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STAY IN THE GAME



Newsletter for all our Form & Function Family



What Is Pulsed Electromagnetic Field Therapy (PEMF)?

IYKYK= If you know, you know,

IYKYK= If you know, you know, is becoming a popular phrase nowadays. The problem is that there are a whole lot of things people don't know. What I have learned is that statement can't be more true about the POSITIVE effects of electromagnetic fields.

Much like a battery, the human body is electric. Our cells carry voltage. The electric charges necessary to maintain optimum health in our cells can decline from age, injuries, and illness. Pulsed Electromagnetic Field Therapy (PEMF) helps to restore this healthy electrical balance within the body, which can facilitate healing, pain relief, and much more

BENEFITS OF GUIDED PEMF THERAPY

Clinical evidence shows that guided PEMF therapy reduces pain associated with trauma from accidents, sports injuries, surgeries, and burns as well as from disease and degeneration. PEMF was initially approved in the 1970's, and used as a bone stimulator to help with nonunion(non healing) fractures. Further studies on soft tissue damage show benefits to many types of tissues (particularly nerve tissue), with no adverse side effects reported.

OVERVIEW:

- What Is PEMF?
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful , entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

POSITIVE EFFECTS OF PEMF THERAPY:

- Reduced pain and inflammation
- Increased range of motion
- Faster functional recovery
- Reduced muscle loss after surgery
- Increased tensile strength in ligaments
- Faster healing of skin wounds (I've personally seen this benefit..more later on that)
- Accelerated nerve regeneration

ADDITIONAL POSITIVE EFFECTS FROM GUIDED PEMF THERAPY:

- Improved energy, circulation, blood and tissue oxygenation
- Improved sleep quality, blood pressure, and cholesterol level
- Improved uptake of nutrients, cellular detoxification, and the ability to regenerate cells.
- Balance the immune system and cell regeneration
- Relax muscles.

ABOUT GUIDED PEMF THERAPY

In order for our tissues to heal and lay down new cells, the required cell voltage must be -50mV. With our PEMF Therapy, the practitioner can guide this voltage into damaged tissues, thereby speeding up the healing of tissues.

PEMFs have been used extensively for decades for many conditions and medical disciplines.

Science teaches us that everything is energy and all energy is electromagnetic in nature. All atoms, chemicals, and cells produce electromagnetic fields (EMFs). Every organ in the body produces its own signature bioelectromagnetic field.

Our bodies actually project their own magnetic fields and all 70 trillion cells in the body communicate via electromagnetic frequencies. Nothing happens in the body without an electromagnetic exchange.

When the electromagnetic activity of the body ceases, life ceases.

Physics, that is, electromagnetic energy, controls chemistry. This in turn controls tissue function. Disruption of electromagnetic energy in cells causes impaired cell metabolism, whatever the initial cause. This happens anywhere in the disease process, including pain.

HOW DOES GUIDED PEMF THERAPY WORK?

PEMFs address impaired chemistry and thus the function of cells – which in turn, improves health. PEMFs deliver beneficial, health-enhancing EMFs and frequencies to the cells.

PEMFs pass right through the body, penetrating every cell, tissue, organ, and even bone without being absorbed or altered!



\$35 Guided PEMF with Electrons Plus DEMO

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**Book your first demo of practitioner guided PEMF with electrons plus by
calling or texting (888) 619-2885**

As they pass through, they stimulate most of the electrical and chemical processes in the tissues. Therapeutic PEMFs are specifically designed to positively support cellular energy, resulting in better cellular health and function.

PEMFs are frequency-based and applied to either the whole body or parts of the body. PEMFs may only be needed for short periods of time, while the effects last for many hours, setting in motion cellular and whole-body changes to restore and maintain balance in metabolism and health. The body does not acclimate, or “get used to,” the healthy energy signals of therapeutic PEMFs, even if used for a long time. This is a great stand-alone service but is even better used in combination with our other treatment offerings to round out a comprehensive treatment program.

Now back to my personal story of healing a wound... As many of you know I still play baseball in a competitive men's league. The day before I received our guided PEMF device to demo on our patients, I had slid into second base, and for the 100th time I got a severe abrasion on the outside of my leg (not even the first time this season, BTW).

With this PEMF device, we the practitioner are the conduit to manipulate the field through our clients, and having that energy field running through me, this wound was closed and all new skin in 5 days! The previous times during the season, there was still scabbing at the 2 week mark, and my approach to wound care was no different. The difference that made the difference was guided PEMF.

There are very few true healing devices in the medical industry, and I can't wait to continue to impact people's lives with the help of PEMF.



