PEMF—The Fifth Element of Health

You probably know that food, water, sunlight, and oxygen are required for life, but there is a fifth element of health that is equally vital and often overlooked: The Earth’s magnetic field and its corresponding PEMFs (pulsed electromagnetic fields). The two main components of Earth’s PEMFs, the Schumann and Geomagnetic frequencies, are so essential that NASA and the Russian space program equip their spacecrafts with devices that replicate these frequencies. These frequencies are absolutely necessary for the human body’s circadian rhythms, energy production, and even keeping the body free from pain. But there is a big problem on planet earth right now, rather, a twofold problem, as to why we are no longer getting these life-nurturing energies of the earth. In this book we’ll explore the current problem and how the new science of PEMF therapy (a branch of energy medicine), based on modern quantum field theory, is the solution to this problem, with the many benefits listed below:

- eliminate pain and inflammation naturally
- get deep, rejuvenating sleep
- increase your energy and vitality
- feel younger, stronger, and more flexible
- keep your bones strong and healthy
- help your body with healing and regeneration
- improve circulation and heart health
- plus many more benefits

Bryant Meyers, BS MA Physics, is a former physics professor, TV show host, and leading expert in the field of energy medicine and PEMF therapy. For over eighteen years, he has researched, tested, tried, and investigated well over $500,000 worth of energy medicine and frequency devices, studying with many of the world’s experts. During the past six years he has dedicated his life and research to PEMF (Pulsed Electromagnetic Field) therapy, which he feels is the crown jewel of energy medicine. He has also helped and personally assisted thousands of people in this exciting new field. Bryant currently lives in Sarasota, Florida, near the beautiful Siesta Key Beach.

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PEMF—The Fifth Element of Health

Learn Why Pulsed Electromagnetic Field (PEMF) Therapy Supercharges Your Health Like Nothing Else!

BRYANT A. MEYERS
An Important Note: This book is not intended as a substitute for the medical recommendations of physicians or other health-care providers. It is essential that you consult with a physician before trying any of the recommendations in this book, and in no case should you try any of them without the full concurrence of your physician. It is important that you do not discontinue the treatment and plan prescribed by your doctor.
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In my primary function as a global energy medicine expert and ambassador, I was gifted to accompany many authors writing PEMF-related books during the last 2 decades from all over the world. Looking back I must admit, that one of the first PEMF books I was involved with (published in Germany), was a brilliant scientific oeuvre, well researched and professionally written. There was just one major problem occurring: Almost nobody understood the content! Why? Because at that time common knowledge about Quantum Physics and Energy Medicine as well as perception of using “energy” for medical purposes was equateable to teach a horse how to play baseball.

Well, time has finally changed! Classical medicine is not able anymore to keep up and compete with the health challenges mankind is facing nowadays, our environment becomes extensively polluted and destroyed by our own species and fortunately people are starting to create interest in alternative and complementary modalities to protect and regain their own health. Most importantly, energy medicine is no longer on the fringes. Almost every day articles, books, clinical studies and scientific publications referring to successful medical applications with all kinds of energy become published and find their way to the public. We finally begin to understand the so important correlation and dependency between ourselves and the environment we are surrounded by. We start realizing that we, as human beings, are just a tiny part of a perfectly designed natural ecosystem. And we also start believing in the fact that our existence, our health, and our diseases are inextricable linked to the space we live in.

Every fundamental shift in our understanding, in our education, and in our personal behavior requires time, interest, knowledge, motivation,
evidence, and most importantly action. Unfortunately human beings are educated in the fact that one always needs evidence before something works! However, you can consult 10 specialists, read 100 books, study 1000 scientific publications - unless you do not try and experience, you will never benefit!

Is PEMF - The Fifth Element of Health, just another book? Honestly it is much more than this. For the first time in history a PEMF related opus is published in North America, which explains the entire history, the development, the practical experience and the fundamental health benefits of pulsed electromagnetic fields for home use. All of this in a language, that everybody will easily understand and be able to follow eagerly - riddled with numerous scientific evidence and yet plausible and easily comprehensible.

Bryant Meyers is truly a “nerd“ when it comes to PEMF. His personal journey and most of all his inclination to try everything before sharing with and referring to others, sets a new benchmark of providing experience based knowledge of PEMF combined with existing scientific and physical laws as an evidential back up. His deliberations about the dependency of natural frequencies and it’s impact for humans and animals followed by the transition how PEMF can be utilized for people’s health is a completely new and very fascinating pathway.

Knowing Bryant since over 6 years now, I feel very honored and proud to congratulate him on publishing such a powerful and interesting achievement with PEMF, the Fifth Element of Health. May this book encourage all readers to start thinking outside the box and helping a lot of people to overcome their personal health challenges by opening themselves to a fascinating, very powerful and in the same time safe and easy to use modality: PEMF – Energy Medicine!

Wolfgang Jaksch
June, 2013
There’s a saying that you write a book because you cannot “not write” it. Over the past 6 years I have dedicated myself full time to researching, testing, marketing, sharing, training, and personally helping hundreds of people with a research proven, natural, non-invasive form of energy medicine called Pulsed Electromagnetic Field Therapy or PEMF therapy. PEMF therapy devices use a computer or control unit to administer precise natural pulsating magnetic fields to the body (with specific frequencies and intensities) through various applicators such as a full body mat, localized pad applicators and pinpointed probe or pen “spot” applicators.

I have seen this technology help numerous people in such profound and life changing ways, that I feel compelled to write this book to metaphorically “shout from my rooftop” to the world why this technology is, in my opinion, the very best investment you can make when concerning your health.

On November 16th, 2011 the Dr. Oz Show aired a special broadcast on the pain-relieving effects of Pulsed Electromagnetic Field Therapy devices. Dr. Oz and his panel of experts appearing on his show claimed that numerous individuals might get relief from chronic pain without pills or surgery with the daily use of a PEMF therapy device. Dr. Oz also cites PEMF therapy machines as one of the most important breakthroughs in pain management that he’s ever discovered. He specifically recommended devices that have a full body mat along with localized applicators (in chapter 8 we’ll go into detail on what to look for in a PEMF device). Many thanks to Dr. Oz, for with this great exposure and sharing of knowledge, thousands of Americans now know of this amazing technology.

We’ll see in this book that the earth has natural PEMFs (the Schumann
resonance and the geomagnetic frequencies). These energies are absolutely essential for life, just like food, water and oxygen. Modern science has now developed PEMF devices that simulate and duplicate the earth’s natural PEMF frequencies, and we’ll see in chapter 7 why it is essential to supplement with a good earth-based PEMF therapy device (a device that closely duplicates the earth’s natural PEMFs).

**PEMF, The Whole Body Battery Recharger**

You can think of PEMF therapy as a “whole body battery recharger”. By using a PEMF therapy mat just 2 times a day for 8 minutes you recharge your 100 trillion cells, improving ATP production, increasing oxygenation, enhancing circulation, promoting hydration, facilitating detoxification, and gaining a better overall absorption of nutrients. It’s like putting little “tiny jumper cables” on all your cells and “jump-starting” them back to health.

Figure 1 shows the pulsed magnetic fields (the 3D concentric circles) coming from a good PEMF therapy mat (control unit and local applicators not shown). The natural pulsating magnetic energies penetrate throughout your entire body. One of the benefits of PEMF therapy is that the magnetic fields effortlessly pass through your all your tissues and cells for deep healing, giving your body more energy and vitality.

![Figure 1 PEMF is a Whole Body Battery Recharger](image)

I’ve seen pulsed magnetic therapy help so many people with so many different conditions. In fact, I can almost guarantee it can help anyone to
improve their quality of health. Of course I cannot make any claims for treating or curing any disease, but when you see not just one, ..., not just a dozen, but hundreds of people benefit in such profound ways you begin to speak with passion and confidence. I’m speaking of the hundreds of people that I have personally worked with.

More than 10,000 Scientific Papers and 2000 Double Blind Studies

More than 10,000 scientific papers have been published about the effect of PEMF. Many of the initial studies have been carried out in Russia and Eastern Europe, but more and more research is now taking place in the United States. PEMF is a non-contact, non-invasive, non-pharmacological and effective treatment for many conditions. Worldwide more than 2,000 double blind studies have demonstrated that PEMF therapy is a safe and effective treatment for a variety of conditions, as well as to promote and maintain general cellular health and function.

