The Missing Link to Optimal Health: 
Recharge Your Life with Pulsed Electromagnetic Field Therapy

by Scott Forsgren

Many of us challenged by less than optimal health understand the complexities of living with a chronic illness. Over time, we learn that true recovery requires a broader perspective to healing. Once we embrace this new perspective and begin to inform our actions in many different areas, our likelihood of a successful outcome is greatly increased. Dr. Garry F. Gordon MD, DO, MD(H) has created one of the most comprehensive approaches to healing available with his FIGHT program. FIGHT was described in detail in the article FIGHT For Your Life: Moving Beyond Chronic Illnesses to Toward Optimal Health in the March 2011 edition of the Public Health Alert. FIGHT is the culmination of decades of work by Dr. Gordon in healing from his own serious health challenges and working with thousands of patients to improve their state of health. FIGHT addresses several areas in an attempt to reduce the total body burden which makes it easier to back from obtaining their optimal potential. These include Food, Focus, Infections, Genetics, Heavy Metals, Hormones, and Toxins. Ignoring any one of these areas could be the single factor that holds us back from better days. If you are unfamiliar with the details of the FIGHT program, it is highly recommended that you review the aforementioned article.

Dr. Gordon continues to evolve the FIGHT program in order to tip the balance of health even further into our favor. Most recently, his focus has been the incorporation of several tools from the realm of energy medicine.

Energy Medicine

Energy medicine is one of the five domains of Complementary and Alternative Medicine (CAM) identified by the National Center for Complementary and Alternative Medicine. Energy medicine uses energy fields to treat illness and to improve the human condition. The overall domain of energy medicine is broken down into two categories: 1) veritable energies and 2) putative energies. Veritable energies are those which are widely accepted, such as vibration, wavelength, and light waves. These include pulsed fields, magnetic fields, alternating current (AC) and direct current (DC) fields, laser, and visible light. Putative energies are "theorized forms of energy" or energies which science has not yet confirmed. This includes the body's biofield which has never been scientifically measured or proven. The premise that the body is full of energy and that it flows in property in order to attain optimal function falls into the realm of putative energy. Putative energy includes the concepts of Qi from Traditional Chinese Medicine (TCM) and the Electromagnetic Energy (EME) from Ayurvedic medicine. Biofield energy healing, spiritual healing, and psychic healing fall into the putative energy realm, as does acupuncture. Practitioners that work in the putative energy realm believe that they can see and feel energy and they believe that it can beneficially affect the health of their clients.

The article will focus on magnetic fields, which are considered veritable energies.

Earth's Magnetic Field

Energy, including magnetism, is a critical part of the survival of any organism. The human body has evolved in an environment with health-promoting electromagnetic fields. These fields regulate the internal balance and metabolism of the human body. Without them, life could not be sustained, and we would simply die. Man is a dead planet because it has no magnetic field. Many people understand that humans need food, water, and oxygen to survive. We also need full-spectrum sun or seasonal affective disorder may result. Thus, there are four commonly accepted critical elements: earth (food), water (fire), sun (light), and air (oxygen). Beyond these four elements, every organism on earth lives under the influence of natural magnetic signals. Magnetic signals are important regulators of every living organism. Unfortunately, over time, the magnetic field of the earth has lessened considerably. At the time when dinosaurs roamed the planet, the earth's magnetic field was approximately 30 gauss (a unit of electromagnetic field strength). Today, the magnetic field on the earth's surface is between 0.31 and 0.58 gauss. Thus, the magnetic field is presently only 1.2% of what it was. It has been theorized that if the earth's magnetic field could reach zero within and cell towers, wireless internet, point, life on earth would be in jeopardy. Beyond the intensity of the earth's magnetic field, the magnetic north pole is slowly moving. At the Tampa International Airport in Tampa, Florida, the primary runway is 10/28, indicating that the magnetic field runway is aligned along 180 degrees from the north when approached from the north and 360 degrees from the north when approached from the south. The FAA recently requested that the runway be changed to 189/271 as the result of movement in the magnetic north pole.

780,000 years ago, the magnetic north and south poles switched if this were to occur today, it could knock out power grids, cause astronauts, damage satellites, widen ozone holes in the atmosphere, and send polar auroras flashing to the equator. This could result in the confusion of birds, fish, and other migratory animals that rely on the consistency of the earth's magnetic field for navigation. In January 2011, more than 1,000 migratory birds fell dead outside the influence of the sky in Arkansas. Some speculate that due to changes in the earth's magnetic fields, they may have lost their "biological compass." While there are health-promoting electromagnetic fields, there are also electromagnetic fields (EMFs) that are destructive to optimal health. These include cellular phones and wireless internet devices, cordless phones, electrical appliances and many others. Modern living (including tall buildings, asphalt, and power grids) further limits our exposure to health-supporting electromagnetic fields. As a result, our immune systems are weakened, fever and other beneficial signals and more and more destructive ones. Studies have shown that when rats are intentionally shielded from beneficial geo magnetic fields, the functioning of their immune systems is greatly impacted. The weakened magnetic field resulted in macropathies having a reduced ability to release nitric oxide and superoxide (substances released by the immune system to kill invading micronorganisms). Healthful magnetic fields are a key in supporting an effective immune response and a healthy overall body. With the loss of over 90% of the earth's electromagnetic fields, there is a very real and rapidly growing epidemic of "Magnetic Deficiency Syndrome".

