

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 take action 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 F²IGH²T program. F²IGH²T was described in detail in the article *F²IGH²T For Your Life: Moving Beyond Chronic Illness and Toward Optimal Health* in the March 2011 edition of the *Public Health Alert*.

F²IGH²T 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. F²IGH²T addresses several areas in an attempt to reduce the total body burden which may be holding one 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 F²IGH²T program, it is highly recommended that you review the aforementioned article.

Dr. Gordon continues to evolve the F²IGH²T 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 and rely on vibration, wavelengths, and frequencies. 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 that must flow properly in order to attain optimal function falls into the realm of putative energy. Putative energy includes the concepts of Qi from Traditional Chinese Medicine and the doshas 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 manipulate it to beneficially affect the health of their clients.

This 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 body system. Without them, life could not be sustained, and we would simply die. Mars is a dead planet because it has no magnetic field.

Most people understand that humans need food, water, and oxygen to survive. We also need full-spectrum sunlight or seasonal affective disorder may result. Thus, there are four commonly accepted critical elements: earth (food), water, fire (sunlight), and air (oxygen). Beyond these four elements, every organism on earth lives under the influence of natural magnetic signals. Magnetic fields are important regulators of every living organism.

Unfortunately, over time, the magnetic field of the earth has lessened consider-

ably. 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 once was. It has been predicted that the earth's magnetic field could reach zero within the next 800 years. At that 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 18R/36L; indicating that the 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 19R/1L as the result of movement in the magnetic north pole.

780,000 years ago, the magnetic north and south poles switched places. If this were to occur today, it could knock out power grids, injure 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 blackbirds fell dead out of the sky in Arkansas. Some speculate that due to changes in the earth's magnetic field, 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 cell towers, 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 exposed to fewer and fewer beneficial signals and more and more destructive ones.

Studies have shown



that when rats are intentionally shielded from beneficial geomagnetic fields, the functioning of their immune systems is greatly impacted. The weakened magnetic field resulted in macrophages having a reduced ability to release nitric oxide and superoxide (substances released by the immune system to kill invading microorganisms). 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 field, 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
- ❖ Heaviness 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 what earth changes have depleted, the vital electromagnetic energy needed to produce optimal health.

Magnetic Therapy

Supplemental magnetic field therapy may be a powerful weapon in recovering one's health. As the need for mineral 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 (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 Magnetico Sleep Pad by Dr. Dean Bonlie, DDS. Dr. Gordon has slept on four 100-pound Magnetico 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.

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If I Go to this Holiday Party, Should I Explain About My Chronic Pain?

by Lisa Copen

I recently received an email with this question about holiday parties.

My best friend is having a holiday party and I would really like to go. On the other hand, I am kind of dreading it. All those people dressed up to the nines, carefree, without any problems in their lives. My daily pain, food allergies, broken down feet, all make a simple party rather dreary. I always feel like I need to explain why I am not real social. My friend says just to come and not worry about it, but I am not sure. Should I go?

I understand it is not an easy decision to make. There are benefits to getting out and meeting new people, even when we don't feel all that great. But that doesn't mean we should sit around at the party and explain to people how hard it is to have some fun. Would we want to make the effort to have a night without worries and then hear ourselves talk on and on about our aches? Be honest. Not necessarily, right? Even I get tired of hearing about my own aches and pains sometimes!

As the holiday parties start to happen for Thanksgiving, Christmas, and New Year's Eve, so does the dilemma of deciding if you are going to be honest with other people, or just let go and do your best to have a good time. There is no right or wrong answer and it's different for each person and situation. But let's look at it from the perspective that your intent is to have fun.

Do you want to go to this party?

Illness is not any fun, right? The whole idea of having a good time is to put on some shoes that do not include fleece inside of them and get out of the house for a couple of hours. If your intent is to have a good time, make a conscious decision to make choices that reflect this. You are not attending a counseling session, a support group meeting, or a place to have all your fears validated. Keep perspective and avoid having expectations of other people.

Faking it is not betraying yourself

Someone asks, "So, how are you doing? You look so nice tonight." How do you reply? "Pretty good, thanks so much!" or . . . "Well, I am obviously pulling it off, because I feel absolutely terrible, but I did my best to hide it."

Too many people with chronic illness feel a huge quandary that if they do not explain all about how badly they feel they are two-faced. Just because you get to the party and look decent does not mean that you are not in pain. You may actually experience pain twenty-four hours 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 invalidated. You are putting the pain aside as much as possible and having conversation with people.

Are you looking for a thrill or a therapist?

When we have a chronic illness it can be a natural tendency to want to talk to someone about what we are experiencing. But your friend's holiday party is not the place to do it. Everyone there has their own challenges in life too, yet they are attending to have a light-hearted night, not hear about your aches and pains. It is not that they don't care--they just don't know you! And if they did know you and care, a real conversation, one-on-one, in a quieter place would be 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 function tomorrow. That is all okay. So, just do it! Find a chair, grab a non-alcoholic drink, excuse yourself by 10 PM. You don't have to explain why you do what you do. If you are afraid of offending your host, explain a few days before the party that you may slip out early since you are trying to pace yourself, 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 mentioned your illness. Maybe it just slipped out or perhaps you were trying to explain to someone why you aren't training for the Ironman triathlon like everyone else seems to be. Before you know it someone is telling you she sells this special water that would make all your pain go away, or that his mother's neighbor's daughter tried



this special extract and now she has been able to stop taking all of her medication. It's painful to listen to. It hurts. It makes you want to throw a drink at someone and run screaming from the room. But you opened up this can of worms by revealing you have an illness. Be polite and walk away as soon as possible. Go hide in the bathroom 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 limping, my back is killing me, I don't even know why I came if no one here knows the real me!" That's understandable. The "real you" likely is someone who deals with a great deal of chronic pain, doctors appointments, and side effects of medications. It is a juggling act to keep up with friends, career, family, an 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 presented. That is okay. Real friends know the real you. This is an outing 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, it can be the underlying foundation of our choices, attitude, and moment-by-moment moods. As much as we try to not have it define us, the disease fights to control us. For those who do not live with illness, however, it is a very personal topic. It is a problem to be solved--and maybe solved within a few minutes if they give you the right advice. They do not see illness as a lifestyle

or as a filter for your priorities, but rather as a weakness, a surrendering you are making to something that has power over you.

Parties are meant to be casual, fun, and light-hearted. They are meant to be places you discuss the weather, sports, current events, and the Kardashians--even if it's about how you refuse to talk about the Kardashians any longer. They are not a place where chronic illnesses can be discussed in a way that will make you feel better. People do not come to parties to be informed about health issues. If you bring it up, you likely will only be frustrated, not validated, nor shown the understanding or compassion you crave.

