



Benefits of **PEMF** Therapy On Heart Health

Your heart and blood vessels work hard every day. When they're stressed by things like inflammation, poor circulation, or high blood pressure, it can affect your overall health. **PEMF therapy (Pulsed Electromagnetic Field therapy)** is a safe, drug-free option that helps support your heart naturally.

HOW PEMF HELPS YOUR HEART:

- **Improves blood flow** by opening up tiny blood vessels and helping oxygen reach your heart more easily.
- **Reduces inflammation**, which is a root cause of heart disease.
- **Supports healthy blood pressure** and better circulation.
- **Helps your body relax** by balancing your nervous system, which can reduce stress on your heart.
- **May aid recovery** after a heart event by promoting healing and reducing damage.

SAFETY & CONSIDERATION

Many people use PEMF as part of a healthy lifestyle to support heart health, especially when combined with good nutrition, movement, and stress management.

If you have a heart condition, talk to your doctor before starting PEMF.