Symptoms of Magnetic Deficiency Syndrome include:

- Stiffness of the shoulders, neck, and back
- Chest pains for no apparent reason
- Chronic headaches
- Heartache of the head
- Dizziness
- Insomnia for uncertain reasons
- Chronic constipation
- Diminished energy or weariness
- Disease of the digestive organs
- Diabetes
- Bone and nerve diseases
- Symptoms that are resistant to normal treatment regimens
- Symptoms where no objective pathological findings are identified

A deficiency of magnetism in the body is like the body running out of oxygen. Almost everyone today is operating at far below their true potential.

Magnetic therapy restores when earth changes have depleted, the vital electromagnetic energy needed to produce optimal health.

Magnetic Therapy

Magnetic therapy may be a powerful weapon in recovering one's health. As the need for supplementation has increased as a result of our depleted soils, our need for magnetic field supplementation has increased as a result of the earth's weakening magnetic field. There are two types of magnetic field therapy: static magnetic field (SMF) and pulsed electromagnetic field therapy (PEMF). Static magnetic fields are produced by natural or artificial magnets. One of the more commonly known and useful forms of static field therapy is the Magnetics Sleep Pads by Dr. Dean Bonlie, DDS. Dr. Gordon has slept on four 100-pound Magnetics Sleep Pads for years and has obtained significant benefits. The pads have been shown to increase detoxification, relieve pain, increase oxygenation, and improve energy levels.

Dr. Bonlie has discussed the detrimental effect of being outside the influence of the earth's magnetic field, such as that experienced by the cosmonauts who lost 80% of their bone density in just over a year in space. That problem was solved by putting an artificial magnetic field into their space capsules. "Electromagnetic...content p. 6
If I Go to this Holiday Party, Should I Explain About My Chronic Pain?

by Lisa Copen

Too many people with chronic illness feel a huge quandary that if they do not explain about their illness they feel they are two-faced. Just because you get to the party your look does not mean that you are not in pain. You may actually experience pain twenty-four to thirty-six hours after a day, seven days a week. I personally know that choosing to have fun when you are hurting is a choice, and not an easy one! By choosing to not discuss this with everyone at the party, however, does not mean you are not lying, betraying, deceiving or being irrational. You are putting the pain aside as much as possible and having conversations with people.

Are you looking for a thrill or a therapist?

When we have a chronic illness, we may feel the obli- gation to want to talk to some- one about what we are experi- encing. But your holiday party did not place to do this. You may think that the party has its own challenges in life too, yet they are attending to a light-hearted, not real, health-related question about your chronic pain. It is not that they don't care—they just don't know you! And if they did know you, there would be a much more ideal than trying to tell your story over the loud music.

Don't explain yourself!

You may need a chair to sit down in. You may avoid food filled with gluten. You may not be able to drink alcohol. The medications you took before you came may be making you drowsy. You may only be able to stay an hour so you can func- tion better the next day. This is true. So, just do it. Find a chair, grab a non-alcoholic drink, excuse yourself and go. Don't have anyone explain why you do what you do. If you are afraid of questions, sit down a few days before the party you may slip out early since you are exhausted. You can keep this up for weeks. But don't worry about what others think. Honestly, most of them won't even notice.

If you open that can of worms?

So you did it, you men- tioned your illness. Maybe it just slipped out or perhaps you were trying to explain someone why you aren't training for the Ironman triathlon like everyone else. But before you know it someone is telling you she sells this special watch that would make all your pain go away, or that his moth- er's neighbor's daughter tried this special product and now she is able to stay home from her medication. It's painful to listen to it. It hurts. It makes you want to throw a drink at them. I am one and running screw from the room. But you opened up this can of worms! It is by revealing you have an illness. Be polite and walk away as soon as possi- ble. Do not engage in the back and forth, but keep your mouth shut and take a few deep breaths. There is little you can do to change someone's opinion so don't waste your energy.

Be real friends with . . . real friends

"But all of this is so fake!" you may say, "I feel like such a fraud!" I can barely walk through the room without limp- ing, my back is killing me, I don't even know why I came to this rate it! I don't know if she knows the real me!" That's understandable. The "real you" likely is someone who deals with a great deal of chronic pain, doctors appoint- ments, and side effects of medica- tion, it is a juggling act to keep up with friends, career, family, illness, and still have a social life. No one there knows about the rash that is under your clothes or that you can't eat most of the food pre- pared. That is okay. Real friends know the real you. This is an outlet where you can get to know people and see if there is anyone you "click" with who you may like to become better friends with in the future.

