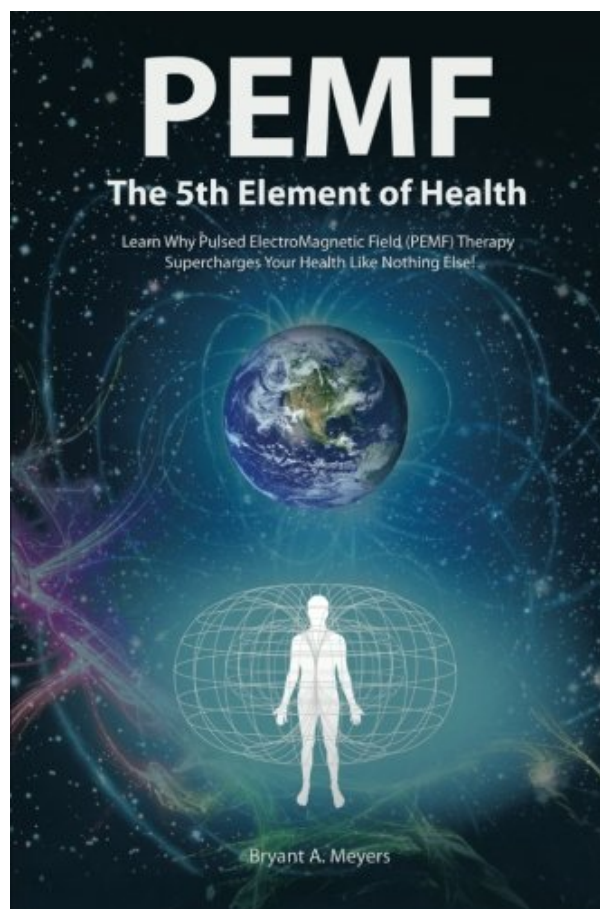
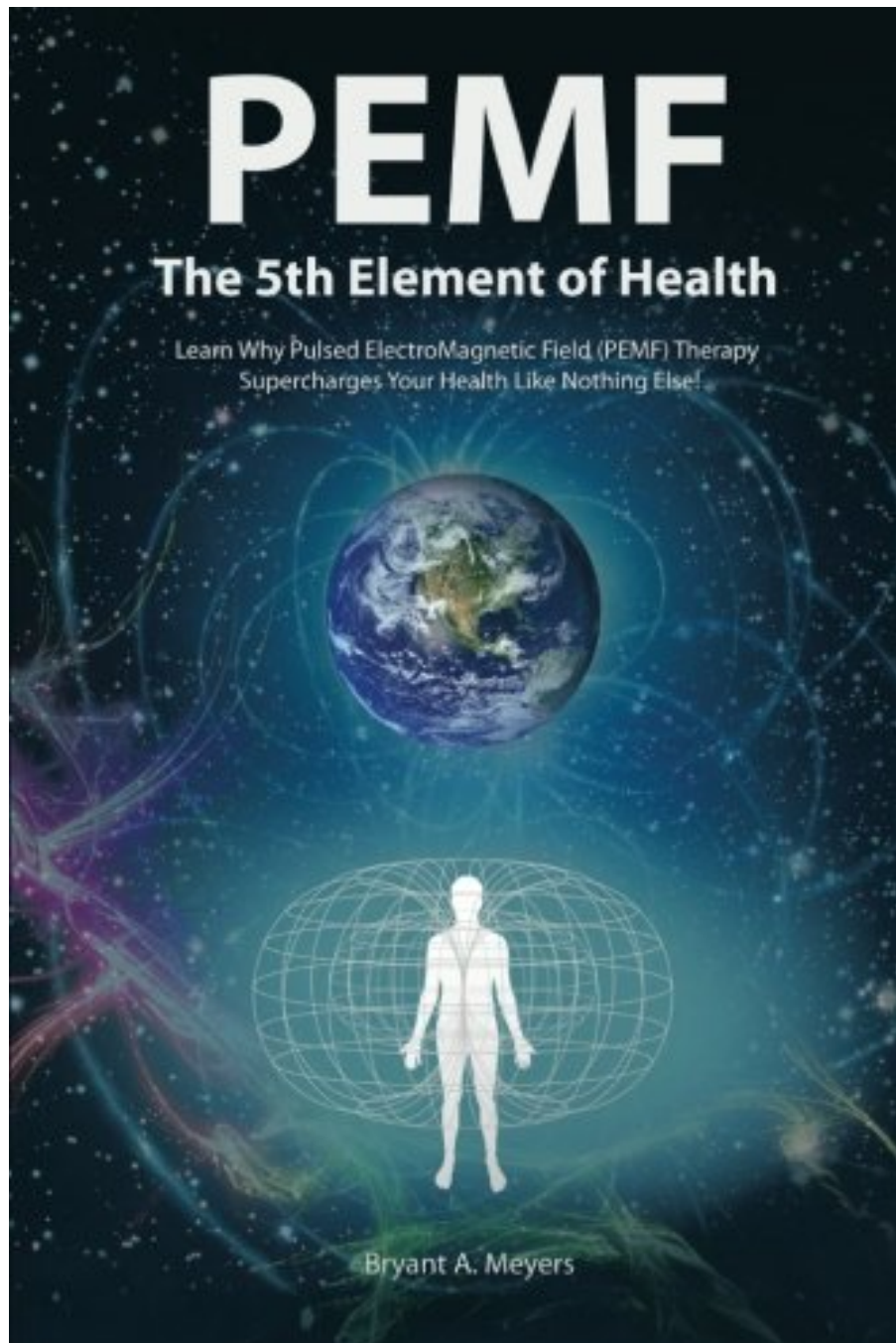