So, do you want to just skip the party? You may! These kind of get togethers can be seen as superficial gatherings where no one talks about anything important. If you feel that way, you may find more comfort in just staying home and inviting a friend over to watch a DVD. But if you decide to go, remember to do your best to put aside your personal needs and just choose to mingle and get to know other people. Who knows what they may be going through that they aren't sharing! And if you can smile and have a conversation with people, you may find out who you have something in common with and form that real friendship in time.

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Lisa Copen is the founder of Rest Ministries located at www.restministries.com, and she lives in San Diego with her husband and son. She is gradually learning how to balance motherhood, family, illness, and ministry, but she still knows it will be a lifetime lesson. You can see the books she has written, including, "Why Can't I Make People Understand?" at illnessbooks.com.

Public Health Alert

The PHA is committed to researching and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include the chronic illnesses of Multiple Sclerosis, Lou Gehrig's Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public's attention. We seek to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

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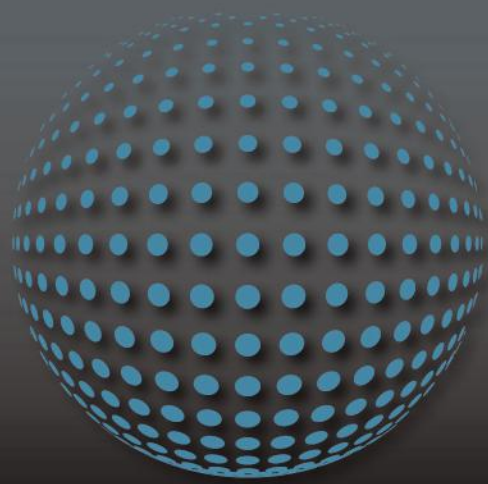
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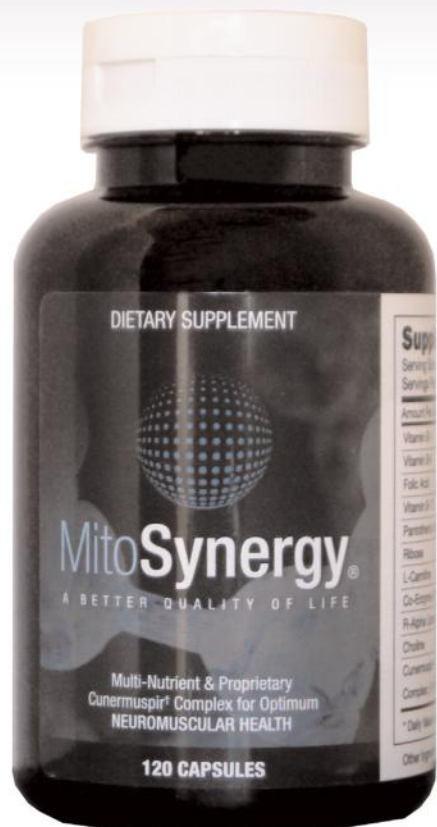
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It's Personal Now: Family Tragedy Fueled Researcher's Development of Supplement

by **Charlie Barker**

So far, Fibromyalgia and chronic fatigue sufferers have benefited 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 check-

ing 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 become self-educated about our medical system, treatment options, and learn everything we can about the injury or disease that our loved ones are faced with.

After several surgeries and cheating 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. At this point, I was reading non-stop and educating myself. I became knowledgeable in biomedical and biochemistry. The

"MitoSynergy"... cont'd pg 10

I Am Sad, But Choosing Defiant Joy



by Lisa Copen

Tears are sitting on the edge of my eyes. Filling . . . filling. I wipe them fast before my son sees 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.

Rheumatoid arthritis 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 all the time. Gasping for breath. He finally fills 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 not tell my husband to "Roll over!" He literally needs the bed. I want these results to be accurate.

The next morning I text the rep. "Can we keep it until Monday?" "Yes," he texts back. "But have him do it 2 nights." Two nights? Well, we'll see.

Friday night. My husband gets the gadget all ready.

He says, "I'm sorry." He sleeps. He snores. I read . . . and read.

Finally I move to the couch and prop myself up. 1 AM. . . 2 AM . . . I can hear him gasping for breath from the other room--which is good. The machine is recording it.

I can't lay down on the couch to sleep. I try. It's going to destroy my shoulders. So I do a puzzle on my iPad.

3 AM. 3:15. . . 3:30. I finally go to the bed. I lay there as he snores. I want to slug him. I love him, but I still want to slug him.

3:40 "Honey, I am sorry but I have to sleep. Can you go to the couch?" He gets up and leaves with a pillow. He is immediately asleep, snoring. I lay there. 4 AM, 4:15. I ache everywhere. Finally I drift off. . . I hear my son. My husband had gotten up to get him something and come back to the bed. "What time is it?" I ask. "7:45."

7:45. And I can't even lift my arm to scratch an itch on my head. Can I do it? Can I go? I think to myself. Oh, Lord, I really want to go. It will be so . . . fun! I just want to have fun! If I sleep till 8, shower, leave by 9ish to be there at 10? Can I drive? The shower alone will exhaust me. What can I wear that would look nice? Everything I have is for the 15-pound less me. I can't deal. . . I go back to a half-sleep--grieving that I have to make a decision. And yet, if I face reality, the decision has already been made.

8:10. Last week I got up. By 10 AM I was at my son's karate graduation. I just wanted to do something for me! I cry out internally. God, why do the things I want to do for me never seem to work?

I had no choice about last night. The rep said two

nights. I have to sleep Sunday night. I have to be at the infusion center Monday morning at 8:30 AM. I have to sleep Sunday night.

I have to prioritize the things I do. But why does my illness always have to be the first priority? I have to get the infusion. It has to be 2 weeks after the previous one. My husband has taken the day off work because I have to have someone else drive me. The insurance has paid out \$12,000 for it. Other options didn't exist. I have to be there.

My life is a series of "have to." I have to sleep, or at least commit to trying to sleep. I have to get my medication. I have to. What about me? What about my joy? Don't I have to embrace joy? Should not I only be compelled to have joy, but insist on it?

I am sad. So sad. I email my friend at 8:30 to tell her I can't come. Last night I was nearly throwing up from a medicine reaction again and yet I was at a store trying to find a little gift. All pointless. Why does God allow my illness to eclipse the joy I grasp for?

