

Discover how PEMF can support your Wellbeing?

As I arrived at the little courtyard outside the PEMFIT building, I instantly felt a lovely glow within me. It is a beautiful and historic building and as Pete Marroni, the brainchild behind the PEMFIT brand, met me at the door, he informed me that the Pulse Studio, also had spectacular views of Lancaster castle. I was hooked already!

As the sun was setting, the studio had such a warm feeling about it and Pete informed me that the lighting was incandescent and was similar to the gentle glows of a fire and that the lamps all had a purpose, from the salt lamps to add negative ions to the air, to the Somvedic mineral lamps which support harmonisation of

the environment in a variety of ways. With PEMFIT, everything has been thought of. There's definitely something special about the environment, even before you begin your therapy. My session began by sitting in the welcoming seating area and being offered refreshing, purified and mineral-enriched water which Peter informed me works in conjunction with the Pemfit session keeping your body hydrated at a cellular level. I was finally ready to begin my treatment!

So what is PEMF? It is Pulsed Electro Magnetic Field therapy, and is a drug-free, non-invasive, pain-relief alternative treatment, which may also promotes accelerated healing for ailments and injuries. In addition, PEMF



therapy could improve sleep, mental focus, and the body's overall performance by helping the energy output and regeneration of the body at a deep cellular level. Pete informed me of many other healing testimonials that he has received and witnessed too, including his own journey from chronic illness to the amazing health benefits he enjoys today. I have to say, his skin looked amazing, so rejuvenated! Pete said that a PEMF session was like having a huge "dose of nature" directed to our cells to support the body's self-healing and self-regulating process. He also informed me that his Lancaster and Reading Studios are the only sources of Pulse Centers brand PEMF in the UK so many people are travelling from all over the country for this treatment as, until now, it has only been available in the States, Canada, Australia or in Europe. Lancaster certainly is turning into such an epicentre of healing and it is such an exciting time for the city. I certainly felt like I was so privileged to experience such a prestigious therapy, that is often used in many hospitals outside the UK for natural healing and also by many sports people for healing injuries and also many

celebrities are using it too. Sometimes there are also other healing "bi-products" from PEMF too, for example, as the cells get recharged and the body becomes healthier and healing takes place, some people have also experienced weight-loss and opted for a healthier life-style.

I began the first part of my session lay on the full body contoured bed. Pete put me at ease with everything, so I knew exactly what to expect, and when those first PEMF pulses began, he informed me that the pulses would find where my body needed the energy most. I imagined that they would go to my right shoulder, but I was dumbfounded to find that the pulses went immediately to my left shoulder, which was an old stiff shoulder issue that developed after co-sleeping with my third child. I had forgotten all about it! I was struggling to lift my left arm high up my back in

'cowface' pose in my Yoga practice ever since this injury began. "Heal away!" I thought.

The treatment lasted around 40 minutes and with the background music, I can imagine that most people must fall asleep or enjoy a deep rest during the treatment once they are familiar with it.

I was also lucky enough to sample the PEMF rocker chair to see how you can focus the PEMF energy to different parts of your back and the discs, where you can apply the PEMF energy yourself to any specific area that needs it. I also tried out the PEMF energy to support pelvic floor, which was just sitting on a stool and the PEMF energy directs to the pelvic floor area. I thought this was something that we really need in the UK as we do not support pelvic floor health post-natally like many other countries do.

As my session came to a close, I felt a gentle buzz of relaxation, that wonderful feeling you get after a long walk in nature or a mountain climb. That mixture of relaxation and exhilaration. It was lovely! I slept really well too. And I haven't told Pete yet, but a day later, my arm went further up my back during my personal yoga practice and, for the first time in a couple of years, I reached my left arm up my back and my right finger-tips reached my left! So, something definitely shifted and began a healing process during that session.

I would highly recommend anyone who wishes to go on a natural healing journey to experience PEMF and book in as soon as they can at PEMFIT. It may well be the first step on your journey to natural healing and recovery!

By Katy Redford-Traynor



Discover how PEMF can support your Wellbeing at their new Pulse Studio in Lancaster. We are proud to be one of only four Pulse Centres in Europe.

PEMFIT Studio is a relaxing, restorative modality using soothing magnets to stimulate and exercise the cells. We're committed to safety, ensuring a COVID-19 secure environment.



Enhance the Body's Natural Recovery Process
Address underlying cellular dysfunction by stimulating and exercising the cells. [2]



Support General Relaxation
PEMF is a soothing and restorative modality. [4,5]



Experience More Energy, Naturally
The body's holistic nature uses PEMF as a catalyst for full-body energy. [6,7]

Enjoy a PEMF session that may support your overall wellness.

PEMF addresses underlying cellular dysfunction by stimulating and exercising the cell. It supports the body's natural healing and regulating abilities.

The first step in your PEMFIT journey is to make an appointment for an initial phone conversation.

To book this, please call us on +44 (0) 7544 761566 or E. enquiries@pemfit.co.uk [2, 4, 5, 6, 7] to locate the citation reference here visit www.pemfit.co.uk