

iMRS Intelligent Magnetic Resonance Stimulation



FDA Registered



Frequently Asked Questions

This section explains what to expect from Pulsed Magnetic Field (PEMF) Therapy, how it can offer so much, what conditions are excluded, how to work with your doctor regarding PEMF treatment, how to understand the occasional healing reaction, and how to get the most out of your PEMF treatments. If you have further questions please don't hesitate to call - +91-9818181991.

- Q. What does the iMRS System offer me?

Whatever your state of health, fitness, stress or fatigue, PEMF and the Life Mat has something to offer almost everyone, including:

- * Better blood circulation and oxygen utilisation
- * Increased metabolism and energy levels
- * Improved immune response, helping to prevent infection and disease
- * Reduced pain and inflammation
- * Greater psychological well being in case of stress, depression and anxiety
- * Deeper relaxation and stress reduction
- * Better sleep
- * Accelerated healing of wounds and injuries
- * Greater bone density
- * Faster recovery from illness
- * Slowed down aging process
- * Overall wellness and vitality

- Q. What can I expect to feel?

This depends on your overall state of health, and any issues you might have, your age, and the level of intensity you choose. Some people feel warmth, especially in affected areas when using the pad

or probe applicators. Among the sensations most people first notice are either deep relaxation or feeling energized. Getting this balance right (you wouldn't want to get energized at bed time unless you want to stay awake!), and delivering results at a speed and power that match your state of health, is the main challenge in your early period of using PEMF. Fortunately, we can draw on much experience to help you select settings, and design a treatment programme that suits you and any other family member who wants to use the iMRS System.

- Q. How soon can I expect to see results?

Most people notice two things quite quickly: more energy, and better sleep. However, your response will depend totally on your age and overall health, and the type, stage, duration and response level of any health challenges you may have. A condition that you've had for 10 years may take more than a few weeks to respond. On the other hand, when PEMF is applied to a fresh injury or acute stage of an existing condition, a reduction in pain and increase in mobility is sometimes almost immediate. How often you use the iMRS System, and at what intensities, will also have a major impact on what results you see, although it's wise to be cautious about this during the first week or so of treatment.

- Q. What actually happens in the body during a iMRS session?

Bathed in a PEMF field, the cell membranes become more energised, with a better balance between positive and negative ions. Greater cell membrane potential means better absorption of nutrients and oxygen, and better elimination of wastes. Blood circulation increases as the vessels dilate and as red blood cells repel each other more strongly, so the oxygen content of the blood increases. Calcium is also released from the protein layer of the cell membranes, and this sets off many reactions, including greater immune system activity. Under the influence of PEMF (and even more so if the iMRS System's Sound and Light, and Heart Rate Variability options are used) the autonomic nervous system moves from stressed sympathetic mode towards relaxed parasympathetic mode, and is then better able to release the many neurotransmitters required for adequate tissue repair and health maintenance. Many of these effects continue for several hours after treatment, which is especially important during sleep, when cellular repairs are at their peak.

- Q. What is the difference between harmful and beneficial electromagnetic fields (EMF's)?

Often known as "electro smog", harmful EMF fields are extremely high-frequency fields produced by our electrical wiring, communications devices and appliances. They stress our bodies, interfere with cell communication and metabolism, and drain our energies. Healthy magnetic fields, such as those produced by PEMF devices, mimic the natural frequencies of the Earth and its atmosphere. The iMRS System uses carrier frequencies in a range of just 0.5 and 15 Hz, which is totally within the natural biological window of the Earth's field. These fields help to put the body back into a state of balance, energy and wellness.

- Q. Can the **iMRS System** do any harm, cause pain or trigger a healing reaction?

There are no negative side effects documented from using PEMF, especially at the low intensity levels used by the Life Mat. It simply recreates the same type of energy, with the same frequencies, as would have been naturally created by Earth's magnetic field thousands of years ago. This energy is crucial to life on Earth. The only way it can cause any pain is when, occasionally, an old injury or

other condition is not fully resolved: as the cells become more energised, they may try to resolve it, causing pain in the same place. The body can also go through a short de-toxifying phase, which is usually just a day or two of fatigue and cold-like symptoms. If this happens, drink plenty of water, and get lots of rest and sleep. Such phases are usually followed by increased energy and a sense of well being.

With people who have a complex, long-standing issue, especially of a neurological type, or a very nervous disposition, we recommend a slow, cautious approach to avoid the risk of an overly strong healing reaction. The iMRS System has a "Sensitive" setting which we often advise such individuals to use initially. Even using this weaker magnetic field, they will still have desirable effects, and gradually tolerate higher levels. You cannot overdose by going on the **iMRS System** too long or too often, although some individuals do give themselves more energy than those around them can tolerate!

Among PEMF systems available to home users, the current iMRS System is the top seller worldwide one of the few devices registered as compliant with the U.S. Food and Drugs Administration (and some other devices cost as much as \$25,000!)

- Q. Are there any contraindications to using the iMRS System?

