

# PEMF Expert Training

Energy Medicine Centers Introduces Training Courtesy of:

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A Publication of



# Table of Contents

## Chapter 1 - [Welcome to PEMF Expert Training](#)

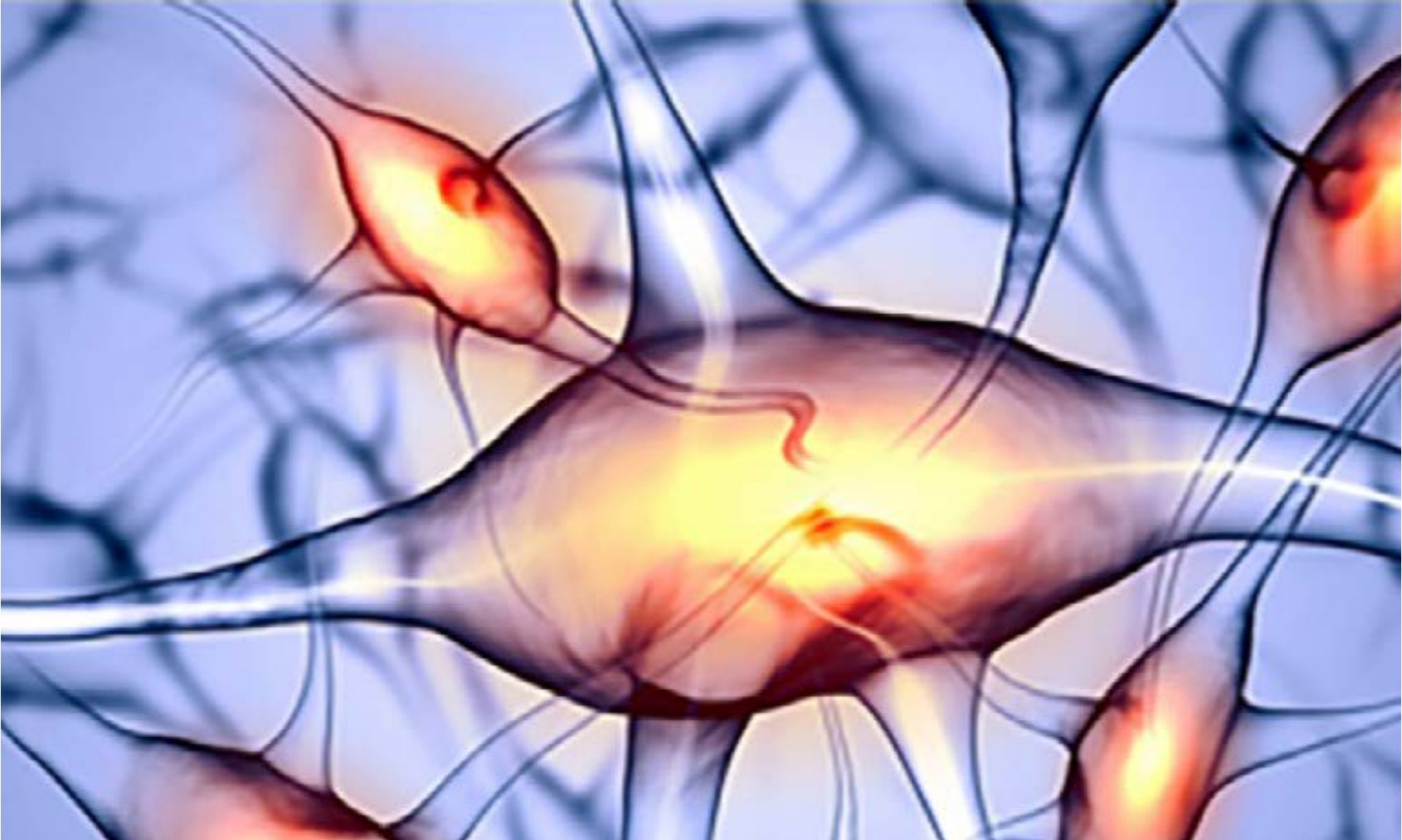
Learn what PEMF is, PEMF vs EMF and how nature surrounds you with PEMF frequencies.

## Chapter 2 - [Healing with PEMF](#)

We'll look at how PEMF effects pain, detoxification, oxygenation and activation of your immune system.

## Chapter 3 - [PEMF & Disease](#)

How PEMF is used on different diseases and why it works so effectively.



## CHAPTER ONE

# Welcome to PEMF Expert Training





# Welcome to PEMF Expert Training

Welcome to Truly Heal and PEMF expert training where we will learn what PEMF is and how you can use it to your advantage and how to make the right decisions.

- In the first section we'll cover what PEMF is, PEMF versus EMF, how nature surrounds you with constant PEMF frequencies, and the effects on you. We'll look at the different forms, Oscillating versus ringer PEMF. Then we'll look at the power and intensity that is actually necessary for therapeutic effects.
- In the second section we will look at the preparation and care so that you are aware on how to use these devices without going into dangers and cautions. We'll look at different healing effects in regards to pain, and at detoxification, oxygenation, nitrification, and activation of your immune system.
- In the third section we'll look into different diseases. We'll really be focusing on cancer and depression, also looking at osteoporosis, sleep, and all the different diseases how PEMF is used best and why it works so effectively with those problems.

# Who am I?

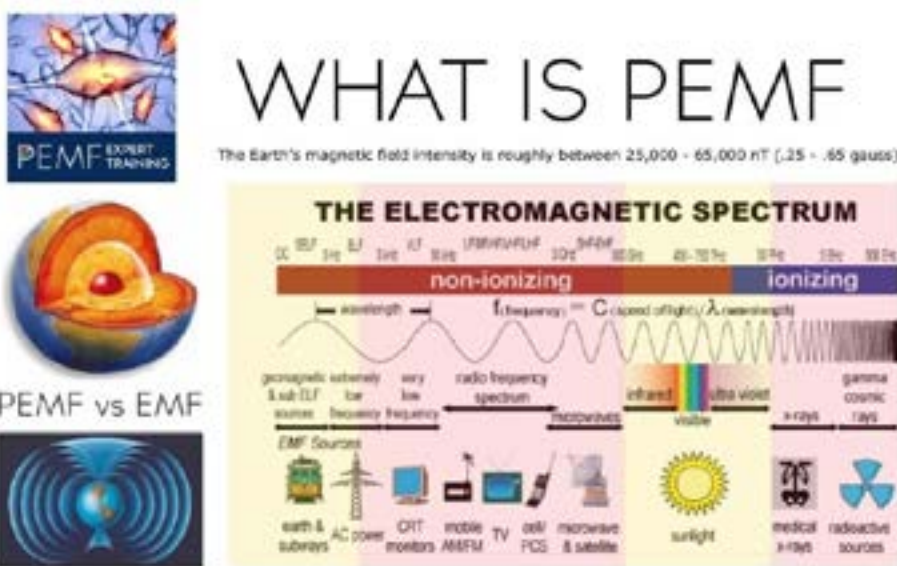
Who am I? Marcus Freudenmann. I've been studying alternative and holistic health for many years. We've made the movie Cancer is Curable Now. I've travelled around the world and interviewed hundreds of experts in all areas of health, and put together from that not only our documentary, book, and online course, but a whole series of education programs which we share at the Truly Heal Academy, where we educate oncologists, doctors, naturopaths, and nutritionists in a holistic approach.



This type of approach is slightly different; we don't focus on treating a disease, we actually remove the causes of disease and through that allow the body to heal and support the immune system. It's a slightly different approach, but very effective.

One of the big elements we've learned is PEMF as one of the support mechanisms that enhances everything we do dramatically. That's why I'm excited to share that with you today.

# What is PEMF?



Number one, it's something that is all around you. If you look at this cross-section of planet Earth you see that there is an inner core and then there are different layers of magma, heated molten rock and metal that have their own circulation. It's liquid and it's bubbling and it's rotating. We know that the inner core of the earth is spinning and rotating at different speeds and different levels, and that causes that rubbing friction.

If you take a metal and you rub against something else, then all of a sudden it turns magnetic. We know when we take a screwdriver, rub that on our pants, and then go down into a tight spot and we can pull out a screw – it's magnetically attached to the screwdriver.

This is the magnetic field that the Earth creates by rubbing metals against metals. Because there are tons of different molten stones, rocks, and metals in the Earth that is a very powerful strong magnetic field that expands out into the universe.

You can see that here in this illustration, it's actually moving in huge concentric circles from the North Pole to the South Pole. That magnetic field is keeping us alive.

As soon as you move out of that into space, like astronauts did, all of sudden they were having the problems that their health deteriorated. Their blood clotted up, everything was getting worse, and when they came back they were actually really unhealthy. Oxygen uptake was decreased, their immune system completely collapsed.

What they noticed is we need to create that magnetic field within our spaceships in order for our astronauts to stay well. That's what they did when they started to build up this magnetic field with devices in the capsules, and then all of a sudden the astronauts can work well.

We know that from our Earth frequency field that there are very low frequencies, they start at zero and they go up to about 40 or 50 hertz. That is the rumbling of the Earth, all pervading all the time, and it is giving your cells strength. It gives you life energy. As soon as you move out of that your cells deteriorate and you start to die.

The next frequency range is what we call EMF, dirty electricity. This is man-made. It starts from power poles, it's about 50 or 60 hertz that they carry, then it goes out to computer monitors, radio, etcetera. We know gigahertz, which is 3G and 4G mobile phones. Then microwaves, which are very destructive and they overheat.

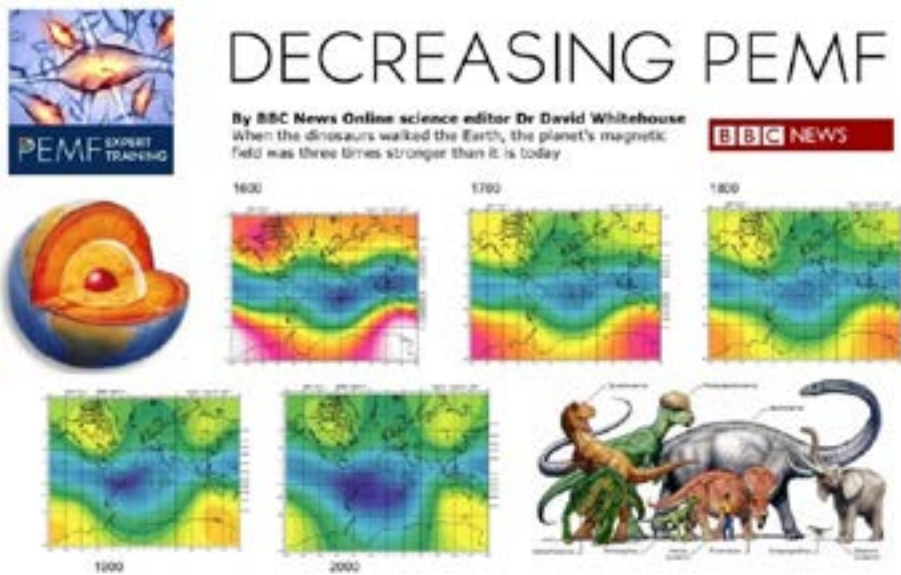
When you see mobile phone towers today, they are linked with microwaves, so one mobile phone tower to the next has actually a microwave link and they are all pervading. If birds fly through that link and they fly exactly in that beam from one pole to another, they fall out of the sky.

