

1. WHAT DOES PEMF SESSION FEEL LIKE?

Some clients feel a slight tingling; some feel warmth (arising from increased blood circulation) while others feel a deep sense of relaxation. Others feel very little or even nothing. The most important point to remember is that it does not matter if you feel something or nothing at all. The iMRS and Omnum1 PEMF systems work with resonance frequencies and takes as little as 8 minutes on the whole body mat for your cells to resonate on their optimal frequencies, with effect lasting for 6 hours. Whether you feel something during your PEMF session or not, what really matters is what happens in the body after your session

2. WHAT WOULD I EXPERIENCE AFTER A SESSION?

People experience any or all of these improvements after their first complete PEMF session: heightened mental alertness, more energy, less pain (regardless of where the pain originates), more focus, improved flexibility, elevated mood, increased motivation, better digestion and certainly much better sleep. Pay attention to your body before and after your session.

3. IS PEMF FOR EVERYONE?

As a matter of fact, with the exception of a few contraindications (listed below) PEMF is for everyone and everything that has cells. Cells resonate with the resonance frequencies offered by Swiss Bionic PEMF system (iMRS & Omnum1), which also include the frequencies of the magnetic field of the earth, which are proven to be health enhancing and beneficial to living cells. Everyone can benefit from using PEMF from a newborn baby to the elderly, as well as four legged family members and plants. PEMF is like a life force, and when introduced to ANY living cell, cell charge is raised and cell functions optimized. Some of our nearly two million users even put their plants and water on the whole body mat! Deteriorating plants come alive again and water becomes PH balanced.

4. WHAT ARE THE CONTRAINDICATIONS?

Pregnancy: simply because there is no research conducted with PEMF and pregnant women, even so it would never hurt the unborn.

Epilepsy: people with epilepsy should only use PEMF under the supervision of a medical doctor.

Pacemaker: this applies to all pacemakers prior to 2005 (unipolar) anyone with a pacemaker after 2005 (those pacemakers are bi-polar) can safely use PEMF.

Electrical implants: any electrical implant that cannot be turned off during a PEMF session is a contraindication

5. HOW OFTEN SHOULD I USE PEMF?

Ideally you would use the iMRS or Omnium1 whole body mat (which has a triple-saw tooth wave form) 2-3 times per day for 8-20 minutes, but definitely twice a day to ensure that you have optimum cell function every day. It must become like brushing your teeth and be equally important. You can use the whole body mat for up to 24 minutes at a time, however it is much more beneficial to use the whole body two or three times a day for 8- 20 minutes each time, than using it once for an extended period. That is because the effects of optimized cell function lasts for about 6 hours during which time cells do not need to be optimized again.

The pad, probe & spot can be used as often as you like to reduce pain, inflammation, increase blood circulation and promote healing in individual areas of your body. Remember that magnetic fields as they occur in Swiss Bionic PEMF systems (iMRS & Omnium1), extend about two to three feet, and are omnidirectional (extend in all directions) before they begin to weaken. For example: if you sit on the iMRS pad or Omnipad because you may have a prostate issue, the magnetic field extends about two to three feet to your surrounding tissue, which in turn benefit from your session as well. If you put the probe in your armpit or strapped the spot around your shoulder, because you have a damaged or deteriorating shoulder, the magnetic field and therefore the benefits, extend into neighboring tissues.

6. HOW DO I ENSURE BEST RESULTS WITH PEMF SYSTEM?

Just like with brushing your teeth or any exercise program, consistency is the key to success. As with anything worthwhile you simply have to make a commitment to optimal cell health (one of the most life-changing commitments you will ever make). The benefits of PEMFs are incremental and cumulative (just like an exercise program) working on the cause not just symptoms. So as things begin to improve, you don't just feel better and healthier, you actually are better and healthier. That is the power of incorporating a PEMF system such as the iMRS or Omnium1 into your life with proper guidance and support.