PEMF therapy has been used extensively for decades for many health issues, and results can be seen in animals as well as humans. The National Institutes of Health have made PEMF therapy a priority for research. In fact, the FDA has already approved many PEMF devices, some specifically to fuse broken bones, wound healing, pain and tissue swelling, and also to treat depression. Most therapeutic PEMF devices are considered safe by various standards and organizations.

Just to be clear, PEMF therapy or any energy medicine device for that matter does not heal or cure disease. What it’s really doing is jump-starting our body’s own natural healing process. The body is self-healing, self-regulating and self-regenerating. It has the natural ability to heal when given the proper energy and elements needed for sustaining life (more on the five essential elements in the next chapter).

My 18 Year and $500,000+ Journey in Energy Medicine

When I was in college at Georgia Tech in the early 1990’s, I had a deep interest in biology, biochemistry and physics. I graduated with high honors earning a bachelor’s degree in physics, and obtaining enough credits
to have a second degree in biology minus only a couple of lab classes. I eventually went on to get a master’s degree in physics.

My love of physics stemmed from a deep yearning for understanding the big questions. Where did we come from? What is the origin and nature of the universe? What is consciousness? Who am I? It also stemmed from my interest in energy medicine, health, and wellness. I followed a very unorthodox career path and spiritual journey that led me to teaching physics for 5 years, living at a yoga retreat center for 4 years, and spending 6 months in India with a focus on meditation. I also worked 10 years part time for a health food store all while teaching the incredible benefits of natural healing, nutrition and energy medicine. I became a certified nutritionist and helped hundreds of people with one-on-one nutritional counseling. I also wrote a book on health called *Love it or Lose it*. I’ve written dozens of articles for a health magazine in Michigan and hosted my own TV show on health and wellness called “Forever Young” (I did around 50 episodes from 2003 to 2006). During this time I finished my master’s degree in physics and continued teaching physics part time for Central Michigan and Muskegon Community College.

I have an interest and passion that combines all of these disciplines in a branch of alternative healing and wellness called energy medicine. I currently have around 18 years of experience in researching, testing, and trying over $500,000 worth of energy medicine devices. During my final year at Georgia Tech my senior research project was on radionics and healing with frequencies. Even though my audience left me with a lot of blank stares and some half-hearted applause ..., these years of learning frequency medicine left me with a home where I can combine all my passions for physics, biology, consciousness, health, wellness and longevity into an evolving mission statement which has led to my teaching about PEMF therapy.

For the last 6 years I have dedicated myself to researching, testing, and investigating PEMF specifically. I feel it is the crown jewel of energy medicine. It is the first and most important device I personally use every day, and something I highly recommend for you to invest in. The many reasons for this will be revealed to you in this book.

When I say “energy medicine”, I mean using natural energy rather than chemistry or surgery to help assist the body in healing itself. If
you’ve ever watched Star Trek then you know they had this healing device called the tricorder that they could scan the body and then administer the frequencies and energies that would heal the various characters that were aboard the Star Trek USS Enterprise. The days of the tricorder are upon us! So the ability to heal our bodies with energy is becoming less science fiction and more scientific fact.

Discussing all the different modalities of energy medicine is beyond the scope of this book, but I want to give you a sample of the various types of machines on the market, and just how vast and fast this field of energy medicine is growing. Over the past 18 years I’ve personally invested in and owned over $500,000 worth of equipment, spent countless hours researching and talking directly to owners, inventors and experts. Here is a sample of some of the machines I have owned, tested, used and researched.

From A-Z:

- **Biofeedback Machines**: QXCI, SCIO, Zyto devices, Inergetix CoRe
- **Chi Machines**: The original Chi Machine and a few others
- **Scalar Wave Devices & Pendants**: EE System®, Scalar Laser, Scalar Pens, Scalar Bracelet, Scalar Pendant, Crystal Matrix Generator and others
- **EMF Protection**: Biopro, Q-link, EarthCalm, Scalar pendants, ewater pendant, Slim Spurling pendants, plus many more
- **Ed Skilling Devices**: Photon Genie, Photon Genius, Photon Sound Beam and others
- **Homeopathy Preparation**: Eagle Research & Others
- **Infrared Therapy Beds**: Migun Bed, Ceragem Bed, Soqi Bed, Abaton bed
- **Far Infrared (FIR) Therapy**: Lux Sauna, Clearlight Sauna, Therasauna®, Sunlighten® Sauna
- **Near Infrared Therapy (NIR)**: SaunaLite, Custom made Light Infrared System
- **Ionic Footbaths**: Q2, Aqua Chi, EB-Pro™, IonCleanse®, Pure Charge and others
- **Lasers**: Terraquant®, Scalarwave Laser and others
- **LED Therapy Devices**: Warp 10, Lumen Photon, and others
- **Multiwave Oscillators**: Biocharger, VIBE, SEAD/Tesla Energy lights machines
- **Oxygen Therapy**: Activated Air (Airnergy, Valkion®, Active Air), Ionized Air, oxygen concentrators, EWOT (exercise with oxygen training), hyperbaric chambers
- **PEMF Therapy Devices**: iMRS®, MRS 2000®, Bemer® 3000, QRS, Magnoprop, MAG PEMF, Medthera, Earthpulse, Sota pulser, Magnapulse/PEMF 100/PMT 100, MG-33, Ondamed®
- **Radionics Devices**: Radionics Black Boxes, Biophoton Analyzer plus others
- **Rife Machines**: Beam Ray, Perl, GB-4000, Energy Wellness Machine plus others
- **Scenar**: RITM, Dove, Tenant Biomodulator® plus others
- **Static Magnetic Products**: Local magnetic wraps for just about every body part, magnetic pillows, magnetic mattress pads, magnetic bracelets, magnetic shower filters and water pipe magnets + much more
- **Water Ionizers/Water Systems**: Alkaviva® Vesta, Kangen water® (Enagic® SD 501), Ionways Athena, Jupiter (3 models), Pi Water, John Ellis, several distillers, RO machines and in total over $50,000 on water machines alone.
- **Whole Body Vibration**: Noblerex K1®, Powerplate® My3*/My5*, Vibraflex, Crazyfit, Vibraslim, Galileo, Turbosonic®, plus several others
- **Zappers**: Terminator, Ultimate, Hulda Clark plus many more

After trying and researching all these devices (and more), PEMF therapy is the one energy medicine device I use every day, and it may also be the most important health and wellness device you can invest in, because as we’ll see it’s essential for life—like food, water and oxygen. When I first tried an earth-inspired PEMF device, I immediately experienced better sleep on the first night and had significantly more energy the following day. Overall I felt and still feel a daily sense of being lighter and more energetic. Six years later, PEMF is my most trusted form of energy medicine. I still
use the PEMF device daily before any of my other equipment because it consistently delivers great results.

Pulsed magnetic therapy has a distinct advantage over all other forms of energy medicine (lasers, TENS units, etc.), in that your body is transparent to magnetic fields. This means magnetic and pulsed magnetic fields have the ability to penetrate deep into your body and energize your cells at the core level. Also, PEMF devices are also some of the easiest and safest to use.

Laser therapy, LED therapy, electric current therapy (TENS units, contact Rife machines, zappers, scenars, etc.), and electric field therapy devices have limitations in that the skin and body attenuates the energy and can misdirect the signal. Also the electrical signals from these devices do not penetrate deep into your tissues and cells in the core of your body, like PEMF therapy can. And finally, many of these devices are NOT in alignment with nature, using frequencies, energies and intensities that are foreign to our body and planet. As we’ll see in this book, the earth DOES have its own natural Schumann and geomagnetic PEMF frequencies that are essential for life on earth.

There is a lot to say about the limitation of many energy medicine devices on the market, but I would rather focus this book on the many benefits of using an earth-inspired pulsed electromagnetic field (PEMF) therapy device, which as we’ll see is the 5th essential element of health.

**Preview of PEMF, The Fifth Element of Health**

In this book you are going to learn some really cutting edge information on physics and biology along with energy medicine. In many ways this book is a grand compendium of my 18 years and $500,000+ of research in physics, biology, consciousness, health, wellness and energy medicine, with a specific emphasis on the earth’s PEMFs. I’ll promise you that the information in this book, if carefully pondered and integrated into your mind and consciousness, WILL CHANGE YOUR LIFE! It will not only give you the tools to radically improve your health and longevity, it will also open your mind to a new way of thinking about the human body and the universe we live in.
The main adventures we’ll explore in this book together are:

- **Chapter 1**: This chapter is all about the 5 elements essential to life and how earth-based pulsed magnetic fields are the fifth essential element.