Then we have on the other side the visual light, which is infrared and ultraviolet light. If you have a short exposure, two hours a day, it's all very healthy, it's what we need to live. But if you stay out too long and stay too much in the sun, it's actually damaging.

Then we have cosmic rays and x-rays, which we all know cause harm to the cell, cause destruction to the DNA. That's something that we need to avoid as much as we can.

EMF gives life. Dirty electricity kills specific cells at different frequencies, that's what rife uses to destroy pathogens and organisms and cancer cells. Then we have the sunlight, which is like any medicine, if you take too much it's not good and if you take too little it's not good, you need the right measurement to get to the right levels.





Clarifying that shows that we need the magnetic field. BBC published an article that said that at the time of the dinosaurs we had a magnetic field three times stronger than we have today. When you look at the size of dinosaur and how huge they were, it actually requires an extreme density of bone and cell structure. Today there would be no possibility to sustain such a large animal because the magnetic field of the Earth has cooled down.

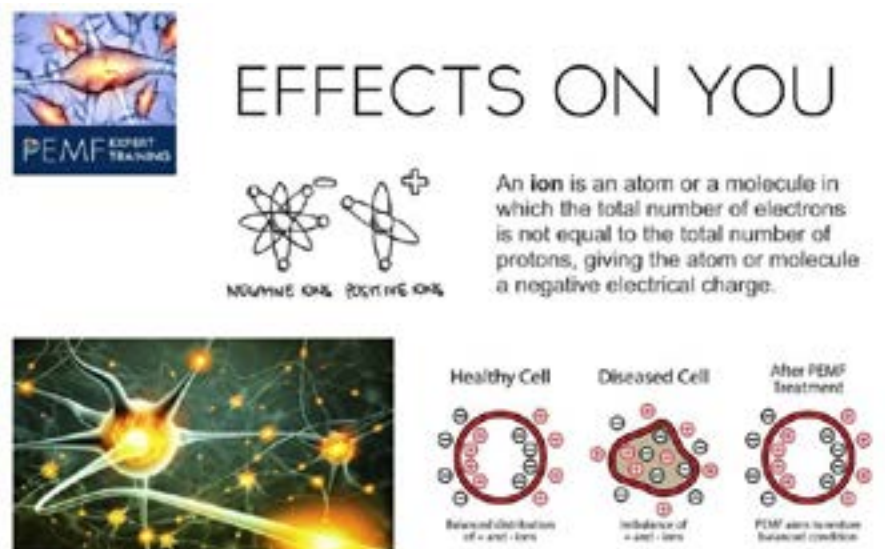
It's probably obvious, the Earth is cooling down the outer crust. At the time of dinosaurs there was lots of magnetic volcanic activity and that's why when you look here at 1600 compared to 2000 (and we're now in 2015) you can see a massive change going from the red in 1600 and strong magnetic field all the way down to a very cooled off period in 2000.

That's how our magnetic energy is deteriorating and that's why our overall energy levels are going down. As soon as you use PEMF – the same frequencies, the same magnetic fields as the Earth creates – you enhance life energy, you enhance the cellular energy, the structure of the cell, the detoxification pathways. Everything is enhanced, and I'll show you that in a moment.

## What are the effects on us?

It's very simple. We are all electrical beings. We know we have neurons and electrodes, it's all electrical. Our whole system is charged and we can measure that in the form of measuring heat, in measuring our radiance into the world. Everything that keeps us alive are electrons.

If you look at all of the elements that we have, there are excited elements and there are deteriorated, positive ions, when they lose the charge. That's why when you go to a waterfall, to air that has moved to the ocean, to big waves, to storms, to lightning, that's when you have very high increased negative charge and that is called excited particles. They are then absorbed by the cells.



If you have a deteriorating condition, diseased cells, then that means there is an imbalance in positive and negative charge. The outside or the charge of the cell is less than 60-50-40 millivolt between inside independence and outside. So when you look at a healthy cell the charge is about 80 millivolt.

That's just a simple explanation that when you fire a large amount of excited particles, which are those magnetic fields, into the body all of a sudden the body recharges in energy, the cells start to build up again, all of the sodium channels, ion channels, potassium channels, all clear up and the body is recharged and the whole electrical mechanism in our body works a lot better. I'll show you that in later images, but this is a very crucial part to increase life energy within us.

## Power & Intensity

Coming back to the power and intensity. A lot of people discuss that all the time because this is one of the arguments in this field. When you are on Earth, you see this is 60,000 nanotesla, and I talk in gauss, it's all the same. Gauss was the original, and then in order to break it down they called it tesla and then nanotesla and microtesla. Don't be confused.

The world itself has a field in the weakest area, which is right now around South America and South Africa, and then further back, these are the low areas and they are 0.25 gauss. If you go into high charged areas above the equator and by the Poles and towards Australia, then you have 0.65 gauss.

This is what the world creates as an ongoing energy power. That doesn't matter whether you are on Earth, whether you are in a high rise or whether you are in an airplane, you still have the same magnetic energy because the magnet is so big and so powerful that whether you are in the mountains or on sea level you will still have the same electromagnetic fields.

Whereas, if you take those mats that we create, you have to see the power of the mat, which is what we call here the intensity of the mat, it's 1,000 gauss, or 100 gauss, or 0.65 gauss, and it's divided by distance squared. If you take a mat, like the Bemer or IMRS or all of those multilevel marketing mats, then they start at 0.35. That's the standard and I think the IMRS Professional is 0.64 gauss.

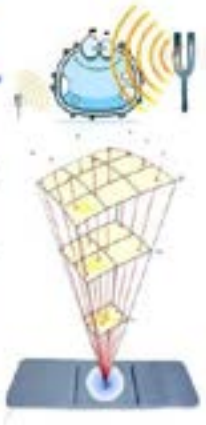
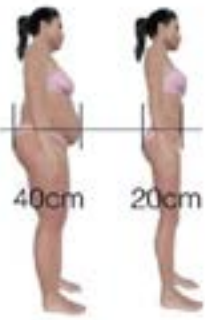






# POWER & INTENSITY

World 0.25 to 0.65 gauss



centimetres already to 0.03 gauss – nothing. That’s why I put that here, rather lay in the grass or walk along the beach or go into a park and you have 10 times the energy than you get from your mat.

Let’s face it, we’re not all 20 centimetres in diameter, we’re a little bit more. If you want to penetrate 20 centimetres you have here 0.0087 gauss, that’s nothing. This is something you will find everywhere, conclusively the same, clinics who look for therapeutic effects, who look for power to achieve a result, start minimum at 100.

Dr. Rau said he wouldn’t go below 500 gauss, that’s the minimum of devices that he uses. The preference to really achieve something very powerful is 1,000 gauss. Then if you look at 20 centimetres, you have 2.5 gauss, which really still has an effect.

Let me explain the effect on your cells and what it actually does. It actually needs to vibrate your cell, recharge your cell, activate your cell. When you penetrate through a body those cells go everywhere, they go through bone. Magnetic cells have no limit, they vibrate through everything, like long waves they go through everything.

But, the problem is in order for your cells to really charge up they need an extra strong charge for the effect to take place, whereas if you take very weak frequencies they hardly reach those cells. That’s why the stronger the power the more therapeutic and fast effect you will have.

Now let’s look at two different devices. I know there is a lot of confusion.

That’s what you start with directly on the mat and up to 2 centimetres up. As soon as you go above that, you reduce the power by distance squared. It’s a very simple calculation, as soon as you go two centimetres up you have instead of 0.35 only 0.08 gauss, which is a lot less than the Earth.

Yes, the argument is all correct, as soon as you’re directly measuring on the mat, but the distance factor reduces that with three

## Ringer PEMF

We have the PMT-120 and the Papimi, which are power devices, they're ringer devices. They don't work on frequency and sending frequencies into the cell. They actually send one big magnetic wave into the cell and that rings all cells at the same time. That's really crucial.

Think about all of your cells have different frequencies. Your bone cells respond to low frequencies, 5 - 7 - 8 hertz, whereas your eye cells or your nervous system and your immune system responds to about 20 hertz, 17 hertz, 18 hertz, going up to 23 hertz. That's where they get fully activated. That's why you need all sorts of different frequencies in order to activate all of your systems, all of your different body functions.

The ringer devices don't need to worry about that, they send one such massive shock in that all of those little "bells," the different frequencies, start to sing along and start to ring and they are fully recharged. You can see the power here with the sparks. These things are up to 39,000 gauss, so extremely powerful in the way they change the dynamic in the cells.

The nice thing is healthy cells have no problem with that energy boost, they just recharge and feel great and deflect the rest. Unhealthy cells, like cancer cells, they overcharge and their membrane is shattered and they deteriorate or die off and we have that apoptosis effect.

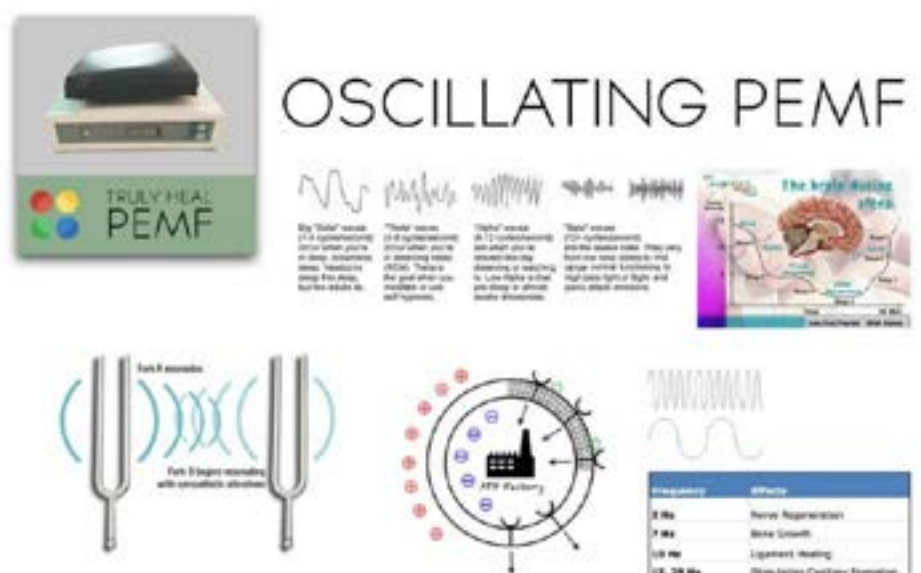
The ringer device is very powerful, but therefore very costly. That's why in order to reduce the cost and in order to reduce that extreme expenditure they created oscillating PEMF devices.