7. WHEN WILL I NOTICE RESULTS?

That depends largely on your present health condition and symptoms. As mentioned before most people feel an improvement in many body functions after their first session. There is a rule of thumb: with acute conditions (recently acquired conditions) results will be experienced faster, while with chronic conditions it may take longer. For example: if you had back pain for 10 years it could take up to 10 months to reduce all pain and discomfort and that would be a very conservative but honest statement. However many users of Swiss Bionic systems have reduced or eliminated their pain and reversed their condition much sooner. The best part is that while you are using a resonant PEMF system such as the iMRS or Omnium1, you don't have to wait to get better as while you are using it you will feel better one day at a time. It is important to mention that when using PEMF to achieve a desired outcome, ie: to fix a particular problem in the body such as migraines, digestion or insomnia for example, once your cell charge is raised and cell functions have been optimized, your body may use that energy to heal a preexisting condition you may not even know about. The condition you're experiencing could just be a symptom of a larger condition that requires healing first. It also needs to be mentioned that results and relief also truly depends on how faithfully you use your PEMF system.

8. DO THE FDA AND / OR HEALTH CANADA APPROVE SWISS BIONIC DEVICES?

The iMRS product line is registered with the FDA and has the medical Device License by Health Canada to reduce pains and aches and to increase blood circulation.

FDA registration No: 890 5660

Health Canada License No: 94155.

Further more Swiss Bionic has the following certificates:

Quality Management Certificate: EN ISO 13485

EC Certificate for Pulsed Electromagnetic Field Devices: 93/42/EEC

Certificate for electrical Safety: 168061

All certificates and licenses can be viewed at the corporate website:

www.swissbionic.com

9. IS THERE ANYTHING SPECIAL I HAVE TO DO BEFORE USING A PEMF SYSTEM?

Make sure you are well hydrated by drinking enough quality water everyday as frequencies are more readily absorbed in a well hydrated system. Not to mention staying well hydrated is foundational to optimal health.

10. DOES THE DEVICE PRODUCE EARTH-BASED FREQUENCIES?

Make sure to use only PEMF machines that have frequencies that are closely aligned to nature. Ideally this is roughly 0-30 Hz. Nature produces frequencies mainly in this range due to what is called the Schumann Resonance (7.83 Hz is the 1st harmonic).

Additionally Electroencephalogram EEG studies prove that the brain wave patterns are roughly in this range from Delta to High Beta (0-30 Hz). Even more evidence is Supplied by Adey and Bawin who discovered that the biological window of frequencies the cells absorb is again roughly 0-30 Hz

11. DOES IT INCLUDE A BUILT-IN BIORHYTHM CLOCK?

Circadian rhythm or biorhythm studies have proven that our brains, bodies and even the planetary frequencies change at different times of the day. There are both internal (thalamus) and external

(environment) biological clocks that have a profound impact on our wake/ sleep cycles and energy/tiredness cycles that occur throughout the day and night.



Typically we operate at higher or more energized frequencies in the day (Beta/High Beta Brain Wave) while we are working and active and in the evening and night-time our brain and nervous system operates at lower frequencies (alpha/relaxation, theta and delta/deep sleep).

According to Traditional Chinese Medicine (and other ancient healing traditions in Asia) vital energy flows through the twelve organs and completes one cycle every twenty-four hours. The Chinese Organ Clock shows the circadian flow of the vital energy (Qi – pronounced "Chi") through various organ systems in relation to the time of day. Each organ has a window of maximum energy for two hours, followed by a window of minimum energy (or lowest flow of Qi) 12 hours later.

12. IS PEMF STRONG ENOUGH, YET SAFE?

The Device Should be strong enough to handle problem areas yet safe enough to be in compliance with U.S and DIN safety standards. The DIN 0848 safety standard says the intensity should never exceed 400uT or 4 Gauss.

But even better recommendations (because frequency is also taken into effect) are given by the INTERNATIONAL COMMISSION ON NON-IONIZING RADIATION PROTECTION (ICNIRP). The ICNIRP is a world-wide authority on safety related to electromagnetic energy. The EU and FDA both rely on their findings. According to the ICNIRP, the limiting values for safety of time varying

PEMF are dependent on both the frequency (usually measured in Hz) and the flux density (or Intensity - measured in microtesla).

