



**myBody** Digital Therapy for Body

Uses PEMF (Pulsed ElectroMagnetic Field) Therapy  
Energize your life with myBody!



## Product Information Sheet

### Description

The modern, easily foldable mattress comes with an operation unit. The device works in the frequency range from 1 to 99 Hz and it has three different programs.

Mattress size: 165 x 65 cm.

Values of the magnetic field intensity measured on the surface of the device:

OMI Pads (99 Hz): 220 Microtesla ( $\mu\text{T}$ ); OMI Pads (8 Hz): 210 Microtesla ( $\mu\text{T}$ )

Waveform: sinus. Powered by DC power supply.

### Recommended for

The mattress is recommended for people who live stressful life, feel less energetic and wish to improve their overall well-being.

### Claims

The pulsing magnetic field promotes the body's own regeneration processes and helps

- ✓ to maximize mental clarity, focus and productivity
- ✓ to increase energy and vitality
- ✓ to aid relaxation
- ✓ to sleep better and have better general mood

### Advantages

Ergonomic and foldaway design, for both professional and home use. Completely safe, not painful to use, and there are no known side effects.

### Instructions for use

The use of the product is very easy, no professional skills are needed. Simply choose the program, set the length of the usage, and then, just lie down on the mattress. It is recommended to use the mattress 2 to 3 times every day for 20 to 30 minutes per occasion. Due to the low-intensity of the pulsed electromagnetic fields, you can't even feel it during the sessions.

Three different programs are available: P1 (default program, the frequency gradually increases from 3 Hz to 38 Hz and then drops back), P2 (default program, the frequency continually and randomly changes between 1–99 Hz), P3 (the frequency is adjustable between 1 and 99 Hz).

### How it works

Pulsed electromagnetic fields produced by the device induce electrical current inside the body that helps to restore the blocked ion flow and stimulates the body's own regeneration processes.

As a result of using the mattress the body attains a higher energy level, the fatigue is alleviated, helping to achieve improved overall well-being of the whole body.

## myBody – Digital Therapy for Body

A digital therapy device that uses PEMF (Pulsed Electromagnetic Field) Therapy to help us gain the following benefits:

- ✓ improve blood circulation
- ✓ improve metabolism
- ✓ boost body's natural detoxification
- ✓ manage body pains
- ✓ muscle relaxation
- ✓ promote body's natural healing
- ✓ decrease inflammation and reduce swelling
- ✓ immune system balancing and improvement
- ✓ improve oxygenation in the tissues
- ✓ enhance cellular repair and recovery
- ✓ have stronger bones
- ✓ anti-aging
- ✓ active EMF protection

For just 20 to 30 minutes per session, 2 times to 3 times a day, we can get rid of stress and have a better life! Energize your life with myBody!





## 1. Healing Frequencies – PEMF Frequency Chart

PEMF devices can help with a huge range of health conditions. This therapy uses low-level electromagnetic radiation to non-invasively improve and boost healing, immune function, bone density, circulation, and physical energy. However, it isn't as simple as plugging in the device and laying down on it. There is a range of healing frequencies you can use and different ways to use your device. It's only when you understand how to best use your device that you can achieve the results you're looking for.

PEMF devices can help with a huge range of issues:

- Fractures
- Headaches
- Dislocations, Strains and Sprains
- Hypertension
- Musculo-skeletal Pain
- Circulatory Dysfunction and Any Associated Consequences
- Osteoarthritis
- Stress
- Nerve Pain
- Stomach Aches
- Asthma
- Wound Healing
- Allergies Chronic Pain

These conditions are wildly different and involve very different parts of the body. That's why your healing program needs to be individual, tailored to your biggest problems and concerns. Certain PEMF healing frequencies work best with specific health conditions and complaints. When you better understand how to produce the desired effects, you can use your device and its healing frequencies in different and more effective ways.

So, if you're ready to enjoy the best health possible, make sure you consult this PEMF frequency chart before you choose your device and start using it.

## PEMF THERAPY FREQUENCY CHART

### Common Frequency Settings used with Pulsed Electromagnetic Field Therapy

General Morning or early afternoon: 8 – 10 minutes using P1  
General Evening (Better Rest): 8 – 10 minutes using P3 on 2Hz or 3Hz