## Oscillating PEMF

They don't come to that extreme power burst, they actually work on a completely different principle. Instead of taking a club and hitting each cell, they start to make the cells sing along.

Those of you who have a little bit of a



musical understanding know that you take a tuning fork and if you have a tuning fork which has the same resonance, the resonance will make that tuning fork sing along, you hit the first one and the second one starts to vibrate at a lower energy, it's not as loud as the first one but it will work.

It's dependent on distance, what we learned before, it's actually by distance squared if you go further away. That will influence the cell at a lower level, but if you hold them very close to each other the frequency will just swing over to the other and the vibration will make the second one sing very loud. That's just explaining the factor on distance.

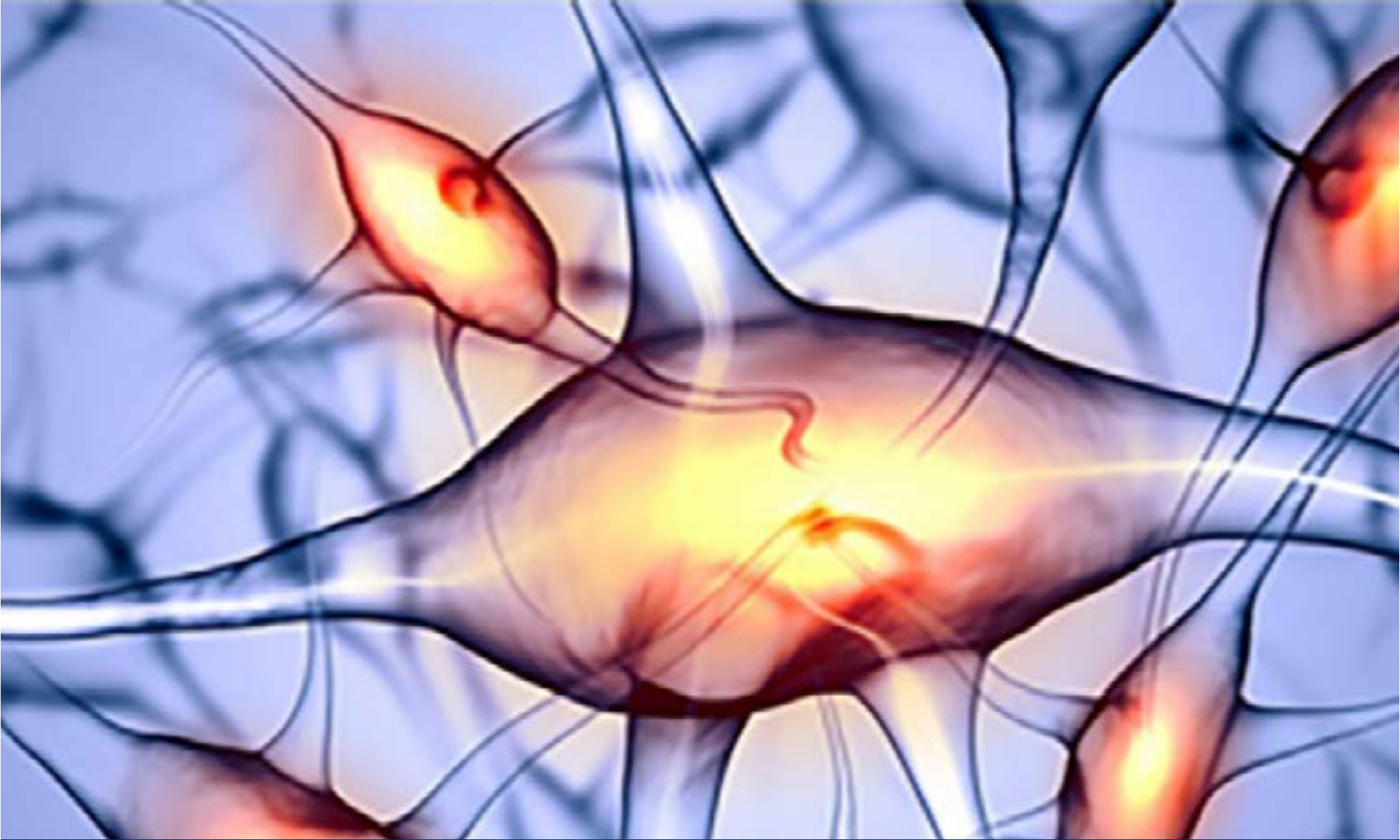
Let's say we have a bone cell and it swings at 7 hertz and you have here a frequency of 23 hertz, will that affect those bone cells? Not at all. That's why these devices start out to go in low frequencies, then medium frequencies, then higher frequencies, and they slowly work their way up into very high frequencies in order to reach all the cells of your system, all the cells of your body.

That's cool because they can do that in 30 to 45 minutes programs, they go in three minute intervals through all of those frequencies and through those stimulate everything in your body. That's why as mats they are usually quite nice to lay on and then slowly they vibrate up. You need look that you have enough power in the device to actually feel the difference and feel the recharge.

Just coming back, the ringer devices don't need that. You can do a three minute treatment and it will be so powerful to penetrate your whole body with energy and to make all of your cells active. These ringer devices can be used in clinics with a lot stronger effects and much shorter time intervals than the oscillating devices which just need a longer time to achieve a similar result.

That brings us to the next video where we cover best practices, all the precautions and dangers in using PEMF, and how it actually influences your health.





# 2

## CHAPTER TWO

# Healing with PEMF



# Healing with PEMF

Now we'll look at the different healing factors of PEMF. But, first we'll look at some of the precautions and cares that it is really important for you to know about. Especially, the stronger the device that you use the more care you have to give.

## Best Practice

First of all, best practice, **you do not treat disease!** You will never get into trouble for boosting health. If you say, "I'm helping you to increase your oxygen uptake and to detoxify, to give you more life energy," that's nothing wrong. Every wellness centre and every beauty salon does that and there are no legal problems with that.

If you say, "I treat depression," or "I treat cancer," then that's a serious issue. You don't have a license to do that and we live in very regulated times, so do not do that. Say you do not treat disease but that you promote health in the best possible ways.

If someone comes to you who has 50 to 80 years of damage and has multiple overlaying degenerative diseases, you can't promise treatment in one day and then it's all gone. It's an ongoing process. That's why many of our clients have a device at home so that they can use it daily, or every two days, and through that over time regenerate all of the organs, activate everything, and increase the healing practice.

So it's something that you shouldn't make any false promises. It's not a miracle cure, just to be certain about that.



## Precautions

In regards to precautions, there is not a lot that you need to be aware of. Everything electronic – hearing aids, key rings, credit cards, mobile phones, little dictaphones, – people have those in their pocket and they don't think about it and then they sit down and they have treatment. If you look at this image you can see there is a big spark going around this metal chain. If you have a treatment like that it wouldn't harm you, You see he doesn't even feel those sparks

at his hands, but it is pretty scary. We had a girl with nose studs and there was a spark flying from that nose stud to the ring and she was kind of freaking out at first, but then she wanted us to take pictures. It's something that can scare someone.

It doesn't harm you, but it is welding the metal together, when you do it long enough that metal chain is absolutely rigid afterwards. If you do that and you have a pacemaker, hearing aids, stents, or those clips after heart surgery for bypass, then that can be quite dangerous. Don't do it. In case of such a client ask their practitioner, get permission from their doctor.

Explain what you want to do and then have a legal backup. Otherwise, just deny the treatment, it's a lot safer. Especially pacemakers, you don't want them to stop. If a hearing aid stops they are up to \$8,000, so that's nothing you want to fry with your electronics. Also, stay away from your computer, stay away from your mobile phone, they can get damaged, especially with a strong device.

Necklaces can throw sparks, but they won't get any harm and you won't even feel the sparks so don't worry if that happens. It's just better if you take everything into a basket up front and give clear instructions to your clients when they come so that you don't cause any damage.

## PEMF For Pain

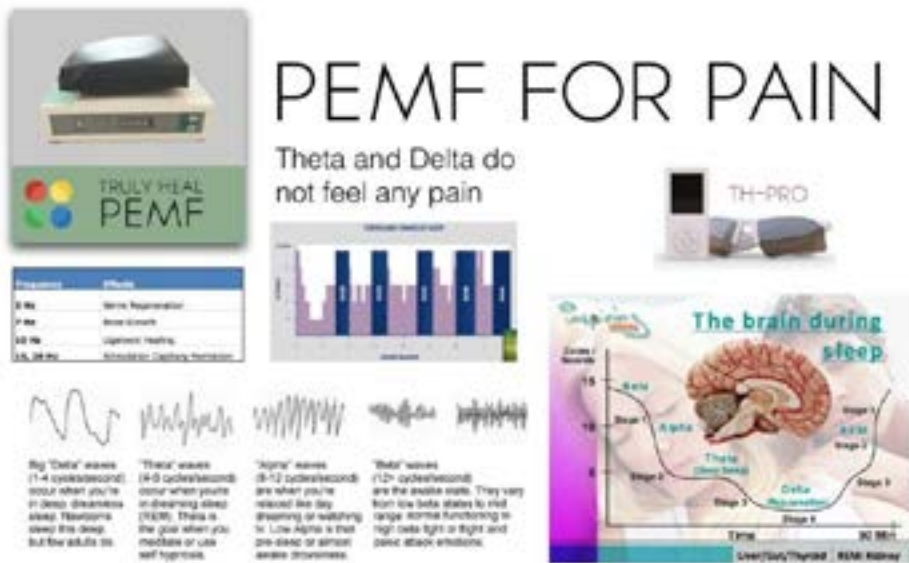
That brings us to treatments. For pain it's very simple and logical how it works. When you're awake you have pain; toothache, nerve pain, healing pain, whatever. When you go to bed usually that pain increases at first when you relax, because you have more focus on it. During alpha stage you feel more. Then you switch into the theta stage and that's when pain is switched off, that's when you fall asleep. Normally deep sleep, theta level,





does not feel any kind of pain. It's really a natural reaction of your body.

In order for you to heal you need to sleep. In order to sleep your body needs to shut off pain that prevents sleep, so it's a natural mechanism. In theta level and delta level you are free of pain, so what we do is we simulate the frequency. Theta is at 5 hertz and if you go down to delta that's 2 - 3 - 4 hertz. What we do is set the PEMF oscillating device to that low frequency.



What we know is that 2 hertz is nerve regeneration, nerve repair. That's when you don't think and your nerves can get repaired, when you don't stress your nerves can repair. You need to go into those deep sleep phases, into those complete relaxation phases for your body to heal. That's what you create with that low frequency with your PEMF device.