Illness is a very intimate thing. To those of us who live with it, can be the underlying foundation of our choices, atti- tude, and moment-by-moment mood. As much as we try not be define us, the dis- eases fights to control us. For those who do not live with it, illness is a filter for your priorities, and moment-by-moment mood. As much as we try to not define the dis- ease fights to control us. For those who do not live with it, illness is a filter for your priorities, and moment-by-moment mood.
It’s Personal Now: Family Tragedy Fueled Researcher’s Development of Supplement

by Charlie Barker

So far, Fibromyalgia and chronic fatigue sufferers have bennefited the most from the day that has since changed many lives. On January 18, 2008, I got the phone call everyone dreads: an accident, a family member struggling to live through the night. My sister’s son Tommy had rolled his truck, was ejected and now fighting for his life. Tommy was just 21 years old, in great physical shape, handsome and extremely charismatic. These are the moments in our life we never forget. We do not remember exactly what was said or what was going on, but we remember how we felt at that moment. That is a feeling I will never forget.

Thus began a series of phone calls between us checking in on his condition as things could change from moment to moment. The next time we spoke, I learned he was still fighting for his life and the doctors were not sure if he would make it. Even if he did, the doctors were certain he would never walk again. When someone that is close to you has an instant life change from a spinal cord injury, you become an instant part of a community that starts the search for answers. We became self-educated about our medical system, treatment options, and learned everything we can about the injury or disease that our loved ones are faced with.

After several surgeries and checking death several times, I was relieved to learn that he was going to make it. He is a SCI 6-7 paraplegic now. From that moment my prayers shifted from thanking God for letting him live to thanking God for helping me help him. A year-and-a-half later I continued giving thanks and I kept getting the same vision of microscopic thin strands of copper wire running up and down his spinal cord. At the time, I was a successful Vice President of sales and marketing for a large company and living in Honolulu, Hawaii. This provided me the resources to research all forms of therapy and treatment. I searched the world for something that might be able to help my nephew. I found a simple yet promising supplement being used overseas, but I was not sure if it’s a pharmaceutical or an over-the-counter mineral. I had my nephew with my brother-in-law try this supplement. I received two text messages, 25 minutes apart with photos of my nephew. In the first photo you can barely discern what he has written, the second shows Tommy’s signature. Then my brother-in-law calls in what sound like tears, he explains Tommy just sat up using his stomach muscles for the first time since his accident. I can hear the emotion in his voice. He explains further that Tommy can now grab small objects again. My nephew now has full bowel control and full sexual function. We are pursuing Stem Cell treatment and IV Ozone therapy. It is our belief that this triple attack with physical therapy will be his best chance. We are currently looking for the best country and facility to perform the stem cell treatment.

I had a vision for the future that I would be able to bring this amazing product to those who need it the most. I went online to look for a domain name realizing that I can create a supplement version and potentially a pharmaceutical version. The name MitoSynergy came to me like a bolt of lightning. We hired a laboratory and several PhD’s from a major university to work on understanding this compound. We developed our own process and refined compound. The research team simplifies the formula and creates something much better, and we decided to call it Cunermuspir.

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Do you suffer from a neuromuscular disease?

MitoSynergy may help you to improve your quality of life and take control of your pain. With a one of a kind blend containing the patent pending Cunermuspir Complex, MitoSynergy may dramatically improve your energy, sleep, inflammation, motor control, pain management and muscle strength.”
I Am Sad, But Choosing Defiant Joy

by Lisa Copan

"When did the grace of God begin in your life?" The speaker at an Aglow conference asked me. I have a friend who is having a fun Saturday morning get-together right now. 10 AM. A morning with the gals. A "retiring from 9-5" party for someone starting her own business. I should be there. Reno hospital admissions keeps getting in the way. Everything within me is sitting beneath the surface, ready to erupt. Grief, frustration, anger, sorrow.

My husband has been snoring for years, worse for all the time. Gasping for breath. He finally puts out the paperwork for a sleep study. A rep drops off the gadget he should wear at night. "I will be back tomorrow morning to pick it up," he says. But that night I tell my husband it’s not a good night. My neck is flaring up. I can’t sleep on the couch. I can’t stay awake all night. I can’t tell my husband to "Roll over!" He literally needs the bed. I want these results to be accurate.

The next morning I test the rep. "Can we keep it until tomorrow morning?" He says, "Two nights? Well, we’ll see." My husband has been sleeping for years, worse, for all the time. Gasping for breath. He finally puts out the paperwork for a sleep study. A rep drops off the gadget he should wear at night. "I will be back tomorrow morning to pick it up," he says. But that night I tell my husband it’s not a good night. My neck is flaring up. I can’t sleep on the couch. I can’t stay awake all night. I can’t tell my husband to “Roll over!” He literally needs the bed. I want these results to be accurate.

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Circuit training is a workout style that combines cardiovascular or resistance training while improving mobility, strength and stamina. A circuit can consist of as few as six stations to as many as 15 based on the goals and pre-training levels. Typically the stations are alternated between muscle groups to allow adequate recovery between exercises. The rest interval between stations should be between 30-90 seconds and 1-3 minutes between circuits. The total number of repetitions performed during a training session may vary from two to six depending on the level of training (beginner, intermediate, or advanced), your period of training, preparation for competition and your training objective. Exercises tend to be quick and involve multiple joint movements. When developing a circuit training routine a wide variety of exercises and equipment can be utilized. Much of the equipment is relatively inexpensive and can include surgical tubing, jump rope, your own body weight, dumbbells, medicine balls, physio-balls and weight training machines. Besides adding variety to your workout, there are many other benefits of circuit training.