	DISEASE	DURATION OF TREATMENT	FREQUENCY
<b>MUSCULOSKELETAL SYSTEM</b>	Fractures	20 minutes	10 or 20 Hz
	Periostitis	20 minutes	6 Hz
	Pseudoarthrosis (nonunion)	20-30 minutes	10 or 20 Hz
	Osteoporosis	20 minutes	8,9,10, 15 or 19 Hz
	Osteoarthrosis (osteoarthritis)	20 minutes	8-12 or 18 Hz
	Tendinitis	10 minutes	8 Hz
	Ligament injuries	20 minutes	10-15 Hz
	Frozen shoulder	20-30 minutes	7-8 Hz
	Tennis or golf elbow	10 minutes	8 Hz
	Dislocations and sprains	20-30 minutes	10 Hz
	Strains	20 minutes	11-15 Hz
	Herniated disc	20-30 minutes	16-20 or 30 Hz
	Rheumatoid arthritis	20 minutes	10 or 20 Hz
	Psoriatic arthritis	20 minutes	P1
	Fibromyalgia	20 minutes	18 Hz
Musculoskeletal pain	20 minutes	10 Hz	
Osteonecrosis or osteochondrosis	20-30 minutes	10, 19 or 20 Hz	
<b>CIRCULATION</b>	Hypertension (high blood pressure)	20-30 minutes (40 minutes for chronic cases)	1-5 Hz
	Arrhythmia	20-30 minutes	7-8 Hz
	Angina pectoris	20-30 minutes	2-8 Hz
	Arteriosclerosis	15 minutes	7-10 Hz
	Circulatory dysfunction	15 minutes	7-10 Hz
	Poor blood supply (e.g., diabetic foot, ulcer)	20 minutes	2-6 or 20 Hz
	Raynaud's syndrome	20 minutes	15 Hz
Lymphatic disorders	20-30 minutes	P1	



NERVOUS SYSTEM	Stroke	15 minutes	7-10 or 20 Hz
	Alzheimer's disease	20-30 minutes	2-8 Hz
	Parkinson's disease	20-30 minutes	20 Hz
	Headache	15 minutes	3 or 6-10 Hz
	Tinnitus	20 minutes	10 Hz
	Sleep disorders	10-20 minutes	1-5 Hz
	Carpal tunnel syndrome	10 minutes	6 or 20 Hz
	Lumbago	15 minutes	10 or 20 Hz
	Sciatica	20 minutes	16-20 Hz
	Spinal injuries	20 minutes	P1
	Multiple sclerosis	20-30 minutes	5, 13 or 20 Hz
	Sensitivity to weather fronts	10 minutes	11-15 Hz
	Stress	15 minutes	3 or 5 Hz
	Depression	10 minutes	3 or 20 Hz
	Hyperactivity	10 minutes	20 Hz
DIGESTION	Nerve pain	10 minutes	6 Hz
	Diabetes mellitus	15-20 minutes	P1
	Inflamed liver, pancreas, or colon	20-30 minutes	P1
	Crohn's disease	20-30 minutes	P1
	Dental and oral diseases	30 minutes	30 Hz
	Stomach/duodenal ulcer (no bleeding!)	12 minutes	10 or 20 Hz
RESPIRATION	Stomach aches	12 minutes	10 Hz
	Bronchitis	12 minutes	4 Hz (12 Hz for chronic cases)
	Pneumonia, respiratory diseases	20-30 minutes	P1
	Asthma	20 minutes	7-10 or 12-15 Hz
	Allergy	10 minutes	5-10 Hz
	Tuberculosis (TB)	12 minutes	4 Hz
WOUNDS	Wound healing	15 minutes	1-5 Hz
	Pain associated with wound healing	15 minutes	11-15 or 17 Hz
	Bruises	15 minutes	10 Hz
	Phantom pain	15 minutes	16-19 Hz
	Bruises	16 minutes	14 Hz

OTHER	Psoriasis	20-30 minutes	P1
	Chronic pelvic pain	20 minutes	5-7 Hz
	Menstrual pain	20 minutes	5-7 Hz
	Cystitis	10 minutes	5-8 Hz
	Prostatitis	10-15 minutes	2-8 Hz
	Erectile dysfunction	20 minutes	6 Hz
	Hepatitis	20-30 minutes	P1
	Systemic Lupus Erythematosus (SLE)	20 minutes	P1
	Chronic blepharitis	20-30 minutes	1 or 2 Hz
	Glaucoma, atrophy of the optic nerve	20-30 minutes	P1

**Reference:** Magnetic Field Therapy - Dr. Thomas Torossian M.D.

## 2. How can PEMF Therapy help you?

A Pulsed Electromagnetic Field (PEMF) Therapy machine creates a special electrical current helping to restore ion flow and stimulates the body's own regeneration processes.

A PEMF device creates bursts of low-level electromagnetic waves to heal damaged tissue and bone and to relieve injury-related pain. The science behind the PEMF therapy is that pulses at low frequencies will penetrate deep into a living body. The effect stimulates muscle, bones, tendons and even organs, activating the cells and encourage their natural repair mechanisms. Pulsed Electromagnetic Field Therapy is used widely as a non-invasive way to heal injuries, chronic pain and even chronic conditions like depression and diabetes.

