



# MAGNACARES®

INVIGORATE YOUR INTERNAL STATE AT CELLULAR LEVEL

## *MagnaField® Mini*

PORTABLE PEMF THERAPY DEVICE

MODEL: MVP650

Micro Vibrational Pulsed Electro Magnetic Therapy (PEMF) Unit



## **OPERATOR MANUAL, USER GUIDE AND WARRANTY**

MANUFACTURED IN THE UK

# MagnaField® Mini

Portable PEMF Therapy Device

**MODEL: MVP650**

## **PRACTITIONER REFERENCE & USER GUIDE**

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# GENERAL NOTES

The **MagnaField® Mini** produces gentle, oscillating micro-pulsed waves of ultra-low frequency and low power magnetic energy that mimic those of the Earth's natural magnetic currents. These devices can be used day and night continuously.

When pain is present often medication is prescribed. This may well be appropriate and may be essential to correct or to maintain physiological function and relative comfort levels. Magnetic energy is an essential part of the Earth's natural source of energy and essential to all life.

The **MagnaField® Mini** modulates and inhibits pain signal transmissions rather than just 'blocking' the pain. This is then enhanced by the healing properties of the specifically pulsed energy fields. (1)(2)

The **MagnaField® Mini** produces ultra-low frequency magnetic energy (within the range 0.5Hz and 16Hz) at very low power output to achieve faster pain relief without the body getting used to or becoming fatigued from the treatment.

The **MagnaField® Mini** product is simple to use, it has been developed not only to provide temporary pain relief but to assist your body's return to a state of well-being by the gentle oscillating micro-pulsed bi-directional (negative/positive) balanced magnetic energy waves. This unit is the result of over 20 years of research to provide faster relief of painful conditions.

Medical and scientific research has shown that the gentle induction of these waves helps to reduce soreness, fatigue and other discomforts. The **MagnaField® Mini** is effective at up to 20 centimeters (8 inches). If you have a localised problem for example an sprained ankle you would strap the device to the area even whilst sleeping.

**MagnaField® Mini** is a non-invasive and drug-free solution to relieve pain, speed recovery and hasten healing.

Compared to other leading brands, the **MagnaField® Mini** device can be continually used to promote recovery without any adverse issues. This is because other brands are restricted to limiting their treatment sessions due to their higher hertz(Hz) output, making the **MagnaField® Mini** devices safe for all, even for pregnant women, epilepsy sufferers, and individuals with pacemakers.

For healthy people, the constant use of the **MagnaField® Mini** can help facilitate the anti-ageing process and will promote good health.

It has also been used by veterinarians, horse and dog trainers, breeders and individual pet owners. By increasing cell metabolism, oxygenation and nutrient absorption, it is also used to influence growth disorders, and problems with the skin and coat, as well as strengthening the immune system and reducing allergies.

We believe that good health involves a balanced approach to lifestyle, nutrition and the avoidance of substances known to cause harm to the human body. Exercise should be approached with a common-sense attitude in respect to age, ability and disability.

(1) "Bio Magnetic Energy In Pain Relief" 2nd International Conference on Bioelectromagnetism. Melbourne, Australia 1998, R. J. Grace PhD pp143- 144.

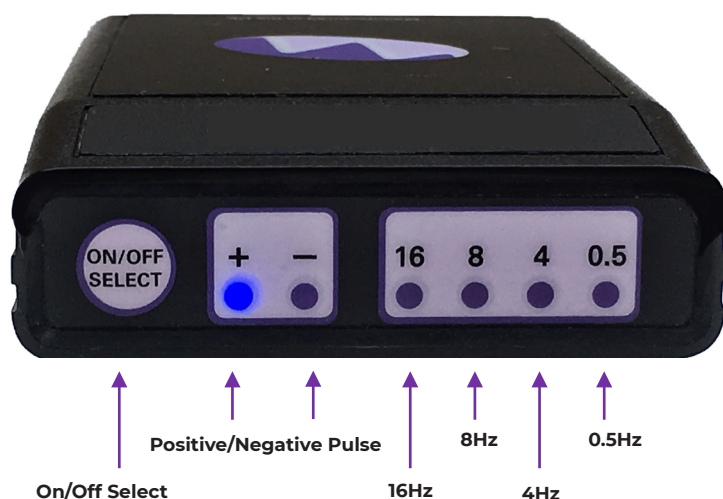
2) "Influence of Alternating Magnetic Fields, 1-10Hz on Pain and Psychosomatic Ailments" W. Ehrmann, H. W. Ludwig, W. Sadtke, 2nd Bioclimatological Conference, Munich, West Germany, Sep 1976 (Marino-Dekker 1988, pp 600-605)

