me that in the field of PEMF devices "less is more". Firstly, the stronger magnetic flux of a device, the stronger action is being carried out. Then, the greater distance of efficient influence of the devoice (tenths of Tesla intensity at a distance of 2 mm from the coil) often have the capability of adjusting the intensity of the magnetic flux in two or three ways (duty cycle, operating voltage, the distance of the coil). Then, if the device is intended to transfer PEMF of Rife frequencies to neutralize pathogens, it must have "strength in store"; never too much! Otherwise, let's not talk about efficient eradication of pathogens. Finally, a few feet away from the coil pulses are always too weak to kill pathogens, so I do not believe

that sometimes "less is more". Just use the coil of a strong device a foot from the body and... you have "less", but if you use it pressed to the body, you can neutralize bacteria etc.

I definitely think PEMF exerts beneficial effects on the body. One of PEMF researchers Dr Pawluk, working for years with PEMF in one of his articles[6] writes that while some specific frequencies may help in some situations, it may also be advantageous to subject the body's action with a wider frequency spectrum - the body "will choose" the ones that are just needed, ignoring (without any damage) other ones. This view is consistent with my observations in the field of applying Rife frequencies.

I've developed several kinds of simple PEMF devices. One of them, working, automatically sweeps frequencies. It emits magnetic pulses in a predetermined range, for example from 40 Hz to 5 kHz, the transition through this frequency range may be set in advance, the time - e.g. 2 hours or ... 10 hours. Even just an hour of the action of the device in close proximity to the coil gives the subjective impression of getting energy.

Devices available commercially have really varied intensities of PEMF generated. The weakest ones generate only about 1 gauss, which, however - as Dr. Pawluk writes - is still able to locally induce current flow in the tissue. Personally, as already I stated, I prefer much higher intensities.

Gary Wade's "for horses" device can probably generate several tesla, but no way of frequency adjusting, as far as I know.

PEMF and rejuvenation, and other beneficial changes in the body and mind

We have already mentioned decreasing magnetic field of the Earth. In 1982, anthropologist and pharmacist Francis Ivanhoe published the results of a research in which he both sought correlation and relationship between the strength of Earth's magnetic field induction and changes in brain size and discoveries made by people[7].

Based on his research Ivanhoe suggested that the magnetic field affects also the so called *Horn of Amon*[8] causing an increase in hormone production. They are probably also other impacts on the Horn of Amon, because it contains magnetite[9]. We remember here the study done on humans in the insulating magnetic influence chambers[10] which proved the shutdown of many psychological and physiological function and inability to survive in isolation from magnetic fields. Generally speaking, there is fast-paced run out of any synchronization between multiple functions of the body and psyche. No "timing", no good. We do need magnetism. Why not to get it?

6 Frequency, Intensity, waveform
7 Biorhythms of the Earth, Alexander Fournier
8 part of the limbic system - responsible for m.in filtering experience, helps to abstract thinking
9 common mineral with strong magnetic properties
10 it was carried out in the Max Plank Institute in Munich

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Information about the increasingly weakening magnetic fields of the Earth, raises the question of what would happen if a living being was subjected to long-term magnetic field at specific frequencies. Such experiments were carried out, but the results are not widely publicized.

More and more common is the knowledge that human health depends on cell health and the human body is not a mechanical device, as "our" doctors seem to believe.

Let us concentrate for a moment on the internal mitochondria of cells. If we could improve their integrity increasing the electric potential of cell membranes, we would reduce the so-called oxidative stress, damaging mitochondrial DNA... which would be the "holy grail" of rejuvenation. There is compelling evidence that the pulsating magnetic field of low frequency here seems to be the remedy.

It seems that important link and maybe even the basis for a variety of ailments, lack of energy are mitochondrial dysfunction in various types of tissues of the body. My working hypothesis is that PEMF here is one of the keys to improving the mitochondria.

NASA employee named Goodwin studied the ageing of cells. He found that when using particular PEMF low frequencies he managed to "turn off" more than 175 genes that accompany maturation of (does it mean rejuvenation?), and "turn on" 150 genes typical of development (again - does it mean rejuvenation?). So can PEMF regenerate our genes? Why not to try. Surely the authorities will not give funds to us, but such a research is really not expensive, but interesting.

