

# Resilience

## Healing Energy by Sue Aumer

## Reiki and PEMF Therapy



To enhance the effects of the Reiki / healing energy you receive in your sessions, Resilience is now offering a powerful new complementary therapy:

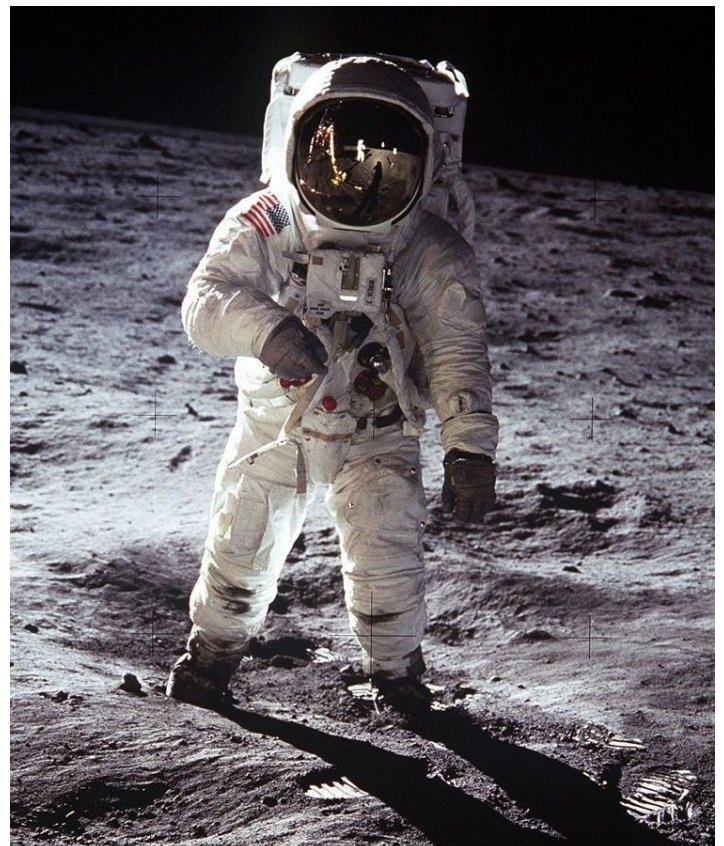
### **Pulsed Electromagnetic Field therapy**

#### ***What is PEMF therapy?***

PEMF technology has been [FDA approved since 1979](#). It is used in orthopedics to reduce post surgical pain and accelerate healing, to support bone healing, and to reduce inflammation and joint pain. It has even been shown to improve depression.

#### ***FUN FACT***

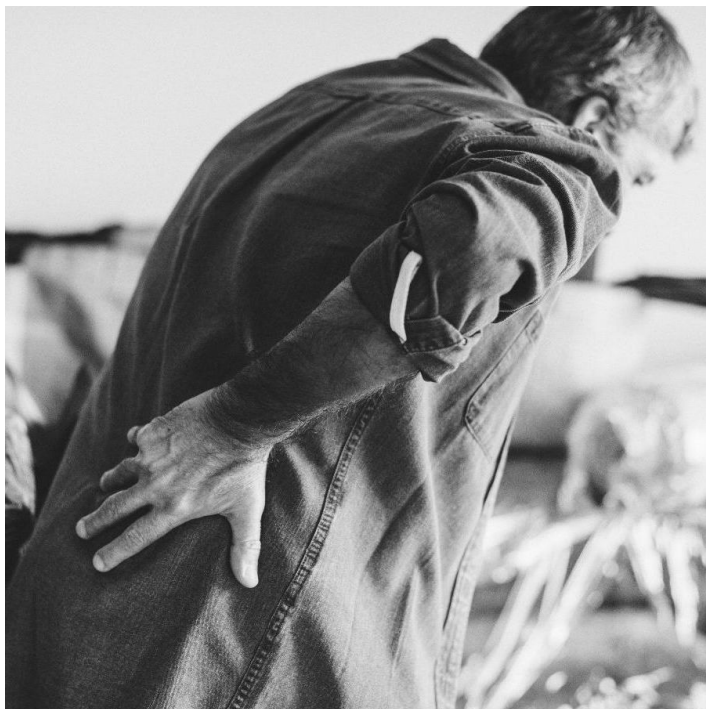
PEMF therapy was used by NASA to mitigate bone loss and muscle atrophy in astronauts.





The PEMF device (a 16"x23" 1.5 lb mat with four embedded copper coils) creates low frequency electromagnetic waves in brief bursts like those found in nature. The only difference is that these waves are produced locally and on demand.

Pulses at these low frequencies pass through the skin and penetrate muscle tissue, bones, tendons and organs to energize and support their natural repair mechanisms.



### ***What could it do for me?***

PEMF therapy results include increased circulation, improved mobility and relieved pain. It can correct minor tissue problems like pulled muscles quickly. It can also produce more substantial changes over time such as restoring sluggish organ systems or improving chronic muscle or bone conditions like fibromyalgia and arthritis.

### ***IMPORTANT!***

***There are some for whom PEMF therapy is not appropriate.***

***If you have implanted electrical devices such as pacemakers or insulin pumps, these could malfunction in the presence of localized electromagnetic waves therefore PEMF therapy should be avoided.***

### ***Added value without added cost!***

If you think Reiki / healing energy with complementary PEMF therapy might be beneficial for you, why not give it a try?

For those of us with no contraindications, PEMF therapy has been shown to be both safe and effective without any adverse side effects. And as with other

*PEMF therapy is not advised for those with **epilepsy**.*

*Since the effect on **pregnancies** is unknown, PEMF therapy is not recommended for women who are, or suspect they might be pregnant.*

complementary therapies offered at Resilience, it is available to you at no additional charge.

To try PEMF therapy, just schedule your Reiki session as usual and when you arrive, request it. You have nothing to lose but your pain!

**Thank you** for your business! I wish you all the best on your healing journey.

**Sue Aumer**

Usui Holy Fire III Reiki Master practitioner / energy worker



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