As soon as you go to 7 hertz (between 5 and 9 hertz) is tendon, bone, and ligament healing. If you have osteoporosis, for example, you go into those low frequencies around that range. But that's where you feel pain again, so often we combine the treatment and start from 4 and going up to about 10 hertz and that's the phase where you do bone treatment.

It's fascinating when you have a treatment in the right frequency for about 10 or 15 minutes and your body starts to fall into that theta state how all the pain fades away. This is a little bit of a training, it won't happen straight away. It's not like you switch on the device and the pain is gone, like with a pain pill which numbs all of your receptors. It's a relaxation device which takes you into that relaxed deep frequency state where then your nerves can heal, where your bones can heal, and where the pain is turned off.

As you wake up again or you get out of that state, you will feel the pain back. That's why it's a learning curve. Einstein was actually using the theta state, and every Monk and every advanced practitioner of meditation try to go consciously with their mind into a very calm and quiet theta state while being conscious. As you learn, you can use this to relax and to bring yourself into that complete quiet state and then maintain that as long as you can while you move around. It's possible, but it's a learning curve and it won't happen overnight.

I've been working on that for awhile now just to learn it and to see how long I can maintain a theta level, and it works quite fast. Within a week or two you can prepare yourself into that deep relaxation state, mind calming state, and then carry that for quite a long time.

# Detox With PEMF

The next effect that PEMF has is detoxification. It's actually quite powerful.

We've done a lot of different exercises where we combine PEMF with different types of detox treatments. We've done detox with sonar treatment and PEMF, detox with supplementation and PEMF, detox with clay (edible clay and external clay like a clay bath and poultices) and PEMF, and the results are really outstanding.



You can see here on this chart and I have a blog post about it; you can see where we start with quite high levels and after six weeks they all come back into the yellow, they have drastically reduced. Six weeks is almost no time. Usually you say for a serious heavy metal detox up to two years. Expediting the process in that form is really wonderful, especially if you are very toxic.

During our workshops we do these toxic tests all the time. A lot of clients when they attend our workshop we see that they have two or three of those bars in the red, very high levels of silver, mercury, cadmium, lead, or arsenic, which is quite scary when you see that. When they start going onto the detox treatment it still takes a long time, but when they use PEMF at the same time and they shake their cells and vibrate their cells this process is highly expedited. And I can tell you why, it's pretty simple.

You have a cell membrane, and when you see an illustration of a cell the membrane is always shown as a double line. When you look at that lipid profile, that prevents outside plasma from the inner core and the nucleus of the cell, this membrane has lots of little channels – sodium channel, ion channel, potassium channel. There is all the oxygen going in, carbon dioxide going out, water going in, and there are glucose channels for energy. This is like a transport membrane which lets good things in and waste products out.

Over time those heavy metals, xenoestrogens, plastics, chemicals, medications, all of that blocks those receptors. We know, for example, mercury is an antagonist, or uses the same receptor channels as zinc and selenium, so your cells won't get zinc and selenium if the receptor is blocked, or if you have a copper zinc blockage, which means copper is blocking the receptor site and zinc can't get into the cell.

There are many chemical pathways that are blocked by heavy metals. When they're blocked your cells slowly deteriorate, they can't get the nutrient, they lose energy and deflate. That's what we then call a 30 millivolt cell, a very low energy cell. They don't work properly

anymore, they don't divide properly anymore, they don't build healthy DNA anymore. They start being inflamed and inflammatory process is up, there's too much lactic acid build-up. That's actually then the start of how a cell slowly turns into a cancer cell. It's what we call redifferentiation, when they start to slowly deteriorate into a cancer cell.

As soon as you start using PEMF and you energize the cell, you vibrate the cell – and let's say it's a red blood cell, which resonates on about 17 to 22 hertz – you bring that frequency and you resonate your cells, all of a sudden they're energized, they blow up and they throw out all of those little particles into the plasma, all of the heavy metals are flushed out. That's really great, because all of sudden now your cells can take up nutrients, they can take up oxygen, they function well again.

But, now you have all those toxins floating in your plasma. That brings me to the next precaution.

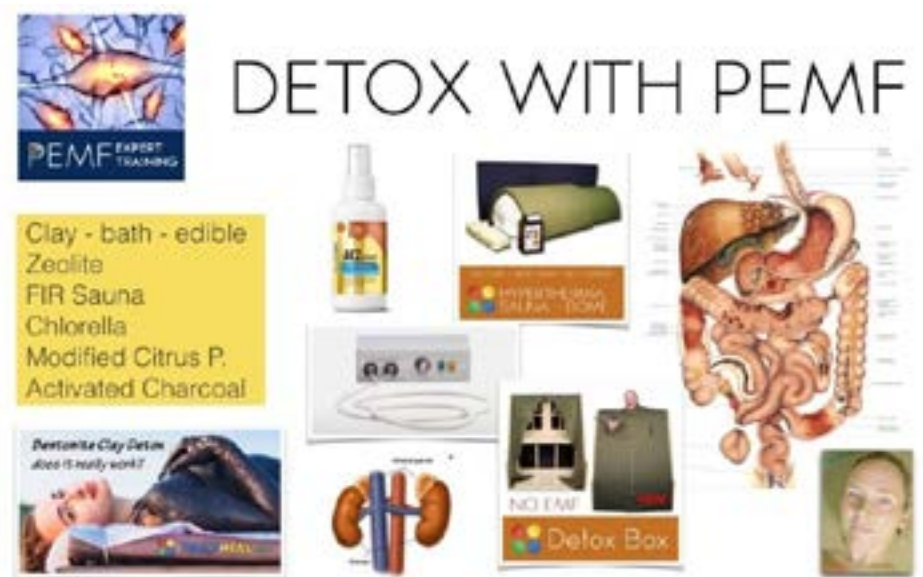
I really would like you to understand that properly. Don't just use PEMF and think, "Now I'm going to detox." Those toxins are just washed out from one place and now they circulate through the plasma and look for another place to block up again.

What you need to do is bind those toxins. Binding them means you put chelators in your gut, you put chelators in your blood, you put chelators in your whole body system so that they bind to the toxins all the time so that when you flush them out they cannot be reabsorbed and block another channel in another cell, that they're actually taken out of the body via your stool, your urine, or through the skin.

That's where we use clay, for example. You can see here this lady covered with clay, that's one of the treatments that we do and we have a blog post that explains how to do that and how we add supplementation to increase the results. There's edible clay for internal and there's external clay. External like a clay bath, laying in a mud bath to pull it out externally is really fantastic.

Zeolite is very powerful. You can use the Zeolite spray, you can use Zeolite capsules, you can use Zeolite in the bathtub. It binds to heavy metals and it helps with detoxification.

Far infrared (FIR) sauna and hyperthermia are very powerful. Far infrared sauna will make you sweat a lot more so you will release a lot of toxins, but hyperthermia increases your body core temperature so that you really get to the deep tissue detoxification in a massive





way.

Some doctors in Germany say, “Marcus, we don’t need to do anything else. If we do once or twice a week hyperthermia and we get the client into a really high temperature and they sweat up to two litres they detoxify so well that we don’t need a lot more.” So hyperthermia is certainly a very powerful treatment to get rid of those toxins instead of reabsorbing them.

Kidneys, as I said, use chlorella and garlic, there are hundreds of them. Modified Citrus P. binds perfectly to cancer and to heavy metals, plus it’s actually a treatment for cancer. Activated charcoal, and there are plenty more.

You need to get rid of toxins. When you feel slightly nauseated after a treatment, when you feel slightly irritated, when you have headaches, everything that would show that you have a detox reaction, prime the body first.

This illustration is actually of your gut. You can see this is your oesophagus, your stomach, and then starts the small intestine. When you throw out all of those toxins out of your cells into your bloodstream they are filtered out by the liver. The liver filters all of your blood. As the toxins are filtered out they are transformed in the liver into water solubles and they go out through the bile duct. As you can see, the bile duct ends up right after your stomach, in the beginning of the small intestine.

What is your intestine designed to do? To absorb nutrients. So, as it goes through your small intestine and then through the colon, most of it is reabsorbed. That’s why detoxification without priming your gut properly doesn’t work.

Edible clay is a beautiful thing that you can have in the morning. I call it my latte, my mochaccino. It doesn’t taste as nice, but it’s something that puts that clay into your gut and the lining will help with healing, helps with reduction of parasites, and it absorbs or binds heavy metals. You can do fibre, clay, and chlorella, and all of that to prime. Then when you do a PEMF treatment and you throw out all of those toxins into your system, they’re actually really eliminated and not reabsorbed.

I love those charts, they make it so much more clear on how our body works and it’s easier to understand.

Kidneys work in the same way. Kidneys will filter out and then through the urine. Through your naturopath, health practitioner, or doctor you can take EDTA chelation therapies to bind those toxins and then to urinate them out. There are plenty of ways, but PEMF will help you to rattle them free.

There was actually a clinical study where they activated detoxification with PEMF and the (medical / clinical) chelation process was greatly enhanced by PEMF, so it’s a beautiful

combination if you have heavy metal toxicity.

## Oxygenation

The next subject is oxygenation. Remember what I said to you before, that when somebody comes to you, you do not treat disease, you promote health. Detoxification is not a treatment of disease, it is promoting health. You clean out your body of toxins. In the same way, oxygenation is not a treatment against the disease but it helps you to heal the body drastically.

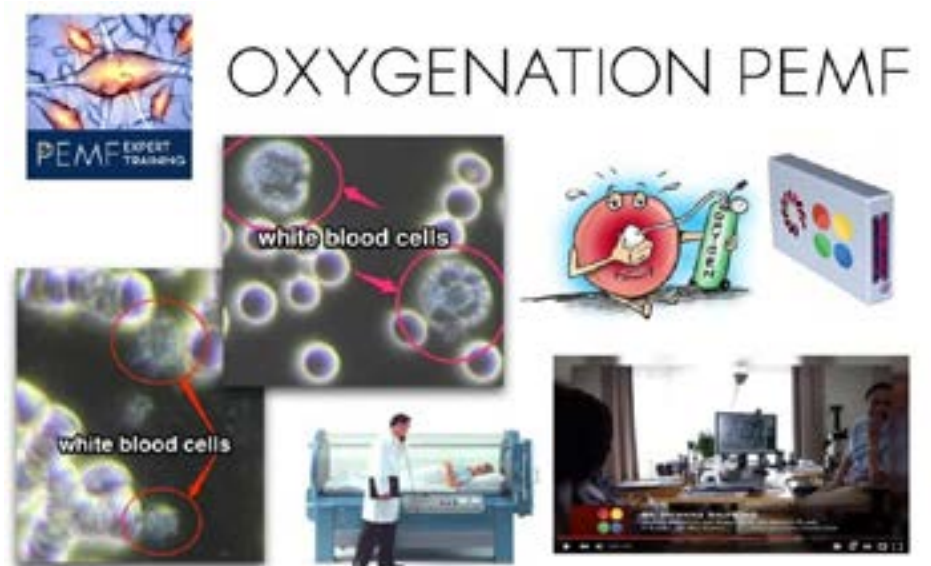
When you have clotted up blood and high coagulation factor in the blood, liver stress, highly compressed white blood cells which are more or less immobile and not even defined properly, and you energize them with PEMF, within five or 10 minutes of treatment they blow up, your white blood cells get triple the size of red blood cells and your red blood cells bounce off of each other like billiard balls or ping pong balls.