The higher the applied frequency the lower the limit value for intensity that is safe. This means, if you apply a very low frequency (like the earth frequency range 1-25 Hz) you are allowed to apply higher intensities.

Critical Point:

- The limited value according to the ICNIRP for low frequency, time varying PEMF in the range from 0 till 25 HZ is 5000 microTesla
- If the Frequency is OVER 25 Hz, the limit value for safety is ONLY 5 micro Tesla
- It means, that the ICNIRP assumes, that time varying PEMF over 25 HZ with a higher intensity than 5 micro Telsa can create damage

(Note: the Earth's NATURAL magnetic field is roughly 30- 70 microtesla and the Natural frequencies are roughly 0-25 Hz).

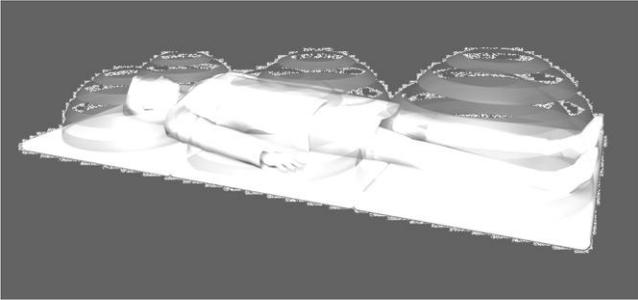
Some devices on the market have intensities that are way too high. And most PEMF devices uses frequencies that are WAY above 25 Hz. Don't be fooled by companies that tell you that you need a stronger intensity to get results. The key is frequency resonance, not intensity. So look for a device that uses frequencies and intensities close to what the earth provides. The iMRS is the ONLY whole body mat PEMF device that meets these requirements (because it uses frequencies and intensities that are in alignment with the earth).

13. IS THERE A SENSITIVE SETTING FOR SENSITIVE INDIVIDUALS?

It is critical to use only machines with low intensities between 0 and 70 uT (Micro tesla). This is what the Earth provides us and it is what is natural (Earth is Approximately 30-70 uT).

So, you know the old saying, sometimes "Less is More". In Fact, when it comes to PEMF Therapy less can sometimes be essential and more can be harmful. And there is plenty of research to suggest that the lesser field strengths (in the earth's natural range) actually work better in clinical studies.

IMPORTANT: If you are chemically sensitive, you will want to find a mat with a picotesla setting (very weak magnetic field).



14. IS THE INTENSITY GRADUATED FROM HEAD TO FEET?

You want ideally 3 pairs of coils, for the head/neck, hips/ torso and legs/feet and one coil for each side of the body. AND, The coils toward the upper body should have a lower intensity (lower intensity = lower magnetic flux = smaller number of turns in coil) and the coils toward the feet should have a greater intensity (magnetic flux). This is very important because the legs and feet can handle a much higher intensity than the head and neck (which are the most sensitive area). When walking on the earth the feet naturally experience a slightly higher intensity especially when in contact with the ground. But even more important for people that are chemically sensitive or electrosensitive is that the head and neck/thyroid can be easily overstimulated and irritated.

15. DOES THE MACHINE ACTUALLY HAVE PURE PULSATING MAGNETIC FIELDS?

Another important point from Physics 101 is that a pure magnetic field using an electrical current can only be created from a circular current loop. Several devices on the market use a wire criss-cross mesh with oval current loops surrounded by plastic tubing (see above image). Not only is this the wrong geometry to create a pure pulsating magnetic field, it also has spacing between consecutive turns which allows the magnetic field lines to be further distorted. Circular loops with multiple turns need to be tightly wound with no spacing to yield the cleanest and purest pulsating magnetic field possible (example below of pure copper, tightly wound circular coils).



The criss-cross wire mesh mats do not have current loops and will NOT create a pure magnetic field. Also, it is pertinent to note that the NASA design for stem cell growth uses pure copper circular coils that are tightly wound, as does the NASA prototype for a PEMF installed spacesuit (Inside of iMRS full body mat pictured below with ideal pure copper coil and graduated intensity configurations).