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You probably know that food, water, sunlight, and oxygen are required for life, but there is a fifth element of health that is equally vital and often overlooked: The Earth's magnetic field and its corresponding PEMFs (pulsed electromagnetic fields). The two main components of Earth's PEMFs, the Schumann and Geomagnetic frequencies, are so essential that NASA and the Russian space program equip their spacecrafts with devices that replicate these frequencies. These frequencies are absolutely necessary for the human body's circadian rhythms, energy production, and even keeping the body free from pain. But there is a big problem on planet earth right now, rather, a twofold problem, as to why we are no longer getting these life-nurturing energies of the earth. In this book we'll explore the current problem and how the new science of PEMF therapy (a branch of energy medicine), based on modern quantum field theory, is the solution to this problem, with the many benefits listed below:

- eliminate pain and inflammation naturally
 - get deep, rejuvenating sleep
 - increase your energy and vitality
 - feel younger, stronger, and more flexible
 - keep your bones strong and healthy
 - help your body with healing and regeneration
 - improve circulation and heart health
 - plus many more benefits
-
- Sales Rank: #25764 in Books
 - Published on: 2013-08-19
 - Released on: 2013-08-19
 - Original language: English
 - Number of items: 1
 - Dimensions: 9.00" h x .53" w x 6.00" l, .70 pounds
 - Binding: Paperback
 - 234 pages

Most helpful customer reviews

114 of 119 people found the following review helpful.

Presents excellent knowledge of PEMFs and health!

By kurt hansen

With his degrees in physics and years of research and personal use of dozens of "energy medicine" devices, the author is uniquely qualified to evaluate not only the physical devices, but also the theory and research behind their operation. All too often these devices are not even understood by their designers, as evidenced

by the outright nonsense of some product brochures. But not here!

Rather, the author actually takes the time to define his terms, a refreshing departure from most energy medicine books! For example, the term "frequency" is bandied about so often and so ignorantly these days, it's almost embarrassing to hear it used in new age circles. But not in this book. We begin with first principles, using the traditional 5 elements, (earth, air fire, water and space) as an interesting philosophical springboard into the paradigm changing implications of quantum mechanics and the implications this has for our usual classical mechanical understanding of the field of health.

As an aside, Buckminster Fuller pointed out 40 years ago that it has traditionally taken about a generation for any field of knowledge to adopt as mainstream the refinements and breakthroughs of that field's leading edge research. For example, Fuller pointed to the adoption of the clearly superior technology of adding reinforcing steel bars (rebar) into concrete pours as nonetheless taking a generation (which he defined as about 33 years) for the construction industry to adopt. Note that the accelerating rate of change, especially the rate of information discovery and dissemination as described in Alvin Toffler's Future Shock, may tend to reduce Fuller's prior estimate of adoption times.

So it's not a stretch to understand the author's point that the health industry, mired in a classically based physics understanding of how biology works, could stand improvement in the accuracy of its health paradigm. Pretty much every area of biological knowledge is affected by the paradigm shift. Without this foundational understanding, I've seen many health books rapidly enter the realm of unsubstantiated assertions.

So, after reading this book, you will understand why and how, despite the detrimental effects of random and uncontrolled electromagnetic fields, controlled PEMFs can positively affect human physiology. Benefits include stronger bones, improved endorphin levels for pain relief, better sleep and HGH levels, more energy through a stronger ATP cycle, better oxygenation and circulation, improved immunity, deeper relaxation and stress reduction of stress, and regeneration of nerves and other tissues. The author supports these asserted benefits with thorough discussion of the historical and current research.

Finally, at the end, we find an excellent index and bibliography. Also, chapter-level source notes are included. To me, this attention to detailing source information pulls the entire book out of the realm of unsubstantiated assertion -- a huge plus.

Meyers' refreshing approach and style, coupled with his precise knowledge of the field combine into a very accessible, sensible and useful compendium of knowledge about this little recognized but extremely important field. I highly recommend this book!

65 of 68 people found the following review helpful.

SO, SO Much valuable information I read it twice!

By G Musser

WOW! I was excited to read the book and I can honestly say it exceeded my expectations. I was amazed with all the information presented in the book, I began taking notes to refer back to different sections. The chapter on the Mind-Body Connection was an eye opener for me; and took my experience with PEMF to a new level...it really is all connected! Thanks Bryant for your hard work and dedication to the field of physics and particular PEMF therapy. I've order a stack of books and now present them to everyone I know who is interested in learning more about PEMF. It really is a journey!

67 of 73 people found the following review helpful.

HIGHLY RECOMMENDED! This is VERY educational (yet easy to grasp) read and a lifestyle changer for

sure!!

By Lenette Nakauchi

This was such a fascinating and thought provoking read, I'd recommend it to anyone. If you're already into health and healthy living, this will probably connect a lot of dots for you and give you and even higher-level of understanding to what's really going on. If you're not so into health yet, this book will rocket you ahead of most people because it's so comprehensive.

Your health will no doubt improve if you implement even a few of the suggestions and ideas in this book. Little things like getting compact florescent light bulbs out of your house asap will make a huge difference in your health as well as your family's for years to come!

The author, Bryant, is clearly a subject matter expert in this field and has a very strong and accurate grasp of what going on with our health, physics, and the universal forces, and how they all tie in together. He explains a lot of highly scientific concepts in easy to understand language.

So many concepts like the recent "earthing" hoopla make a lot more sense to me now after reading this. My friend owns an MRS 2000 mat and I can see why she made the investment now. PEMF therapy devices are quite incredible for our health. And also, this book is not about marketing or selling you something. It's about educating us all to what we need (and don't need) to live the best and happiest life ever. Read the book and pass it onto a friend :)

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