- **Chapter 2**: We’ll uncover the problem with our current worldview on healthcare and why you need a SHIFT in understanding how the body works in order to take responsibility for your health and start using natural alternatives.

- **Chapter 3**: We’ll explore the exciting new physics of quantum field theory, with new understandings in the zero point field, and the holographic model of the universe. Understanding the “new physics” will provide the first foundation for understanding energy medicine, specifically pulsed electromagnetic field therapy.

- **Chapter 4**: We’ll look at new breakthroughs in biochemistry, biology and biophysics - the human body is now understood as a holographic field of energy and information that is coupled with the physical form. These new understandings in biology, biophysics and energy medicine provide the second main foundation for this book.

- **Chapter 5**: We’ll dive deeper into the body, mind, and earth connection. You’ll be amazed to see just how deeply connected you are to the earth and its natural geomagnetic and Schumann frequencies. When I first understood the contents of this chapter, my hairs stood on end... It’s that exciting!

- **Chapter 6**: This is one of my favorite chapters because it explains how PEMF works at the cellular level as a whole body battery recharger. The benefits of PEMF and the reason it works from A-Z for just about every health condition will be understood after you read this.

- **Chapter 7**: We’ll investigate the two-fold problem, or rather epidemic as to why we need PEMF therapy more than ever in the history of our species. Think you can simply get enough of the earth’s natural magnetism by just lying on the grass or walking barefoot? Think again! This chapter explores why we
are not getting enough of the good frequencies and energies of the earth, and how we’re getting way too much of the negative EMFs or electrosmog based on our modern technological lifestyle. Some of this information will “shock” you (pun intended), but the purpose is to light a fire under your caboose so you begin to take action!

• **Chapter 8:** I’ll reveal to you “the solution” to the two-fold problem discussed in chapter 7—earth inspired PEMF therapy! We’ll also talk about what to look for when investing in an earth-based PEMF device.

• **Chapter 9:** We’ll go into detail on all the wonderful benefits you’ll receive by supplementing your life with an earth-inspired PEMF device. This book is pro-health not anti-disease, so we’ll focus only on the health of your body and the benefits you’ll get by using PEMF therapy on a daily basis. Health should not be looked upon as the absence of disease, but instead a process of growing stronger and more energetic every day.

• **Chapter 10:** I’ll reveal action steps you can take right away to reconnect to nature and its elements, which will supercharge your health and change your life. I’ll also share what I feel are the best devices to invest in after trying and testing over $500,000 worth myself. Follow my advice and *I’ll help you save over $490,000* in devices you DON’T need to waste your money on.
The 5 Essential Elements of Life

The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.
— Albert Einstein

The greatest mystery is that of existence itself; that the universe and life within it exists - that there is something at all, rather than nothing. In the midst of this spiraling growth of our universe that began at speeds faster than light, a “Goldilocks” planet (Earth) evolved with conditions and elements that are not too hot and not too cold, but “just right” for life. Life has been a hero’s journey of 13.77 billion years, a long pilgrimage on the razor-like thin path of eternity from the ineffable big bang, to the present moment where we can stand together and gaze at the night sky in awe and wonderment.

Stargazing connects us to this vastness we call our universe, but as many stars that seemingly pop out on a clear night we are only seeing roughly 10,000 of them with our naked eye. Our galaxy alone contains some 300 billion stars! On top of that, our nearest galaxy Andromeda is much larger than ours and yet appears as only a small fuzzy patch on a dark night sky. Also, leading cosmologists estimate there are AT LEAST 100 billion galaxies in the universe. Think about that!

This book is an amazing journey through the cosmic body of the universe and onto the body of our planet earth (or Gaia), and then to the body of man and his 100 trillion cells. This book is an exploration into the
elements needed for life. What man needs to create, maintain and sustain
an ever-increasing level of health and energy. Health is Life and Life is
Health. There is nothing more auspicious to our sojourn here on earth
than to live in a body full of health, married to a mind and spirit open to
to all of its incredible wonders.

Modern physics is now shedding light on the great serendipity of life
and the conditions needed to create it. The great mystery that modern
physics puts in front of us, is the precise balance that all the forces and
elements strike for the universe, our galaxy, our solar system, our planet
and its over 7 billion humans and uncountable other life forms to exist and
be alive. Before we dive into the essential elements needed for the health
of our body, let’s take a brief journey into the amazing circumstances that
were needed for life in the universe to exist at all. The purpose of this is to
expand your mind while opening up your imagination to the world and
universe we live in with a greater sense of appreciation and wonder.

**Our Bubble Universe is “Tuned” for Life to Exist**

*Mystery creates wonder and wonder is the basis of man’s
desire to understand.*

—Neil Armstrong

According to Stephen Hawking, M-Theory (the source of all prevailing
versions of string theory) allows for some $10^{500}$ possible universes as different
permutations in the fundamental constants. Whether that is correct or not,
modern cosmological evidence is already hinting that there are adjacent
universes to ours corroborating the idea that our universe is only one of
many within a grand Multiverse (collection of all universes). However,
our universe is not just an average face in the crowd. It’s a very special
anomaly that is both geared for sustainable growth and “dialed in” for the
possibility of life.

According to modern physics, there are 4 forces (gravity, electromagnetism, the weak force and the strong nuclear force) and 12
fundamental particles (the various quarks and leptons). If the strength of
these forces (called the coupling constants) or the mass of the particles were
off by just a little, life would not be possible.
For example, if the strong nuclear force was changed by just .5%, or the electromagnetic force was off by 4%, the fusion process needed for carbon and oxygen (our body is 65% oxygen by weight and 18% carbon) would not occur in stars, and life as we know it would not exist. Or if the weak force (responsible for radioactive decay) were weaker, all the hydrogen in the early universe would have been converted to helium and as a result there would be no normal stars. If the weak force were stronger, supernovas would not produce the heavier elements we need for life. If the mass of a proton were .2% heavier, they would decay into neutrons and thereby destabilize the atom. Also, the masses of quarks are optimized for the creation of a large family of stable nuclei as seen on our periodic table. If the quark masses were off by just a little, there would be far fewer stable atoms and again no life (our bodies require a broad spectrum of some 40+ elements on the periodic table). There are many more examples of this “fine tuning” for initial conditions, but the bottom line is that our universe is optimized and tuned for existence and life.

As a metaphor, consider someone blowing bubbles… Many of the bubbles immediately pop, some last for a short period, but every now and then you get one that expands and stays together and flies away as far as you can see. Similarly most of the variations of possible universes are short-lived bubbles with only a few getting large enough to expand significantly and even fewer with the ability to host life. We live in a bubble universe where all the fundamental constants are harmoniously adjusted for the symphony of life.

**Planet Earth - The Goldilocks Planet**

To arrive at life as we know it on earth, the amazing journey continues. Not only do we need a universe that has the fundamental constants precisely tuned, life needs a favorable solar system as well. The three main components that make a solar system able to sustain life are:

- A single star (not a binary or multi-star system),
- A star that is “second generation”,
- And a hospitable planet with a nearly circular orbit at just the right distance from its sun.
First, a single star is necessary for life. This may sound simple, but half of all the stars in the universe are binary stars, which means that two stars are orbiting each other. While there are stable orbits in such systems, all possibilities are not compatible for life to exist because the conditions would either get too hot or too cold at certain points in the orbit. Multiple star systems (3 or more stars clustered together) are even worse. Biological life needs a solar system with a single star.

Secondly, the star needs to be a second-generation star, which means it formed from a supernova explosion of an earlier primordial star. This is critical because elements heavier than iron require a supernova explosion for their creation. Iron has the atomic number 26 and all fusion reactions up to iron are exothermic; that is, they release energy. Beyond iron, energy must be supplied to create the heavier elements, which could only come about by a supernova explosion. Our planet has around 65 naturally occurring elements heavier than iron. What this means is that our sun is a second-generation star and our solar system was formed from the remnants of a supernova explosion. Our bodies require several elements heavier than iron such as zinc, copper, iodine, selenium, cobalt (vitamin B-12), plus more. As Carl Sagan put it “We are made of star stuff”!

