



PEMF

My Journey - by Don Howe

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PEMF stands for
“**P**ulsed **E**lectro**M**agnetic **F**ield”,
and in this booklet, I plan to use “layman terms”
to describe my understanding of PEMF Technology.

In other words,
this booklet isn’t intended to be a scientific paper.

It’s my hope that this booklet
will pique your interest and cause you to
do an in-depth study of PEMF and all that it entails.

I don't dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional or medical problems without the advice of a physician, either directly or indirectly.

In the event that you use any of the information in this booklet, (which you have the right to do), I assume no responsibility for your actions.

This booklet is not intended to be a substitute for the medical recommendations of physicians or other health-care providers.

It's essential that you consult with a physician before trying any of the recommendations in this booklet, and in no case should you try any of them without the full concurrence of your physician.

It's important that you don't discontinue any treatment or plan prescribed by your physician.

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Chapter 1

My First PEMF Mat

As I've already stated in my introduction,
PEMF stands for "Pulsed ElectroMagnetic Field"...

and my PEMF journey started when I
mentioned to someone that I had sleep apnea.

He recommended that I get a PEMF mat and
it just so happened that he could sell me one for \$6,000.

I did a lot of research and ended up
buying a new PEMF mat for \$3,834.19.

For the first several days, I didn't see
any results, but after about a week, I noticed that
after lying on the mat (on the floor), I could simply stand up.

Prior to using the mat, I needed someone
to help me up or I had to lean on something
(like a chair) in order to get up off of the floor.

In addition to improved flexibility,
I also noticed that I was waking up with a clear mind.

(Prior to using the mat, I'd wake up with a "sluggish mind".)

I realized that I was actually experiencing
the "improved circulation" that I'd read about,
and I decided to buy a mat for a co-worker who had diabetes.

My co-worker also experienced improved circulation (I'll share more about this in Chapter 5)...

and as I did additional research, I became convinced that everyone should use a PEMF mat on a daily basis.

Hopefully, this booklet will encourage you to do some “online research”,

and check out the benefits of using a PEMF mat.

Random Information Related to PEMF

People who work in a dirty environment usually take a bath or a shower to clean themselves off at the end of the day.

People who live in a dirty electrical environment (microwave ovens, cordless phones, wifi, cell towers)

need to walk barefoot,
swim, garden or use a PEMF mat on a daily basis.

A PEMF mat that has 8 copper coils is able to treat a greater area than a mat that only has 6 copper coils.

The #1 reason people use PEMF devices is for pain management and the #2 reason is for better sleep and relaxation.

Chapter 2

What is PEMF?

The earth pulses with an electromagnetic field that can be measured.

This magnetic pulse is as vital to life as food, air and water.

Our body also pulses with the same basic frequency as the earth, and the pulse from the earth works like a battery recharger for our bodies.

When we're young, our body "pulses" about 3 to 5 times per minute and these pulses work like relay stations to help the blood flow through the body.

This is necessary, because the heart isn't able to exert enough pressure to send the blood through all of our blood vessels (veins, arteries, and capillaries).

According to the internet, it's estimated that there are at least 60,000 miles of blood vessels in a human body, and although this is simply an estimate...

the fact of the matter is that there are a whole lot of blood vessels in the human body.

As we get older, the number of times that our body "pulses" decreases, and instead of pulsing 3 to 5 times per minute, it "pulses" about once a minute.

Once again, this pulse works like a relay station for pumping the blood, and this decrease in “pulsing” is why some people begin to experience circulatory problems as they get older.

Furthermore, folks with diabetes only “pulse” about once every 10 minutes, and this is why they tend to have circulatory problems.

It’s my understanding that a PEMF mat works like a battery recharger and helps the human body to “pulse” like it should.

By the way, based on the research I’ve done, it seems to me that the earth also needs “recharged”, and that the way it’s recharged is by being struck by lightning.

According to the internet, lightning strikes the earth as many as 8 Million times per day.

Of course, the exact number isn’t as important as the concept that the earth is struck by lightning a lot of times each day...

and these lightning strikes are part of what keeps the earth “charged” so that it’s able to produce a pulsed, electromagnetic field.

Random Information Related to PEMF

Cars, trains and planes are all surrounded by metal which partially shields the earth’s natural pulsations, and this is one of the reasons for jet lag and fatigue during long trips.

Chapter 3

History of PEMF

Beginning immediately after World War II, Japan began experimenting with electromagnetic waves - and this technology quickly spread to Europe.

Between 1960 and 1985, nearly every European country designed and manufactured its own magnetic therapy systems.

As of 2016, more than 10,000 scientific papers have been published about the effects of PEMF.

Also, more than 2,000 double blind studies have demonstrated that PEMF therapy is a safe and effective treatment for a variety of conditions.

These studies have also shown that PEMF therapy promotes and maintains general cellular health and function.

SM Bawin and WR Adey did research that proved that the tissues in our body resonate primarily to the frequency range of 0-30 Hz.

Their research also showed that the actual biological window of frequencies that our cells resonate to is *only* found within the 0-30 Hz range, and not outside of it.