16. WHICH WAVES FORMS DO THE IMRS AND OMNIUM1 HAVE?

Here we need to distinguish between the whole body and all other applicators.

Whole Body Mat:

Uses a triple saw tooth waveform that has the unique ability of offering the full spectrum of frequencies within the biological window of human cell frequencies (0.5 – 30 Hz) including both even and odd harmonics and over waves. It provides the optimal parameters to ensure cell resonance to all 75 trillion cells in your body. An electromagnetic field with these parameters, applied within the human biological window of frequencies, signals all receptors simultaneously at the speed of light.

Localized Applicators (pad, Omnispot & iMRS probe):

Use the NASA proven square wave form and are intended for use on injured areas of the body, or anywhere pain, aches, inflammation and poor circulation are present

17. IDEALLY HOW WOULD I USE THESE PEMF DEVICES?

In general an application on the whole body mat for an adult person from the age of 40 years onwards should always be begin with a lower intensity level, e.g. an intensity level of 25 for a minimum of 8 minutes in the morning and an intensity level of 10 a minimum of minutes in the evening. You should

only deviate from this rule if you if your body has a higher vitality level, which is the case for a young or very active person who generally have a higher level of physical capacity. The intensity level “sensitive” is intended for very sensitive people.

If you are using local applicators, higher intensity levels can be selected. We recommend that you select lower intensity levels for the head/neck region of the body (e.g. shoulder = 25 - 50, back = 50 – 100, hips = 100 – 150, thigh = 150 – 200, calves and feet = 200 (iMRS complete and iMRS professional – 400) – this also applies to the Omnium1.

The Omnium1 has 5 preset programs for the whole body mat to achieve desired results such as: relaxation, performance, activation, sleep and regeneration for the whole body mat and by simply clicking the program button, the unit starts automatically with preset times and graduated intensities. These programs are designed to give you an optimal exposure to various intensities, helping achieve the desired outcome while improving heart rate variability, which has been proven to help the body cope with physical, mental, emotional and environmental stressors.

18. DOES THE MAT USE A SAWTOOTH WAVE?

You want to find a pulsed magnetic field device that uses a sawtooth waveform. The sawtooth waveform provides the maximum impulse or action potential across the cell membrane which will boost the voltage of the cell.

A sawtooth waveform has the unique ability to deliver bunches of frequencies simultaneously. As we have seen, you’ll want to make sure the range delivered is 0-30Hz. By using a full spectrum of frequencies you’ll insure that all the varying tissues and cells get just the frequency they need.



The sawtooth waveform was first introduced in 1974 by Bassett. Dr Bassett observed that a rapid rise and fall time induces the maximum current in a treated tissue as with the sawtooth. In his research it was the piezoelectric current induced which accelerated bone healing. As a result of Bassett’s work, this waveform has been FDA approved in the USA for the treatment of non-union fractures and to aid in spinal fusion operations.

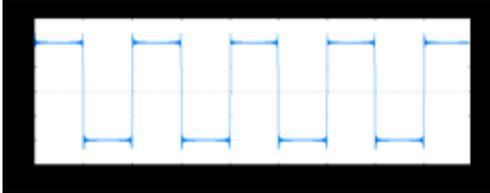
19. DO THE APPLICATORS USE THE NASA PROVEN SQUARE-WAVE?

Make Sure the Local Applicators use a SQUARE WAVE. Why? Because the square wave is the most effective for breaking up cycles of pain AND also the square wave works best when it comes to healing and regeneration. This information comes DIRECTLY from the NASA study done on PEMF using a square wave.

The 4 year NASA study is perhaps the most intensive and thorough investigation ever done in pulsed magnetic therapy. It was a multi-million dollar study conducted by Dr. Goodwin with the goal to find the most effective type of electrotherapy for healing and regeneration.

The conclusion was that a pulsating magnetic field with a frequency of 10 Hz, very low intensity and a square waveform was most effective for pain relief, healing and regeneration. Only two devices on the market offer this.

This NASA study CLEARLY proved the square wave pulsed magnetic signal was BY FAR the most powerful for pain, healing and regeneration.