Finally the orbit of the planet around the singular sun needs to be almost perfectly circular, and not too elliptical like mercury or Pluto. If the orbit is too elliptical, conditions can get too hot or too cold. The planet also needs to be just the right distance - called the “Goldilocks Zone” by physicists - from the sun. Since the stars mass determines the amount of energy it gives off, this Goldilocks zone can be graphed as a plot of star mass versus distance (See Figure 2). It’s a very narrow range. Why? Think of water, which we know we need for life. Water, on the cosmic scale exists in its liquid state only in the tiny range of 0-100 degrees Celsius (273-373 Kelvin) or 32-212 Fahrenheit. If you consider our sun gets up to 5.4 billion degrees Fahrenheit (3 billion Kelvin) at its core and many stars in the Universe get even much hotter, this is a very small range of temperatures on the cosmic scale. As you may have guessed, the earth is in the perfect center of this Goldilocks zone. As a comparison, our closest planets Venus and Mars fall just outside of this zone1.
The Elements of Life

In a classic paper presented by George Wald in 1964 to the US National Academy of Sciences, it was established that life requires (at least) the following elements:

- The presence of liquid water
- The elements needed for metabolism and reproduction
- A source of energy
- Suitable environmental conditions (which includes the earth’s magnetic field)

Much of what was discussed on life needing an ideal solar system with one sun, and a planet that was the perfect distance away, in a nearly circular orbit revolves around an environment that supports liquid water. Having a second-generation star and solar systems gives all the necessary

**Figure 2** Planet Earth is a Goldilocks Planet
elements or building blocks of life, but life requires even a much more delicate balance.

The earth itself is considered a living organism (see chapter 5 on the Gaia Theory), because of its ability to maintain homeostasis amidst the chaotic activity of the sun and the complex cycles of life on earth. The earth maintains certain conditions such as a stable global temperature, atmospheric content (high oxygen, low carbon dioxide), ocean salinity, the right balance of elements in its crust, and several other factors that are “just right” for life.

The human body is also a paragon of perfect balance and homeostasis, with an inner environment of 100 trillion cells kept in perfect balance to give us life and health. There are several parameters the human body needs within very precise ranges. Below are 5 of the most important:

- **Glucose level**: between 80-110 mg/dl (< Hypoglycemia, >Diabetes)
- **Blood Pressure**: [120-140]/[80-90] (< Hypotension (dizziness), > Hypertension)
- **Temperature**: 98.6-100 (< Hypothyroidism, > Fever)
- **Oxygen level**: paO2 > 95% (< Hypoxia, > Doesn’t occur)
- **pH**: 7.35-7.45 (< Chronic pain, > Throbbing pain (inflammation response))

If your body has an abundance of health and vitality, it will be able to maintain these healthy ranges via several feedback mechanisms. For example, bicarbonate helps to buffer acidity in the body, while the acid in the stomach can neutralize an overly alkaline condition. The pancreas (and liver) keep a stable blood sugar level, the kidneys help stabilize blood pressure, your body sweats to cool off, and breathes faster to absorb more oxygen, etc. Sickness and disease results from low vitality and/or excessive stress from diet, dehydration, poor breathing, emotional/psychological stress (work, relationships, etc.) that knocks the body out of homeostasis, which usually means outside one or more of the above parameters.

These are a few examples of the razors edge life walks on to create the balance of life. Fortunately, as we’ll see in this book our bodies are an amazing field of matter, energy, information and consciousness. We have a
perfect blueprint for health, providing we give it the right elements and do not over-stress ourselves. Also, in light of new advancements that can better detect and understand the human body’s bio-energetic field (see chapter 4), we’ll see that modern science is more and more proving an amazing connection between the energetic fields of the earth, and those of the human body and mind. We’ll reveal new “Star Trek”-like devices that can recharge and re-energize the human body, its organs, tissues and cells.

Life has been 13.77 billion years in the making. It’s the ultimate balancing act, a remarkable evolution at the cosmic, galactic, solar, and planetary levels that has created life on earth. For our own life and health, that balance is created by giving the body the essential elements it needs for health, and removing the stressors, toxicity and unhealthy elements that throw us out of balance, out of homeostasis and into disease. Next we’ll look into the five essential elements needed for the human body to maintain its balance, health, and vitality.

**The 5 Elements of Health:**

**Earth, Water, Fire, Air, & Aether**

*Health is not everything, but without health everything is nothing.*

—German Philosopher Arthur Schopenhauer

What is health anyway? Is it just an absence of disease, surviving to live another day? Is there a limit to how much energy we can have and how long we can live? Or are those limits self-imposed through our education and upbringing?

We’ve seen the amazing journey life has taken. We’ve looked at the elements needed for the universe, our solar system, and our planet to be hospitable for life. Let’s now look closer at how we can preserve and extend the precious life-force within us, and what elements our bodies need to thrive, not just survive. In this book, we are going to take a pro-health approach to longevity and wellness. This pro-health approach is simply reconnecting to the earth and its elements and it is in alignment with new breakthroughs in physics, biophysics and biology. This pro-health approach puts YOU in the driver’s seat as pro-active and responsible
for your own health. This is opposed to the anti-sickness approach of modern medicine that views health as simply an absence of disease, and makes you a helpless patient or victim needing to be fixed if something goes wrong.

It’s important to understand that your body has an innate intelligence knowing how to sustain, maintain, and create perfect health if the right elements are introduced into your body while the “wrong” elements are eliminated and removed. We’ll see the five essential elements the human body needs for optimal health. The first four essential elements may be obvious, but the 5th element of health might surprise you as being essential. It’s that 5th element that this book is primarily dedicated to, but all of these elements work together to enliven and innervate your amazing holographic and energetic human body.

The “Real” Science of the Four Elements

The philosophical system of the elements dates back to ancient civilizations including the Babylonian, Greek, Hindu, Japanese and Medieval alchemy. All of these systems have closely related concepts of the four elements of nature: earth, water, fire and air, along with a fifth element. We’ll explore the four elements of nature in this section and the fifth element in the next, and then we’ll connect these five elements to the five elements of nature, life, and health of the human body.

We know today there are 92 naturally occurring elements on earth. We can better understand the philosophical idea of the 4 elements when thinking of the states of matter: solid, liquid, gas and plasma. These are the four primary phases that all elements can be categorized in, so perhaps the ancients did understand the elements. These phases correspond to earth (solid), water (liquid), air (gas) and fire (plasma).

These states of matter are obvious and easy to understand with perhaps the exception of plasma. Plasma is an ionized gas, a gas into which sufficient energy is provided to free electrons from atoms or molecules and to allow both species, ions and electrons, to coexist. It is plasma from the sun that generates the sun’s energy, which is then emitted to the earth for warmth, energy, and life. Plasma is the most common state of matter in the universe.
It turns out we need these elements as they exist on our planet in the form of food (earth), water (liquid), air (oxygen) and fire (plasma on the sun that creates the electromagnetic frequencies we need in the infrared, visible and UV spectrum). Fire can also be thought of as temperature, namely the right temperature for life to exist (and the other necessities related to keeping a stable temperature are clothing, shelter, AC and heat).

Because we’ve evolved on this planet our bodies are made up of the elements of this earth; it follows logically that we require natural foods, water, air and sunlight (along with the right temperature) as close as possible to what the earth provides to survive. I want to briefly go over these four elements: EARTH/FOOD, WATER, FIRE/SUNLIGHT and AIR/OXYGEN plus a fifth we’ll explore in the next section.

The 1st Element of Health - Earth/Food

*Look deep into nature and understand everything else better.*

—Albert Einstein.

The element “earth” gives us the primary foundation and structure for our human body. On planet earth, there are 92 naturally occurring elements, 40 of which are needed by our body. Along with these 40 elements, which are mainly minerals, we also need vitamins, essential amino acids, glucose, and essential fatty acids. And nutritional science is now discovering we may also depend on countless more phytochemicals, antioxidants, and other complex molecules found in fruits, vegetables, herbs, sprouts, nuts, seeds, beans, etc. Many of these essential elements can be obtained by eating a well-balanced, whole food organic diet that includes a wide variety of foods (especially fruits and veggies).

There is a lot of confusion as to which foods to eat and which diet is the best. I am a certified nutritionist and I am familiar with most of the popular diets. What’s interesting to me is that even diets that seem diametrically opposite (like the Atkins diet and various vegetarian diets like McDougall Program, Dr. Dean Ornish Diet, etc.) share a lot in common in what to AVOID eating. There is no diet I am aware of that recommends fast food, white bread, soft drinks, sugar, fried foods, trans-
fatty acids (like hydrogenated or partially hydrogenated fats), processed foods, canned foods, etc.