I find it interesting that research also shows that the earth emits this same exact range of 0-30 HZ frequencies.

We absorb these frequencies, our brains are tuned to them, and we even emit them.

Studies show that these frequencies can be measured for up to 15 feet away from the human who emits them.

Individuals who spend a large amount of time every single day going barefoot in the soil or sand - absorb plenty of these frequencies and don't need to supplement the frequency from the earth with a PEMF mat.

The folks who would benefit from using a PEMF mat are the ones who are disconnected from the earth.

People disconnect themselves from the earth by living in buildings that have wooden or concrete floors, wearing shoes with rubber soles, and riding in vehicles with rubber tires.

Random Information Related to PEMF

Studies have shows that athletes who use a PEMF mat on a regular basis increase their energy and performance by an average of 15%.

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If you live near a cell tower, you greatly increase your chances of having sleep problems, vertigo, headaches, and getting cancer.

## Chapter 4

# How PEMF Eliminates Cancer

Most doctors will tell you that if cancer “runs in your family”, then you have a greater risk of getting cancer due to “genetics”.

However, studies have shown that adopted children who are brought into a family that has a history of cancer have the same probability as the natural born children of developing cancer.

This is because cancer is produced, not by genetics, but as a result of the location, habits, and lifestyle of the family.

“Location, habits and lifestyle” also determine how much energy your cells have, and the more energy your cells have, the healthier they are.

Healthy cells usually measure from 70-100 millivolts.

Heart cells usually measure from 90-100 millivolts.

The cells in people with chronic illnesses and chronic fatigue usually measure from 30-50 millivolts.

The cells in people with cancer usually measure from 15-20 millivolts.

In other words, if your cells have energy, then you're healthy - and if your cells don't have energy, then you get sick.

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Some interesting fact concerning cancer are as follows:

- According to the President's Cancer Panel, more than 40% of Americans will be diagnosed with cancer during their lifetime and half of them will die from cancer.
- The high energy in heart cells explains why you never hear of anyone getting "heart cancer".
- Otto Warburg, (a Nobel Prize winner) proved that cancer can't flourish in a high oxygen environment.
- PEMF therapy helps to energize and oxygenate your cells, and since oxygen kills all germs, bacteria, and viruses...

PEMF therapy can help prevent disease - including cancer.

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### **Random Information Related to PEMF**

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Melatonin helps to produce a good nights sleep, and it also helps to prevent cancer.

The body only produces melatonin in the absence of light - like when your eyes are closed and you're sleeping.

Magnetic fields from cell phones and WiFi can trick your brain into thinking that it's light outside - and this'll prevent your body from producing melatonin.

## Chapter 5

# Shopping for PEMF Mats

When I first heard about a PEMF mat,  
I spent several days reading everything that  
I could find on the internet about PEMF Technology.

It seemed to me that each person who  
was selling PEMF mats was very persuasive and had  
reasons why I needed to buy the mat that “they were selling”.

I decided to go to eBay and buy a used mat...

but there weren't any used PEMF mats for sale.

Since nobody was selling  
used mats, I figured that the people  
who are buying new ones must be keeping them...

and I also figured that IF I were to buy a new  
mat and decided that I didn't like it, then I could  
probably get most of my money back by selling it on eBay.

Armed with this information, I went  
ahead and bought a new PEMF mat for \$3,834.19.

I was so impressed with the results that I decided  
to buy a second mat to loan to a diabetic co-worker.

The second PEMF mat that I purchased was manufactured by a company in Hungary that had sold more than 100,000 mats in Europe.

The price of these mats varied from as low as \$1,250 to as high as \$4,386.00.

The one I bought was listed at \$1,250, and after trying it for a couple of weeks, I was so impressed with the results that I loaned it to my coworker.

My co-worker started using the PEMF mat, and within a week, her circulation had improved so much that, for the first time in 15 years, she had feeling in her feet.

Both my co-worker and myself have now been using our PEMF mats for more than 6 months, and we're amazed at the results.

If you have aches, pains, or circulatory problems, then I'd encourage you to shop around and buy a full-body PEMF Mat.

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### **Random Information Related to PEMF**

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A PEMF mat doesn't heal or cure disease - but it does make it easier for your body to heal using it's own natural healing process.

## Chapter 6

### Using PEMF Devices

When you start using your PEMF mat, you might experience increased joint pain or headaches or “pimples” - due to toxins being released into your bloodstream.

If this happens, then you’re probably not drinking enough water.

You should drink 8 to 12 ounces of water both before and after treatment.

Also, nicotine is a vasoconstrictor, so you should avoid smoking 1 hour before and after treatment.

Clothing doesn’t interfere with PEMF devices, but metals should be removed from the magnetic field.

Low frequencies are recommended for treatments applied in the evening, because they promote sleep.

I didn’t realize this when I first got my mat, and one evening, I used it with mid-range frequencies and I couldn’t get to sleep for hours because I was energized and alert.

PEMF therapy restores normal cellular function, and therefore, it has no side effects.

If you have Epilepsy, Psychosis,  
Tumors or problems with your Nervous System,  
then you should only use a mat under medical supervision.