## 3. How to use the device?

### Steps in using PEMF Matt

- Remove any metal from the body like watch, bracelet, ring, earring, necklace, belt, and other accessories.
- Cover the mat with a blanket.
- Set the device in the desired or appropriate program (P1, P2 or P3), frequency, and time.
- After the session, client must stay lying down in the matt for at least 5 minutes to let the body rest from the therapy.

### First Timer

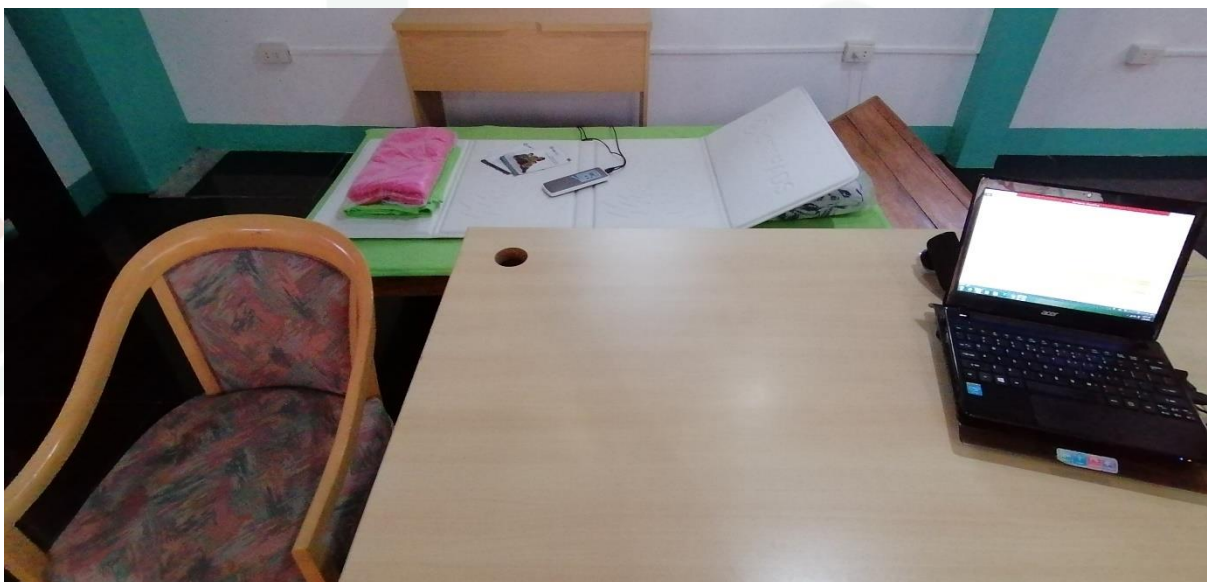
- Required to have myHeart (ECG) and myBody (specifically Blood Pressure) – Free of Charge.  
*Note: Doctor's advice will be required if myHeart (ECG) and myBody (BP) desired or normal results are not achieved or reflected.*
- Recommended Program: P1 (default program, the frequency gradually increases from 3 Hz to 38 Hz and then drops back)
- Duration: 8-10 minutes
- Monitor the effect.

### First Session

- Required before Therapy: myBody (specifically Blood Pressure)
- Recommended Program: P1 (default program, the frequency gradually increases from 3 Hz to 38 Hz and then drops back)
- Duration: 10-20 minutes

### Second Session

- Recommended Program: P3 (the frequency is adjustable between 1 and 99 Hz)
- Frequency: 2 Hz or 3 Hz
- Duration: 8-10 minutes
- Required after Therapy (after at least 10-30 minutes of rest): myBody (specifically Blood Pressure)





#### 4. Effectivity

Start at 1 session or 2 sessions per day, 2-3 times a week. It may take up to 4-6 weeks to notice the results.

#### 5. How to use it more effectively?

- You are advised not to smoke right before and after the usage of mattress, as nicotine in cigarettes narrows blood-vessels.
- It is recommended to drink enough liquid (at least 2 liters/day) and eat a lot of vegetables and fruit.
- Avoid being on drastic diets.
- Use your device regularly.
- Do not have any drinks containing caffeine before the usage of the mattress, if possible.

#### 6. Contraindications

We do not recommend that you use the mattress in any of the following cases.

- Pregnancy
- If you suffer from epilepsy
- Bleeding status
- If you use pacemaker or another electronic implant (e.g., insulin pump)
- If you are under chemotherapy or radiotherapy treatment
- If you are not being treated for a high fever or infections
- Problems of unknown origin
- Overactive hormone disorder
- Myasthenia gravis
- If you are under immunosuppressive treatment

#### 7. #SafetyFirst

Even without restrictions, shift101 HD Wellness Hub will follow certain protocols for myBody:

- myBody does not require physical touch/contact nor frequent communication compared to traditional therapy sessions. Unless the client needs assistance.
- We are using different blanket and pillow case for each client.
- There are air purifier and humidifiers present in the vicinity.