1. Injury prevention. By combining different exercise modes you prevent same bones, muscle groups and joints from being stressed over and over. As a result, circuit training tends to reduce the likelihood of injury as a result of exercising too much.

2. Exercise plan adherence. Circuit training has also been shown in many studies to increase an individual’s long-term adherence to exercise programs. This is because circuit training relieves some of the monotony of exercise and provides a fresh and exciting way to reap the benefits in half the time.

3. Rehabilitation. When an injury does occur, circuit training comes to the rescue in two ways. First, it helps you maintain fitness despite being forced to forgo your normal exercise plan. Second, it corrects the cause of the injury. For example, if you injure your shoulder, you probably can’t go swimming, but you could continue your cardiovascular training by using a hands-free elliptical machine.

4. Efficiency. Circuit training has been shown to recruit the major muscle groups, as efficiently as cycling and five times more than walking alone. Major muscles are involved up to 60 per cent, with the only exception being the abdomenals because the abdominal function maintains dynamic balance, stability and posture. Thus, circuit training, which can include cycling or walking, is perhaps the most efficient form of overall exercise, and can include an additional abdominal work.

5. Appropriate for people of all fitness levels. One of the most interesting studies on circuit training was published in the February 1986 level of the journal Medicine and Science in Sports and Exercise. In this study, scientists used elite runners as subjects whereas most previous studies had included only average runners. Half of the runners added a cycling-based circuit training component to their routines and their performance drastically increased. The study suggested that aerobic circuit training can result in improved performance in moderately trained or well-trained runners, though there was no scientific evidence regarding cross-training elite runners.

6. Fat Burning. Thanks to the intensity level and nature of the workout, circuit training is perfect for kick-starting your body’s fat burning abilities.

Good beginner exercises:

- Step ups - 10 each leg/ 20 each leg
- Push ups - 8 reps/15 reps/25 reps
- Lunges - 10 each leg/20 each leg
- Calf raises on a step - 8 each leg/15 each leg/ 25 each leg
- Shadow boxing - 45 seconds/90 seconds/120 seconds
- Star jumps - 45 seconds/90 seconds/120 seconds
- Push ups - 8 reps/15 reps/25 reps
- Squats (stationary) - 10 reps/ 20 reps/30 reps
- Dips - 8 reps/15 reps/25 reps
- Knee walks - 10 reps/20 reps/30 reps

You can choose to do all 10 exercises without a rest in between or with 20-10 seconds between each one - the choice is yours. But remember, if your aim is to do the exercises correctly in good form. Limiting your rest will increase the intensity and increase the total amount of calories you will burn. Repeat as many times as necessary to achieve 10/20/30 minutes.

At home: try doing this circuit 4-6 times.

Start your workout with a short warm-up and stretch.
Do star jumps, run on the spot or skip for 10 minutes before stretching out your hamstrings, front and inner thighs and calves.

Begin your circuit by stepping up and down on a step or stair quickly (but not so fast that you wear yourself out) for four minutes.

Now, do a set of 10-20 push-ups with your legs stretched out before you - if you can manage it - or kneeling on all fours.

Now do 10-20 lunges and squats. If you want a more challenging workout, include all full bottles of water or dumbbells during these exercises. Remember it is not speed but precision which counts most here so make sure you keep your back straight and hold your torso straight and rigid in a straight line from ears to toes with no sagging or bending.

Your head is relaxed and you should be looking at the floor.

Hold this position for 10 seconds to start.

Now over time work up to 30, 45 or 60 seconds

Or stomach crunches. Lie on your back with your knees bent, hands by the side of your head and elbows out. As you breathe out curl your head, shoulders and upper back off the floor for the count of two then slowly lower back down again.

Cool down and stretch

References

1. The Benefits of Circuit Training, Exercise Like the Pros Do, Lonnie Soloff
2. Anderson, O (2000) you may (mistakenly) think this training method is old hat. Peak Performance

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Circuit Training Model: Optimal Exercise for People with Chronic Illness

20 lunges and squats. If you usually use weights while doing these, aim for a lighter weight than usual and concentrate on making your movement deliberate.

Follow this with a set of 10-20 one-arm rows. Place your right hand and knee on a bench. Lean forward - your back should be almost parallel to the floor. Knuckle face to your thigh. Slowly bend your left elbow and lift the dumbbell. Do not raise your elbow higher than your back. Slowly release.

Follow this with 20 straight leg kicks or pulley push-ups, 20 bipec curls and 20 tri-ceps kick-backs. For the kick-backs bend forward so that your back is horizontal. Bend your knees and raise your left elbow until it is level with your back. Holding a weight in your left hand extend your forearm back so that your arm is straight. Remember to tighten your core so your lower back is secured.

The last exercise in the circuit is a set of core exercises. You can choose between many different types depending on your level. One choice a plank exercise:

Begin in the plank position with your forearms and toes on the floor.

Keep your torso straight and rigid in a straight line from ears to toes with no sagging or bending.

Your head is relaxed and you should be looking at the floor.

Hold this position for 10 seconds to start.

Now over time work up to 30, 45 or 60 seconds

Or stomach crunches. Lie on your back with your knees bent, hands by the side of your head and elbows out. As you breathe out curl your head, shoulders and upper back off the floor for the count of two then slowly lower back down again.