They're full on energized, their membrane potential is brought from whatever they were, here in the pictured example from about 20 millivolt up to 80 millivolt, and then they can carry oxygen. All their receptor sites, all of their ion, potassium, and oxygen channels are cleaned up and through that the cell can take in your lungs, where the vibration from PEMF will help with oxygen uptake, huge amounts of oxygen that it then carries throughout the body.

We know cancer doesn't like oxygen, so it's a very good treatment.

When you just sit and breathe and you sit still, we know it doesn't work. If you do treatment of breathing oxygen while doing exercise on a treadmill or on one of those running boards, then that's a lot better. If you use PEMF first and then you breathe oxygen, your whole body can absorb it and take it up. It's much the same way we use hyperbaric oxygen, but we prime the body first with PEMF so that all the oxygen can actually be taken into the cell instead of into just the plasma.

We have also singlet oxygen. This is actually quite an interesting concept. It takes the oxygen in the air of your room and it excites that in a magnetic and light field. There are different lights and magnetic field in here, and as the air is blown through it starts to create singlet oxygen. It's actually three oxygen molecules and it's full on active. As soon as you

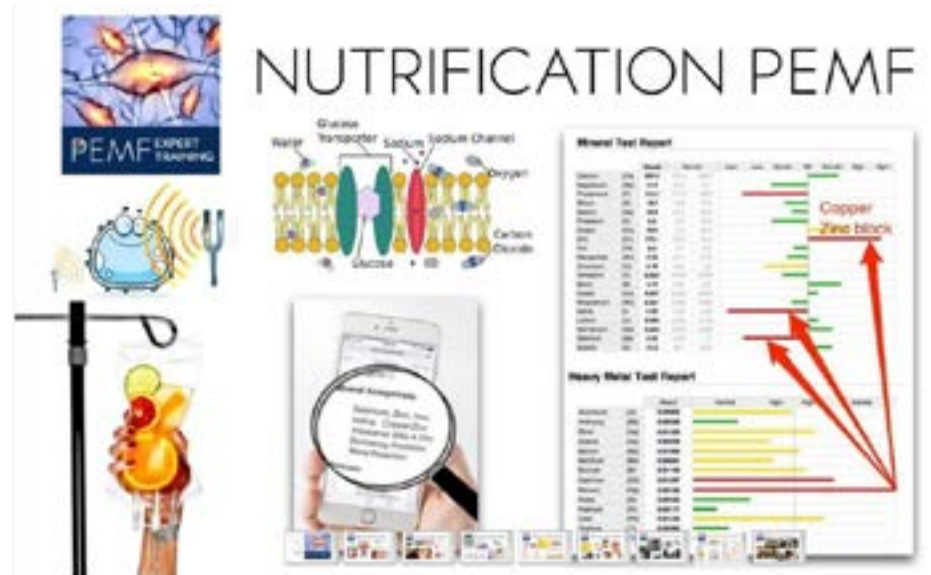


release that into the room it's similar to having fresh air (oxygen) after lightning, after a thunderstorm, or at the ocean.

The uptake of singlet oxygen into the body is greatly enhanced. This is a tiny little device that you can put beside your bed and just breathe in that energized excited oxygen help for your cells to take up oxygen quite well. For those of you who haven't seen this video [shown on slide], it's actually Gladys in England having a treatment at the Arcadia Clinic and we see the blood before and after, and the effect it had. In a matter of 10 or 15 minutes after the treatment she was fully recharged and fully activated. That's something we want.

## Nutrition

Next is nutrition. When you have all your cell membrane channels blocked by toxins, by plastics, by medication, by everything that blocks those channels, and you start vibrating those cells really heavily – and again you need quite an excited or intense energy of 500 gauss and above, that's why all the clinics we've been to use the chairs with 1,000 or more gauss, you need very intense machines in order to receive or achieve those high results. When you hold the magnet in those machines they vibrate like crazy. You want 500 up to 2,000 gauss in those oscillating machines. As soon as they do, the cells get so cleared up and all of the channels work, that all of a sudden the nutrient uptake is drastically increased.



You can see that when you have clients come in and their iodine level, their zinc level, and their nutrient levels are so low that they're in the red, their cells can't function. This alone can be a cause of cancer, this alone can be a cause of complete immune deficiency. You can see in this chart very high mercury, very high cadmium, and high silver, this is really a dangerous combination. That creates a zinc and copper block. That creates an iodine deficiency because iodine is used up in order to detoxify mercury, so when mercury is so high the body is totally depleted of iodine. Then you have also here selenium deficiency. Selenium is a high chelating factor for heavy metals.

As soon as we started using PEMF and we started to supplement and increase with iodine, selenium, and zinc, the whole body started to recover. Toxic levels went down straight away and the body healed. This is what we call healing, nutrition massively increased.



When you look at clients that go for IV treatments and they're not energized before they do so, all of that nutrient factor is just in the plasma, it's not absorbed into the cell where it's needed for energy production and for nutrification, and then it's filtered out, it's actually causing a lot of stress to your kidneys and to your liver, because it's not absorbed by your cells. That's why IV treatments, nutrient treatments, B-complex infusions, all are greatly enhanced with PEMF.

## Activation

That brings me to activation. If you add nutrients, if you add oxygen, and you reduce toxins, what happens automatically is your energy production in each cell is massively increased. You feel completely built up and energized again.

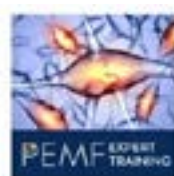
That's what we've noticed. We've actually had beautiful feedback from retirement villages where the nurse called and said, "Marcus, we have now different problems than we had before, since we have the device we have increased libidos, parties, dancing in the hallways, we have late nights when they don't go to bed. The pain reduction makes a huge difference."

So there is an increased energy level with PEMF and you will notice that. And animals

love that. We have several dogs that are treated, actually a lot of vets use those treatments for animals after surgery and other treatments. If they have hip problems or if they have joint problems, if like us they have any kind of deterioration, animals love it. They actually nudge you with their nose and then go to the device to tell you to turn it on.

In horse treatments it's even more so. I was actually scared, horses can kick and they can bite, it's kind of scary. But you will find that a lot of horses when you come with the strong PEMF they love the device. They lift up their leg, I thought at first they were kicking but you could feel they were just trying to get to the right space where it was helping most.

Animals are very receptive and they love the device. There's no race horse in this world which is not treated with PEMF, because that's where it actually came from, it was used



## PEMF ACTIVATION



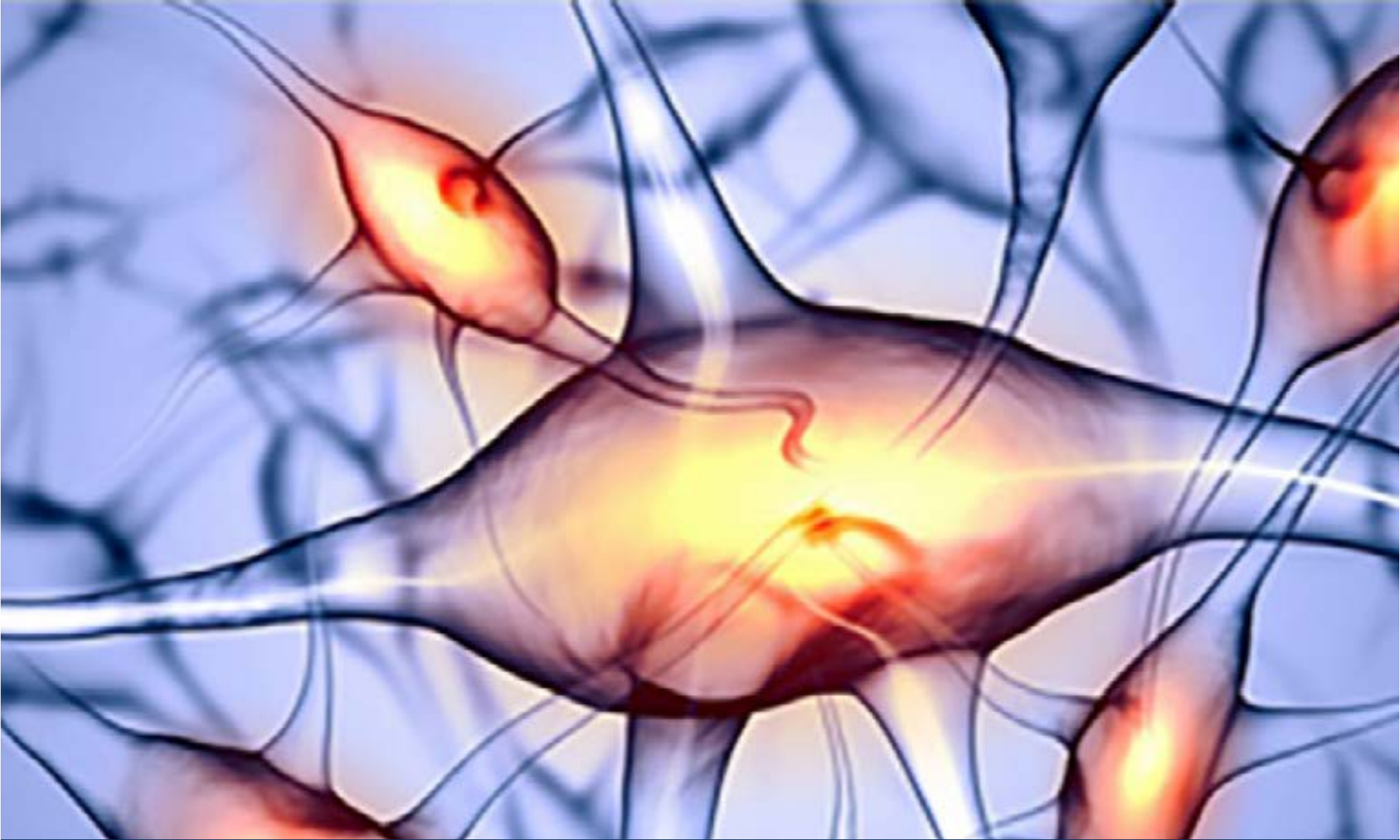
to increase their bone density, to strengthen their tendons, to increase the muscle flow, and to keep all of those very fragile areas healthy and active.

So it's a combination that you can use for yourself, for your pets, for your animals. You have a nice relaxation time on it and really re-activates you. I have clients that travel. If they come to a workshop with me, they unpack their device during the workshop, plug it into the wall, and then they recharge during or after. It's something you don't want to miss once you have used it.