## 8. Prices, packages, and inclusions

*Notes: Prices are subject to change without prior notice.*

### shift101 HD | Health Division – 4R Packaged Services

*Per session comes with myHeart [ECG], myHealth [Health Monitoring System], and Luxxe Supplements. With free use of Massage Chair, Snow Cap [for Head Pressure], shift101 facemask (limited), and drinking water.*

- **4R – Recharge** features **myBody** – a Digital Therapy for Body which uses PEMF [Pulsed Electromagnetic Field] Therapy. It also includes myHeart and myHealth plus 2 capsules of Luxxe Protect or Luxxe ImmunPlus. Boost your body with 4R – Recharge!  
*All for ₱ 699\**
- **4R – Reduce** combination of **myBody** [1 session of Full Mat and 1 session of MiniMat] and myFitness [2 private sessions of Power Home Gym with Trainor]. It also includes myHeart and myHealth plus 2 capsules of Luxxe Slim. Be fit and healthy with 4R – Reduce!  
*All for ₱ 999\**
- **4R – Renew** combination of **myBody** [Full Mat] and myFace. It also includes myHeart and myHealth plus 2 capsules of Luxxe Renew. Form a new you with 4R – Renew!  
*All for ₱ 999\**



### **shift101 HD | Health Division – Solo Service**

- **myBody** is a digital therapy device for body that uses PEMF (Pulsed Electromagnetic Field) Therapy. It helps improve blood circulation, manage body weight, and relieve body pains, stress, and more. Energize your life with myBody!  
**First in Bulacan** for only ₱ 499\* [Full Mat] and ₱ 199\* [Minimat]

\* Introductory Prices

## **9. Membership**

*Notes: Free Membership until December 31, 2022.*

- Exclusive Discounts, Promos, and Freebies
- Exclusive Client ID
- Exclusive Price on all Services
- Free Service of Choice in 5<sup>th</sup> and 10<sup>th</sup> Visit

### Discounts

- Senior Citizens / PWDs / Single Parents / Frontliners [30%]
- Employees & Immediate Family [50%] / Extended Family [30%]

## **10. myHealthcare**

*Notes: Prices are subject to change without prior notice.*

### **myBody – PEMF Therapy Full Body Mat**

₱ 84,999

*With Setup and Usage Tutorial, 1 Bottle of Luxxe White/Renew/Slim or 10 Sachets of LX Yang (whichever is available)*

### **myBody – PEMF Therapy Mini Mat**

₱ 34,999

*With Setup and Usage Tutorial, 1 Bottle of Luxxe Protect or 5 Sachets of LX Yang (whichever is available)*



## 11. References

### OMI Pads

*Product Information Sheet*

[https://www.oxfordmedicals.com/assets/images/pdf/product\\_information\\_sheet\\_omi\\_pads\\_v5.3\\_web.pdf](https://www.oxfordmedicals.com/assets/images/pdf/product_information_sheet_omi_pads_v5.3_web.pdf)

### PEMF – Pulsed Electromagnetic Field Pain Therapy & More...

*All Natural, Drug-Free Health Care*

<http://www.enlightentanspa.com/pemf-therapy>

### Pulsed Electromagnetic Field

*How They Heal*

<https://www.drozshow.com/article/pulsed-electromagnetic-fields-how-they-heal>

### PEMF Therapy - 10 Minutes of PEMF Therapy Education

*Credit to PEMF Supply*

<https://www.youtube.com/watch?v=Yv2EDBkg6E4>

### PEMF Effects on Immune System and Viral Infections

*Credit to Denas Pain Relief Store*

<https://www.youtube.com/watch?v=v3nh4U9K43M>



### **Dr Oz explains PEMF technology**

*Credit to Footprint Insole Technology*

<https://www.youtube.com/watch?v=0U67HDfxB0Q>

### **6 Reasons PEMF Therapy Is the Ultimate Solution for PAIN!**

*Credit to bryantmeyers*

<https://www.youtube.com/watch?v=Rr1GFso2wfw>

### **OMI PADS - PEMF FULL BODY MAT**

*Pulsed Electromagnetic Field Therapy*

<https://www.oxfordmedicals.com/omi-pads-pulsed-electromagnetic-field-therapy-full-body-mat.html>

## **12. Disclaimer**

- myBody is not a medical device, while its services are not substitutes for medical care. The device and the services are not intended to diagnose, treat, cure, or prevent any disease.
- Individual results may vary.
- It is best to consult your doctor prior to buying/using the device or for any health-related concerns prior to using any of our services.
- For medical assistance and treatment, please see your medical doctor or alternate health care professional.
- Provided list of contraindications may not be complete and may not cover all possible contraindications.

For more information about myBody, please visit <https://shift101hd.solutions>.