# OPERATING INSTRUCTIONS

1. This unit uses 2 x 1.5V alkaline batteries (AA). Add batteries by opening the battery compartment that can be found on the back case of the device. When exhausted, replace with two of the same type, paying particular attention to the correct polarity alignment as shown within the battery compartment.
2. The control panel has one multi-function button and 6 indicator LEDs. Refer to the diagram below.
3. The ON/OFF/SELECT switch controls both the power to turn the device ON and OFF and also selects the desired frequency. A single press will activate the unit. One of the LEDs will light up for approximately 2 seconds (the default setting is 0.5Hz or the last setting that was used) after which the positive (+) and negative (-) pulse indicators will begin to flash alternately.
4. To change the frequency, press the ON/OFF/SELECT button twice in quick succession. The next frequency will light up for 2 seconds before it is activated. To move between frequency, press the ON/OFF/SELECT button once before the 2 second activation starts.
5. The unit will operate at the selected frequency for 5 minutes ON and 5 minutes OFF automatically repeating that cycle until switched off. To turn the unit OFF press the ON/OFF/SELECT button once.
6. There are four frequency settings: 0.5Hz, 4Hz, 8Hz, 16Hz.
7. While in pause mode only the currently selected LED will flash.
8. If the batteries are too low to operate the unit the LEDs will not flash. Replace with batteries of the same type.



Please observe battery polarity



# SUGGESTIONS FOR USE

## **0.5 Hz**

Low Delta Frequency. This frequency assists the re-entrainment of normal brain and neurological signals and regenerates cell activity. It is often used to reduce anxiety, metabolic over activity and insomnia. It also has an anti-inflammatory effect. It is always the recommended starting level.

## **4 Hz**

A higher Delta frequency. Many users and practitioners have commented that this setting assists with the relaxation and a 'good night's sleep'. It may also help ease some stressful and painful conditions (temporary relief).

## **8 Hz**

The Schumann Frequency. This setting has a soothing effect on tired and sore muscles. It also promotes healing of damaged tissue and may assist in the relief of aches and pains. It is considered the best setting for everyday use to assist the body's own detox mechanisms and maintain fitness and is an Alpha frequency that mimics the Earth's own.

## **16 Hz**

The Beta Frequency. Most users report a sense of balance and freshness at this setting, even after travel, late nights and exercise. This setting enhances blood flow and circulation making it a perfect pre-exercise boost. Many report it as the fastest setting for pain relief. It is recommended for short use (20 minutes), alternating with the 8Hz setting which is recommended for longer periods.

**0.5 Hz**  
**Low Delta Frequency**

- Ideal setting for first time treatment
- Regenerates Cells
- Helps Reduces Anxiety
- Helps with Insomnia.
- It has an anti-inflammatory effect

**8 Hz**  
**The Schumann Frequency**

- Soothes tired and sore muscles
- Promotes healing of damaged tissues
- Assist in the relief of aches & pains
- The best setting for everyday use
- Set at 8Hz during flight helps prevent jet lag