I hardly have any friends. Truly. People would think I am kidding, but I somehow missed out on connecting with other women in my thirties. I was busy with ministry...and survival. And now, at 43, I am trying to start over. Turn women I know and admire into actual friends. They get together frequently. I keep missing them. Book release parties, girl's night out, birthday parties. . . How does one deepen the relationships when she is too sick to participate in lunches and get togethers?

My son is demanding this morning. I explain to him mommy is moody because I didn't get to go to my friend's

party. My husband gets up. He says he will take Joshua to karate. He even says he will take him to Legoland later for the "Brick-or-treat" event. He doesn't remember I had plans. He doesn't know I am grieving. I am too sore to go back to bed. Too sad to do anything else.

And I am lonely, because no one knows I am grieving. No one realizes mommy had something today that she was really looking forward to. That she sacrificed. That she was forced to surrender. That she is sick of being sick. That the tears are right under the surface waiting to break through.

The guys get ready to leave. My husband says goodbye at the door. "I really... I'm really disappointed I didn't get to go this morning," I blurt out. For some reason I need him to know I am sad.

"Oh, that's right!" he says coming back in. "Did you just not feel you slept enough?"

"I didn't sleep, my body is flaring, I couldn't drive," I say, the tears form on my lashes. What I want to say is, "I gave up my joy so you could do your sleep test. Every time I have plans something gets in the way!"

But he gives up plenty for me... all the time. And I don't always even know. And I was the one who insisted he do the sleep test. Long term, it could help us both sleep better. And even if he hadn't been doing it my body still could have easily turned against me like it has done thousands of mornings in these 18 years of disease.

"What time did it start?" he asks, likely wondering if there was any way he could take me.

"A half hour ago."

I see his expression of Oh. "You aren't mad at me are you?" he asks.

"No, you had to do that last night. I have to sleep Sunday night, there weren't enough nights."

"I'm sorry," he says and kisses me goodbye.

The tears come, my son is waiting and watching. My husband knows I need a hug. He hesitates.

"Go," I say, "Just go, I'm fine, go. . ."

"I love you," he says. My son has to get to class. He goes.

And I write. I can write. Or I can cry. . .

Actually, I can write while I cry. Feel it, release it, surrender it. Sometimes I deplore the emotions the illness brings to light. Pity, dependency, neediness, validation. I don't want to need these things.

I have to choose whether this sadness will suffocate me or simply be a pale blemish on life.

Joy must come through the passageway of grief, but I will not be engulfed by it, even if my disease tries to botch my plans. I will find joy. Somehow. Somewhere. I will choose defiant joy.

pha

Lisa Copen is the founder of Rest Ministries at restministries.com and she lives in San Diego with her husband and son. She is gradually learning how to balance motherhood, family, illness, and ministry, but she still knows it will be a lifetime lesson. You can see the books she has written, including, "Why Can't I Make People Understand?" at illnessbooks.com.

I am the Alpha & the Omega



by Joan Vetter

"When did the grace of God begin in your life?" The speaker at an Aglow conference thirteen years ago challenged us with that question. The reason I remember the year is because my daughter Cheryl called during the conference to inform me that she was pregnant with the son who died in an accident four years

ago. Most of us thought the answer to his question was when we were born again, but he shared that it was from the moment life began.

Today I challenge you with the question, do I give grace to everyone I meet? Considering that grace is undeserved favor - favor we didn't earn.

The reason this is so fresh on my heart today is because I spent Thanksgiving with the family of the woman who received my grandson's kidney when the family donated his organs. They didn't get to choose the recipients of course, but the interesting fact is how one kidney went to a Christian man, a teacher of the Word, active in missions and every aspect of his church. The other kidney recipient was a lady from Trinidad, perhaps Hindu. We've not talked about their faith, but yesterday I saw the décor in their home which indicates strongly they are not

Christian. However, this family has been so full of love and gratitude from the beginning. They have insisted on our daughter's family coming for Thanksgiving, including any family member available. They have showered us all with gifts and loving embraces. The one year when Cheryl couldn't come to their home on Thanksgiving they carried the meal to their ranch over an hour away. They also packed leftovers in abundance when we left their home. Recently their daughter Nan saw a Thomas Kincaid tapestry wall hanging and a table runner with little lights. When she saw the picture of a church she said she thought of me and got it for us as a gift.

I realize they are thankful for the greatest gift of all - the gift of life. However this is again challenging me to realize how the Lord looks at them. He gave them life and so desires to bring the knowledge of His

eternal life to every person. But we forget it's not about our goodness. We sometimes hear that we are saved by grace through faith, but has it truly become revelation?

The Word of God declares in Romans 5:17-18 that those who receive abundance of grace and the gift of righteousness will reign in life through the One, Jesus Christ and by one Man's righteous act the free gift came to all men. Jesus also said while we were yet sinners that He was willing to die for us. It wasn't due to obligation - but intense love. I honestly don't feel many Christians have even begun to tap the deep reservoir of God's love for the lost - and even for themselves. Shame often keeps them away from God because the enemy of our souls has convinced us that it is our righteousness that is important.

This error in our thinking will keep us from receiving from

God. An example of this is at communion. We are told to examine ourselves to see if there is sin in our lives, but I believe the Word indicates we are instead to examine if we discern the Lord's sacrifice - that He has exchanged His life for ours. This is a time to rejoice and receive. We are told this is the reason many are weak and sick and some have died - when we are examining ourselves we will always fall short. When we examine the Lord's gift of righteousness and fully appreciate it, then we will be free from condemnation. In Hebrews 4:16 we read that we are to come boldly to the throne of grace that we may obtain mercy and find grace to help in time of need. How can we boldly come when we are cloaked in shame?

It is only after we have received His amazing grace that we are able to be a true carrier, and an instrument in God's hand to reach all men.

pha

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Circuit Training: Optimal Exercise for People with Chronic Illness

Circuit training is a workout style that combines cardiovascular fitness and resistance training while improving mobility, strength and stamina all in one. 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 circuits performed during a training session may vary from two to six depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or 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 the 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 a number of 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 an efficient 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 up to twice more than cycling and five times more than walking alone. Major muscles are involved up to 60 percent, with the only exception being the abdominals because their main function is to maintain dynamic balance, stability and posture. Thus, circuit training, which can include cycling or walking, is perhaps the most efficient form of overall exercise. Just be sure to include 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 1998 issue of the

Journal of 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 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

4. Core plank or crunches - 15/30/45 seconds, 10 reps/20 reps/30 reps
5. Step ups - 10 each leg/20 each leg/30 each leg
6. Push ups - 8 reps/15 reps/25 reps
7. Lunges - 10 each leg/20 each leg/30 each leg
8. Calf raises on a step - 8 each leg/15 each leg/25 each leg
9. Shadow boxing - 45 seconds/90 seconds/120 seconds
10. Star jumps - 45 seconds/90 seconds/120 seconds

You can choose to do all 10 exercises without a rest in between or with 10-20 seconds

your abdominals in to protect your lower back.