The longest-lived people on earth have always fascinated me. The Hunzas in Pakistan, the Vilcabambans in Ecuador, and the Abkansians in the former Soviet Georgia. These long-lived societies have the highest per capita centenarians in the world (people that live over 100 years). It always made sense to me to look at what THEY ARE DOING along with other long-lived individual examples. I don’t care what some short-lived or overweight author or so-called expert has to say, let’s learn from the people that are really living the longest.

These long-lived societies eat a whole-food, organic, non-gmo diet with very little processing. Their diets consist of whole grains, fruits and vegetables, with varying amounts of beans, legumes, nuts, seeds, eggs, dairy and meat (typically only small amounts of meat and dairy). They are not vegetarians, but they do eat a high percentage vegetarian. They also live in areas with highly energized water, fresh mountain air, and they exercise rigorously by the work they do, live with very low stress, and have a strong sense of community.

So following the guidance of the long-lived, I recommend consuming a diet that is mostly organic and non-GMO consisting of fruits and vegetables (especially non-starchy green veggies), sprouts, herbs, gluten-free whole grains, raw or sprouted nuts and seeds, legumes; and grass-fed, pesticide-free, hormone-free and antibiotic-free meat, eggs and dairy (in moderation). Also, set yourself up for success by stocking your refrigerator and cupboards with healthy foods and snacks.

I honestly don’t think there is one perfect diet for everyone, because we are all unique, but the more we can eat like the super long-lived societies and individual examples of longevity, the better. There is an apropos quote by Tony Robbins, “Success Leaves Clues”.

There is one caveat. Our soils are so stripped of minerals due to faulty farming practices (especially here in the U.S.), that it is important to supplement with a high quality food based vitamin and mineral supplement OR a green superfood that has sea vegetables like spirulina, chlorella, dulse, etc. You can in theory get all of your nutrition in food, but you really have to eat a lot of superfoods and sea veggies to get optimal levels of minerals, vitamins and antioxidants. I mention sea vegetables, because
typically they have higher concentrations of essential minerals than most land vegetables.

Besides what foods you eat, it’s equally important to eat while relaxed, and chew your food well. Make every bite count! Also, don’t overeat and eat with the rhythms of the earth (i.e. don’t eat late at night).

Also consider that fresh, whole foods tend to be high in fiber, water content and essential oils, which will naturally keep your colon moving regularly so that toxic byproducts can be removed. Your colon is your waste removal system, so make sure you are moving 2-3 times a day.

As we’ll see in this book, natural earth-based PEMFs help your body to digest, absorb and assimilate the nutrients found in high quality organic foods.

Fact related to Food: During your lifetime, you’ll eat about 60,000 pounds of food, that’s the weight of about 6 large African elephants.

The 2nd Element of Health - Water

The second element of health is water. About 70% of an adult’s body is made of water. About 70% of the earth’s surface is covered by water. Water with all its amazing properties is a prerequisite for life. It is the universal solvent able to dissolve and absorb more compounds than any other liquid. As the primary ingredient of both blood and lymph, water transports nutrients and oxygen to all your 100 trillion cells and carries away waste products and carbon dioxide. Water is a lubricant, which prevents friction between the moving parts in your body, and allows the slippery movement of food through your digestive system. Overall it keeps your body fluid and flexible. Water additionally stabilizes body temperature because of its high specific heat (property of water that makes it difficult to heat up or cool down).

Water is absolutely essential to the human body’s survival. A person can live for about a month without food, but only a few days without water. After oxygen, it is THE most essential element for life and good health. Water is the fundamental and primary terrain or matrix in the human body and it’s essential you stay hydrated by drinking at least half your body
weight in ounces of pure water a day (or more). Personally I drink about double that (at least 5-6 quarts a day).

Most people do not drink enough water and/or drink too many diuretic soft drinks, coffee, tea, and alcohol that reinforce dehydration as one of the main stresses we subject our bodies to. The only way to hydrate the body is by drinking pure water. Studies have shown that seemingly unrelated conditions like dyspeptic pain, stress and depression, high blood cholesterol, high blood pressure, excess body weight, chronic fatigue, arthritis, asthma and allergies, insulin-independent diabetes, rheumatoid arthritis, back problems and a host of lesser complaints are due to dehydration in some way.

Here are 8 Benefits of Drinking More Water:

- Water helps to maintain healthy body weight by increasing metabolism and regulating appetite.
- Water leads to increased energy levels. The most common cause of daytime fatigue is actually mild dehydration.
- For a majority of sufferers, drinking water can significantly reduce joint and/or back pain.
- Water leads to overall greater health by flushing out wastes and bacteria that can cause disease.
- Water can prevent and alleviate headaches. Dehydration is the main cause of headaches.
- Water naturally moisturizes skin and ensures proper cellular formation underneath layers of skin to give it a healthy, glowing appearance.
- Water aids in the digestion process and prevents constipation.
- Water is the primary mode of transportation for all nutrients in the body and is essential for proper circulation.

Also make sure your water is clean and energized. Tap water is not an option, or should not be. The best water is spring water from a reputable source – the higher in the mountains and the further away from civilization the better. Be careful not to buy generic spring water that might just be bottled tap water, or tap water put through poor filtration. Aquafina®
and Dasani® are terrible choices as they are just filtered tap water and highly acidic (and they are made by Pepsi® and Coca-Cola® respectively). PepsiCo even admitted Aquafina® comes from tap water. Unfortunately, good springs are becoming harder and harder to find.

The best option in my opinion (and probably the most practical for most people) is a good water ionizer, but make sure it has good filtration for fluoride, chloramines and other difficult to remove chemicals that carbon filters don’t get.

There is so much to say about water, but please do your research and find a good clean spring to get your drinking water. Or better yet, invest in a high-end water ionizer with a good filtration system (because even good springs are becoming more polluted). Also, make sure you get a good quality shower filter as showering in tap water is as bad as drinking it (chlorine becomes a gas in a hot shower). An entire whole-house water filtration system is recommended, but start with getting good drinking water and a good shower filter. Remember, if you do not filter your water or get clean water, your kidneys become the filter.

As we’ll see in this book, natural earth-based PEMF therapy can help energize, oxygenate, alkalize, and lower the surface tension of water making it more healthy and hydrating. Since your body is mostly water, PEMF therapy will improve the transfer of essential elements and nutrients to the cells thus improving energy production in the cells, and helping to better facilitate waste removal out of the cells and body.

Facts Related to Water:
1. Babies have as much as 90% water at birth & elderly people near death are as low as 50% water.
2. The ashes of a cremated person average about 9 pounds giving you a sense of just how much we are made of WATER!
3. The kidneys filter over 400 gallons of blood each day!
4. The average Person drinks close to 4 glasses of plain water a day (which is NOT enough).
The 3rd Element of Health - Air/Oxygen

There is a joke about a young seeker who made a pilgrimage to a seer and sage and asked what the secret to living a long life is. The wise man replied, “Keep breathing as long as you can.” There is much truth to this humorous parable in that breathing gives us life-promoting oxygen, especially when it’s from air that is highly energized and oxygenated.

There is nothing as rejuvenating to the human body as fresh, clean air. Oxygen is the most essential nutrient. We can live a month without food, a few days without water, but only a few minutes without oxygen. In chapter 6 we’ll examine in detail how crucial oxygen is for energy production in the body, namely ATP. The body creates almost 20 times more energy with oxygen than without (38 molecules of ATP during aerobic respiration compared to 2 measly molecules of ATP during anaerobic respiration). Also, oxygen kills ALL germs, bacteria and viruses. This is not new information. Nobel Prize winner Otto Warburg, proved that cancer cannot flourish in a high oxygen environment.

The Number One Predictor of a Long Life

Findings resulting from a 5,200 clinical study group observed over a 30-year span showed that pulmonary function measurement is an indicator of general health and vigor and literally the primary measure of potential life span. The vital capacity (lung volume) falls with age – 9 percent to 27 percent each decade depending on sex and age at the time the test is given. Long before a person becomes terminally ill, **vital capacity can predict life span perhaps better than any other biomarker of aging**. Cardiovascular exercise and deep breathing are the two main ways to increase lung volume.

The best air to breathe deeply is highly energized and oxygenated air from the forests, mountains and nature. City air can have as little as 12-15% oxygen compared to 20% in nature (plus all of the pollutants)! As oxygen levels decline in polluted cities, the reduced oxygen levels cause or worsen feelings of lethargy, ill health, sickness, anxiety, desperation and depression. So get outdoors into nature and breathe deeply.