Or star jumps. Lie on your back with your knees bent, hands by the side of your head and elbows out. As you breathe out curl your head, shoulders and upper back off the floor for the count of two then slowly lower back down again.

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Results

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There have been several experiments that illustrate the negative consequences of magnetic field deficiency on health. In one experiment, six mice were put into a cage that blocked magnetic fields. One mouse died, while the other mice became slow and lethargic and could barely move. The mice compensated by eating huge amounts of food to obtain energy and became obese. The mice wound up overweight and tired much like a significant portion of the human population.

In a similar experiment conducted on two humans by a researcher at UCLA, both subjects started to sob uncontrollably after fifteen minutes and felt like they were “falling apart.” The researcher commented that if they had been left there any longer, they may have become “vegetables.” Insects have been shown to live up to five times longer under the influence of health-promoting magnetic fields, while human tissue cultures exposed to magnetism have survived 2.5 times longer than average.

While static field magnetic therapy has been shown to have significant benefits, some believe that static field therapy is unable to penetrate the entire body in the same manner that pulsed electromagnetic fields can.

**PEMF Therapy**

Pulsed Electromagnetic Field Therapy (PEMFTherapy) originated in Germany and has been in use worldwide for over four decades. It is one of the most researched therapies available with over 2,000 double-blind medical studies available. PEMF provides numerous benefits which include the body as it returns to a state of balance and optimal health.

PEMF as a technology was approved by the FDA for the healing of non-union fractures in 1979. In 1998, it was approved for urinary incontinence and muscle stimulation, and in 2004, for cervical fusion patients at high risk for non-fusion. In 2006, it was approved for the treatment of depression and anxiety, and recently, in 2011, for brain cancer.

Pulsed electromagnetic fields are generated with an electrical device. As opposed to a static, consistent field, these devices send pulses of magnetism to stimulate a variety of changes in the body including cellular repair. In using magnetic therapy for pain management, pulsed fields have been proven to be more effective and to work faster than static field therapy. Pulsing the magnetic field is an entirely different application of magnetic therapy.

Dr. Gordon has had positive experiences with several PEMF devices such as the OndaMed, the REM 3000, and the PMT-100. These and many other PEMF devices provide very real health benefits. Dr. Gordon believes that many of the PEMF devices on the market fall into the “preventative” category, and given that he himself needed accelerated repair, he chose to utilize the PMT-100 from Nullic McGr. The PMT-100 releases a burst from 10 up to 19,000 gauss for less than a thousandth of a second at a time.

Dr. William Pawlik MD, MSc is co-author of the book “Magnetic Therapy in Eastern Europe: A Review of 30 Years of Research” which summarizes the significant research in the area of PEMF therapy. He has reviewed many of the PEMF devices on the market today including Curatron 2000, EarthPulse, Magnepro, MRS 2000, QRS-101, PMT-100 and more. He has stated that the PMT-100 “does it better faster” and is “one of the most powerful systems you can buy for the price.”

Magnetic Sleep Pad from http://www.magneticsleep.com

In many chronic illnesses, circulation is impaired. Hypercoagulation, a thickening of the blood, is a common finding in chronic Lyme disease and many other conditions. PEMF may reduce hypercoagulation and decrease fibrinogen in the blood. Blood circulation, or perfusion, may be increased while flow resistance in the capillaries may be reduced. This allows for more optimal cell exchange. PEMF therapy has been shown to increase circulation in diabetics and even improve wound healing in diabetic ulcers; a condition that would otherwise often require amputation.

When the body becomes exhausted, as it can occur with ongoing stress or chronic disease, the cell’s membrane potential is reduced. When the membrane potential approaches zero, the cell dies. Membrane potential, also known as transmembrane potential, is the difference in voltage between the exterior and interior of a cell. It is the difference in concentration between sodium and potassium moving across the cell membrane creating an electrostatic force.
become the human dynamo that you want to be.”

Red blood cells separate into millions of PPHUubblliicc  HHeeaalltthh  AAlleerrtt susceptibility, which is lessened.  Pain is reduced in the presence of PEMFT. PEMFT has been used successfully in the treatment of severe depression within the side effects of tradi- tion, and cellular debris and path- ogens, and are activated, and the immune system is strengthened. The earth’s declining magnetic field contributes to a weakened immune state. This leads to viral, fungal, and bac- terial infestations which add to our total body burden and con- tribute to our state of “dis- ease.”

Cellular Effects of PEMF

- Improves intracellular fluid & blood flow
- Stimulates the production of ATP, cellular energy
- Increases cellular oxygen levels
- Promotes cellular healing
- Stimulates intercellular communication
- Stimulates transport electron in cells

Biological Effects of PEMF

- Significant pain relief
- Accelerates tissue repair
- Accelerates cell growth
- Promotes faster healing of injuries
- Reduces fibrous tissue formation
- Reduces swelling and inflammation
- Stimulates the release of endorphins
- Increases cellular oxygen levels
- Motions to release its own stem
- PEMFT also increases the
- PEMFT is a “sig-
- PEMFT contributes to a
- PEMFT can help to pro-
Genital heart block. As a child, I had chronic pyogenic pneumonia resulting from an injured kidney which bled heavily for two weeks and was supposed to be removed. This led to incontinence and chronic bladder and prostate problems. My back pain was so bad that I had to have a hook in my home bathroom to get up and down from the toilet. I was never able to participate in sports; as I could not swim one lap or even go up a flight of stairs. Today, I ride my bike up and down large hills and have no problems on long walks.