❖ Next go to dips on a chair. Start by sitting on a stable chair or bench. Lift your bottom off the chair, bend your knees and rest the palms of your hands on the seat. Keeping your back straight, chin down and body close to the chair lower yourself down to a 90-degree angle so your elbows are level with your shoulders. Repeat 10-20 times.

❖ 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.

20 lunges and squats. If you usually use weights while doing these in the gym pick a slightly lighter weight than usual and concentrate on making your moves slow and controlled.

❖ 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. Hold a dumbbell in your left hand and start with it hanging straight down to the floor, knuckles facing 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 or kneeling push-ups, 20 bicep curls and 20 triceps 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 to protect your lower back. Swap sides.

❖ 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 and your body 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.

❖ 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

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es include push-ups, shoulder presses, back rows, triceps dips, biceps curls, squats, contra lateral limb raises and crunches. A majority of this exercise are performed with body weight only. Executing proper form is an important aspect of your circuit-training exercises. Move through a full range of motion, do not use momentum and make sure to breathe properly. When you are a beginner, start out with 12 to 15 repetitions of each exercise or aim for 30 seconds/set. Slowly work your way up to 20 to 25 reps or 45- to 60-second sets. Use your imagination there are MANY different ways to complete a circuit. Below are a few examples and suggestions.

Home Circuit Training Exercises

This home circuit suits all levels. Just follow the recommendations for your fitness level (beginner, intermediate or advanced).

1. Jogging on the spot 1min/2mins/3mins
2. Squats (stationary) - 10 reps/20 reps/30 reps
3. Dips - 8 reps/15 reps/25 reps

between each one -the choice is yours. But remember, if your aim is to do the exercises with 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 ten 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.

❖ Next, do a set of 10-20 push-ups with your legs stretched out behind 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, hold small 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

❖ Keep your torso straight and rigid and your body 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.

❖ 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.

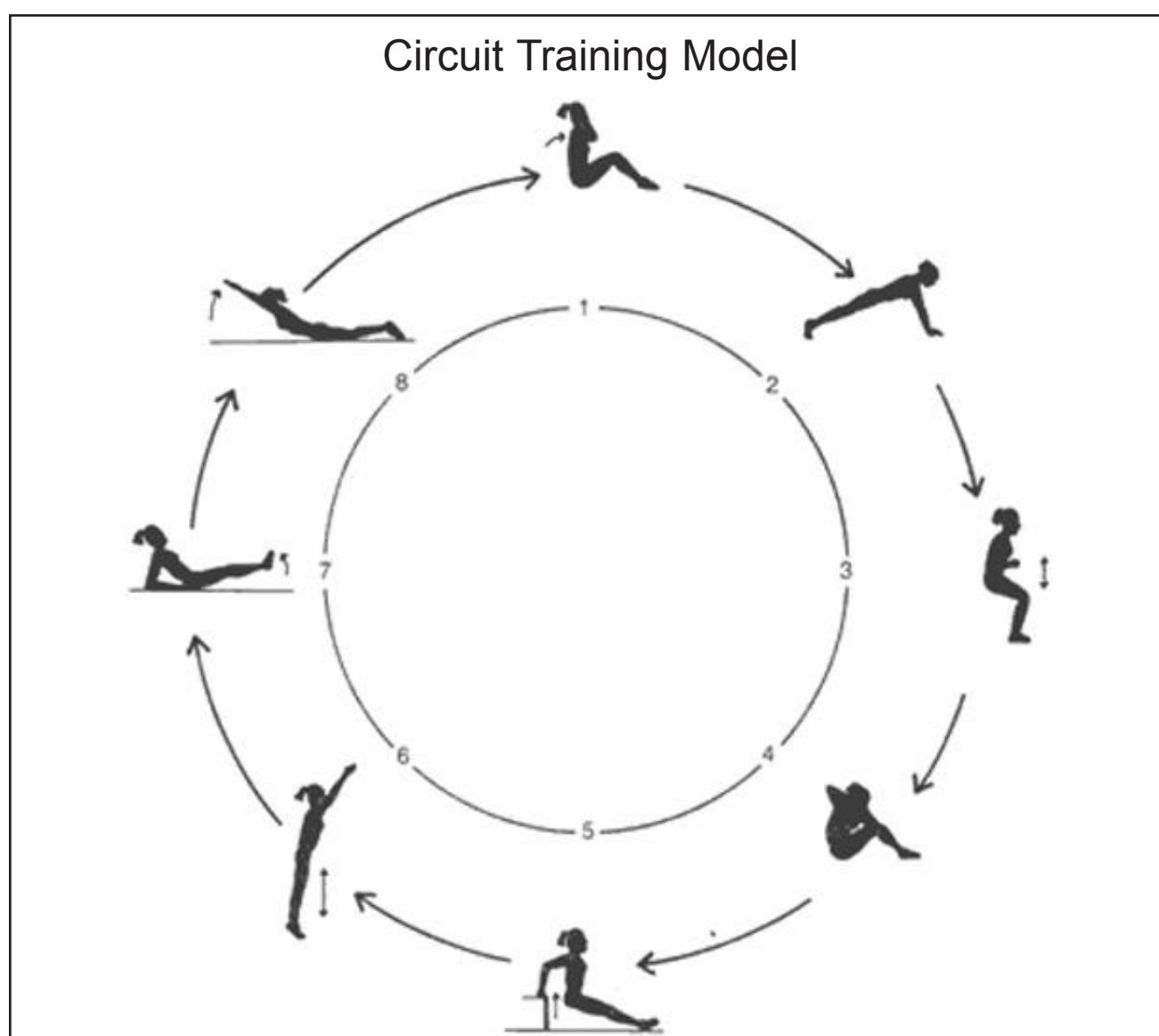
❖ Cool down and stretch.

In the gym: try doing this circuit 3-6 times.

❖ Start your program by warming up on a piece of aerobic equipment - such as the treadmill, stationary bike, stepper or rowing machine - for a few minutes then stretch.

❖ The first exercise of your circuit should be five minutes on a different piece of aerobic equipment than you used in the warm-up. Increase the pace a little.

❖ Next complete a set of 10-



“Electromagnetic”...cont'd from pg 1

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 (PEMFT) 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. PEMFT provides numerous benefits which support the body as it returns to a state of balance and optimal health.