Unfortunately, the average American spends almost 90% of their time indoors. Indoor air was shown in one EPA study to be 30 times
Airborne bacteria, viruses, molds, dust, smoke, paints, solvents, cleaners, detergents, new carpet, new furniture, radon, carbon monoxide, natural gas and hundreds of other chemicals pollute our indoor air at home and in the workplace. Mold is one of the worst offenders, and if you have a mold problem you really need to look into correcting it quickly. Get a good HEPA vacuum and regularly vacuum under furniture, beds and dressers to keep the mold down. Another important point is that with every exhalation, 55 gallons of air becomes polluted. It is crucial for good health to always have a window open or cracked to have some access to fresh air.

A high quality air purifier is a MUST for anyone wanting to be healthy and energized. I also recommend a good air ionizer. Air ionizers are important because air conditioners, metal fans, and forced air heat are creating unhealthy positive ions, which like free radicals, lack electrons and become oxidative. Also, keep as many plants in your house as you can manage. Plants absorb carbon dioxide and toxins and give off oxygen. And remember, if you don’t filter your air, your lungs become the filter!

Along with deep breathing of clean air, exercise is the best way to oxygenate the body. Try to exercise outdoors as much as possible. Oxygen is not only the key to good health, but it is also essential to preventing disease. Research has proven that cancer, candida and many other diseases are due to apoxia (lack of oxygen). It has been indisputably shown that cancer cells die in an oxygen rich environment and they thrive in a system lacking oxygen. A case in point is that athletes have a one in seven chance of getting cancer, whereas the average person has a one in three chance. This is because athletes exercise more and oxygenate their bodies. So exercise outdoors while breathing fresh air, and live to your fullest potential.

As we’ll see in chapter 9, PEMF therapy improves oxygen uptake, binding to hemoglobin, transferring into the cells and assisting directly in ATP production. Along with deep breathing of fresh air, natural earth based PEMF is the best oxygen therapy that there is! Also PEMF helps assist in better circulation to and from the lungs.
Fact related to oxygen: The surface area of a human lung is equal to a tennis court. In order to more efficiently oxygenate the blood, the lungs are filled with thousands of branching bronchi and tiny, grape-like alveoli.

The 4th Element of Health - Fire/Sunlight

The “fire” element is essential for life to exist on earth. Because our atmosphere filters out most radiation and wavelengths, we primarily receive infrared, visible light and UV (ultraviolet light) from the sun with only small amounts of radio, x-ray, and gamma-ray frequencies. There is much to say about the importance of the sun and the creation of life on earth, but regarding the health of the human body it directly helps us in three important ways.

First, it gives us warmth because our planet is the perfect distance from the sun, making life on earth possible. Maintaining a stable body temperature is essential, otherwise our bodies become stressed by temperatures too cold or too hot. The infrared component of sunlight gives us the sensation of “warmth”. Infrared saunas are a great investment for detoxifying your body while keeping your body looking and feeling great.

Secondly, natural full spectrum light is vital to our health. Full spectrum light comes from the visible portion of the sun. Studies have shown that acquiring an average 30-minute session of full spectrum light a day may help prevent what is known as Seasonal Affective Disorder (S.A.D) or the “wintertime blues”. This disease is recognized by the medical community and is easily remedied with direct sunshine or high intensity full spectrum lighting. This disease typically only affects people in far northern areas of the world during times when sunlight is scarce. The symptoms include depression, lethargy, carbohydrate cravings, weight gain and increased desire to sleep. If you live in an area with long winters or lots of rain, invest in a high intensity full spectrum lamp or light box and use only full spectrum bulbs in your house. When the sun is readily available it’s healthful to sunbathe in the late morning or late afternoon for around 30 minutes. The lighter your skin the more careful you must be. Our ozone layer is diminishing and the U.V. radiation is higher than
ever. But moderate amounts of sunlight during the proper time of day can be very rejuvenating.

Also, make sure you use ONLY incandescent full spectrum lights in your house. See chapter 7 for the dangers of the prevalent and very harmful compact fluorescent lights (CFLs).

Thirdly, ultraviolet UVB frequencies of natural sunlight convert steroids in your body to the very important vitamin D needed for healthy bones, immunity and longevity. Vitamin D is one of the most important supplements to take if you live in an area that gets little sunlight. Even if you live in areas with plenty of sunlight it is still recommended. A simple blood test can determine your levels, but it is advantageous to take a couple thousand IUs of natural Vitamin D$_3$ (cholecalciferol) a day (avoid the synthetic D$_2$ ergocalciferol).

**PEMF therapy improves peripheral circulation, and blood flow to the skin while helping to keep the skin younger so you can enjoy the many benefits of the sun!**

*Fact: Your body gives off enough heat in 30 minutes to bring a half-gallon of water to a boil.*

**Exercise and Sleep**

Sleep and exercise are essential for the overall health of our bodies. Life is a cycle of activity and rest, and we need to have these actions in balance. Activity and rest are not really “elements” of health per se, but they are actions or process we must partake in to stay alive.

It is vital to get 6.5 to 8 hours of sleep per night. When the body is rested you feel more alive with better mental focus for a more productive and fulfilling life! Each day the human body loses 10-20 billion cells, but fortunately it replaces those cells during sleep by a process called mitosis (the dividing of cells). Sleep is what rejuvenates and heals the body, so be sure to get plenty of it. As we’ll see in chapter 9, PEMF therapy helps to improve sleep by relaxing both the body and the mind, along with
facilitating the release of HGH and Melatonin, two hormones vital for deep sleep and longevity.

Along with sleep, exercise is also essential. Life is movement; death is stagnation. You need to move your body for at least 30 minutes a day. Even a brisk walk will work wonders! I like to focus on deep breathing while walking to fully oxygenate my body. By walking an extra 20 minutes every day, an average person will burn off seven pounds of body fat in a year! So walk more, take the stairs instead of the elevator, park further away, and do whatever you can to increase your body’s movement. For those serious about fitness, strength training is very energizing as well as beneficial for a healthy weight and youthful hormone production. It also strengthens bones, joints, tendons, ligaments and muscles. I also like to do whole body vibration exercise for 10 minutes a day.

Wait ..., we left out an important and essential element to the physical health and well-being of our human bodies ..., drumroll please—earth PEMF—The fifth element of health!

The 5th Element - The Earth’s Natural PEMFs

The philosophical system of the elements of the Babylonian, Greek, Hindu, Chinese, Japanese and Medieval Alchemy all contain a fifth element that is the source of the other four, the Aether of the Greeks and Alchemists, the Akasha (space) of Hindus and Buddhists and the Void of the Japanese. According to Medieval science, the Aether is the material that fills the region of the universe above the terrestrial sphere. It was called Quintessence (from \textit{quinta essentia}, literally “fifth element”). Quintessence was also thought to be heavenly, and not of the material world. Quintessence was also said to have the power of life.

Although the connection to the classical elements of ancient lore is not as intuitive and obvious as the other four elements, there is a fifth element needed for life on earth, that is “not of the material world” and that does have “the power of life”. This fifth element is the earth’s magnetic field and Schumann frequencies, which together we’ll refer to as the earth’s PEMFs (pulsed electromagnetic fields).

The earth’s magnetic field (also known as the geomagnetic field) protects us from the harsh radiation, solar winds, bursts and flares from the
sun and it is essential for life on earth. It takes dangerous highly charged particles (energetic electrons and protons) from the sun’s solar winds and flares and bends them in safe orbits around the earth. The Aurora Borealis is a visual example of the charged particles interacting with the outer layer of the earth’s magnetic field.

![Image of the earth's magnetic field]

**Figure 3** The Highly Energetic Geomagnetic Field, which Protects and Nourishes Life on Earth

The earth’s magnetic field not only serves as a protective shield from the sun, but its Schumann and geomagnetic frequencies are an ESSENTIAL element for health, just like food, water, sunlight and oxygen (along with a balance of activity and rest). This hypothesis is firmly supported by research on the Schumann resonance and magnetic fields on human biology, the Russian and U.S. space programs, along with research studies that have been done on earth in a zero field environment with both laboratory animals and human subjects. We’ll explore this hypothesis during the course of this book. This chapter will introduce the idea that the earth’s PEMFs are essential for life and health with the inspiring and serendipitous
Bryant A. Meyers

story of discovery of four men. These four men were all pioneers in showing the connection between the frequencies of the earth and the human body and mind.