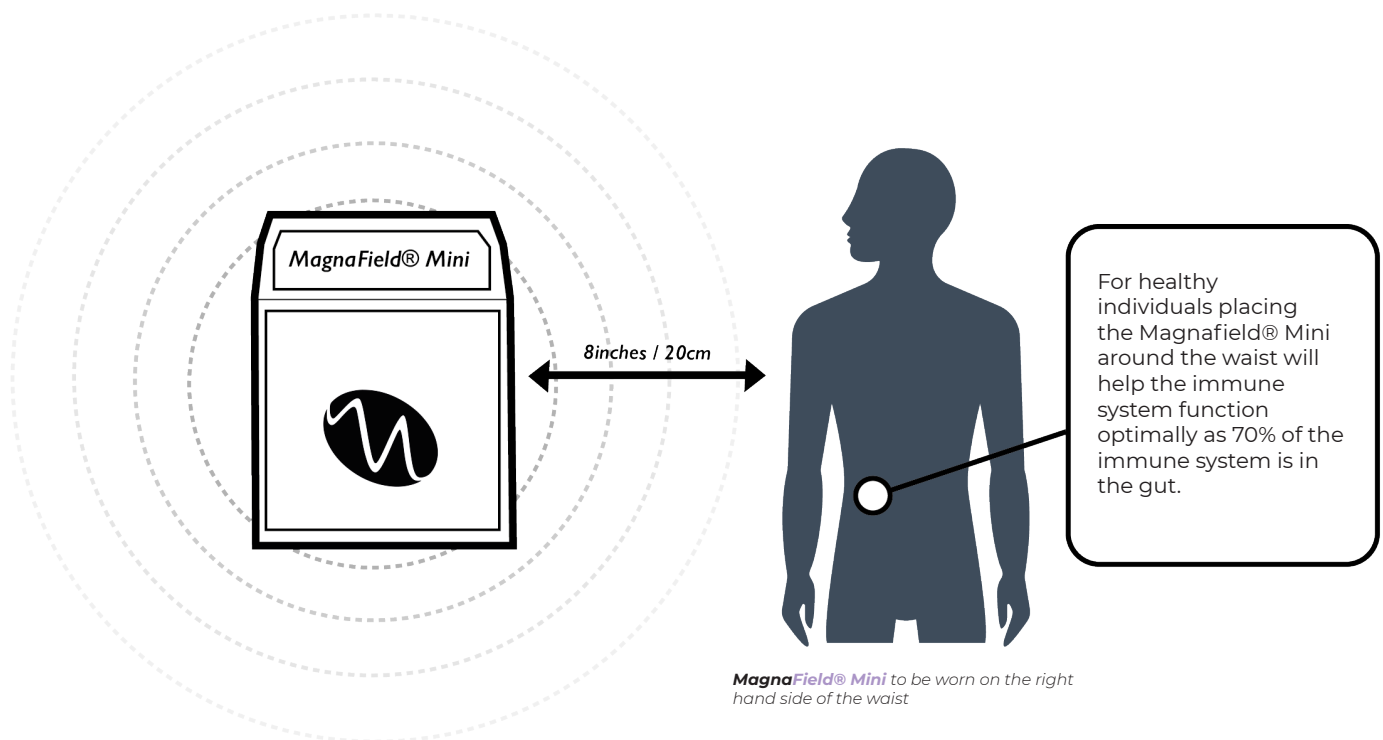
**4 Hz**  
**A higher Delta frequency**

- Sleep Aid
- Temporary Pain Relief
- Helps with Stress Relief

**16 Hz**  
**The Beta Frequency**

- Enhances blood flow
- Helps with travel fatigue
- Pre-Exercise Boost
- Best setting for Pain Relief
- Use for short periods (20mins)

**Please Note:** The **MagnaField® Mini** can assist the body in a mild detox over the first 3-4 days of first use. Refer to page 10 for more information. **MagnaField® Mini** can be worn with the belt holder inserted up or sideways depending on comfortability. The **MagnaField® Mini** should be placed on the body part that is causing the issue. For example, sprained ankle strap to ankle area.



# AN INTRODUCTION TO MAGNETIC RESONANCE INDUCTION THERAPY

Magnetic therapy is not a modern discovery. It was widely used by the Ancient Egyptians, Ancient Chinese and Ancient Greeks.

In 1773, Franz Mesmer began using magnets for healing. By 1884, about 10 000 physicians in the USA were successfully using various magnetic devices every day for therapeutic purposes. In 1924 the Nobel Prize was awarded to W. Einthoven for the discovery of the heart's electrical nature. In the same year, Hans Barger discovered that magnetic field of the brain which led to another ground-breaking invention in medicine: The Electroencephalogram or EEG. In 1963 Bale and McFee discovered that the heart produces a magnetic field which is not surprising as electrical current always produces a magnetic field.