One of good I believe sellers[11] of PEMF devices made long (years) studies on the impact of PEMF on categories such as

- aerobic fitness and the resulting improvement in performance capacity, strength, endurance, stating very significant improvement (10% - 40%)
- rejuvenation of an animal - a dog suffering already senile degenerative diseases, after several years spent (nights) under the influence of PEMFA regained the characteristics of a young dog (17-year-old dog Gizmo has features like a5 yo. dog)
- recovering from sports injuries
- sleep, PEMF gives a healthy, restful sleep

The use of PEMF seems to be an effective remedy for health problems, energy and human premature ageing, which affect most of the population. Maybe that is why the subject of PEMF is not readily taken up by the mainstream (educational, informational, medical, political)?

Was the impact of PEMF on the organism studied scientifically? Yes, there are indeed hundreds of research reports on the subject. But... people are so dependent on the mainstream media, and they do not talk/write about them. One can read a report from Dr. Goodwin of

11 EarthPulse

NASA, focusing on rebuilding / stimulating the growth of nerve tissue with electromagnetic fields (magnetic coils and electrodes)[12].

Problems with commercial PEMF devices

The first problem is the strength of magnetic induction, which is given by manufacturers in the way making it impossible to estimate the real magnetic flux, and this flux is an important parameter having a direct impact on the treatment time required to achieve the desired result.

Information is totally useless, for example, if manufacturer writes that the device generates the "power" (as sometimes they write) 200 gauss.

What is lacking? The way the flux was measured - duty cycle, frequency, kind of wave and first of all - the distance of the measuring device from the coil. Every single parameter here influences the flux. Let's concentrate on the distance. If, for example, the measurement was done at a distance of 5 cm from the coil and showed 10 gauss, it would show 1000 Gs at the distance of 0.5 cm. That is why such "data" worthless, since it is impossible to verify their measurements. So what is the point of giving such information? If I give the magnetic flux of a PEMF device I made, it relates to a measure done just at the coil, the distance understood as 2 mm. I also disclose frequency, shape of the signal, offset and duty cycle. Then it csan be verified.

There are sellers who don't "disclose" even the flux.

An example gibberish disguised as information "[...] the device has four programs: Prog 1, Prog 2, Prog 3, Prog 4" - the absence of any explanation of what it is about. The customer has to pay and do not inquire. Further reading: "There are five ways of application of fields: S1, S2, S3, S4, S5, " no explanations. "It has seven degrees of application intensity" - no further information. "Controller type: microprocessor" - here, the delighted and moved reader of such BS should probably blow his nose :). These "data" is worthless. On eBay you can buy a device with built-in microprocessor, that can be purchased (shipping included) for $ 2, and which can be applied to build a simple microprocessor controlled driver of a PEMF device. But the price of the device I'm talking about is about $3000 - $3500! And the power adaptor of this devise: 12W - 15 W. It means its magnetic flux is too week for serious actions. For serious experiments I would opt for at least 80 - 90 W.

Why did I devote so much time to depict such a situation? This knowledge may help avoid buying several thousand dollars device being too weak to work efficiently. Meanwhile, one can build a much better 80 - 90W (no gizmos) single device (there may be a trifold one for very serious experiments), the cost of components $100 up to $240 for a very simple but practical device (+ labour, of course). But he/she or their friends must be able to do same DIY and be willing to take up a new challenge.

12 Physiological and Molecular Genetic Effect of Time-Varying Electromagnetic Fields on Human Neuronal Cells, available on the NASA: https://ntrs.nasa.gov/search.jsp?R=20033007 722

Why commercially offered PEMF devices have generally weak magnetic flux and are deprived of the capability of producing thousands Hz?

I've got some working hypothesis. We live in the world ruled by big corporations (see e.g. CETA). The Medical - Pharmaceutical corporation is one of the most powerful. Why should people be able to effectively dispose of pathogens using frequencies? No way! They are to keep buying pills.

Thus, certified PEMF devices one can buy - as I see it - present limited capabilities. If I am wrong, please anybody let me know, I will correct this view of mine.

How to use PEMF devices

Let me remind you that if you decide to apply a PEMF device, you act as an experimenter, acting at your own risk. Though I haven't heard of anybody hurt with PEMF, I cannot and won't guarantee you any safety. Did it happen that someone was hurt, the whole world would know that PEMF is dangerous). Anyway, if you start experiences, you do not have a guarantee of safety or a success. If you decide to do such experiments, you enter into the unexplored world.

Usage of PEM devices depends on the model of the device and its capabilities in terms of intensity, signal shape, polarization of the magnetic field, the kind of the coil applied, the way of frequency control, stability of the generator used and its ability (or not) to produce precise frequencies of generated PEMF (pulsed magnetic field).

