PEMF FREQUENCY TABLE

Frequency	Time of day	Effect
1 Hz		Melatonin secretion
2 Hz		Nerve regeneration, neurite outgrowth from cultured ganglia
1 - 3 Hz	Evening	Anxiety
1 - 4 Hz	Evening	Acne, Eczema, Neurodermatitis, Psoriasis
1 - 5 Hz	Evening	Cervical Vertebra Pain
1 - 5 Hz	Evening	Dorsal Vertebra Pain
1 - 5 Hz	Evening	Elbow Pain
1 - 5 Hz	Evening	Muscle Inflammation
1 - 5 Hz	Evening	Muscle Spasms & Nerve Inflammation
1 - 5 Hz	Evening	Neck and Shoulder Pain
1 - 5 Hz	Evening	Phantom Limb Pain
1 - 5 Hz	Evening	Skin Allergies, Decubitus, Ulcus Cruris & Wound Healing
1 - 5 Hz	Evening	Sleep Disorders
1 - 5 Hz	Evening	Stress
1 - 5 Hz	Evening	Swelling (Edema, various causes)
1 - 8 Hz	Evening	Climacteric Troubles (Menopause)
2 Hz		Osteogenesis
2 - 4 Hz	Day	Anxiety
2 - 4Hz	Day	Headaches and Migraines
2 - 4Hz	Day	Weather Change Sensitivity
2 - 4Hz	Day	High Blood Pressure
2 - 4Hz	Day	Stress
2 - 5 Hz	Evening	Allergies
2 - 5 Hz	Evening	Arthrosis, degenerative rheumatism
2 - 5 Hz	Evening	Constipation
2 - 5 Hz	Evening	Dystonia Neurovegetativa
2 - 5 Hz	Evening	Lymph Circulatory Disturbances
2 - 5 Hz	Evening	Osteoporosis
2 - 5 Hz	Evening	Toothaches
2 - 10 Hz	Evening	Bone Breaks & other sports injuries
2 - 10 Hz	Evening	Dizziness
2 - 10 Hz	Evening	Hip, Knee & Ankle Joint Pain
2 - 10 Hz	Evening	Immune System Enhancement
2 - 10 Hz	Evening	Menstrual Problems
2 - 10 Hz	Evening	Neuralgia Trigemini
2 - 10 Hz	Evening	Psychosomatic Syndrome
2 - 10 Hz	Evening	Rheumatic Inflammation of Joints & Muscles
2 - 10 Hz	Evening	Stomach Aces
2 - 10 Hz	Evening	Tendinitis
2 - 10 Hz	Evening	Frozen Shoulder

2 - 10 Hz	Evening	Circulatory Dysfunction
3 - 6 Hz	Evening	Lumbago, Sciatica
4 - 6 Hz	Evening	Asthma & Spastic Bronchitis
4 - 10 Hz	Day	Headaches and Migraines
5 Hz		Osteogenesis
5 - 8 Hz	Day	Prostate Inflammation
5 - 8 Hz	Day	Stress
5 - 8Hz	Day	Sleep Disorders
5- 8 Hz	Day	Anxiety
5 - 8 Hz	Day	Menopause
5 - 8 Hz	Day	Constipation
5 - 8 Hz	Day	Headaches and Migraines
5 - 8 Hz	Day	Tinnitus
6 Hz		Cartilage
7 Hz		Bone growth
8 Hz	Day	Tendinitis
8 Hz	Day	Frozen Shoulder
8 Hz	Day	Circulatory Dysfunction
10 Hz		Ligament healing
10 Hz		Cell growth
10 Hz		Osteogenesis
10 Hz		Collagen production
10 Hz		DNA synthesis
10 Hz		Migraines
10 Hz	Day	Menstrual Problems
10 Hz	Day	Swelling (Edema)
10 Hz		Orthopedics
10 Hz		Diabetology
10 Hz		Rheumatology
10 Hz		Urology
10 Hz		Neurology
10 - 15 Hz	Day	Acne, Eczema, Neurodermatitis, Psoriasis
10 - 15 Hz	Day	Allergies
10 - 15 Hz	Day	Dizziness
10 - 15 Hz	Day	Asthma & Spastic Bronchitis
10 - 15 Hz	Day	Skin Allergies, Decubitus, Ulcus Cruris & Wound Healing
12 Hz	Day	Lymph Circulatory Disturbances
15 Hz		Decreased skin necrosis, stimulation of angiogenesis and fibroblast proliferation
15 Hz		Osteoporosis
15 Hz	Day	Arthrosis, degenerative rheumatism
15 Hz	Day	Muscle inflammation
15 - 20 Hz	Day	Cervical Vertebra Pain
15 - 20 Hz	Day	Dorsal Vertebra Pain
15 - 20 Hz	Day	Elbow Pain
15 - 20 Hz	Day	Hip, Knee & Ankle Joint Pain
15 - 20 Hz	Day	Lumbago, Sciatica
15 - 20 Hz	Day	Neck and Shoulder Pain

15 - 20 Hz	Day	Neuralgia Trigemini
15 - 20 Hz	Day	Phantom Limb Pain
15 - 20 Hz	Day	Rheumatic Inflammation of Joints & Muscles
15 - 20 Hz	Day	Toothache Pain
20 Hz	Day	Muscle Spasms & Nerve Inflammation
20 Hz		Decreased skin necrosis, stimulation of angiogenesis and fibroblast proliferation
20 Hz		Osteogenesis
20 Hz	Day	Muscle Spasms & Nerve Inflammation
20 - 24 Hz	Day	Low Blood Pressure
20 - 24 Hz	Day	Dystonia Neurovegetativa
22 Hz	Day	Psychosomatic Syndrome
24 Hz	Day	Osteoporosis
24 Hz	Day	Immune System Enhancement
24 Hz	Day	Bone Breaks & other sports injuries
25 Hz		Synergistic effect with nerve growth factor