PEMFT 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 BEMER 3000, and the PMT-100. These and many other PEMF devices provide very real health benefits.



Magnetico Sleep Pad from <http://www.magneticosleep.com>

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 NuBioMag. 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 Pawluk 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, Magnopro, 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".

Dr. Mehmet Oz recently discussed PEMF therapy on The Dr. Oz Show in the episode titled "The Revolutionary Cure for Pain". In it, he shared, "If you've tried everything to ease your back pain, your neck pain, foot pain, arthritis pain, [...] there is a revolutionary cure for pain that few doctors know about. [...] It uses moving magnets; energy waves that change the way your body copes with pain." He went on to say, "You don't just feel better; you are better."

Benefits of PEMF Therapy

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. PEMFT 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 circulation. PEMFT has been used successfully 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 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 electro

"Electromagnetic"...cont'd pg 7

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“Electromagnetic”...cont'd from pg 6

chemical gradient.

Membrane potential is managed by ion pumps in the cell membrane. These pumps utilize energy to push sodium out of the cell, and in exchange, they bring potassium into the cell. Some estimate that as much as 50% of the cell's energy is used to maintain its membrane potential. In one study on Chronic Fatigue Syndrome, it was shown that damaged or diseased cells have abnormally low transmembrane potential- up to 80% lower than healthy cells. PEMFT normalizes cell membrane potential.

As the cells change sodium back to potassium, pain is lessened. Pain is reduced in both the short-term and the long-term regardless of origin. We age in part because chronic pain often limits our ability to be active, and the less active we are, the faster we age. Dr. Gordon says that "PEMF will change the lives of everyone stuck with drugs to control their pain."

Inflammation is decreased. Inflammation is at the core of many modern diseases, and reducing systemic inflammation is a key to recovery and disease prevention. People heal much faster in the absence of inflammation.

Calcium is released from the protein layer of the cell membrane which then flows into the cell's core triggering numerous metabolic reactions. The body's ability to absorb calcium is increased.

Macrophages, cells in the immune system that engulf and digest cellular debris and pathogens, 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 bacterial infections which add to our total body burden and contribute to our state of "disease".

PEMFT excites atoms. This stimulates electron spin to store energy for up to three days. The pH becomes more alkaline by a factor of 100 times which facilitates the enhanced utilization of oxygen. Fluid resistance, or viscosity, is reduced sixteen-fold which allows liquids to flow into the cell and lymphatic fluid to thin and flow. Lymphatic stagnation is a common problem in chronic illness, and therapies that promote the movement of lymphatic fluid support the body's ability to detoxify.

The vascular system relaxes in support of a more healthy blood pressure. Wounds heal and bones mend in one-third of the normal time. PEMFT has been used to heal fractures that otherwise fail to heal.

ATP is produced by the mitochondria and is the "energy currency" of the cell. ATP is used in many cellular functions and biological processes. Insufficient ATP is often associated with fatigue and conditions such as Chronic Fatigue Syndrome and other fatiguing illnesses. PEMFT stimulates the production of ATP. Dr. Gordon has said that "it is like plugging in the Chevy Volt. For just 15 cents worth of electricity run through a PEMF device, you

become the human dynamo that you want to be."

Red blood cells separate in minutes with PEMF exposure, reducing rouleaux, a stacking of the red blood cells which often serves as an indicator of the presence of disease. This provides more surface area to transport oxygen. More oxygen means more brain power. PEMFT may increase the oxygen content in the blood by up to 200%. When additional oxygen is available to the cell membrane, where nutrient intake and toxin removal occurs, it is as if the cells are given a mouth to more effectively take in nutrients. Many people with chronic conditions ingest a significant number of supplements, but often times, the cell's ability to utilize these nutrients is impaired. With PEMFT, the cells regain their ability to maximize the use of available nutrients.

Electroporation is a "significant increase in the electrical conductivity and permeability of the cell plasma membrane caused by an externally applied electrical field". As the cell membrane becomes more conductive and permeable, this increases the cell's ability to dispel toxins and allows for better delivery of nutrients, medicines, and herbs into the cell. Detoxification, including that of heavy metals, is significantly enhanced. In fact, in many people with chronic illnesses such as Lyme disease, one should start PEMFT slowly as the therapy can result in a healing crisis as the body begins to expel stored toxins.

PEMFT has been used successfully in the treatment of severe depression without the side effects of conventional pharmaceutical interventions. The FDA has specifically approved the Neurostar® Transcranial Magnetic Stimulation Therapy System from Neuronetics, Inc. for the treatment of depression. The device costs approximately \$60,000 and is only used to treat the head. The device has been used by prestigious institutions such as Stanford, Yale, and UCLA.

Migraines and headaches of many types have been successfully treated with pulsed magnetic fields as headaches generally consist of abnormal brain electrophysiology. Research suggests that these abnormalities are involved in many different types of neurological diseases including Alzheimer's disease, epilepsy, Parkinson's disease, insomnia, sleep disorders, ADD, ADHD, depression, and schizophrenia. All of these conditions may be positively influenced by PEMFT.

PEMFT repairs damaged and diseased tissue, repairs torn tendons and fractured bones, and enhances the synthesis of protein in the cells. Pain, swelling, inflammation, and irritation are reduced while endorphins, serotonin, and the

body's natural healing processes are stimulated.

Nerves regenerate. Range of motion is increased. Metabolism is improved. Nitric oxide is produced which dilates the blood vessels. The formation and development of new cells, known as cytotogenesis, is stimulated. Edema, or swelling, is reduced.

Osteopenia and osteoporosis are greatly improved with PEMFT. Bone density and muscle mass are increased. Research has shown a reversal of bone loss by approximately 1% per month. One study revealed an average improvement in bone density of 5.6% in just six weeks. Dr. Gordon feels strongly that "hip and knee replacement surgeries can be entirely avoided with nutrition, exercise, and the use of PEMFT as these surgeries are entirely unnecessary in many cases". Anyone being scheduled for elective back surgery should first try PEMFT for five sessions; as it has been esti-



PMT-100 from NuBioMag at <http://www.pemf.us> or <http://www.pulse4life.com>

vital organs such as the liver, kidneys and colon are able to rid themselves of impurities thus detoxifying the body. PEMF Therapy can reduce pain and improve the quality of your life by allowing your body to function as it was designed to do."