Trevor Field is a physical therapist in Rancho Cucamonga, California, and owner of Form and Function Physical Therapy specializing in treatment of adolescent athletes, and has developed programs for ACL injury prevention and recovery, Throwing specific assessment and treatment in baseball and softball, sports performance enhancement, and more. To learn more, go to www.FormFunctionPT.com

One of the powerful ingredients in Formula two is **Broccoli Sprouts Freeze Dried** and we are highlighting this because it functions to:

- Decrease inflammation in joints and throughout the body by activation of the NRF2 Pathway which activates 200 genes that: control inflammation, increase anti-oxidants, and elimination of toxins such as benzene. 1,2
 - Decrease activation of MMP's, which are enzymes that destroy cartilage. 3,4
 - Increase Chondrocyte production of new cartilage.
 - Many other health benefits such reducing cancer rates. 5+
- servings/week of broccoli (or other cruciferous vegetables) had decrease cancer rates by 40 to 60% depending on the type of cancer. One serving is about ½ cup of broccoli. Broccoli sprouts have 100x more of the active component called sulforaphane. The amount of broccoli sprouts in JNC is about equivalent to 1 serving of broccoli.

Product We Love

JNC Formula #2



Click image
for link

Health Tip & Trick: F.A.S.T. Method

By Trevor Field



Our health tip/trick of the month is targeted to all my ankle injured people out there. Injuries always seem to come in waves in our office, and this new wave is all about the ankle. If you've suffered an ankle injury, we've found the key to a speedy recovery is early management of swelling. The fastest way to get rid of swelling is not to add any more swelling, so protection is key. Depending on the severity of the injury, protection could come in the form of a cast, brace, or boot, and crutches and a scooter to take stress off the joints.

Light compression with the use of a simple ACE bandage can be of benefit as well to move back into the circulatory system and away from the ankle. Elevation and gentle range of motion can also be effective in reducing swelling as well.

If it's in the first 48 to 72 hours after injury, ice can be beneficial in keeping the joint from swelling, but beware that over icing can have negative effects as the constriction of the blood vessels due to the cold can rob the injured tissue of fresh blood and nutrients, but constrict the lymphatic vessels and prevent removal of the products of inflammation from the injured area. Keep icing to 10-20 minutes at a time no more than 3 times a day, and only for the first 72 hours(unless you've aggravated the problem).

If you've got access to providers with healing technology like cold LASER and/or PEMF, these devices can speed the overall healing process and leave you less vulnerable to reinjury.

Lastly, if it's safe, and the structural integrity of the ankle is intact, early range of motion exercise to prevent atrophy, but more importantly, by using the muscles, they act like a pump to perfuse the injured tissue with fresh blood and remove swelling naturally. The sooner you are safe to walk and we can work on restoring normal walking/weight bearing without a limp, the faster and safer you will return to the activities that your ankle injury is keeping you from right now..

Staff Spotlight: Stacie



As an Inland Empire native, Stacie first earned her B.S. Biology from UC Riverside and later graduated from Loma Linda University with her Physical Therapist Assistant degree.

Stacie loves that being a PTA provides the opportunity for her to get to know her patients on a personal level. She strives to cultivate meaningful connections with her patients and understand their "why". By doing this she hopes to educate, guide, and empower them so they can continue doing the things they love and "stay in the game"!

When Stacie isn't treating patients you can find her in the kitchen cooking new recipes or trying new restaurants. Good food and good company are her love languages. She enjoys staying active, going to the gym, snowboarding, and taking wheel throwing pottery classes at her local ceramics studio on the weekends.

Recipe We Love *Roasted Salmon With Yogurt Dill Sauce*



INGREDIENTS

- 4 portions of salmon fillets
- 1 Tablespoon olive oil
- salt and ground black pepper

SAUCE:

- 3/4 – 1 cup Greek yogurt
- 1 Tablespoon lemon juice
- 1 Tablespoon fresh dill, minced
- 1/2 Tablespoon fresh chives, minced
- 1 garlic clove
- salt, ground black pepper, to taste

INSTRUCTIONS

1. Make the yogurt sauce in advance and store in the refrigerator or prepare it while the fish is in the oven.
2. Mix the yogurt, lemon juice, dill and chives. For the garlic, I like to smash it lightly and add it to the sauce and then remove it before serving. This will give a mild garlic flavor to the sauce, but won't be too overpowering. You can also mince the garlic, or grate it on a microplane, if you want to have a stronger garlic flavor. Season with salt and ground black pepper to taste. Minced capers are a great addition to this sauce too.
3. Preheat the oven to 500 degrees Fahrenheit. Place a rimmed baking sheet into the oven to heat up.
4. Meanwhile, season each salmon fillet with salt and pepper and rub each fillet with oil all over.
5. When the oven has preheated to 500 degrees and the baking sheet has been in the oven for about 10 minutes, take out the baking sheet and place the salmon, skin side down, onto the searingly hot baking sheet. You will hear it sizzle and the skin will start to sear right away.
6. Place the fish in the preheated oven. Reduce the heat to 250 degrees and roast the fish for 12 – 15 minutes.
7. Serve the salmon with the yogurt sauce.