

EMS (Electromagnetic Stimulation) is a most beneficial treatment for the following conditions -

**Back Pain**

**Sciatica**

**Tennis Elbow**

**Swollen Joints**

**Osteoporosis**

**Torn muscles**

**Lumbago**

**Bursitis**

**Whiplash**

**Frozen Shoulder**

**Morton Neuroma**

**Alzheimer's**

**Fractures**

**Injuries to Muscles & Tendons**

We have produced special leaflets on the treatment of -

Osteoarthritis and Rheumatoid Arthritis,  
Sports Injuries, Chronic Illness

& leaflets on

EMS [Electromagnetic Stimulation], Theragem  
[Crystal Light Therapy] and Centre4health.



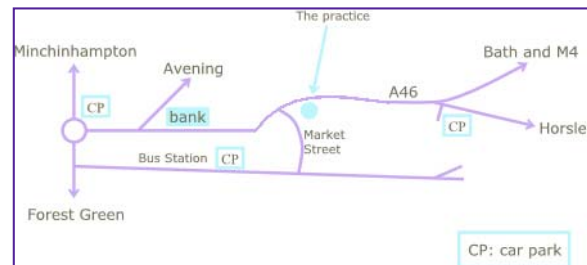
The Viofor JPS system used in the EMS Pain Relief Sanctuary is a fully certified system for rehabilitation and therapy. The system is classified as a medical product class IIa - Annex IX, Rule 9 and conforms in all essentials with Council Directive 93/42/EEC on medical devices. CE0120

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# The EMS Pain Relief Sanctuary

## Back & Joint Pain



ems pain relief sanctuary

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## Back & Joint Pain



Managing pain, whether acute pain or nagging discomfort, is essential when treating Back and Joint conditions. With EMS Therapy treatment, clients are frequently able to reduce their reliance on conventional medication and pain relief.

EMS Therapy is a side effect free and non-invasive therapy in it's effectiveness in pain management and the results are well documented.

Along with managing pain, the reduction of swelling is important - EMS therapy promotes rapid healing by mobilising the body's resources. Reducing swelling can enhance mobility while improving the drainage around damaged joints can make a major difference to the way someone feels about their condition.

### EMS Therapy

EMS Therapy is the use of low level electromagnetism to treat illnesses and health conditions. The therapy works as an analgesic, anti-inflammatory and relaxant. EMS Therapy is natural, non-invasive and side effect free and so you can be safely used in conjunction with other forms of treatment.

The system works with the body's natural frequencies to speed up the natural healing process, reducing pain, improving health and helping to reverse or eliminate many other symptoms.

The system we use is the only one in the UK to be EU certified and has won prestigious medical innovation awards across Europe. The system will soon be used by Blackburn Rovers and Everton Football clubs.

## Testimonials

### Ms E

I have suffered with a repetitive strain in my shoulder for several years and was recommended to try the Theragem, Crystal Light Therapy for targeting pain relief. In the past I have always had traditional massage treatment to relieve the pain, so I was a little sceptical about the efficacy of this non-invasive treatment. I was amazed by the results, which were almost instant. Initially, the pain seemed to increase during the treatment and then as it went on it continually eased, until, by the end, it had almost gone and moving the arm was no longer painful. I would thoroughly recommend this treatment and will certainly be having it again.

### Mrs K

Susanna's treatments helped a friend of mine who recommended her to me. I had post operative pain and swelling to my foot. Following the foot operation I had a series of eight treatments concentrating on my foot and ankle which I found wholly beneficial. They considerably eased a very painful ankle and reduced the post operative swelling. The treatment was painless, non-invasive and administered in relaxing and comfortable surroundings. I have no hesitation in thoroughly recommending Susanna's electromagnetic healing therapy.

### Mr S

I suffered degenerative arthritis in my toes, knees, knuckles and back. I turned to drugs to keep the inflammation and pain under control. Unfortunately I then developed pancreatitis. So many times I've been rushed into hospital in an ambulance. An old friend recommended that I should try EMS. Thank goodness, I gave it a try. My arthritis has stabilised now - and it has even helped with my sciatica. I decided to buy my own bed so I can keep my arthritis under control. A session takes 20 minutes a day so, obviously, it's not a bed you sleep on! I am a real convert - and have already recommended it to so many other people. It's changed my life.

## Testimonials

### Mr L

I had Sciatica and stiffness in neck, lower back and back of leg before attending The EMS Sanctuary. After having EMS sessions, major improvement with all above achieved in sessions. Occasional ongoing treatment seems to be maintaining improvement.

### Mrs C

Before treatment: Stiffness in leg joints. Walking at night with hip and knee pain. Restricted neck movement.  
After treatment. Ability to cope with stairs/steps much improved - now feel I am actually going in a straight line rather than sideways! No waking at night. Improved neck movement and less tension.

## A Treatment Session



Initially, you will receive a consultation followed by a treatment that will specifically meet your needs. You simply lie fully-clothed on the bed whilst the low-induction electro-magnetic stimulation (EMS) system is switched on. There is no sound and most people do not feel anything – a slight warmth or tingling at the most.

Treatments usually last for half an hour and painful or problem areas may be targeted specifically.

An individual treatment program is worked out for you to optimise the recovery process and minimise the time away from training and performance.