PEMFT and Lyme Disease

Dr. Sue Massie, ND has a practice in Fair Haven, New Jersey where she works with many clients with Lyme disease

and other chronic conditions. She, her husband, and all six of her children have had their own personal journeys with Lyme. Dr. Massie's own Lyme disease resulted in total paralysis and a diagnosis of ALS; while her husband required heart surgery. Dr. Massie has said, "Disease can be a great motivator to learn about alternative approaches to wellness." In her search for these alternatives, she

began using the PMT-100 in her practice.

In the simplest terms, Dr. Massie explains PEMFT as "a direct current which runs from the wall to the machine and from the machine to the body. All cells in the body are like little batteries. Some cells have a full charge; while other cells may only have half a charge, and others may have no charge at all. PEMF therapy recharges these batteries and gives the body critical energy. When the cellular battery is recharged, we simply feel better. PEMF therapy has been nothing short of a miracle for me, my family, and my patients."

For practitioners such as Dr. Massie, improving the body's terrain is a key component of recovering health. Our environment has become more and more toxic with time and, as a result, so have we. Microbes flourish in toxic environments. Thus, supporting detoxification is an absolute necessity in any attempt to regain wellness.

In Lyme disease, both hypercoagulation and hypoperfusion are common challenges. Hypercoagulation is often used by the microbes as a defense mechanism which makes effective treatment more challeng-

ing. Hypoperfusion occurs when there is decreased blood flow through an organ such as the brain. Suboptimal blood flow to the brain may be a contributor to depression, mood disorders, "brain fog", and many other symptoms commonly associated with Lyme disease.

Many people with Lyme disease experience joint pain and cartilage damage or deterioration. This can result in degenerative joint problems which may lead to the use of anti-inflammatory drugs, or even steroids, to minimize pain and discomfort. Systemic inflammation is almost universal in Lyme disease. The body is unable to heal properly when it is in a constant state of pain and inflammation.

Fatigue and depleted cellular energy are common hallmarks of many chronic illnesses including Lyme disease. In a chronic condition, which may last for years or even decades, the body's ability to repair itself is impaired, and ongoing decline may result.

Depression, anxiety, and insomnia are common challenges in Lyme disease. The brain is an electromagnetic organ, and a lack of magnetism can result in numerous brain-related symptoms. In neurological Lyme, nerve involvement, including demyelination may be present.

PEMFT can help to promote detoxification, improve circulation, reduce pain and inflammation, increase cellular energy, improve depression, anxiety, and insomnia, repair nerves, and support the body's ability to repair and regenerate.

PEMFT has been a significant step forward in Dr. Massie's practice with chronic conditions such as Lyme disease, autism, Chronic Fatigue Syndrome, Fibromyalgia, Parkinson's disease, Multiple Sclerosis, ALS, cancer, and chronic pain. Dr. Massie has said that her experience with the device has been "a tremendous blessing to be able to relieve the severity of pain and discomfort for her patients and to stimulate their energy", and she feels that the PMT-100 is "the best tool I have found in over 15 years."

Practitioner Experiences

Dr. Garry Gordon has used PEMFT himself with the PMT-100 for over a year with truly amazing results. "I feel extremely healthy; more so now than at any time in my 76 years. I have reversed my con-

Cellular Effects of PEMF

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

ated that doing so would result in cancellation of up to 80% of these surgical procedures.

One of the most exciting aspects of PEMFT is its impact on stem cells. Many people with chronic illnesses have put their hope for recovery in various stem cell therapies. Stem cell therapy is still in its infancy, and there is wide variability from person to person in terms of the ultimate benefits obtained. Additionally, a single round of stem cell therapy can cost \$20,000 or more. Research is emerging which shows that PEMFT has a positive effect on the body's ability to release its own stem cells and growth factors. PEMFT also increases the length of telomeres which serves as an important marker of one's rate of aging and decline.

To summarize, "PEMF Therapy re-energizes damaged cells by inducing electrical changes within the cell that restore it to its normal healthy state. Because of this, cellular metabolism is boosted, blood cells are regenerated, circulation is improved and oxygen carrying capacity is increased. Ultimately, the immune system becomes healthier, the nervous system relaxes, bones and joints become stronger, and

“Electromagnetic”...cont'd from pg 7

genital heart block. As a child, I had chronic pyelonephritis 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 more back pain. My height has increased by 1-2 inches now that I am no longer stooped over and can stand up straight," says Dr. Gordon.

Dr. Allen Unruh, DC 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 patients is a twenty year-old young man named Christian. Christian had been diagnosed with ADHD, autism, and Cerebral Palsy. He had severe anxiety and an inability to control anger and frustration. These symptoms were largely related to his limited verbal and communication skills, stuttering, and an inability to focus or to look people in the eye. He had physical challenges with walking and maintaining balance. Prior to PEMFT, Christian's school had come to the conclusion that he had become so difficult to work with that they were considering placing him into a group home.

After Christian's first three minute treatment, he felt calmer and made eye contact with his mother. After one month, Christian developed social relationships and even started dating for the first time. Christian feels that PEMFT made him calmer, more relaxed, and more communicative. His gait became smooth and even. Christian delivered a presentation to the leaders at his school, and they were "blown away" by his sudden improvement.

Dr. Unruh has observed that 85% of his patients feel improvement after only one session of PEMFT. He has said that "this offers health for all patients" and that "on a cellular level, there is nothing that will stimulate the recuperative powers of the body greater than this."

Dr. Kim Shunkwiler, DC in Westland, Minnesota incorporates PEMFT into his "whole person approach" to wellness. He has had phenomenal success treating skin

wounds that otherwise failed to heal. In one patient, a large facial skin wound persisted after surgery and radiation for a parotid cancer. After only five treatments with PEMF, the sizable lesion, which had been present for 3 ½ years, began to heal. In a diabetic patient with a blister that progressed into a "hole" in his foot, improvements in circulation and wound healing were observed after only two sessions.

Karen had suffered with Guillain-Barre 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 and her family. She suffered from severe depression. After her second PEMF treatment with Dr. Jack Kribs, DC in Flint, Michigan, she began to regain feeling in her fingers. As she continued, her strength increased, and she began walking using a walker. She no longer requires a wheelchair. Her depression entirely resolved, and the joy returned to her face. Karen felt 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.

Final Thoughts

Health is a delicate balance. We must do everything we can to add positive influences and remove negative stressors. While PEMFT moves the body closer to a state of balance, this does not mean that we can continue to eat gluten and other allergenic Foods. It does not mean that we can forget about the importance of our mental Focus and positive outlook. We must continue to manage our body burden of Infections. Our Genetics must be considered. Heavy metals must be detoxified. Hormones may need to be supported. We must support the body in detoxifying environmental Toxins such as chemicals and pesticides. While PEMFT can make everything we do work better, we must still do them. We must continue to F²IGH²T!