“The most effective electromagnetic field for repair of trauma was square wave with a rapid rate of change (dB/dt) which saw cell growth increased up to 4.0 times.”

They further noted that “slowly varying (millisecond pulse, sine wave) or non varying DC (CW lasers, magnets) had little to no effect.”

Final Recommendation: “One may use square wave EM fields with rapid rate of change for”:

- Repairing traumatized tissues
- Moderating some neurodegenerative diseases
- Developing tissues for transplantation

*the first study to clarify technologies and efficacy parameters for tissue growth and restoration

Nasa’s Conclusions

- › Pemf Provides:
- › greater cell viability
- › accelerated cell growth
- › better organized cell morphology
- › up regulation of genes related to collagen production
- › up regulation of genes related to cell restoration and growth
- › bioelectric potentiation of nerve stimulation and restoration
- › high-speed square wave increased cell growth four-times faster.

20. DOES THE UNIT SWITCH POLARITY?

Make sure the device switches polarity every few minutes. This is important because the body will acclimate or habituate to a PEMF signal that is overly simplistic (like static magnets or a simple sine wave PEMF waveform). What this means is that you get diminishing benefits over time because the body “get’s used to” a constant signal. The more complexity and variation in the PEMF signal, the better, providing the intensities and frequencies are in alignment with the earth.



Polarity in a PEMF device is a little different than North and South polarity in a static magnet, so it's important to clarify this. Because PEMF devices have no magnets, they use (ideally) pure copper current loops to generate pulsed magnetic fields. By Ampere's law in physics, a current in a circular loop creates a pure magnetic field. But PEMF devices deliver currents that have a frequency and variation, so switching polarity simply means the current in the loop switches direction (from clockwise to counter-clockwise or the reverse). This gives added variation to the signal so the body does not become dependent on the same waveform.

Other ways to increase variation are to use layers of frequencies, different frequencies for different times of the day, a biofeedback device that will continuously vary the session, etc. I know this is a little technical, but it's critical for the long term effectiveness of PEMF therapy so you don't get diminishing benefits over time. The iMRS PEMF system has the most variation (including polarity reversal) of any PEMF system on the market which means you will always benefit from using it long

21. CAN I OVERDO IT?

You can do too much but you could never hurt yourself. Too much in this sense means that you may opt to use high intensities during your evening session on the whole body mat thinking more is better and excite your cells to the point that you may have difficulty to fall asleep. Less is more when it comes to PEMF. You may also be tempted to use higher intensity in areas of your body where you experience chronic pain, resulting in more pain as your body tries to heal the injured tissues, which isn't a bad thing. Think of getting a deep tissue massage, when you often walk away feeling sore due to the increased circulation and manipulation of injured tissues. This is also known as the "Herxheimer" effect or healing crisis, referring to the principle that chronic conditions can sometimes go backwards through an acute stage before healing. To avoid any of the above, please follow the guidelines in the manuals or discuss this with your consultant. Everyone that has purchased an iMRS or Omnium1 through PEMF Global will receive personal protocols and guidance from one of our experts

22. FOR WHAT CONDITIONS WOULD I USE PEMF?

PEMF are being used directly or as part of a protocol for:

- › Nocturnal Enuresis (Bedwetting)
- › Multiple Sclerosis (MS)
- › Urinary Incontinence and OAB
- › Sleep Disorders
- › Glaucoma
- › Cataracts
- › Diabetes
- › Depression and Anxiety
- › Breast Cancer
- › Prostate Hyperplasia

- › Osteoarthritis (OA)
- › Pain Management
- › Arthritis
- › Fibromyalgia
- › Smoking Cessation
- › Blood Viscosity
- › Cancer
- › Seizures and Epilepsy (under doctors supervision)
- › Atrial Fibrillation (A-Fib)
- › Alzheimer's Disease
- › Restoring Alkaline Balance
- › Back Pain and Lumbar Disc Disease
- › Bio Regulation Therapy (BRT)
- › Acupuncture
- › Shingles
- › Osteoporosis
- › Vocal Cords
- › Lyme Disease
- › Dental Issues
- › Avoiding Steroid Injections
- › Heart Conditions
- › Psychiatric and Neurological Conditions
- › Stroke Rehabilitation
- › Inflammation
- › Degenerative Disc Problems
- › Cell Injury and Anti-Aging
- › Sports Injury Recovery
- › Paraplegia and spinal cord injury
- › Scleroderma
- › Parkinson's
- › Injury Recovery
- › Wound Healing
- › Osteoporosis
- › Digestive Disorders
- › And more...