This is one of the questions that we always have, "Is there any kind of negative side effect?" Well, let's say addiction is certainly something that you don't want, but if you feel so much more powerful and so much more energized with that device than without, why would you not want to be addicted to it. It's like being out in nature. You go on holiday and you feel so much better than when you spend your time always inside. Who wouldn't want to go all the time on holiday and spend lots of time outdoors and at the beach? That's the effect that you get from PEMF.

Otherwise, there are no negative side effects. There's no reason to worry, no problem. You can't overdo it, you can't have too much of it. It's actually deflated when you use it and your cells are recharged and they don't need any more, they just deflate the energy, it's given on and passed through without causing any kind of damage.

It's pretty logical when you think of where it comes from. It's our natural energy field from the Earth, if you have it then your cells are active, if you don't have it then your cells are deflated. There's not really any kind of negative side effect that has been observed or known to us.



## CHAPTER THREE

# PEMF & Disease



# PEMF & Disease

We will now address all the attributes that we've learned about in the previous videos to different types of diseases.

We'll look at PEMF and depression, cancer, osteoporosis, sleep, dentistry, inflammation and immune stimulation so that you know how it actually works.

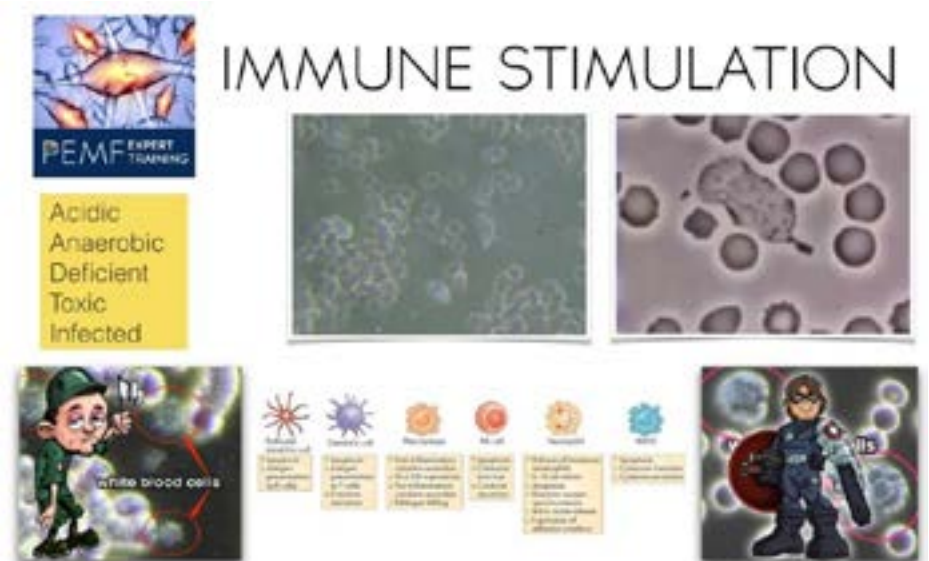
## Immune Stimulation

In regards to immune stimulation, let me show you this video that we made after a client was activated during a workshop with a 15-minute treatment. You can see the white blood cell here. It actually touches each red blood cell. It checks those red blood cells to see if they are okay and if they have a good system.

It's like they read the DNA. This is an active white blood cell. You can see that there are others. This is an image of someone who has high infection or inflammation because there are quite a number of white blood cells in a very small place. They are all working and chasing bacteria. This is an active white blood cell.

The next one was done with a much better microscope. You can see how the white blood cell chases bacteria. It follows through until it catches it. Then it eats the bacteria. You can see in the back all the residue in the digestive system. The membrane up front touches each cell and reads the DNA.

Is that a healthy cell is an unhealthy cell? Is that something that belongs to the body or not? When it recognizes that its' something that doesn't belong to the body, those white blood cells eliminate them. This is happening in your body with trillions of those white



blood cells. These are called macrophages.

They're really important. You need to have them, and you need to have them working in absolute perfection. If they are tired or not working, you can look at this soldier here. I call these white blood cells our soldiers. They are our defence system. If they are not working properly, then nothing works. You are susceptible to infections, bacteria, fungi, mould or cancer. Everything can thrive in your body. That's what happens when you die. When your white blood cells stop working, the gut bacteria and everything that we have in us starts to thrive and eat up everything else.

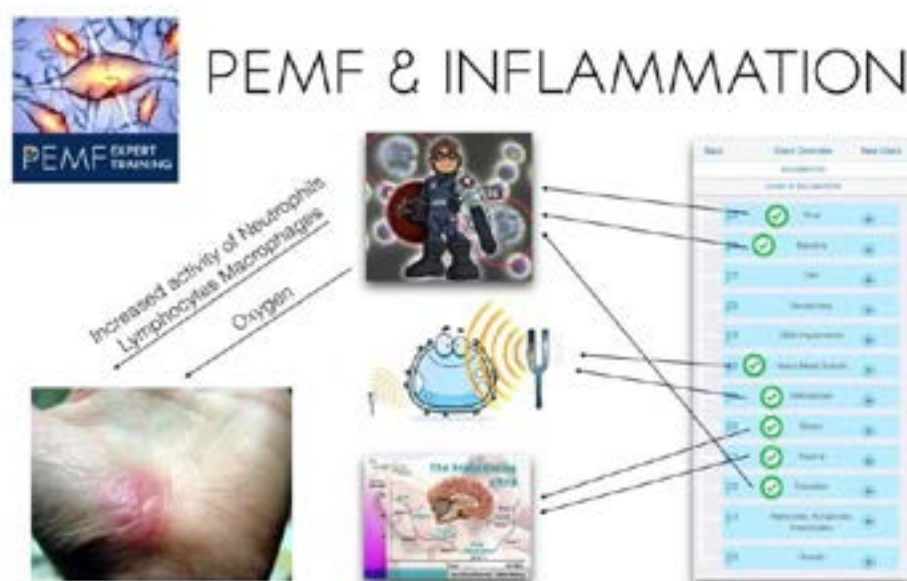
Those white blood cell soldiers come in different forms. With macrophages, the white blood cell is what we know, but we can activate them. This is what many clinics do. They create an extremely nourishing environment with lots of oxygen and good nutrients. That activates them into the intrinsic cell. Then you have the follicular dendritic cells. They are like the Marines. Then you have the elite troops and then the Army. That's what we all want in our body to work at optimal performance. These white blood cells in this chart are highly compressed and immobile.

Imagine that they are like this soldier, completely emaciated, no nutrients which go into the cell because the cell membranes are blocked. No waste product goes out. They poison themselves with lactic acid. They become highly acidic. They don't work. It's like a soldier being stuck in the mud with no oxygen and no nutrients. How do you expect them to fight a battle? If you start using PEMF, you increase nutrient uptake.

You increase nutritional value in the cell, energy value in the cell, plus you detoxify the cells so they can breathe. They have oxygen and nutrients. They become super soldiers. Many of those white blood cells need selenium as a tool to kill cancer cells. When the nutrients can go into the cell, it's like you're giving them weapons. They get a gun to kill cancer cells and bacteria. That's why this whole system works so much better when you change the environment of your white blood cells. That's why immune stimulation is the very first effect that you will realize from using this treatment.

## Inflammation

The second thing is when you use PEMF for inflammation. We know that inflammation is something that we all have. Let's say that you have a splinter. The splinter gets infected and you have bacteria that came in with the splinter. Then you have that red circle around it that gets really hot. That's



the re-healing reaction of your body. The reddening is where your body opens up blood vessels. It's a very simple process.

Well, it's very complex if you look at the details. Your body opens up and widens the blood vessels so that more blood can open up into that area. Then it brings huge amounts of white blood cells into that field. Sometimes you see white puss. That's when all of the things are eaten up. The white puss is dead cells. All of the toxins and everything that came in is then eliminated to the outside or it's transported off internally. This inflammation is a healing reaction of the cell.

When you look at PEMF and what it really does, it activates your immune system. For virus and bacteria, which are the main causes of inflammation, it's taken care of. Your immune system also takes care of parasites. When you look at the secondary effect that causes inflammation, it's heavy metal toxicity, which we all know is detoxified dramatically with PEMF. Then there are deficiencies, which cause inflammation on their own. They are taken care of by vibrating the cell and cleaning up the channel so they can take up nutrients. Then you have healing and repair of things like stress and trauma, which is reduced as soon as you go into those low frequencies. You allow your body a very deep, painful sleep, and through that, relaxation and health.

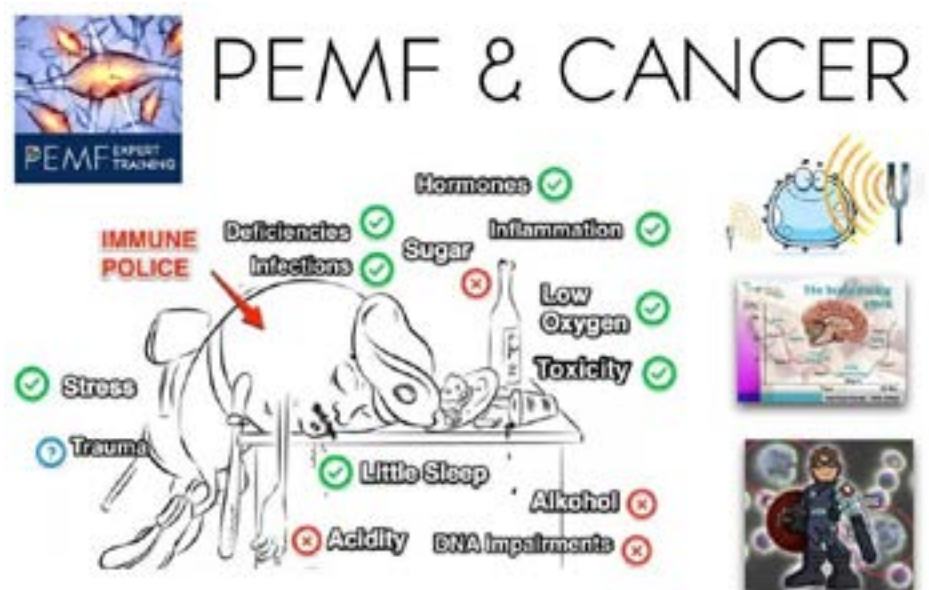
A lot of people have asked if you have hip replacements, inflammation from implants, joint replacements – even if it's titanium, don't worry. Internally, inflammation is drastically reduced. We have several clients who have hip replacements or screws and joints with metal in their body. They use PEMF to reduce inflammatory processes. When you have breast implants and there is an infection or inflammation and you use PEMF in the same way, it reduces that and increases the healing reaction dramatically. There is no problem with any kind of surgical procedures that might prevent that.

The only thing is, as we said before, if you have stents or bypass surgery, you need to be careful that you don't use the strong device. Rather, stay with the oscillating devices that will not cause any damage or harm.