You should not use PEMF's with these conditions:

- * During pregnancy
- * When a heart pacemaker or other electrical implant has been fitted
- * Following an organ transplant

And it is best to consult with a doctor before using PEMF in the event of:

- * Epilepsy
- * A serious bacterial or fungal infections
- * High fever

- Q. What about my doctor and existing medical treatments?

For any health condition or undiagnosed pain, it's always best that you first consult your GP for a professional diagnosis. It's also a good idea if they know that you are treating yourself with PEMF. Unless they are orthopaedic specialists (PEMF has an outstanding track record with bone fractures and osteoporosis), they're unlikely to have heard of it. The only cautionary note is that any therapy that truly makes the body more efficient at a cellular level will also makes its response to drugs more efficient. So, if you are taking medicine, it's advisable to discuss the continuing dosage with your doctor since it may be possible and advisable to gradually reduce it as time goes by. Unless you're just taking painkillers, your doctor should be the person to decide whether a reduced dosage is appropriate.

- Q. How is the iMRS System different from ordinary magnets?

Permanent magnets produce only one frequency: unlike a PEMF system, they are far from mimicking the Earth's pulsating magnetic field in which our bodies have evolved. They can be effective, especially for short-term relief, but over time the body can become used to their constant field, so the health benefits recede. In order to have any effect, they also typically use much higher magnetic strengths, and have to be worn for long periods of time. Instead, the Life Mat passes a pulsing electric current through metal coils to generate an electromagnetic field. In this weak field that imitates Nature; low pulsed magnetic frequencies stimulate several cellular processes for just 8 minutes twice a day. These include metabolism, oxygenation and elimination of wastes.

- Q. Is there any scientific research behind it?

Research on the benefits of using PEMF, began in the 1960's and has continued ever since -- there are now over 1,000 PEMF clinical studies indicating its effectiveness. A selection from those studies is available upon request (by email). There are also over 6,000 scientific papers documenting the overall interactions between electrical, electromagnetic and radio frequency signals, and their biological effects on the human body.

- Q. How often will I need to use the iMRS System?

The greatest benefits from PEMF will come from using it first thing in the morning and last thing at night. When injuries and chronic health challenges are involved, a midday session may also be recommended, and there are well-documented benefits from having a short daily nap in the afternoon. However, benefits will accrue even if you use it only once a day or once a week.

- Q. Can the iMRS System be combined with other therapies?

Yes, PEMF is ideal as a supportive therapy, for instance with chiropractic, osteopathy, acupuncture, nutritional therapy, and other forms of energy medicine. Since it's working at the level of donating cellular energy, rather than directing that energy, there is no conflict with other therapies, some of which will be made more effective and powerful through the supplemental use of PEMF.

- Q. How well made and durable is the iMRS System?

The system is manufactured in Germany by MediConsult an ISO certified company, and carries CE certification which means that it is made in accordance with the EC directive for medical devices. It is made from high-grade, long-lasting materials and should last for many years under normal daily use. There are no moving parts and almost no maintenance or re-calibration is required. The newest models have upgradeable programme cards (which can for instance add new frequencies to those sent through the magnetic field) which gives them a good measure of "future-proofing" as new discoveries are made.

- Q. Can I use a blanket and pillow over the iMRS System, fold it away and travel with it?

Yes, the PEMF field projects for about a metre in all directions, and this passes through almost everything. Yes, it folds up for stowing away in a drawer or under a bed. A travel bag is also available, and a smaller version of the whole-body mat (for travel and use in the car), and the newest control units are very small and light. At least one well-known health guru - David Wolfe - takes his with him all over the world!

- Q. Can I try the system first before I decide whether to buy one?

Depending on where you're located, it may be possible to arrange a one-month rental or trial period.

- Q. How can I order my iMRS System and when will it arrive?

We'll handle your order for you, and orders are normally despatched on the same day from Germany. Occasionally surges in demand outstrip available stocks, but we'll be checking every day or two with the manufacturer to keep you updated. Shipping times are as follows:

- Europe: 3-4 working days.

- Rest of the World: several weeks, depending which country you're in.

- Q. Is it easy to operate? Do I need help setting it up?

The iMRS System is easy to use and does not require major training. Set-up is just a matter of locating a suitable area of floor space, or a firm mattress or treatment table, and connecting the power supply and applicators to the control unit. With the newest models, to start a treatment, you only have to turn the system on and choose an intensity and duration setting, or, even simpler, push your personal button (there are several for different users) with your pre-programmed settings. We will gladly talk you through the set-up, and help design a treatment programme that suits the individual needs of yourself and any others who want to use the system.

- Q. Do you ship and service worldwide?

Yes - unless you want support in a language other than English, we can supply and support you. iMRS Systems and related items are shipped directly, worldwide, and the iMRS System has a three-year GLOBAL guarantee. We will still advise you on which model and configuration to buy, how to set it up, and how to get the most benefit from it in the months ahead - wherever you live.

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