

## Data Sheet 2

MagnacareUK Ltd recognises the specific nature of the electromagnetic signals natural to the normal operation of the body. These are characterised by ultra-low frequency, low power, oscillating signals with a group of associated, specific harmonics.

In addressing any condition with the *Magnafield*<sup>®</sup> the frequency selection is the most important factor.

In general, the following is a guide to the possible effects at various frequencies.

Generally under 10Hz:	There can be a mild vaso-constrictive effect Increased lymph drainage effect Blood flow, inflammation, metabolism reduced or lowered
At 10Hz:	Stabilising (re-balancing effect) Liver function may be assisted
Over 10Hz:	Mild vaso-dilative effect Assisted blood flow increase Cellular activity, metabolism increase

Some specific frequencies are reported to have the following effects:

<b>0.5Hz – 4Hz:</b>	Sedating, relaxing and calming effect; assists with deeper sleep. Reduction of bruising, bleeding. Lymph drainage (micro-muscular movement), best at <b>3Hz</b> or 1Hz, pain relief(temporary).
<b>0.5Hz – 1Hz:</b>	Pain relief (Temporary) – natural opiates released; lymphatic's assisted. Reported mitosis reduction or inhibition of rogue cell activity, oxygen absorption. <ul style="list-style-type: none"><li>• Balancing sodium-potassium cellular exchange; improved neurological signalling.</li></ul>
2Hz:	Promotes phagocyte and T-cell production. <ul style="list-style-type: none"><li>• Reported stimulation of the immune system (Thymus).</li></ul>
3Hz:	Can assist lymph drainage; also good for sleep where 0.5Hz is not benefitting.
4Hz:	Pain modulation (temporary relief) if 0.5Hz or 1Hz are not helping.
5Hz:	Increased DNA synthesis; cellular signalling; repair and healing.
8Hz:	Muscle tissue repair; muscle tone; nerve regeneration. <ul style="list-style-type: none"><li>• Stimulation of ATP production.</li><li>• Recharging and balancing of ionic and cell membrane potentials.</li></ul>
10Hz:	General re-balancing of cellular activity; improved oxygen uptake; assists liver function.
<b>12Hz – 15Hz:</b>	May assist in peripheral circulation; Increased blood flow through vasculature relaxation; more oxygen and nutrients available.
18Hz:	Increased metabolic rate; pre-sport or pre-exercise (for generally healthy people).

