

# Minneapolis Chiropractor Announces PEMF Therapy At Local Pain Clinic

Daniel Morel May 06, 2013



**A Minneapolis chiropractor announced the introduction of a new treatment within the pain clinic at Mittag Holistic Chiropractic. Dr. Harlan Mittag, a chiropractor, nutritionist and acupuncturist at Mittag Holistic Chiropractic says that PEMF (for Pulsed Electro-Magnetic Field) therapy is a promising new treatment for relief many types of pain.**

(Newswire.Net -- May 3, 2013) Minneapolis, MN -- **PEMF is an alternatives to drug therapies**

Drug therapies remain the norm for treatment of acute and chronic pain within the medical community. As the public becomes more and more aware of the risks associated with pain relieving drugs, people are looking for alternatives. Alternative health professionals like chiropractors, nutritionists and acupuncturists are consequently in ever increasing demand. The trend is accelerating as the public becomes aware of the efficacy of alternative therapies.

## **Dr. Oz describes PEMF as the “revolutionary cure for pain”**

PEMF has been popularized over the last couple of years by the Dr. Oz Show. Dr. Oz has featured PEMF as a “revolutionary cure for pain” that will change the practice of medicine. He points out that few doctors know about PEMF “because it’s not a pill or surgery”. Dr. Oz explains that “magnetic therapy uses the power of magnetic energy to redirect electrical impulses to the areas where you feel pain so relief and healing can begin”.

Dr. James Dillard, M.D., a pain specialist was interviewed by Dr. Oz on the show. Dr. Dillard explains that “because the electro-magnets actually affect the [pain] nerve cells and nerve cells are electrical cells, the magnetic fields can actually affect how the nerves fire and quiet them down without using drugs, and increase circulation in the area and aide the healing”.

## **PEMF proven an effective treatment for relief of many types of pain**

Pulsed electro-magnetic field therapy has been shown by researchers to effectively relieve pain associated with a variety of conditions. Some of these include:

- Osteoarthritis (throughout the body, ie neck, shoulders, wrists and fingers, back, hips, knee’s, ankles, feet)
- Fibromyalgia
- Lumbar radiculopathy (sciatica)
- Whiplash syndrome (neck pain following auto accident injury)
- Peripheral neuropathy
- Pelvic pain
- Tendinitis
- Migraine headaches

## **What is PEMF?**

Pulsed electro-magnetic field therapy involves passing a magnetic field through the body. While an MRI scan uses pulsed magnetic fields to see structures within the body, PEMF transmits pulsing magnetic fields through the tissues for healing.

## **Benefits of PEMF**

- PEMF treatments are comfortable, non-invasive and safe.

- Numerous research studies have demonstrated the effectiveness of PEMF for relief of pain.
- PEMF reduces pain associated with acute or chronic conditions.
- Treatments are not time consuming (a typical treatment is 30 minutes)
- PEMF has been shown to benefit other conditions such as osteoporosis, fracture healing, post-surgical healing and more.

### **What is a PEMF treatment like?**

A typical PEMF treatment involves sitting or lying down next to a treatment coil from the PEMF unit. An electric current runs through the coil which in turn emits a magnetic field. The magnetic field extends out from the coil through space for up to several feet. If for instance the treatment was for neck or shoulder pain, one would sit or lie with the coil resting on one's neck or shoulder. Most people report no feeling except perhaps a mild warmth and sometimes a feeling of relaxation.

### **How does PEMF work?**

PEMF relieves pain partly by desensitizing pain nerves. It does this by polarizing the nerve cell membrane and thereby decreasing the sensitivity of the pain nerve to pain receptors. PEMF has also been shown to stimulate healing of the inflamed tissues that are the source of pain. PEMF treatments stimulate healing of injuries by promoting blood and lymph flow, and by stimulating cellular production of ATP. ATP is the energy molecule that each and every cell in the body uses to function. With more ATP available cells and tissues are able to heal more quickly.

For more information on PEMF click [here](#). For more information on Mittag Holistic Chiropractic click [here](#).

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