My height has increased by 1-2 inches now that I am no longer stooped and can stand up straight," says Dr. Gordon. Allen Unruh utilizes PEMFT with his patients at his clinic in South Dakota and has said that "the future of medicine is energy medicine". One of his PEMFT patients is a twenty-year-old young man named Christian. Christian was diagnosed with ADHD, autism, and Cerebral Palsy. He had severe sensory in the body in detoxifying environment, and was unable to care for himself or her family. She suffered from severe depressions twice. After her second PEMFT treatment with Dr. Jack Kribs DC in Flint, Michigan, she began to regain feeling in her fingers. As she continued to her hands, her strength increased, and she began walking using a walker. She then started to stand up and her wheelchair. Depression resolved entirely, and the joy returned to her face. Karen said that by using PEMFT to break the cycle of chronic pain, her body was able to use its energy to improve her overall state of health.

Karen had suffered with Guillain-Barré Syndrome, a debilitating autoimmune condition that can lead to severe nerve damage and paralysis. Karen was in a wheelchair for nine years in constant pain. She had no feeling in her hands or fingers and was unable to care for herself or her family. She suffered from severe depressions twice. After her second PEMFT treatment with Dr. Jack Kribs DC in Flint, Michigan, she began to regain feeling in her fingers. As she continued to her hands, her strength increased, and she began walking using a walker. She then started to stand up and her wheelchair. Depression resolved entirely, and the joy returned to her face. Karen said that by using PEMFT to break the cycle of chronic pain, her body was able to use its energy to improve her overall state of health.

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Southern California Lyme Support
Serving Los Angeles & Orange County areas

Contact: Earis Corman
13904 F Rio Hondo Circle
La Mirada, CA 90638-3224
562.947.6123
eariscorman@aol.com

Discover The Top 10 Lyme Disease Treatments

www.Lyme-Disease-Treatment.com
more I learned the more I real-
ized that it was not a pharma-
ceutical at all and that it made perfect sense to bring to the marketplace as a supple-
mint. We had c-L-Pharma
International file patents, and pre-
patent structure plans on the pharma-
aceutical grade. I soon realized that Curcumin
might be combined with other vitamins and nutrients to cre-
ate the product we now call Mitosynergy. We put 10mg of Cuminunper per daily serving of Mitosynergy that breaks down to 0.7mg of copper and 8.3mg Vitamin B3. The rest of the vitamins and minerals are common ones for those suffer-
ing from Mitochondrial-related disorders that have never been combined into one single dosage before.

It is our belief that any-
body that has a posi-
tive reaction to Curcumin may be able to double the result by having IV Dione therapy. I have personally witnessed incredible improvements to other SCI, Fibromyalgia, CFS, MID, ALS, OA, RA, MS, Post Stroke, Parkinson’s, Depression, POTs and Mitochondrial dis-
ease. It is extremely rewarding to help offset the symptoms of those who suffer from what we call FESP fatigue, energy, strength and pain. This is and has been a spiritual journey for me and the many who find benefit from Mitosynergy. The reason for the name Mitosynergy is Mito-mitochon-
dria, Synergy because of all the synergistic action of our blend and its effect on Mitochondrial production.