In the USA doctors applied this discovery and saved lives every day by using the then newly discovered Electrocardiogram. The latest discoveries show that each organ in the body has its own electromagnetic field and that this field covers the whole body. In Europe, magnetic devices are used by private practices and in hospitals to speed up the healing process and increase the rate of recovery.

We are subject to magnetic effects in the environment every day of our lives and by our own magnetic energies. A force field of magnetic energy is created whenever a charged particle (e.g. an electron) moves. When billions of these electrons or other charged particles, within the body, move, a multi-potential effect is exerted on you as a biological system. **MagnaField® Mini** utilises this effect in a positive way by stimulating and supporting the process of healing.

# THE MAGNAFIELD® MINI DEVELOPMENT HISTORY

Numerous types of electro-medical therapy systems for the treatment of injuries and painful conditions both in humans and in animals have been developed over recent years. Amongst these, Magnetic Field Therapy has been used in the medical profession for over 60 years.

Recent worldwide research into the effects of magnetic energy on body tissue has resulted in a clearer understanding of how and why magnetism plays such an important role in the balanced operation of every cell in the body. We have natural magnetic emanations from the earth itself at close to 10Hz and the outer orbit Schumann resonance 7.83 to 7.96Hz both of which have a subtle but critical effect on all living matter.

**MagnaField® Mini** a patented technology with extensive research and testing behind it, is one of the most advanced and effective portable units available on the market. It has been effectively used on numerous conditions and in many different countries.

**MagnaField® Mini** was initially invented as a portable version of the **MagnaField®** which was successfully used in a double-blind, randomised, placebo-controlled trial of the **MagnaField® Mini** Pulsed Magnetic Field Therapy in the treatment of acute, sports-induced tissue injury conducted by Associate Professor Irena Cosic, Bio-Electronics Group, Department of Electrical and Computer Systems Engineering, Monash University, Melbourne, Australia in 1999, Cosic concluded:

***“This study scientifically validated that Magnetic Field Therapy applied using the MagnaField® Mini can improve recovery of muscle injuries caused by exercise in terms of diminishing muscle tenderness, swelling, pain and improving range of motion.”***



# OBSERVED MAGNAFIELD® MINI EFFECTS

**MagnaField® Mini** uses low frequency, low power multiple form pulses. The oscillating electromagnetic forces work in conjunction with a group of specific harmonics which are introduced through the body subjecting nerve and other cell tissue to changing electrical potentials which induce an analgesic effect and promote the healing of damaged tissues. The main effect of **MagnaField® Mini** is to assist the body to repair from a cellular level.

The following general effects of the **MagnaField® Mini** can be referenced from hundreds of medical, veterinary, complementary medicine, scientific papers and journals. Many other associated effects have been noted in clinical practice.

**Assists ionic transfer – calcium, potassium, and sodium balanced may be restored**

*(Essential for normal cell function & health)*

**Increases protein synthesis and absorption rate**

*(Cellular uptake providing healthy tissue and muscle elasticity)*

**Improves acid/alkaline pH balance, particularly if too acidic**

*(This can assist with digestion and also helps with some arthritic conditions)*

**Reduces inflammation, swelling and pain (0.05Hz and 4Hz is optimum for temporary relief)**

*(Important phase prior to promotion of the healing process)*

**Promotes cell regeneration and assists healing: Oxygen transport and cellular uptake are improved at 8Hz**

*(Helps to support a healthy immune system)*

**Increases blood flow, peripheral circulation may be enhanced (especially at 16Hz)**

*(May improve peripheral circulation, healing rate and reduce risk of more serious injury)*

**Stimulates the release of endorphins, enkephalin, serotonin and noradrenaline for pain inhibition**

*(Assisting the body's own natural pain inhibitors – temporary relief)*

**Synchronisation of dominant brain waves (0.5Hz next to the head)**

*(Assists with co-ordination and balance)*

# COMPARISONS OF FREQUENCIES BETWEEN THE **MAGNAFIELD® MINI** AND OTHER PULSED ELECTROMAGNETIC DEVICES ON THE MARKET

There is a vast difference between the wave forms and harmonics used in the frequencies of the **MagnaField® Mini** unit which sets it apart from all other PEMF devices.