As already mentioned above, the body desperately desires pulsed magnetic fields. One can say that frequencies up to 20 Hz are most needed. However, some frequencies (a dozen or so) much more rapidly produce useful results. I am working on a training module/guide for individual experiments.

The use of pulsed magnetic field brings, in addition to the already mentioned "nutrition" of the body, other valuable effects.

If a PEMF generating device meets some simple requirements (as the MA-2 I've developed), it may be used to conduct interesting experiments which may result in, I believe, deep revitalization of the body.

New Attitude towards Health among competent doctors

An interesting trend have been recently observed in the real, non-rockefellerian medicine. There is a growing belief among competent doctors that you should look for causes of diseases in disorders of body cells - e.g. wrong cell potentials between the interior and the outside of a cell. Equally important - and associated with said potential - is a state of mitochondria (cell organelles) responsible for ATP (energy) production.

If you search the GS (Google Scholar - searches scientific publications) by typing - in

quotes - "Mitochondrial dysfunction" - you'll find out that many diseases occur in the connection with mitochondria ailments.

A moment of patience, I am already showing the relationship between revitalization and PEMF. Well, Russian studies from the times of the Soviet Union, as well as some NASA research show low-frequency PEMF impact on the improvement of the mitochondria. The increase in mitochondrial density is doubled, and the increase of ATP production is tripled after a several minute PEMF stimulation of the body, while the shape and frequency are defined (very easy to generate). In his article[13] Alexander Fournier wrote on these subjects. There is another article to read on the Internet[14].

But things become really interesting when a person is exposed to PEMF for a few hours a day (or rather night) for at least several weeks. According to Fourier such systematic treatment may result in a threefold increase in oxygen metabolism of enzymes, but also the regeneration of nerves. Additionally, there are some DNA changes from ripe, as already mentioned, into the young. It's worth mentioning what follows is reducing of harmful oxidative stress and rejuvenating effect (reverse ageing).

The effects are varied, interesting, astonishig - for example, big gains in standard *hold your breath* test. PEMF may, Fournier writes, literally tune mitochondria just like an engine for better performance.

How to get an effective PEMF device and not go bankrupt

As you know one can spend several thousend dollars and get a device which is not suitable for real results. So one has to show a certain degree of autonomy and a flexibilty. The obvious solution is making (possibly with the help of a friend, who can do some DIY) such a PEMF unit. Still, some interested people give up saying "I cannot solder." Well, learn it. The Internet (YouTube) is full of training. Within a few days youwill be able to solder. The cost of soldering machine? A few dozen dollars?

On vibronika.eu I have put a couple some diagrams - *diagram* - PEMF devices, which can be downloaded without logging or creating an account.

Among my e-books there are also commercial projects of PEMF devices (in Polish), generating impulses strong enough to do some interesting, mentioned here experiments. In case of an interest I can make a commercial English version of a short project of very simple MA-1 and MA-2 PEMF devives with photos and diagrams, showing some workshop secrets and disclosing the parametres necessary to conduct mentioned above experiments. The MA-2 device can also be used to work as a Rife device, if controlled by a function generator, e.g. Spooky2-XM or GX. This opens a new, efficient way of frequency transfer. PEMF goes through cells, skull, bones, the whole body like through paper, which opens new prospects, e.g. reaching the skull, bone inside. In contrast, the Spooky2 Contact Mode frequencies

13 Biorythms of the Earth
14 https://www.thunderbolts.info/wp/2015/10/08/evolution-and-earths-electric-field/ .

practically do not reach the cells inside. Instead, the signal goes through connective tissue. Why? In spite of the fact, that the Spooky2 generator is several times "stronger" than a standard signal generator, it is still too weak to penetrate the inside of body cells. Frequencies of at least several hundred thousand Hz (several kHz) are necessary to penetrate cells, but at such frequencies the power of even Spooky2 is far too little. A sofisticated high frequency amplifier should be used, but it brings new complications. Meanwhile, the PEMF way of frequency transfer fixes the matter, since PEMF penetrates every cell of the body no matter what frequency is used. For example, as you already know, frequencies of several Hz beneficially influences mitochondria.

I haven't seen a commercial PEMF device with the Rife function (where one can use any, precise frequencies of choice).

The way of building a PEMF device is very simple, but still unknown for the general public, that is why PEMF devices are often a real rip-off. People don't know how simple (and better) their construction can really be.

Conclusion

Earth magnetic fields are weaker and weaker, which debilitates us. Why not to counteract?

We know the way.

