

# Recharge

## *PMCE (Pulsed Magnetic Cellular Exercise)*



What if you could exercise the trillions of cells in your body in order to make them stronger, healthier and more resilient to stress? Today this is possible with PMCE.

Science has discovered an amazing technology that uses pulsed magnetic fields to increase the cells natural recharging abilities. This technology is now universally referred to as PEMF (*Pulsed Electro Magnetic Field*).

Magnetic fields surround every living thing that exists in our world. So it is no surprise that the strength of this energy field is directly related to our health and wellbeing. The stronger our magnetic field, the more “recharged” we tend to feel. Various stresses in our modern world can deplete our energies and overwhelm the body’s ability to “recharge”. Regular use of PMCE can make all the difference during your 3R Program.

How often you need PMCE depends on a few factors. How much work is there to do? How long has your body been without the proper rate of regeneration?

Think of your cell batteries as the batteries in a cordless drill. You will need to recharge your “tools” based on the amount of work. Are you simply fixing your deck or rebuilding the entire house?

Another common question is, “Are there other ways to increase my cellular energy?” The short answer is “yes”. A healthy body naturally recharges its batteries each and every day, however, it becomes more difficult to reach the 100% recharge mark as more and more stressors accumulate.

Too much work and not enough energy is what leaves us feeling half-empty most of the time.

Our bodies were designed to be in physical contact with the earth in order to keep our magnetic energy field “recharged”. In the modern world this is almost impossible. Ask yourself, “How often is my bare skin touching the earth?” Then compare your answer to someone living in a mud hut in the Andes Mountains of South America.

Our modern lifestyles have left us in need of a modern system of cellular exercise. This is why the most common reaction people have to trying PMCE is, “This feels great!” You can feel the difference almost immediately. Those with very tired bodies may require a few sessions before they begin to feel the difference.