Mitosynergy has a patient-pending nutrient com-
plex that is not found in any other product in the world, Cuminunper Complex, contain-
ing Copper and B-3. This vital metal nutrient participates as a dynamic component for essen-
tial physiological functions. Cellular copper uptake and release speed and energy rapid, and growing evidence highlights the importance of orchestrating transport across the cell membrane, compartmentalization, and efflux processes within mitochondria-
lar compartments at the molec-
ular level. The brain’s high cop-
per demand, along with growing connections between copper mig-
ration regulation and neuro-
genereative diseases, point to the particular importance of copper homeostasis in this unique biological system. Copper is an essential trace element that is involved in the formation of red blood cells, energy metabolism, enzyme reactions and improvement of overall heart and health. It is an anti-inflammatory agent that stimulates the immune system to repair damaged con-
nective tissue and may also help to protect bones. Copper is so essential to the human body that copper deficiencies can lead to symptoms such as brittle bones, low resistance to infections, lethargy, soreness and edema. The Cuminunper Complex has been optimized to dramatically improve the absorption of copper into the mitochondria of human cells on a molecular level. There it can help bio-
chemical reactions occur involving energy production, hormone synthesis, supplying oxygen to the brain, and brain stimulation. Neuro muscular health can be improved by its stimulation of the production of ATP (energy source) in the mitochondria thereby increas-
ing energy and movement. Mitosynergy is the answer to a better quality of life. Once you experience the changes brought about by tak-
ing Mitosynergy, you will want to share it with anyone you know that experiences neu-
ro-muscular pain. The confirmed efficacy of the combined nutri-
tients in Mitosynergy may include increasing strength and energy while reducing pain and fatigue. It is a proprietary blend of nutrients that has direct impact on human cell energy producers, the mitochondria. The natural lipoic acid building block for proteins, helps the body produce energy. It is produced naturally in the body; however, levels of Acetyl-
l-carnitine may decrease with aging. Acetyl-l-carnitine has been used clinically to reduce
nerve pain, improve memory and improve blood flow to the brain. It is essential for heart and brain function and muscle movement.
Thiamine (Vitamin B1) helps our bodies to properly use and burn carbohydrates. Thiamine is involved in nervous system and muscle functioning, and in strengthening the immune sys-
tem to withstand stressful con-
ditions.
Panthenic Acid (Vitamin B-5) is important for our body to properly use car-
bhydrates and proteins for normal physiological function-
ing.
Pyridoxine Hydro-
chloride (Vitamin B-6) supports more vital bodily functions than any other vitamin. It is involved in metabolism of car-
bhydrates, fats and proteins. It helps to maintain a healthy immune system and is effective in the treatment of arthritis and leg cramps. Pyridoxine Hydrochloride maintains nor-
mal glucose ranges, balances hormonal changes in women, may benefit children’s learning difficulties, and is required for the production of serotonin to control mood, sleep patterns and anxiety to pain.
Vitamin B12 (Cyanocobalamin) is important for growth, protein and tissue syn-
thesis and cell reproduction.
Choline initiates synthe-
sis and release of the neuro-
transmitter acetylcholine which is important in the transmission of the nervous system and muscle functioning.
Coenzyme Q10 is the key to energy production in the mitochondria. Research has shown that COQ10 may boost the amount of oxygen that reaches the body tissues. Levels of COQ10 within the body decrease with age. Deficiencies may lead to heart disease and muscle dystro-
phy.
Folic Acid is needed to make red blood cells. It has been used to improve memory loss in patients with Alzheimer’s disease, osteoporo-
sis, restless leg syndrome and nerve and muscle pain. Folic Acid is often used in combina-
tion with other B vitamins.
R-Alphal Lipoic Acid is a unique, vitamin-like antioxidant that can protect against oxidative processes that promote premature aging and degenera-
tive diseases. ALA is becoming increasingly recognized as a ‘mitochondrial antioxidant.’ Research shows that (R)-lipoic acid is a more biologically active form of ALA that offers greater antioxidant and neuro-
protective benefits at substan-
tially lower doses than the syn-
thetical form of lipoic acid cur-
rently available.
Ribose boosts muscle energy. It has been used clini-
cally to improve symptoms of chronic fatigue syndrome and Fibromyalgia. The body pro-
duces ribose naturally; however,

supplements may prevent muscle fatigue when there is not sufficient energy produc-
tion occurring in the body.
Mitosynergy is a better quality of life for healthy peo-
ples and many that suffer. Please read some of the testi-
monies of our Mitosynergy family and view real time testi-
mony on our Facebook page www.facebook.com/mitosynergy.
For more information pla-
site at www.mitosynergy.com
Together we will change the world, one life at a time!!

Testimonials:
“I have Facioscapulo-
ulohumeral muscle dystro-
pathy (MD). My mitochondria have changed my life. I am really hoping this will help allot of people. I know there is nothing in the world like Mitosynergy. I want people to know that in struggle in hard situations there is hope for a Better Quality Of Life!! I know because I’m living proof.”
~Mickey Woodward

“Hey all of you Mitosynergy users we need to band togeth-
er and get this running,Mito’s 3 day sample pack gave me back some of my spice for life and made me productive at work, not feeling like something out of the night of the living dead! Real excited my step-on helped me get the month supply can’t wait till they show up!”
~Joe Boone

“I can not believe how well Mitosynergy works for me. Thank you for developing this product for us. I have lost all feelings like all of my natural health and have not felt this good in a long time. I am really hoping this will help to bring those back. I can not express enough the gratitude for all the work and research put forth to create something that gives me so much energy and hope. Thank you.”
~Trevor Strom

"I have Fibromyal-
 gia and had tried every medicine under the sun and nothing seemed to work for me. Friends told me about Mitosynergy and I have been taking it every day for 2 years and my life has changed. I am more productive during the day, have less pain, and my health is on the mend. This is the best thing ever. Thank you so much.”
~Cheryl

"I have been taking Mitosynergy for over a year and have noticed an incredible improvement in my health. I am able to do things I haven’t been able to do for years. I have more energy, less pain, and I feel better overall. I am so grateful for this product and all the benefits it has brought me. Thank you."
~Susan

"I have been taking Mitosynergy for several months and have noticed a significant improvement in my energy levels and overall health. I have been able to do things that I hadn’t been able to do for a long time, and I feel like I have more stamina and endurance. I am very pleased with the results and highly recommend this product to others."
~Mike

Testimonials continue...