Magnacares® products are unique in their nature, and each frequency has a different effect on the cells.

Unlike the many PEMF devices on the market today, which use ONE FREQUENCY, and several strengths of that frequency, and are within the (50,000 to 500,000,000 microwave) frequencies, the **MagnaField® Mini** operates at a much lower range, replicating the frequencies of the human cell (0.5 to 16 hz) and gently oscillating or vibrating in accordance with the cell's own vibratory field.

These higher frequency strengths, have certain benefits in pain control, and are widely used in hospitals and clinics. They can have a detrimental effect on the cell if used frequently, whereas the **MagnaField® Mini** is designed to be used constantly on a 24-hour basis. This is because the units have a built-in rest phase, (5 minutes on/5 minutes off) and pulse at rapid on/off millicycles.

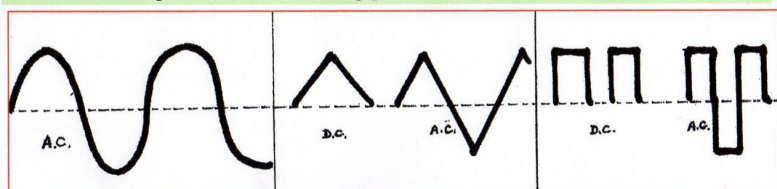
There are several waves used by other manufacturers (Sine, Sawtooth and Square). None of these replicate the human cell's own oscillating frequency whereas **MagnaField® Mini** replicate the wave forms and harmonics of the cell to be able to normalise the cells and keep them functioning as they should (See diagram A).

Healthy cells equal a healthy body.

## Some common synthetic waveforms

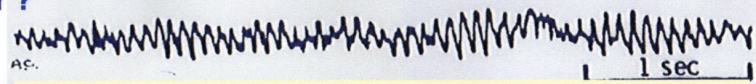
Used in Power Lines & Appliances, Communications, also in various Electro Medical Devices

### Which do you see on a typical EEG, from the body??



- (a) **SINUSOIDAL ?**  
Radio and sound - Used in ultrasound and interferential units
- (b) **SAWTOOTH ?**  
Some other magnetic field units and TENS units
- (c) **SQUARE ?**  
Some TENS & Ultrasound Units use this

Or ?



(d) This is from a normal readout of an EEG, (12Hz - Alpha Rhythm)

Typical of waveform of Magnafield.

Diagram A

# SUGGESTED TREATMENT PROGRAMS

It is important to note that where a range of frequencies are quoted some experimentation may be necessary. Metabolic rate can and does vary from individual to individual and a number of other factors may be present that should be taken into account. **The following suggestions are a summary derived from clinics, professional carers and home users.**

**These suggestions are provided as a guideline only and are not intended to replace advice given by your medical or health practitioner.**

- Do not change medication without the supervision and/or consent of your doctor or healthcare professional.
- The **MagnaField® Mini** is a valuable adjunct to any and every benefit treatment protocol.
- Due to the **MagnaField® Mini** improving absorption of medications and nutrients, some conditions may require careful monitoring at first to ensure you are not overdosing (e.g. Insulin).

## **Lower frequency**

If more than one condition is to be addressed and different frequencies are recommended it is more beneficial to use the lower frequency.

## **If any discomfort is noticed**

Should any discomfort be noticed when the frequency is increased (there is no harm whatsoever) it may be as a result of toxins in the body being released as part of the natural detoxifying effect of the **MagnaField® Mini**. It is an indication that the body is not yet ready for the higher frequency setting and it is suggested that a return to the previous or lower setting for a further 3-4 days would be beneficial. Remember, higher frequencies are not necessarily better.

The **MagnaField® Mini** can assist the body in a mild detox over the first 3-4 days of first use. This may give a mild unpleasant feeling in some cases as the body ejects toxins that have built up over time. You are better off without these toxins so be patient as their removal will speed up recovery.