## Cancer

Let's talk about PEMF and cancer. There are many causes of cancer. There are many things that suppress our immune system.

This is a white blood cell sleeping after it had too much to eat and drink, not enough exercise and too much stress. Now he's





sleeping and cancer cells can take over. PEMF decreases deficiencies. It decreases the infections. It activates your hormone glands to work properly. It reduces inflammation.

It doesn't have any effect on what you eat. If you keep eating junk food, lots of sugar and carbohydrates, it won't change that. It will help with oxygen uptake and toxicity. DNA impairments cannot be repaired but you can activate the nutritional factor. For example, a lot of people have an impairment to produce glutathione within the cell. We know we can give as much glutathione into the body as we want.

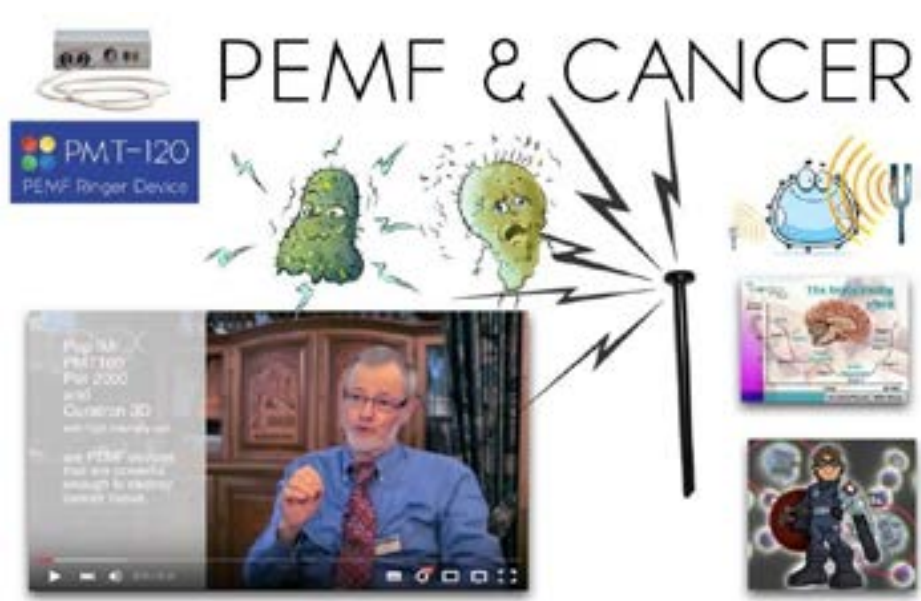
It will not be taken up into the cell. It won't have an effect. It can only be used when it is produced within the cell. When you use the nutritional foundation, the base elements, to create glutathione, you provide them into the body and you increase the uptake with PEMF then DNA impairments can be bypassed in that form. Acidity has to do with your diet and cannot be changed but it will be influenced because you reduce the stress level and inflammation out of the cell, which is a big factor of acidity.

Also, by reducing stress with PEMF, you create less acidity. Stress causes your body to become acidic. There are many factors that are directly related to PEMF in order to reverse or heal cancer, but we don't say that. We boost our immune system. We increase oxygen uptake and we nutrify our cells. Through that, you will reduce the cancer load and your body can heal. There is another factor in regards to cancer and PEMF. If you use the strong device, the PMT 120, and you really push massive loads of energy into that body, your healthy cells have a very beautifully constructed membrane.

The membrane is flexible and can take up huge amounts of energy. Whereas, the cancer cell is so quickly produced and so in-stable that it has no other nutrient channels than glucose. They are very wide. Think back to the image of the cell, you see the glucose transporters are very big compared to all of the other channels. They have loads of glucose channels and very little of the others.

When you start bombarding this cell with big energy with those high concentrated coils, like they do in many clinics, then you will see that the effects on those cancer cells are so massive that they deteriorate.

A healthy cell will always just feel better after PEMF, whereas a cancer cell slowly disintegrates. It's not like you kill all of them at once. It's not like you do two or three treatments and all of them die. It's a gradual layer-by-layer treatment.



That's why when you go to the clinic you have two treatments every day. One is in the morning before and one is in the evening after. In some clinics you even have treatment in between with oscillating devices to boost your immune system, to relax you and calm you down. It's a phenomenal process and very important in cancer treatments.

## Wound Healing

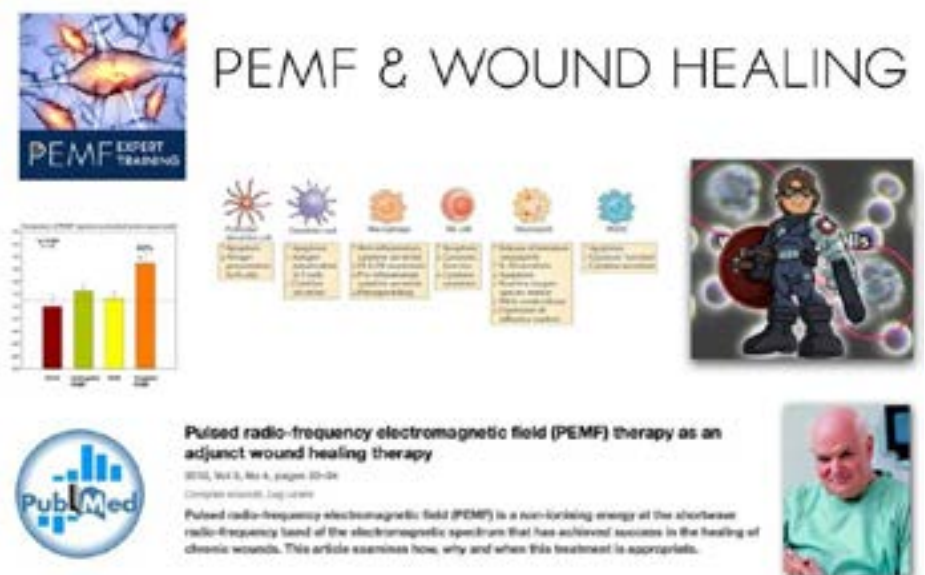
Let's talk about PEMF and wound healing.

Dr. Finn Skøtt Andersen was one of the pioneers in that field. I've spent some time in Humlegaarden, Denmark with him. Unfortunately, he passed away two years ago. It's very sad. It's a big loss because he was very successful in all of his treatments. What he showcased is that, when you have overall generalized PEMF treatment, wound healing is only expedited slightly. But when you have targeted PEMF treatment, the effects are increased. This is what we want.

This is why we offer the Truly Heal device with a little coil and cushion. This is 1,000 gauss. It's very small and narrow for fully targeted treatment. When you put that over your liver, an injury or an organ that needs to be treated, you have maximum power in a very small place. You can also connect the big mat to this device. You can use the mat for overall immune boosting, detoxification and energizing.

But you use the coil for targeted treatment. Especially in the area of wound healing, you want that small area in a very targeted and high-powered device. The PMT will give you that all the time because it's 39,000 gauss. But this coil brings 1,000 gauss. It's very strong and powerful. I have a video that I will put underneath where you can see that I'm standing three meters away with a PEMF meter and the needle still goes into full excitation when we turn on the device. So they are very powerful and will penetrate your body tenfold, backwards and forwards.

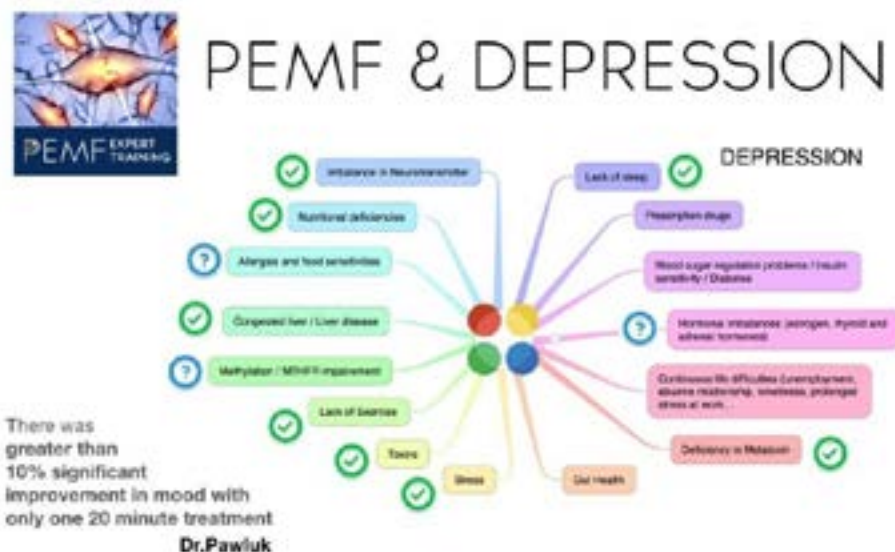
There are some studies on PubMed that show that targeted treatment works. Targeted treatment is also necessary in order to activate the super soldiers in your body to a strong degree.



# Depression

PEMF and depression. If you have been with us for a while, you know that we don't see depression as a system problem with nerve cells. It's an overall cause of many different things which trigger depression. It has to do with nutritional deficiencies. There are many, especially phytonutrients, that when you miss you won't have the possibility. When you have B12 missing, all of that will have a massive influence on your mind and mood.

An imbalance in neurotransmitters will cause that. Then we have allergies and food sensitivities in your gut. We know that emotions live in the gut. If you have an imbalance or dysbiosis in the gut, it will cause depression. If your liver cannot detoxify, if it's congested or stuck, if you have too much alcohol or glucose conversion, all of that will cause depression. Then we have methylation, MTHFR impairment, lack of exercise and toxins.



Heavy metals can make people completely imbalanced and cause depression. We've seen that when someone has mercury removed from their teeth without any precautions by an uneducated and unqualified dentist, afterwards they can fall into the deepest depression. Then we have stress. Stress usually changes your gut and makes you acidic. It activates the neurotransmitters.

That can be a big problem. Then you have gut health. We spoke about that. You could have a deficiency in melatonin, which means hormone problems. All of that is part of depression. It's not just one cause. There are many things that play together to create that.

When we look at which ones are influenced by PEMF, we know that the balance of neurotransmitters is greatly enhanced. The nutritional uptake is greatly enhanced. Allergies and food sensitivities are not. I put in a question mark because it activates the immune system. It activates the healing process. If you have leaky gut, which causes those food sensitivities and allergies, the healing process is expedited but you still need to change your diet.

Every time I explain PEMF, I tell people that it doesn't compensate for a bad diet. It doesn't compensate for you cheating and eating chocolates, sweets and foods that you shouldn't eat like dairy and gluten, but it will help with everything else. Liver detoxification is hugely enhanced. As far as methylation, it doesn't repair your DNA but it helps bypassing and the absorption of nutrients.