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~Bob

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~Jane

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~Sara

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~Tom
### Public Health Alert

**Immune & Detox SOLUTIONS**

<table>
<thead>
<tr>
<th>Product</th>
<th>Features/Benefits</th>
<th>Who Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artemisinin SOD™</td>
<td>Features pure artemisinin for optimal immune support plus sucurin, quercetin, green tea, black walnut hull. Promotes healthy SOD (superoxide dismutase) levels.</td>
<td>Patients needing to promote healthy SOD levels. Patients seeking the purest, highest strength artemisinin available.</td>
</tr>
<tr>
<td>Prescript-Assist Pro™</td>
<td>Clinically researched probiotic™ – Soil-based probiotic, providing beneficial flora the way nature intended – not from milk. Contains no antibiotic or hormone residuals. No potential for lactose-intolerance problems. Does not need to be refrigerated. 100% vegetarian.</td>
<td>Individuals searching for a clinically proven probiotic. Anyone concerned with milk allergies or hormone-resistant probiotics. Patients on antibiotic treatment, which destroys both beneficial and harmful gut flora. Travelers who want to maintain health while traveling.</td>
</tr>
<tr>
<td>Transfer Factor Multi-Immune™</td>
<td>Formulated with pure transfer factor and the most researched immune nutrients to promote healthy natural killer cell levels, fortify macrophage activity and healthy cell replication. Clinically researched.</td>
<td>Those looking for the doctor's favorite immune support formulation. Promotes healthy immune system for those dealing with ongoing health challenges, as well as individuals striving to maintain overall good health. Travelers who want to maintain health while traveling.</td>
</tr>
<tr>
<td>Tri-Fortify™</td>
<td>Preferred reduced L-glutathione, the major intracellular antioxidant essential for deindiffication. Offered in an absorbable liposomal delivery system (liquid). Bikets antioxidant action. Promotes detoxification. Fortifies immune system.</td>
<td>Doctors often prescribe to promote healthy detoxification among those with impacted detoxification systems. Any individual seeking to supplement the body's detoxification process.</td>
</tr>
</tbody>
</table>

### Energy SOLUTIONS

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<tr>
<td>ATP Fuel™</td>
<td>Optimized energy for serious mitochondrial needs. Focuses on repairing mitochondrial membranes and increasing Krebs Cycle energy output. Offers the top three energy nutrients and cofactors (ATP Factor Energy™, phospholipid delivery system, CoQ10, and NADH), synergistically combined for maximum mitochondrial performance and energy production.</td>
<td>Those with compromised mitochondrial function. Patients with suboptimal energy levels. Athletes undergoing significant physical stress.</td>
</tr>
<tr>
<td>CoQ10 Power™ 400mg</td>
<td>Recharges the energy system in the heart and the mitochondria. A potent antioxidant which promotes healthy cardiovascular and dental health. Highest grade and strength in one absorbable softgel.</td>
<td>Those with low CoQ10 levels. Patients on statins (cholesterol lowering medications), because statins deplete the body's supply of CoQ10, leading to a reduction in energy levels.</td>
</tr>
<tr>
<td>Energy Multi-Plex™ Expert Adrenal Support</td>
<td>Non-glucocorticoid adrenal support formula, developed to support (but not to over stimulate) adrenals. 14 researched nutrients synergistically combined into one formulation.</td>
<td>Those needing to nutritionally support adrenals, a condition common among patients facing long term health challenges.</td>
</tr>
<tr>
<td>RibosCardio™</td>
<td>Speeds Up Energy Production. Opens ATP pathways to speed up energy production.</td>
<td>Favorite of athletes who add it to their water bottles before and during exercise. Patients seeking healthy energy levels and who prefer a powdered drink mix.</td>
</tr>
</tbody>
</table>
Nutramedix was founded in 1993 and currently has facilities in Jupiter, Florida, USA and in Shannon, Ireland supplying highly bio-active nutritional supplements to health care professionals and consumers.

From the beginning, Nutramedix has operated with a unique business model. First, the owners and management work diligently to operate a company according to Biblical principles— with honesty, integrity, value and respect for all people. Its corporate environment is one that works to serve both its customers and its employees, producing one the best customer service teams in the industry. Second, Nutramedix was founded with the goal of using a significant amount of its proceeds to support orphans, widows, Christian pastors and missionaries in economically distressed parts of the world. So as a customer, you are not just purchasing high quality nutritional supplements, you are helping us give back to people in need all around the globe.

Nutramedix has made a significant investment to develop a novel, proprietary extraction and enhancement process used to manufacture its liquid extracts. The result is a highly bio-available whole plant, broad-spectrum extract that is also very cost effective. We were the first to introduce Samento, a rare chemo-type of Cat’s Claw, which has remained one of our signature products. We have since developed a full line of liquid extracts utilizing the same proprietary extraction and enhancement process.

Nutramedix also conducts extensive research to procure the very highest quality raw materials for its powdered capsule products, many of which have been designed to enhance the effectiveness of the liquid extracts. We are committed expanding our line of natural products meeting the highest expectations of health care professionals and consumers.

The owners of Nutramedix have been involved in international Christian ministry since the 1980s. Prior to starting the company in 1993, our Founder and President was a missionary pilot serving tribal groups in Peru. The Kairos Foundation was created in 1995 to fund projects that address both the physical and spiritual needs of people in some of the most disadvantaged areas of the world. The foundation provides ongoing financial support for organizations operating in Africa, Asia, Eastern Europe, North America and South America.