

The more common uses of Low Frequency Magnetic fields in healing

(References to the studies / trials are included at the end of this document)

The universal effect of LFMF application is the reduction in pain. It is achieved by the rapid release of beta-endorphins. In most cases, and especially in migraines, the effect is very rapid. However, in chronic pain associated with degeneration of joints and spine, usually there is an initial increase in pain followed by marked reduction after 4-5 treatments. Virtually all studies quoted below refer to the pain reducing effects of LFMF.

1. Fracture repair

This is the best documented area, with studies from all over the world covering the past 30 years. Studies indicate substantial benefits in all aspects of the treatment. The first machines were dedicated to just this task. In a study of 1007 patients, the use of LFMF contributed significantly to the healing process in 79% of those treated.

Another study reported reduction of time in bone formation from an average of 29 weeks to 16 weeks.

(44.8% faster healing).

2. Soft tissue injuries

Again in this area speeding up of the healing process was universally observed. Usually the beneficial effects are assessed by double blind studies on rats.

3. Various joint diseases

In a study of 3014 patients, 82% had one joint disorder and 18% had multiple joint disorders. Significant lowering of pain and improvement of the range of motion were observed in all patients.

4. Osteoarthritis

This is one of the most rewarding areas for the application of the LFMF.

In a study of 259 patients, 97% benefited from the treatment, with 23% registering disappearance of symptoms, 49% showing substantial improvement and 25% improvement. 2% showed no change and 1% showed further deterioration.

(97% benefited from treatment).

5. Rheumatoid arthritis

This is more difficult to treat but the results are also very good. In the latest study of 55 patients, 2% showed a disappearance of symptoms, 40% made substantial improvement, 53% showed some improvement and 5% stayed the same. Nobody deteriorated. **(95% benefited from treatment).**

6. Osteoporosis

In study of 44 women, none made a full recovery, but in 34% of patients, bone density returned within 85-90% of normal. A further 55% showed substantial remineralisation. 11% showed no improvement.

(89% benefited from treatment)

7. Spinal disorders

In a study of 702 patients, 21% registered disappearance of symptoms, 51% substantial improvement, 21% improvement, 6% lack of improvement and 1% deterioration. In many cases, the first few treatments caused initial intensification of the symptoms. **(93% benefited from treatment).**

8. Cardiovascular diseases

In a study of 78 patients with high blood pressure, after 15 treatments the average systolic blood pressure decreased by 26 mm Hg and diastolic by 13 mm Hg.

As a result, the general improvement was considered exceptional in 42% of patients, very good in 37%, good in 17.5% and of no effect in 3.5%.

In a study of 44 patients with the chronic coronary heart disease, substantial improvement was observed in 85.7% cases. This was accompanied by substantial increase in cortisol concentration and corresponding decrease in aldosterone concentration. **(85.7% benefited from treatment).**

9. Bronchitis, bronchiectasis, pneumonia and other lung disorders

The increase in the ciliary activity helps to clean the lungs and expel the accumulated fluid. In bronchiectasis, it was found to improve breathing efficiency and decreased the number of episodes that lead to the scarring of the lungs.

In a study of 158 patients with pneumonia, many beneficial effects were observed including increased sensitivity to medication.

10. Diabetes 1 & 2 plus complications such as angiopathy, retinopathy and neuropathy

Over the past three years, extensive studies, first on rats and then on humans, have been undertaken by Prof. Sieron and his research team.

The conclusion is that long-term exposure to LFMF showed a significant hypoglycaemic effect, related to stimulation of insulin secretion and increase in glucose uptake - in a still unknown way.

In clinical trials, significant efficacy of LFMF in treatment of patients suffering from late organ complications of diabetes like angiopathy, retinopathy and neuropathy was confirmed.

The recommendation was that LFMF should be immediately incorporated into treatments of diabetes types 1 and 2, especially in the case of organ complications.

11. Ulcers

There is a surprisingly large body of evidence confirming the effectiveness of LFMF in the treatment of ulcers of the skin, especially chronic varicose ulcers. There is also a small body of research related to non-bleeding ulcers of stomach and colon, suggesting their faster, more complete closure.

12. Dermatological conditions

New light assisted (Red & Infra-red) LFMF therapy has increased greatly the efficiency of treating soft tissue and skin inflammation, bedsores, burns and psoriasis.

In a study of 920 patients, the treatment with LFMF always considerably improved the speed and quality of recovery with a 50% reduction of conditions leading to permanent disability.

13. Stroke

In a study of 219 stroke victims, 92% of patients showed considerable improvement. In 71% of these, spasticity, mobility and coordination of the paralysed limbs showed great improvement. In 48% of sufferers, affected speech also showed considerable improvement. The treatment also helped the patients in relaxation and sleep. **(92% benefited from treatment)**

14. Multiple Sclerosis .

The first trials in treating MS with LFMF were undertaken by Prof. R Sandyk in the USA in 1992, results of which are in the public domain. It is surprising how little is known about the trial by the sufferers and the organisations providing support.

In the latest study of 64 sufferers, after a course of treatment with magnetostimulation, 50% of patients showed permanent and significant improvement in several parameters. Another 40% showed variable improvement, and only 10% showed very little response.

MRI scanning following this particular study showed that the improvement was not related to the decrease in demyelination of the nerve fibres.

(90% benefited from treatment)

15. Cerebral palsy, hyperactivity, autism

It has been known for sometime that the LFMF affects brain activity.

However, before the year 2000 there was little attention paid to this effect.

Since that time, there has been a considerable interest around the world in this area following the in-depth studies and results published by Prof. Pecyna.

The studies involved, over a number of years, more than 1000 children ages 5-16. The conclusion was that the exposure to LFMF in the organisms of children with pathological hereditary traits, such as autism, psychohyperkinesia and cerebral palsy caused the release into their consciousness of a feeling of general relaxation. Memory capacity increased, and cortex maturity - conditioned by a gradual decrease in sympathetic system activity - increased emotional balance and concentration of attention. This was accompanied by the improvement in motor sensory coordination. Only 4 children exhibited negative effects, and this was from the beginning of the trial. **(99.6% benefited from treatment).**

16. Parkinsonism and Alzheimer's disease

In the study of Parkinson's disease, 91 patients were involved (in 59% LFMF was the only treatment) and over 90% showed improvement. This included improvement in visually evoked potentials, improved sense of smell, better diction and verbal delivery, greater relaxation, better sleep patterns and considerable decreases in pain. In Alzheimer's disease, benefits were limited to improvement in visual memory and recognition, and sleep patterns improved. **(90% benefited from treatment).**

17. Migraine

In 89 patients, migraine disappeared after treatment in 38% of the cases. Another 35% felt great relief in the pain experienced, 23% felt some improvement, 4% were unaffected by the treatment. In all cases continuance with LFMF decreased the frequency and severity of the headaches.

(96% benefited from treatment).

18. Depression

In a study of 24 hospitalised patients there was a significant decrease in the intensification of the depression after just 7 treatments and a marked decrease after 15. The intensity of the depression was estimated using Beck's, Montgomery-Asberg's and Hamilton's scales. There was no difference in the control group.

(100% benefited from treatment).

19. Stress

The stress-relieving properties of LFMF are often remarked upon in many studies and often are a significant component in the success in treating other conditions.

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