## **General Guidelines**

Much greater benefits are obtainable if treatment can continue overnight. As a guideline, the first treatment should be at 0.5Hz as this will improve subsequent response to higher frequencies. However, in any degenerative condition the best results are obtained at the 0.5Hz setting only.

## **Important Note:**

***The MagnaField® Mini is not intended to replace any beneficial medical treatment protocol but it does help in a complimentary manner by assisting the body to absorb and utilise beneficial medicines. It will assist the body in the removal of toxic medicine waste material and supports the immune system. It will assist the body and mind to cope and has its own functions to improve peripheral circulation, oxygen and nutrient uptake in the cells. Pain relief and improved healing are well documented in clinical trials.***

Every case is different, every person is different and often there are factors and conditions in the body known or unknown that include medication, treatment protocols, physiological, and emotional states of mind, all of which contribute to making most cases complex.

The **MagnaField® Mini** operates at cellular level in order to assist the body's natural healing process and heals from the inside out. Individual disease states and conditions are not normally subject to this approach. The intent is to make every cell in your body a healthy cell and by doing so equip it with the means to combat disease.

**Disclaimer:**

***No comment or statement made in this document is intended to give any indication of a 'cure' or guarantee of results from treatment. This would be contrary to current legislation.***

***Since 1996 we have not received any reports of adverse effects. When used as directed there have been no indications of anyone NOT receiving some benefit from using the MagnaField® Mini unit.***

**ZERO EXCLUSIONS**

Some PEMF devices have a list of exclusions due to the high frequencies at which they operate – frequencies which are outside of nature's own. **MagnaField® Mini** can be used by everyone, without exception. It is safe to use if you are pregnant, suffer from epilepsy or fitted with a pacemaker.

# TECHNICAL SPECIFICATIONS

At 0.5, 4, 8 and 16Hz with 200 $\mu$ s Pulse Duration Positive and Negative Pulses (Negative Biased)

**Cycle:** 5 Min ON, 5 Min OFF, Auto Repeat

**Power Usage:** 15mW, 5mA

**Operating Voltage:** 3V DC (2 x AA Alkaline Batteries)

**Magnetic Energy Density Output:** <3mG (0.03mT)

**Dimensions:** 106mm x 60mm x 23mm

**Weight:** 128g (4.4oz)

***This unit is a Class II medical device and as such has been tested for electrical safety too:***

- European Standard (CE) 93/465/EEC, Class IIb Medical Device
- Australian Standards AS3200.1.0 with amendments 1&2 TCA (NATA) Test #75639
- ARTG – Australian Register of Therapeutic Goods (TGA) AUST L 13230
- FDA-CDRH (USA) Document #B123467 Classification-MZN, Device Est. #9618015

**CLEANING:** This unit is not intended to be in direct contact with the body. However, if this does occur, clean with slightly damp cloth. Do NOT immerse the unit in liquid.

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# MagnaField® Mini

## PORTABLE PEMF THERAPY DEVICE

MODEL: MVP650

Micro Vibrational Pulsed Electro Magnetic Therapy(PEMF) Unit

## WARRANTY TERMS

This unit is warranted free from manufacturing defects for a period of 3 years from the date of purchase. Please note that there are no user-serviceable parts. Should any defects arise the unit must be sent back to the manufacturer for service or repair.

**This warranty does NOT cover liquid or accidental damage. The MagnaField® Mini is a Class II Medical device and should be treated accordingly. Please note that warranty is void if the unit is opened.**

The Three-Year Limited Warranty is a voluntary manufacturer's warranty. It provides rights separate to rights provided by consumer law, including but not limited to those relating to non-conforming goods.

As such, the Three-Year Limited warranty benefits are in addition to, and not instead of, rights provided by consumer law.

Consumers have the right to choose whether to claim service under the Three-Year Limited Warranty or under their consumer law rights.

**NOTE:** A Warranty Card will be sent upon purchase of any Magnacares® PEMF device. Please keep safe as this will be needed to claim any device issues that meet the warrant terms indicated above.



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