Combining F²IGH²T and PEMFT gives us the upper-hand in treating even the most complex chronic degenerative conditions such as Multiple Sclerosis, Parkinson's disease, brain injury, autism, Cerebral Palsy, Lyme disease, Chronic Fatigue Syndrome,

Fibromyalgia, Lupus, and many others. Dr. Gordon says, "Combining F²IGH²T with PEMF therapy is when things really get exciting. Miracles can and do happen."

PEMFT is often the missing link when other treatment modalities have either been proven less effective than expected or have failed entirely. PEMFT helps to magnify the benefits of other treatments such as colonics, detox foot baths, acupuncture, and other modalities. It has been suggested that PEMFT may make other therapies as much as ten times more effective.

PEMFT is not a miracle cure; nothing is. It is, however, a "simple thing that allows the body to function better". It reduces symptoms and extends lifespan. Dr. Gordon has said that "PEMF is, in my mind, my ticket to living 30+ years longer and feeling incredible all of that time. PEMF moves us away from the straightjacket of biochemistry and into the dramatically powerful world of physics. In order to reach our maximum useful lifespan, we must learn how to apply energy medicine, and PEMF is truly space age medicine."

Now is the time to recharge your life! Here's to your health....

Resources

Numerous resources on PEMF therapy are available at http://gordonresearch.com/articles_PEMF.

Information on the PMT-100 can be found at <http://www.pemf.us> or <http://www.pulse4life.com>.

Note: The PMT-100 is referred to by some as the PEMF-100. Both reference the same PEMF therapy device.

To learn about Dr. Gordon's F²IGH²T program, see the article *F²IGH²T For Your Life: Moving Beyond Chronic Illness and Toward Optimal Health* from the March 2011 edition of *Public Health Alert* available at either <http://www.gordonresearch.com> or <http://www.publichealthalert.org>

A discussion of PEMF therapy from Dr. Oz can be found at <http://www.doctoroz.com/video/ask-your-doctor-about-pulsed-electromagnetic-field-therapy>.

A video of the PEMF segment from "The Revolutionary Cure for Pain" can be found at



PMT-100 treatment for headaches using the "butterfly" attachment

<http://www.doctoroz.com/video/healing-potential-magnets-pt-1>.

Detailed information on PEMF therapy from Dr. Pawluk is available at <http://www.dr.pawluk.com/pemf-basics>. Dr. Pawluk's PEMF device reviews can be found at <http://www.dr.pawluk.com/category/reviews>.

For a list of research articles on PEMF from PubMed visit <http://www.pemfinfo.com/index.php/nih-pubmed-articles>

An interesting video called *Magnetic Movie* created at NASA Space Sciences Laboratory at UC Berkeley can be found at http://www.semi-conductorfilms.com/root/Magnetic_Movie/Magnetic.htm

Christian's PEMF recovery video - <http://www.pemf.us/autism-video>

Karen's PEMF recovery video - <http://www.youtube.com/watch?v=InUQagZByfM>

Definitions of "energy medicine", "membrane potential" and "electroporation" taken from Wikipedia.org.

Practitioners

Dr. Allen Unruh DC - <http://www.draunruh.com>

Dr. Jack Kribs DC - <http://www.gentlemethod.com>

Dr. Kim Shunkwiler DC - <http://www.shunkwilerchiropractic.com>

Dr. Sue Massie ND -

<http://www.suemassie.com>

To find a PMT-100 practitioner in your local area, please contact NuBioMag at info@pemf.us.

Note: PEMF therapy may not be appropriate for people that are pregnant or have pacemakers. Please contact your doctor for additional information.

Disclaimer: The content of this article is for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always contact your trained medical professional when making any health-related decisions. pha

About the Author

Scott Forsgren is the editor and founder of BetterHealthGuy.com where he shares his almost fifteen year journey through a chronic illness only diagnosed as Lyme disease after eight years of searching for answers. Scott was honored to be awarded the "2010 Educational Excellence Award" from the LIA Foundation for his efforts in educating the public on Lyme disease. Scott can be reached at Scott@BetterHealthGuy.com.



North Texas Area Lyme Support Group

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Biblically-based Lyme disease support group to encourage, educate, and inspire those suffering with Lyme or have a loved one suffering with Lyme disease. This is for Bible believers and non-believers. We love and accept all and will not push our faith on you. Come early or stay after group to visit, relax and enjoy some green tea/coffee or a wonderful meal. We look forward to seeing you!

<http://www.ntxlymesupport.blogspot.com/>

email: Patti Plummer: granola71@juno.com
email: Martha Boykin: Paschalltwin@yahoo.com

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“MitoSynergy” ...cont'd from pg 3

more I learned the more I realized that it was not a pharmaceutical at all and that it made perfect sense to bring to the marketplace as a supplement.

We had C-Lab Pharma International file patents, and prepared future plans on a pharmaceutical grade. I soon realized that Cunermuspir could be combined with other vitamins and nutrients to create the product we now call MitoSynergy. We put 10mg of Cunermuspir per daily serving of MitoSynergy that breaks down to 1.7mg of copper and 8.3mg Vitamin B3. The rest of the vitamins and minerals are common ones for those suffering from Mitochondrial-related disorders that have never been combined into one single dosage before.

It is our belief that anybody that has a positive reaction to Cunermuspir may be able to double the result by having IV Ozone therapy. I have personally witnessed incredible improvements to other SCI, Fibromyalgia, CFS, MD, ALS, OA, RA, MS, Post Stroke, Parkinson's, Dementia, POTS and Mitochondrial disease. 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=mitochondria, Synergy because of all synergistic action of our blend and its effect on Mitochondrial production.

MitoSynergy has a patent-pending nutrient complex that is not found in any other product in the world, Cunermuspir Complex, containing Copper and B-3. This vital metal nutrient participates as a dynamic component for essential physiological functions.

Cellular copper uptake and release is kinetically rapid, and growing evidence highlights the importance of orchestrating transient copper accumulation, compartmentalization, and efflux events within mitochondrial compartments at a molecular level. The brain's high copper demand, along with growing connections between copper miss regulation and neurodegenerative 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 health and healing. It is an anti-inflammatory agent that stimulates the immune system to repair damaged connective 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, sores and edema.

The Cunermuspir 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 biochemical reactions occur involving energy production, hormone synthesis, supplying oxygen to the brain, and brain stimulation. Neuromuscular health can be improved by its stimulation of the production of ATP (energy source) in the mitochondria thereby increasing strength and energy.

