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**Sports-related effects, benefits and client outcomes of High-Powered PEMF:**

- 1. PEMF improves sports performance, and helps maintain good health. 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.**
2. 95% of people report less pain, better range of motion, more energy and a greater sense of well-being after using HIGH-POWERED PEMF; benefits last 4 hours to 4 days as healing begins; repeat use extends period of benefits.
3. PEMF therapy leaves users feeling relaxed, energized and renewed.
4. PEMF helps the natural body healing processes by delivering a non-invasive form of repetitive stimulation that HAS NO ADVERSE EFFECTS.
5. PEMF increases blood circulation in and around damaged tissue and helps damaged cells heal by bringing more oxygen into the cells.
6. PEMF positively affects biologic processes such as: stimulating cellular metabolism, blood and fluids circulation, tissue regeneration and immune system response. Through these processes, cells are able to function better and tissues repair themselves more efficiently. Through the same processes, vital organs such as the liver, kidneys and colon are able to rid themselves of impurities thus detoxifying the body and allowing better organ functionality.
7. PEMF has proven effective with diverse medical needs and conditions: increasing bone formation and bone density; accelerating the healing of fractures, osteotomies and spinal cord damage; accelerating recovery from wounds and trauma; accelerating surgical recovery; increasing recovery from

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heart attack and stroke; assisting in recovery from tendonitis and osteoarthritis; assisting in the recovery from neurological degenerative conditions such as MS; provides a safer alternative to urinary incontinence.

8. PEMF stimulates cellular metabolism/activity by increasing Thymidine Monophosphate (TMP) a vital binding unit in the formation of DNA, and flow of ions across the cell membrane, growth factors, tissue repair and healing.

When the TMP is increased there is:

- 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,

Changes in cellular pH stimulates 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:

- 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-oxidations regulation with increased circulation of available electrons
- Increased calcium transport/absorption for stronger bones, joints & muscles
- Enhanced cellular and tissue elasticity with increased collagen production
- 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, through angiogenesis, the growth of new blood vessels
- Increased absorption of nutrients and pharmaceuticals
- Accelerated detoxification of cells and organs
- Decreased swelling, inflammation and pain
- Boosting of the immune system, the body's defenses, by improving the rolling and adhesion behavior of white blood cells
- Supporting the body's internal self-regulating mechanisms by activating cellular and molecular processes.
- **For an athletic trainer, performance coach, or therapist assisting diverse client needs/goals, PEMF is an invaluable augment to professional skills. For an ATHLETE PEMF is a safe and legal means to best performance, injury prevention and accelerated recovery from injury and/or surgery.**