23. CAN CHILDREN USE SWISS BIONIC DEVICES?

Absolutely and they actually love it

24. CAN I USE SWISS BIONIC SYSTEMS FOR MY PETS?

Of course and the same specs as for humans would apply. One thing with your pet is that most pets automatically gravitate toward your PEMF system as soon as you turn on your mat. Your pet will be grateful for using PEMF and becoming healthier and happier, which has been reported by many iMRS and Omnium1 owners. Also, there is no placebo effect with pets, as they don't share the skepticism as many humans do.

25. WHAT IS THE LIFESPAN OF SWISS BIONIC DEVICES?

The first PEMF system from Swiss Bionic is over 25 years old and still used by the father of the CEO of Swiss Bionic Solutions. The next model the MRS2000 is more than 11 years old and still widely used. The iMRS entered the market in 2010 and is the company's flagship model. The Omnium1 entered the market in 2014 and the next generation Omnium1 is set to be available early November 2018. All in all Swiss Bionic PE

26. DOES PEMF HAVE AN EFFECT ON MY MEDICATION THAT I TAKE?

It actually can because our PEMF systems are also balancing systems and it may be possible to reduce medication or stop taking them altogether. Because we are not doctors and not permitted to give medical advice, it is strongly recommended to consult your physician when you are using meds such as blood thinners, meds for diabetes or even pain medication, to monitor your prescriptions.

MF systems have a very long lifespan.

27. HOW DO I KNOW THAT MORE OXYGEN IS DISTRIBUTED THROUGHOUT MY BODY?

Evaluations can be performed by thermography and simple oxygen meters that you can purchase at any drug store. In all cases there is a measurable increase of oxygen saturation levels.

28. HOW DOES PEMF IMPROVE ATHLETIC PERFORMANCE?

PEMF technology is used by all levels of athletes from weekend warriors to Olympians, to maximize performance while at the same time reducing the risk of sports or training related injury. Here are a few of the things you can expect when using a personal PEMF system such as the Omnium1 or iMRS to improve athletic performance.

- › Highest possible performance, through activation of the cell metabolism.
- › Optimum preparation for training and competition, through energy conserving warm up.
- › Decreased risk for injuries, through improved blood circulation in the muscles.
- › Faster recovery after physical exertion by improving circulation the body is able to more efficiently expel lactic acid and waste build up in tissues.
- › Faster healing of sport related injuries.
- › Prevention of long-term injury effects.

29. ARE THERE ANY SIDE EFFECTS USING PEMF?

There are no known side effects to using PEMF technology within the low-frequency low intensity range such as is the case with Swiss Bionic systems. (we cannot speak for any other systems on the market)

30. WHAT ABOUT USING PEMF WITH CANCER?

Many clients and practitioners are using PEMF as a supportive modality in their protocols because of all the benefits stated above. As a matter of fact, most complimentary and alternative cancer clinics in Europe and many in North America are using PEMF as part of their cancer protocols for many, many years already.

31. CAN I USE PEMF WITH METAL IMPLANTS?

Yes you can, as there is no interference between PEMF and metals such as Titanium.

32. WHAT ABOUT ELECTRICAL IMPLANTS?

Pacemakers before 2005 are a contraindication. Pacemakers after 2005 are safe. Other electrical implants or electrical pumps are only safe if they can be turned off externally during your PEMF session.

33. WILL BONE DENSITY INCREASE?

A study at the Pacific Health Research Institute in Hawaii concluded that bone density increased by an average of 5.6 % in post-menopausal females. The University of Graz, Austria did a similar study and concluded an average of 6 % increase in bone density. These results make a difference between good bone health and increasing one's risk of spontaneous fractures.