We know that there are phytonutrients that we can use to activate your DNA impairment or to bypass them. The nutritional uptake is greatly enhanced with PEMF, so it does help. When it comes to lack of exercise, when you use the PMT, you can actually have sore muscles. The next day, you might feel as if you had exercised. The oscillating machine has a massive energetic effect on your cells that feels like exercise.

We know that it helps with stress and toxins from the low frequencies. With deficiencies in melatonin, you will realize that all of your hormone glands, especially adrenals and thyroid, there will be increased activity. You just need to be careful. Don't overstimulate them. We know that, as soon as we get a little bit of energy, we start to exhaust. It's a gradual, slow-motion build up. You have to restore and reserve your energy.

It's like gold treasures that you don't want to spend straight away. It builds up slowly as you increase with PEMF but be careful that you don't exhaust yourself as soon as you feel a little bit better.

I mentioned hormone imbalance and lack of sleep before. This is one of the elements that, every single time we go to a workshop and clients have PEMF treatment during our workshops, they come back the next morning and say, "It was the first time in years that I've slept so deep. I had no pain last night." This is one of the reasons why we sell so many machines. People have the possibility to try them at workshops.

I've had clients who have brought cash the next morning to take the device home many times. It is very convincing. Once you've had the treatment, you know it helps. Dr. Pawluk wrote on his website that, when you have depression and you do a 20-minute treatment, you have 10% significant improvement in mood. I don't see such a fast process. Yes, you feel a lot better because your energy levels go up.

Every time you have more energy, you feel better. I wouldn't say that's directly linked to reducing depression. It's a treatment that you would do for two months daily. You build up more and more. As you build up more and more, you build up your resilience and your hormone glands. All of a sudden, you will feel so much better and your body truly heals.

This is one of the effects you will realize that we focus on a lot more. We don't just want a quick fix and overwrite the problem, and create more. We actually restore health very systematically so that we have a very beautiful feeling. We feel 10 times better after a certain time.

## **Osteoporosis**

Osteoporosis is very important. It's something that you will notice with the dinosaurs that we showed in the beginning. There is high vibrational energy. We know that when tell to

children to jump on trampolines when they are little. It hardens your bones. That's true. It does the same when you use it for osteoporosis.



There are many research studies on PubMed that show, as soon as you increase your bone density with vibrational, magnetic energy, your healing is greatly expedited. When you work in the sport industry, we have many soccer clubs, health clubs, rowing clubs and high jumping clubs. They use PEMF.

Directly after injury when the client had a strained ankle or damaged tendon, they wrapped the rope around or put the loop around and started treating. It reduces all the inflammation within a very short time. It increases the healing process. It concentrates that bone density. If you have a broken bone and you use PEMF, Dr. Finn Skøtt Andersen showed that very clearly your healing process is expedited by factor two. That's very powerful.

Dr. Rau showed me that they use that for bone density in jaw bones. They pull a tooth and it's not clean underneath, the bacteria were still in there. The gum closes and then the bone closes, but the bacterial infection is still in the bone. Then they start eating up that bone. Those bacteria are deadly. They produce thioethers, those are toxic gases that are then transported into the bloodstream. Cavitations are very dangerous for cancer patients in general. They eat up the bone. You can see that in those dark shadows in your scan.

What Dr. Rau does is as soon as they pull the tooth from someone they take them into a room with six or seven PEMF devices and immediately after treatment they have white blood cells concentrated out of the plasma. They pull blood and then create a gelatin, they fill that into the hole, then they close up the tooth. Then they put the client daily for 20 minutes on PEMF in that frequency of 5 to 7 to 8 hertz.

That always goes up and down. You don't want stagnant frequencies like a magnet because it will not heal. You need movement. Movement is life. They use that PEMF to increase the bone density. Within two months, they can build implants and then put a crown over the top.

It's used in dentistry. It's used in sports and many different areas to increase bone density. We've put a chart together. This is how we work in our coaching program. When you look at any of those diseases, we don't look at the disease. We look at what causes the disease. One of the big factors is diet.

Again, PEMF won't have an influence. One of the big things is your medication. If you have strong medication, you won't be able to reverse that. Many of those anti-reflux medications or steroids destroy bone density. If that's something you take, then PEMF won't have a big influence. A lot of people say, "PEMF didn't make a big difference."

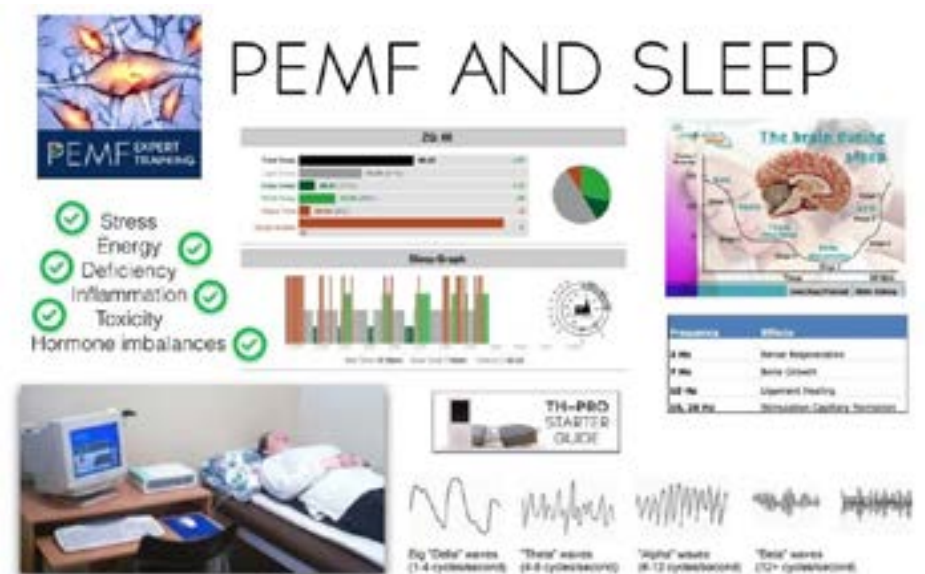
It has to do with taking those medications, being on an unhealthy diet and missing a lot of the nutrients. To increase bone density, you need to have adequately high levels of vitamin D, A, C, E and K. Vitamin K helps vitamin D with the calcification of bones. Otherwise you get arterial calcification. The nutritional factors are really enhanced with PEMF. If you then have the right diet and supplementation, all of a sudden, this works. It's also good with lead and cadmium, the main reasons for osteoporosis. You detoxify heavy metals. Then there is lack of movement. We said that it's like exercise.

One of the other causes of osteoporosis is hormonal imbalance. We know when oestrogen levels reduce, when the sex appeal goes away after menopause, that's when osteoporosis happens. If you can use PEMF in the right way then you will increase those hormone glands to work properly.

We have several clinics that use it for incontinence. What they noticed is that when a lady sits on the loop for an incontinence treatment, all of a sudden, their hormone activity increases, and their libido increases. It's like a double effect, which is very pleasant. It also helps prevent osteoporosis. Understanding how it works is really helpful.

## Sleep

I've covered a lot with regards to PEMF and sleep. We go through sleep cycles at night. First we are wide awake. Then we fall into alpha relaxation, then into the theta state and then into the delta state. You can see we're not in the delta state a lot. We go down and then we go up. That's our REM cycle, rapid eye movement. That is the resolution of all of your memories, emotions and learning. Then you go back down. You go through nine sleep cycles.



During those REM cycles, you resolve mind and emotion. During the theta and delta cycles, you repair and heal the body. That's why, at night time when you have an increased energy level of sleep, then all of that is greatly enhanced. First, you bring yourself to those deep theta and delta levels, which is very helpful. Second, this is one of the elements that



I learned from Dr. Reza Samvat. I am grateful for his teachings.

He wrote a stunning book about sleep. Sleep is like a bank account. You can't catch up on sleep. It's very necessary that you have your six to nine hours. You need that time to sleep and recover. If you don't have enough sleep and you use up too much of your energy, he said that it's not possible to catch up. You go into a deficiency, like a minus in your bank account that you can't pay back. That's why it's so important to have healthy, sound, deep sleep.

They run a sleep clinic and use PEMF beforehand to energize, because it's quite exhausting during the night. Your body needs to heal, repair, detoxify and mend everything. If you're too exhausted, you lay in bed and roll around. You have restless leg syndrome and you can't fall asleep. Only when your body has managed to build up enough energy, when you have that restoration, that's when you fall asleep. Then your body starts the hard work to fix you.

Increasing that with PEMF before you go to bed will massively enhance your sleeping quality and your healing quality. That's why we use it in the morning with our so-called wakeup program, going from low frequencies up to high frequencies to stimulate your system and get you going. At night time, we do it the other way around. We bring you down and you balance out on those low frequencies that allow the healing of nerve repair, bone and detoxification. It's a great thing to use twice a day without any kind of problems and to help you with healing during sleep.

## Degenerative Diseases

There are many more treatments. You have degenerative diseases. If you look at incontinence, there are little muscles here in your rectum. Females often have incontinence problems when the tummy becomes too heavy and causes too much pressure on your bladder. The muscles lose their toning. All of that is a normal process with age. You can use PEMF for animals and adults. You sit on that loop and start pulsing strong energy waves into it. You get muscle contractions.



The first two or three times, you might feel like you're exhausted, like you had a workout in an area that usually doesn't get a workout. In yoga, you have those poses where you

cram your tummy muscles and thighs together. That's training to prevent incontinence. With the PEMF machine, you do that involuntarily. That's why the PMT-120 is used as a device for incontinence. When ladies use that and sit on that loop, they have muscle contractions for about 15 minutes. They do that for 10 treatments, each three rounds. Their incontinence goes away. This is a phenomenal relief. Walking around in diapers is sometimes not sexy. That can be stopped.

In the same way, if you have prostate problems and you activate that area, you create massive detox, which we know is one of the main causes. You reduce bacteria load, which comes with an increased immune system. You increase oxygenation in that area. I have guys who don't do a lot else. They don't really change their diet. They have no other treatment but they have this device. They sit on it and have four or five treatments a day with PEMF. All of their problems have reduced. Some of them have even gone away. It's a treatment that will help in many ways.

Again, let me go through the chart. This is from our app. What causes degenerative diseases? It is gut health. We know that healing is a little bit of a factor, but as long as you eat crappy food, it won't help. But it helps with inflammation. It helps with deficiencies. It helps with infections and increased immunity. It helps with toxicity by blowing out all those toxins. If you combine it with binders, it helps with systemic health, activating your liver, kidneys and adrenals.

It helps with hormones. In the form of the strong device, it even helps with cancer treatments because it really overcharges the cancer cells. It helps with psychological health as well. All of those factors are green. They are enhanced with PEMF. That's why we use it as a mandatory treatment for all of our coaching clients. It's something that you will find makes it easier to process when you have it.

It will enhance all other treatments, whether that's IV treatments, the detoxification process or supplementation. Do you know how many people poo 90% of their supplements directly into the loo? That changes as soon as you start using PEMF, and you do it wisely.