1. Dr. Winifred Otto Schumann - The Pulse of the Earth

In 1951 an unknown scientist made a discovery that should have changed the way we understand our deep connection to the earth’s frequencies. His name was Winifred Otto Schumann of the Technical University of Munich and he predicted that there are electromagnetic standing waves in the atmosphere, within the cavity formed by the surface of the earth and the ionosphere.

This discovery came about when Dr. Schumann was teaching his students about the physics of electricity. During a lesson about spherical condensers (capacitors) he asked his students to calculate the frequency between the inner and outer sphere, and as an example he gave the earth and ionosphere layer. Not knowing the answer himself, and to be able to examine the students’ work, he came up with a frequency of 10 Hz.

It seemed incredible to Schumann that the planet has a pulse, a measurable frequency that surrounds the earth and all life upon it. Although Dr. Schumann was proud of his discovery, he did not see it as significant. Nevertheless, his discovery was published in a small German science journal, *Technische Physik* and found its way into the back pages under the title “Schumann-Resonanz”. It would take several years and an incredible serendipitous event before the professor understood the true significance of Schumann resonance.

2. Hans Berger and the Schumann/Brain Wave Connection

This incredible story actually began many years earlier in 1924 with the work of Hans Berger. Hans Berger, using an EEG (electroencephalogram) machine he made himself, was able to measure the first recording of electrical frequency transmitted by the human brain. He was able to describe the alpha wave rhythm (7.8 Hz–13 Hz), also known as “Berger’s wave”.

Shortly after Schumann published his work, Dr. Ankermann, a colleague of Hans Berger, stumbled across a copy of the small scientific
Dr Ankermueller read the article several times with astonishment, realizing the magnitude of what was in front of him. The frequency of the alpha waves recorded by Hans Berger was almost identical to Schumann Resonance, the frequency of the earth. Dr. Ankermueller found it exciting the earth has the same natural resonance as the brain and contacted Professor Schumann, who in turn asked a doctorate candidate to look into this phenomenon with him.

This candidate was Herbert König who became Schumann’s successor at Munich University. They studied in detail how tension is discharged by lightning in the earth’s ionosphere cavity. Eventually they came up with a frequency, the pulse of the earth/Schumann resonance, at exactly 7.83 hertz. Schumann resonance was not just similar to alpha brain waves but identical. The brains frequency, which controls our creativity, our performance, stress, anxiety and immune system, was tuned to the frequency of the earth!

3. Dr. Rutger Wever – The first Underground Bunker Studies

The next key piece of the puzzle came from acclaimed scientist Dr. Rutger Wever from the Max Planck Institute. Dr. Wever constructed an underground bunker in the early 1960’s in order to study the circadian rhythms of man. Over a 30-year period he conducted experiments with student volunteers who spent several weeks at a time in the bunkers, completely shielded from the natural resonances of the earth (Dr. Wever used only young and healthy students, because he knew there would be an effect).

In his studies Dr. Wever noted some remarkable findings. When the Schumann resonance was filtered out from the bunker, the students experienced mental and physical health challenges. After just a short period with no Schumann resonance, the students began feeling sick, experienced headaches, emotional problems, stress and depression. Basically their circadian rhythms were disrupted. By introducing a magnetic pulse generator of exactly 7.83 hertz, he immediately remedied the problems. Ill effects disappeared completely or saw dramatic improvement, all by the simple introduction of Schumann resonance.

He introduced various cycles into the shielded rooms and found that
only a weak 7.83 PEMF signal had any effect. Wever concluded that this frequency also within the micropulsations of the earth, was the prime timer for biorhythms in the body. This fundamental frequency is not only exhibited as the alpha brain wave pattern in humans, but is the primary EEG in ALL animals and can be used to restore normal circadian rhythms in humans and animals cut off from the earth’s electromagnetic field. Dr. Wever’s results showed an incredible connection between human health and the frequency of the planet⁵.

Looking at earth’s history, Schumann waves have been integral since the onset of life. Life literally evolved surrounded and tuned into these energy waves and frequencies. In fact our sensitivity to frequency became deeply connected to our ability to sense another of the planet’s phenomenon, magnetic fields.

4. Dr. Wolfgang Ludwig & the Earth’s Magnetic Field

Two billion years ago aquatic magnetotactic bacteria evolved containing magnetite crystals allowing them to swim along the earth’s magnetic field lines and find food. As organisms became larger and more complex, so did their reliance on this magnetic field. Bees are sensitive to magnetic fields and also have magnetite. Bees use magnetic fields to travel away from the hive, pollenate and return. Monarch butterflies migrate from Hudson Bay to South America without getting lost. The artic tern is perhaps the most incredible. These birds breed in the summer on the North Pole, relocating to Antarctica for the South Pole’s summer. Many other animals orient themselves to the earth’s magnetic field with this same “internal compass”. There is mounting evidence humans possess a similar, yet perhaps unconscious, internal sense intimately connecting us to the magnetic field of the earth. Like the Schumann resonance, it was discovered that the earth’s magnetic field has a frequency as well.

Inspired by the research of Dr. Schumann and his successor Herbert König, Dr. Wolfgang Ludwig (considered by some the father of pulsed magnetic therapy) did further studies on the Schumann resonance with hopes to achieve more accurate measurements. He became aware of the fact that because of unnatural EMF signals (power lines, etc.) in the city, accurate readings would be next to impossible. In response, Dr. Ludwig
decided to take measurements far away from the city, in underground mines. What he found was not only confirmation of the 7.83 Schumann resonance, but also that the earth’s geomagnetic field fluctuates as well. This is the commonly known magnetic field detectable with a compass. But if you look at a compass under high magnification, you will see it vibrating, even fluctuating. The earth’s geomagnetic field is not a constant like a bar magnet, but varies with time with a measurable frequency just like the Schumann resonance.

Dr. Ludwig uses a metaphor to describe the two connected, yet distinct types of natural pulsed electro-magnetic frequencies of the earth (earth PEMFs). In classical Chinese medicine it is said that man needs environmental signals of two kinds - yang input from above (Schumann waves) and yin input from below (earth’s geomagnetic field). Both of these, it is said, must be in balance.

Figure 4 The Earth’s Naturally Occurring PEMFs

Chapters 5 & 7 explore in detail the nature of the earth’s magnetic field and the Schumann Resonance’s vital role for true health. In this
book we’ll interchangeably use various terms such as earth PEMFs, earth energies, and the earth’s geomagnetic and Schumann frequencies. But the bottom line is that we need them both, the Schumann frequency from above and the geomagnetic field and frequency from below.

**Beyond Research – Feeling the Fields of the Earth**

Have you ever wondered why it feels so good to go outdoors? Imagine how you feel walking barefoot on the beach, venturing into the deep woods, gardening with your knees nestled in rich soil or simply having a picnic on a grassy field. Can you feel the rush of energy from direct exposure to the earth, how energizing it is to be removed from the city?

From the dawn of time, our ancestors lived intimately with and worked on the land. We were hunters, farmers, gatherers, builders and herders. We spent a great deal of time outdoors, connected to earth’s frequencies.

American’s now spend approximately 90% of their time indoors, watching on average four or more hours of TV a day. We are not only removing and shielding ourselves from earth’s health benefits, but we are increasingly exposed to harmful electrosmog frequencies direct from power lines, cell phones, cell towers, Wi-Fi, Bluetooth, cordless phones, computers, and televisions.

There is compelling evidence in support of the hypothesis that the earth’s magnetism, frequencies and energy are essential for life; but remember that no amount of research or theory takes the place of the actual experience and vitality you can receive by venturing outside and connecting to nature. In fact, take a break right now, go outside and bathe in the energies of planet earth.

**The Five Elements - Conclusion**

Thus far we explored the five essential elements for total health and vitality (and the balance of activity/exercise and rest/sleep). I hope it makes intuitive and logical sense, that the elements our bodies need are exactly the elements nature has provided in their purest and most energized form:

- Fresh, non-GMO, and organic whole foods (earth).
• Mature, clean and pristine spring water or clean ionized water (water).
• A comfortable temperature and full spectrum sunlight (fire).
• Fresh oxygenated and negatively charged air (air).
• The earth’s natural magnetic and Schumann frequencies (aether).

