



# REPLENISHING CARE & TECHNOLOGIES

World's best PEMF devices and world-class training



Best Care



RC&T is a cellular-health-based-approach to augmenting Personal Injury, Sports Medicine, and General Practice Professional Care by utilizing and enhancing each Patient's own innate ability to heal, repair and perform.

Best Outcomes



Patients better respond to your care, get better outcomes and hold the benefits longer because their bodies are better able to receive your skills and expertise. Top NFL and NHL Stars (plus a Power Five College) use RC&T's Premium PEMF Package to train harder, perform better, recover faster, and safely accelerate injury or surgical rehab.

Best Practice



RC&T is a proven way to improve care, gain referrals, and ultimately further build your practice and reputation.

# About PEMF

## How It Works

PEMF stimulates cellular metabolism/activity by increasing Thymidine Monophosphate (TMP) - a vital binding unit in the formation of DNA, as well as the flow of ions across the cell membrane, growth factors, tissue repair and healing. Patients of all health levels benefit from RC&T's High-Powered Pulsed Electromagnetic Field Therapy because PEMF energy adapts to each user and works with whatever they have to heal, repair, and perform.



### Increased TMP causes:

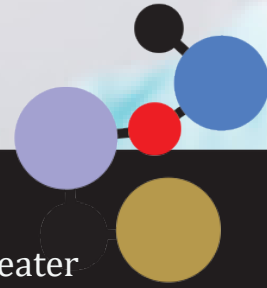
- Enhanced cellular energy (ATP) production.
- Increased oxygen uptake.
- Changes in entry of calcium.
- Movement of sodium out of the cell and movement of potassium into the cell.
- Changes in enzyme and biochemical activity.

*Courtesy: PEMF Systems Inc.*

Changes in cellular pH stimulate large amounts of lymphatic vessels to pump and drain lymph fluid which, in turn, supports immune health. This effect involves a chain of processes in the body leading to health improvement without side effects:

## Benefits

- Increased production of nitric oxide.
- Improved micro-circulation.
- Increased supply of oxygen, ions and nutrients to cells/increased partial oxygen pressure.
- Increased ATP production by excitation of electrons.
- Stimulation of RNA and DNA production.
- Accelerated protein bio-synthesis by electron and energy transfer.
- Anti-oxidation regulation with increased circulation of available electrons.
- Increased calcium transport/absorption for stronger bones, joints & muscles.
- Accelerated detoxification of cells and organs.
- Raised cellular genesis promotes bone, cartilage, tendon, soft tissue growth.
- Stimulation of cellular repair mechanisms.
- Enhanced macro circulation: de-clumps blood cells, dilates/constricts vessels and aids the growth of new blood vessels.
- Increased absorption of nutrients and pharmaceuticals.
- Decreased swelling, inflammation and pain.
- Boosting of the immune system by improving the rolling and adhesion behavior of white blood cells.
- Enhanced cellular and tissue elasticity with increased collagen production.



## THE PEMF ADVANTAGE

95% of people report less pain, better range of motion, more energy and a greater sense of well-being after using High-Powered Electromagnetic Field Therapy.

For a Personal Injury, Sports Medicine, or General Practice Doctor, High-Powered PEMF is an invaluable augment to professional skills and ALL other methods you are using.

For a Patient, High-Powered PEMF improves life and athletic performance, leaves them feeling relaxed, energized and replenished – and builds on the positive things they are doing (like healthy lifestyle practices).

PEMF stimulates muscles, connective tissues, intestines, tendons and cartilage, the brain and peripheral nerve sites. In doing so, PEMF promotes healing and a return to higher activity levels. Functions that were lost, begin to recover. PEMF benefits last 4 hours to 4 days as healing begins; repeat use extends period of benefits.

PEMF raises blood and nerve flow in and around damaged tissues and helps damaged cells heal by bringing more oxygen into the cells.

PEMF increases bone formation and bone density while accelerating the healing of fractures, osteotomies and spinal cord damage. PEMF also assists with tendonitis and osteoarthritis, and safely accelerates recovery from wounds, trauma and surgery.

PEMF has proven application to improved cardiovascular health and aids recovery from heart attack and stroke. PEMF is also highly effective with certain (most) cancers and many neurological degenerative diseases such as MS.

PEMF helps the natural body healing processes by delivering a non-invasive form of repetitive stimulation that has no adverse side effects.

PEMF positively affects biologic processes such as: stimulating cellular metabolism, blood and fluids circulation, tissue regeneration and immune system response. Cells are able to function better and tissues repair themselves more efficiently; vital organs are able to rid themselves of impurities, allowing better organ function.

# RC&T Stacking System

## Premium Wellness Package

*RC MAX PEMF 120 Portable or Tabletop, 5 Coils, Pelvic Correction Kit, Human Performance Technology - US \$20,200*

**Designed for use in Professional Practices, Athletic-Training or Corporate Wellness Facilities, Sports-Medicine Departments, or Homes.**



RC&T's proprietary personal best performance and personal best wellness protocols use the coils above.

### **Pelvic Correction Kit**

Corrects musculoskeletal imbalance, most notably functional short leg and forward head posture and is part of our back, joint and overall spinal protocol.

### **Human Performance Technology**

HPT optimizes Neurology in 7 seconds – instantaneously producing a 31% improvement in balance and lateral/dynamic stability. Choice of 2 HPT products included (socks, insoles, sleeve, knee pad, patches).







Each RC&T Technology makes a unique and specific contribution to improved cellular health, adapts to each user, is more effective when used with the others, amplifies the benefits of Professional Care/Training and/or healthy life practices, and does no harm.

RC&T Technologies either:

- 1: give cells back the power, oxygen, or other resources needed to heal, repair, and perform, or
2. help the body return to homeostasis and balance.



**Individually and/or  
STACKED, RC&T  
Technologies help  
everyone.**

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Elite Athletes excel  
even more, raise fitness,  
improve wellness.

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Recreational Athletes  
perform better, raise  
fitness, improve wellness.

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Less active people feel  
systemic improvement;  
many increase fitness  
and/or wellness efforts  
and activities.

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EVERYONE becomes  
more resistant to illness  
and injury, aging is  
slowed.

## HEAL REPAIR PERFORM



RC&T Technologies apply to everyone no matter where they are on the health, wellness and fitness continuum. Patients feel results and momentum quickly. STACKING the RC&T Technologies together takes advantage of their synergy while creating overlap in vital quality of life factors like: reduced pain, improved ROM, reduced inflammation, more energy and better sleep.



**James G Comerford**  
Founder and CEO

**YOUR gateway to personal **best**  
**performance** and personal **best** fitness  
using cellular health tools.**

HEAL REPAIR HEAL REPAIR PERFORM PERFORM

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