Furthermore, since PEMF treatment  
increases blood supply, don't use a mat in the  
case of hemorrhage, during menstruation, or on damaged skin.

And finally, don't use a mat if you

- ... are pregnant, because there isn't enough  
data to determine what effects it might have.
- ... have a pacemaker, electronic implant, or  
a hearing aid, as the magnetic field might damage it.
- ... have a fever and infection, active TB, or if bacterial  
or fungal infections are present in the area to be treated.
- ... have overactive hormones or if you're  
being treated with immune-suppressive therapy
- ... have adrenal, hypothalamic,  
or hypophyseal dysfunction because  
overstimulation may exhaust the endocrine glands.

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### **Random Information Related to PEMF**

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Research has proven conclusively that using a  
mobile phone increases your risk of contracting brain cancer.

## PEMF Recommendations for Common Problems and Diseases

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|---------------------------------------------------|--------------------------------|
| Allergies.....                                    | 10 minutes @ 5-10 Hz           |
| Alzheimer's Disease.....                          | 20-30 minutes @ 2-8 Hz         |
| Angina pectoris.....                              | 20-30 minutes @ 2-8 Hz         |
| Arrhythmia.....                                   | 20-30 minutes @ 7-8 Hz         |
| Asthma.....                                       | 20 minutes @ 7-10 or 12-15 Hz  |
| Bronchitis.....                                   | 12 minutes @ 4 Hz              |
| Bruises.....                                      | 15 minutes @ 10 Hz             |
| Carpal Tunnel Syndrome.....                       | 10 minutes @ 6 or 20 Hz        |
| Circulatory Dysfunction.....                      | 15 minutes @ 7-10 Hz           |
| Dental and Oral Diseases.....                     | 30 minutes @ 30 Hz             |
| Depression.....                                   | 10 minutes @ 3 or 20 Hz        |
| Diabetes.....                                     | 20 minutes @ 2-6 or 20 Hz      |
| Dislocations and Sprains.....                     | 20-30 minutes @ 10 Hz          |
| Erectile Dysfunction.....                         | 20 minutes @ 6 Hz              |
| Fibromyalgia.....                                 | 20 minutes @ 18 Hz             |
| Fractures.....                                    | 20 minutes @ 10 or 20 Hz       |
| Frozen Shoulder.....                              | 20-30 minutes @ 7-8 Hz         |
| Headache.....                                     | 15 minutes @ 3 or 6-10 Hz      |
| Herniated Disc.....                               | 20-30 minutes @ 16-20 or 30 Hz |
| Hyperactivity.....                                | 10 minutes @ 20 Hz             |
| Hypertension (High Blood Pressure).....           | 20-30 minutes @ 1-5 Hz         |
| Ligament Injuries.....                            | 20 minutes @ 10-15 Hz          |
| Lumbago.....                                      | 15 minutes @ 10 or 20 Hz       |
| Menstrual Pain.....                               | 20 minutes @ 5-7 Hz            |
| Multiple Sclerosis.....                           | 20-30 minutes @ 5, 13 or 20 Hz |
| Nerve Pain.....                                   | 10 minutes @ 6 Hz              |
| Osteoporosis.....                                 | 20 minutes @ 8-10, 15 or 19 Hz |
| Parkinson's Disease.....                          | 20-30 minutes @ 20 Hz          |
| Rheumatoid Arthritis.....                         | 20 minutes @ 10 or 20 Hz       |
| Sciatica.....                                     | 20 minutes @ 16-20 Hz          |
| Sleep Disorders.....                              | 10-20 minutes @ 1-5 Hz         |
| Stomach Ache / Duodenal Ulcer - No Bleeding!..... | 12 minutes @ 10 Hz             |
| Strains or Sensitivity to Weather Fronts.....     | 15 minutes @ 11-15 Hz          |
| Stress.....                                       | 15 minutes @ 3 or 5 Hz         |
| Stroke.....                                       | 15 minutes @ 7-10 or 20 Hz     |
| Tendinitis.....                                   | 10 minutes @ 8 Hz              |
| Tennis or Golf Elbow.....                         | 10 minutes @ 8 Hz              |
| Tuberculosis (TB).....                            | 12 minutes @ 4 Hz              |
| Wound healing.....                                | 15 minutes @ 1-5 Hz            |

Use General PEMF Programs for 20-30 Minutes for  
Colon, Crohn's Disease, Glaucoma, Hepatitis, Liver, Pancreas,  
Psoriasis, Spinal Injuries, or Systemic Lupus Erythematosus (SLE).



# PEMF

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Thank you for allowing me to share with you a “very brief” summary of my PEMF Journey.

I wasn't taught about PEMF in school, but the very first time I was told about PEMF, I went to the internet and spent hours learning about it.

I was amazed when I found out how harmful cell phones, and cell phone towers, and electric lines, and microwaves are to humans.

And although they're bad...  
if you'll apply the information in this booklet,  
then you can begin to offset  
the negative impact that they have on your health  
and you can increase the odds that your  
future will be free from cancer and other diseases.

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[DonHoweSuccess.com](http://DonHoweSuccess.com)

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