MitoSynergy is the answer to a better quality of life. Once you experience the changes brought about by taking MitoSynergy, you will want to share it with anyone you know that experiences neuromuscular pain. The confirmed efficacy of the combined nutri-

ents in MitoSynergy may increase 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.

Acetyl-L-carnitine a 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, strengthening the immune system to withstand stressful conditions.

Pantothenic Acid (Vitamin B-5) is important for our body to properly use carbohydrates and proteins for normal physiological functioning.

Pyridoxine Hydrochloride (Vitamin B-6) supports more vital bodily functions than any other vitamin. It is involved in metabolism of carbohydrates, 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 normal 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 sensitivity to pain.

Vitamin B12 (Cyanocobalamin) is important for growth, protein and tissue synthesis and cell reproduction.

Choline initiates synthesis and release of the neuro-

transmitter acetylcholine which is important for proper function 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 muscular dystrophy.

Folic Acid is needed to make red blood cells. It has been used to improve memory loss in patients with Alzheimer's disease, osteoporosis, restless leg syndrome and nerve and muscle pain. Folic Acid is often used in combination with other B vitamins.

R-Alpha Lipoic Acid is a unique, vitamin-like antioxidant that can protect against oxidative processes that promote premature aging and degenerative 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 neuroprotective benefits at substantially lower doses than the synthetic forms of lipoic acid currently available.

Ribose boosts muscle energy. It has been used clinically to improve symptoms of chronic fatigue syndrome and fibromyalgia. The body produces ribose naturally; however, supplements may prevent muscle fatigue when there is not sufficient energy production occurring in the body.

MitoSynergy is a better quality of life for healthy people and many that suffer. Please read some of the testimonies of our MitoSynergy family and view real time testimony on our Facebook page www.facebook.com/

mitosynergy. For more information please visit our website www.mitosynergy.com

Together we will change the world, one life at a time!!

Testimonials:

"I have Facioscapulothoracic muscular dystrophy. MITOSYNERGY has changed my life I am loven it. I think this could help anyone for many reasons. It helps my everyday quality of living. I was really having a hard time then a friend told me about MitoSynergy! I spoke with Charlie he helped me with all my questions. I know this will help allot of people. I know there is nothing in the world like MitoSynergy. I want people to know that 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 together 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 night of the living dead! Real excited my step-son 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 what feels like all of my natural endorphins from chronic pain. 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"

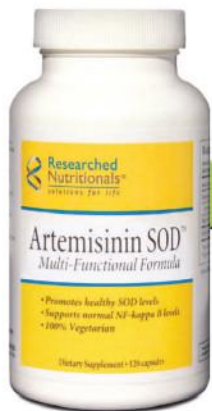
~Trevia Strom

pha



Due to the efficacy and the science behind the products, these are my favorites
- Joseph J. Burrascano Jr. M.D.

Immune & Detox SOLUTIONS



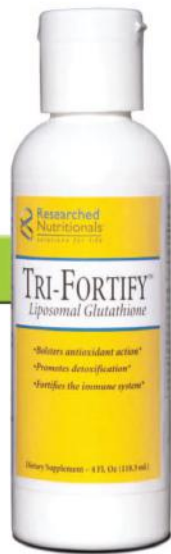
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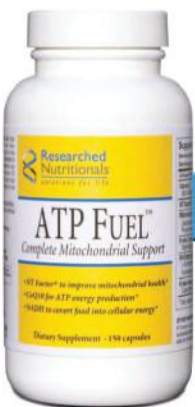


TRI-FORTIFY™
Liposomal Glutathione Detox

Product	Features/Benefits*	Who Benefits?*
Artemisinin SOD™	Features pure artemisinin for optimal immune support plus curcumin, quercetin, green tea, black walnut hull Promotes healthy SOD (super oxide dismutase) levels	Patients needing to promote healthy SOD levels Patients seeking the purest, high strength artemisinin available
Prescript-Assist Pro™	Clinically researched probiotic** Soil-based probiotic, providing beneficial flora the way nature intended – not from milk Contains no antibiotic or hormone residues No potential for lactose-intolerance side-effects Does not need to be refrigerated 100% vegetarian	Individuals searching for a clinically proven probiotic Anyone concerned with milk allergies or hormone-fed cows as the source of dairy sourced probiotics Patients on antibiotic treatment, which destroys both beneficial and harmful gut flora Travelers who want to maintain health while traveling
Transfer Factor Multi-Immune™	Potent, front-line immune system support 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**	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
Tri-Fortify™	Preferred reduced L-glutathione, the major intracellular antioxidant essential for detoxification Offered in an absorbable liposomal delivery system (liquid) Bolsters antioxidant action Promotes detoxification Fortifies immune system	Doctors often prescribe to promote healthy detoxification among those with impacted detoxification systems Any individual seeking to supplement the body's detoxification process

**Research Available Online

Energy SOLUTIONS



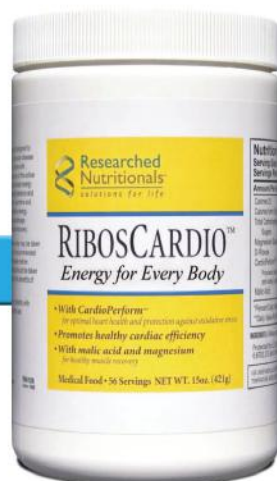
ATP FUEL™
NT Factor Energy™, NADH, CoQ10



COQ10 POWER™
Recharging Antioxidant



ENERGY MULTI-PLEX™
Expert Adrenal Support



RIBOSCARDIO™
Speeds Up Energy Production

Product	Features/Benefits*	Who Benefits?*
ATP Fuel™	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 (NT Factor Energy™ phospholipid delivery system, CoQ10, and NADH) synergistically combined for maximum mitochondrial performance and energy production	Those with compromised mitochondrial function Patients with suboptimal energy levels Athletes undergoing significant physical stress
CoQ10 Power™ 400mg	Recharges the energy system in the heart and the mitochondria Potent antioxidant which promotes healthy cardiovascular and dental health Highest grade and strength in one absorbable softgel	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
Energy Multi-Plex™	Non-glandular adrenal support formula, developed to support (but not to over stimulate) adrenals 14 researched nutrients synergistically combined into one formulation	Those needing to nutritionally support adrenals, a condition common among patients facing long-term health challenges
RibosCardio™	Opens ATP pathways to speed up energy production	Favorite of athletes who add it to their water bottles before and during exercise Patients seeking healthy energy levels and who prefer a powder to capsules

**Research Available Online



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ABOUT THE COMPANY

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 of 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.



ABOUT THE PRODUCTS

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.



ABOUT THE FOUNDATION

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.



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