



PEMF for Heart Health

PEMF Machine / By Stephanie Walters

Heart disease is the leading cause of death for both men and women in the United States. The good news is that there are ways to prevent heart disease. Pulsed electromagnetic field therapy can help lower your risk for heart disease. Here's some information to help you understand the benefits of PEMF for heart health.

Heart disease is a serious problem

The Centers for Disease Control and Prevention report that almost 610,000 people die from heart disease in the U.S. each year. Heart disease accounts for 25% of deaths in the United

States. Cardiovascular disease is the number one killer in the United States, and is a major cause of disability.

Protecting yourself from heart disease begins with understanding the risk factors. Known contributing factors for heart disease include:

- Smoking
- Stress
- Excessive drinking
- Living a sedentary lifestyle (physical inactivity)
- Overweight and obesity
- Diabetes
- Unhealthy diet
- High blood pressure
- High cholesterol
- Family history of heart disease
- Age (men over 45 and women over 55 have the greatest risk)

Making healthy life choices and living a healthy lifestyle can help prevent heart disease. Abstaining from smoking and drinking alcohol can help reduce your risk for heart disease. Maintaining a healthy weight by eating a balanced, nutritious diet and exercising on a regular basis can also greatly reduce your risk for heart disease.

Most people know that diet and exercise generally improve your health, but the health benefits of pulsed electromagnetic field therapy aren't common knowledge. Pulsed electromagnetic field therapy promotes good overall health and wellness. PEMF for heart health can reduce your risk for heart disease in a number of ways

Benefits of PEMF for heart health

Pulsed electromagnetic field therapy can improve heart health both directly and indirectly.

Stress increases the risk for heart disease. Not only can stress raise your blood pressure, but extreme stress can also lead to cardiovascular events. People often cope with stress in ways that can increase the risk for heart disease: overeating, drinking, and smoking. PEMF is commonly used to reduce stress, and an increasing number of massage therapists use pulsed electromagnetic field therapy. PEMF therapy is also approved by the FDA as a treatment for anxiety and depression.

Sedentary living is a major contributor to heart disease. Staying active is the only way to combat sedentary living, and PEMF therapy can help you stay active. Pulsed electromagnetic field therapy improves mobility and range of motion. PEMF therapy also reduces pain, swelling, and inflammation which may prevent you from being physically active. When you're feeling at your best, you will be more inclined to engage in healthy activities.

Pulsed electromagnetic field therapy oxygenates the cells and improves oxygen distribution through the cardiovascular system. It promotes wellness, and it's used to prevent, delay, or reduce the symptoms of a number of physiological conditions. Pulsed electromagnetic field therapy promotes good cell health and proper cellular function. Numerous studies have identified ways that PEMF therapy can improve heart health, and PEMF therapy for heart health has the added advantage of being both drug-free and non-invasive.