Figure 5 The Human Body Requires 5 Elements for Health

So what’s the problem? Why are so many people sick and in pain? The next chapter exposes the outdated paradigm guiding our worldview and beliefs on healthcare and introduces a NEW model of energy medicine, the future of health and wellness. Fasten your seatbelts; the journey is just getting started!
Chapter 1 Notes
(Detailed Bibliography in Back of Book)

10 Action Steps to Reconnect to Nature and Its Elements

*If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with.*
— Deepok Chopra

When I used to do nutritional counseling, I would tell people that health is simple. You simply need to put the “Right Stuff” into your body & take the “Garbage Out”. The “Right Stuff” is the five elements: organic, non-GMO whole foods, clean and energized water, sunlight, fresh air, the earth’s natural PEMFs, along with positive thoughts and positive feelings, and connecting to your spiritual source within. We discussed this in detail in chapter 1.

Taking the garbage out means keeping your organs of elimination open. The 5 elements in natural healing and holistic medicine have corresponding organs of elimination. The four main organs of elimination are the colon, kidneys, skin and lungs, which corresponds to the elements earth, water, fire and air. The 5th element being energetic is removing blockages in the meridians, chakras, emotions and energy pathways in the body.

Keeping the colon clean begins by making sure you are regular (moving 2-3 times a day) and then adding seasonal (4 times a year recommended) colon cleansing. Keeping the kidneys clean and healthy means drinking lots of clean and energized water. To keep the skin open and healthy, try
skin brushing for 5-10 minutes a day and sweating (saunas or exercise) at least 3 times a week. For the lungs to remain open and cleansed, practice deep breathing and exercising in fresh air. Reconnecting to nature, PEMF therapy and energy healing (acupuncture, reiki, etc.) will keep your bioenergetic and holographic body clear and open, and also cleanse and protect you from dirty electricity or electrosmog. Figure 34 summarizes this unified theory of total health and wellness.

**We need to START:**

1. Putting the “Right Stuff” in \(\rightarrow\) Connect to nature & its elements (food, water, sunlight, oxygen and earth PEMF).
2. Taking the “Garbage Out” \(\rightarrow\) Keep your elimination channels open (bowels, kidneys, skin, and lungs/breathing).
3. Supplementing the five elements (when needed) and investing in good organic food and supplements, a good water ionizer, full spectrum lighting, a good air purifier and ionizer, AND most importantly an earth-based PEMF system.
4. Getting plenty of sleep and exercise.
5. Staying positive and try to be around positive people.
6. Live your life with purpose, connect to your spiritual essence & follow your bliss by doing what you love to do.
7. Take 100% Responsibility for your Health & Life.

**We need to STOP:**

1. Putting “Garbage” or toxicity (junk food, tap water, drugs, electrosmog, etc.) into our body, mind and spirit.
2. We need to stop looking for quick fixes, magic bullets, miracle cures and gifted surgeons/healers (and take responsibility for our own health).
3. We need to STOP depending on others to take care of our health, especially doctors, hospitals and nursing homes.
4. We need to STOP taking drugs, both recreational and pharmaceutical!
5. We need to STOP blaming life, outer reality, circumstances, people, genes AND germs for our health problems.
6. We need to STOP being negative and avoid “stinking thinking” (whining, complaining, gossiping, being around negative people, etc.).

Because of the problems of the modern world we live in, it’s important to take measures to insure you get all the elements your body needs. Here is a simple list of things you can invest in and action steps you can take to reconnect to nature and give your body what it needs to thrive and not just survive. I have researched, owned, and tried over $500,000 worth of equipment. The recommendations and devices below are the highest quality, best value, and most effective that I have found and they are what I personally recommend. I use these devices myself and confidently sell many of them knowing they can benefit anyone who uses them. See my website www.pemfbook.com/recommendations for current brand name recommendations for devices in each of the five elements of health.

Considering the average American spends around $8200 a year on health insurance that covers only our toxic, dangerous and drug oriented medical system, *I personally guarantee you that these devices will be the best investment you will ever make for the health of you and your family!* Let’s begin with the most important energy medicine device you can invest in, an earth-based PEMF machine.
I. The 5th Element - Earth PEMFs (The Schumann and Geomagnetic Frequencies)

a. Supplement with a good earth-inspired PEMF device. This is my #1 recommendation based on all the devices I have ever used, owned, researched and experienced. The amazing results I have seen in myself and in hundreds of others is the motivation for writing this book. If you have a limited budget, I would invest in a good earth-based PEMF system first. Good Earth based PEMF systems range in price from $2500 - $6000.

b. Walk barefoot outside 30 minutes a day when possible. Also take up gardening, go to the beach, go camping or hiking deep in Nature. Spend more time outdoors away from the city.

II. Element Earth – Food and Nutrition

a. Eat only organic non-GMO whole foods. Eat more raw foods, especially fruits and vegetables and fresh green juices. Check out your local organic farmers and farmers markets. Try to buy local. Also, check and see if you have any local raw food restaurants. Most health food stores have a raw food section. You don’t have to be 100% raw and vegan, but start incorporating more fresh, raw food especially for snacks and desserts. Organic food is more expensive, but well worth it. Try to get a broad spectrum of different fruits, vegetables, whole grains (gluten free especially), nuts, seeds, healthy oils, beans, legumes and small amounts of grass fed, antibiotic and hormone free meat (optional) and dairy (optional). Get a good variety of healthy organic foods in your diet and you’ll not need to supplement as much. Also stock your cupboards with healthy foods and you’ll eat healthy foods. Set yourself up for success! Also eat relaxed and chew your food well. Make every bite count!

b. Whole food based supplements – Whole food based vitamins OR a good green superfood (most health food stores have a green superfood section). Because of our soil crisis, I think it’s a good idea to take at least one whole food based supplement that provides a broad spectrum of food-based vitamins and minerals. There is a lot to say about nutritional supplements and I could easily make a long
list of recommendations, but I have found for myself and helping thousands of others, that just like diet, it’s very individualized. Best approach is to keep it simple and get a good variety of healthy foods.

III. Element Water
   a. Invest in a good water ionizer. Buy only the top of the line ionizers as they have more plates of ionization, better electronics, and better cleaning cycles. Also absolutely make sure it has good filtration with the ability to remove fluoride, chloramines and other hard to remove toxins.
   b. Invest in a good shower filter. Most health food stores now carry decent shower filters, but do some research. This is a must!

IV. Element Fire – Sunlight and Full Spectrum Lighting
   a. Get at least a ½ hour of natural sunlight a day and get outside (even if its cloudy, the sun’s energy still gets through).
   b. Use only FULL spectrum incandescent lighting in your house. Avoid fluorescent and compact fluorescent lights at all cost!
   c. Invest in a light box if you live in Northern Climates. This is a must if you spend long periods of time with little or no sunlight.
   d. Try to sweat at least 3 times a week using intense exercise OR using a good Near Infrared or Light Sauna. Look for a high quality light infrared or near infrared sauna. In my experience and research they are more effective than traditional saunas and even far infrared saunas. This is one of the best tools along with PEMF therapy for detoxifying and healing the body. Make sure to shower immediately after to avoid reabsorbing the toxins.
   e. I also recommend skin brushing for the skin.

V. Element Air – Oxygen and Clean air
   a. Practice deep-breathing exercises (or consciously breathe deep while walking outside in nature).
   b. Invest in a good indoor air purifier. I also recommend a good air ionizer and a good HEPA vacuum.
VI. Exercise
   a. Walk at least 30 minutes a day
   b. Do cardiovascular training if possible 3-5x/week
   c. Do strength training if possible 3-5x/week
   d. Research the exciting new science of whole body vibration.

Earth-based PEMF devices that duplicate nature help us to supplement our body with this ESSENTIAL and vital 5th Element of Health. By utilizing PEMF therapy for just 8 minutes, twice a day you will supercharge and energize your body and cells, sleep better, eliminate and prevent pain and arthritis; improve cardiovascular health, maintain strong bones, boost your immune system and more! This is my #1 and most important recommendation, even if you cannot invest in the other recommended devices.

My prediction in the very near future is that we’ll find PEMF devices in most homes, just as most homes have computers and televisions. Especially with the decline of the earth’s magnetic field, coupled with the exponential increase in unhealthy EMFs or electrosmog. Energy medicine is the medicine of the future and earth-based PEMF is the most essential, natural, research-proven and effective form of energy medicine that is available today.

I hope you have enjoyed this book and gained great value from its information, research and recommendations in your quest for great health, happiness and well-being.

If you have any questions, feel free to contact me at www.pemfbook.com/contact. Also check out my link www.pemfbook.com/recommendations for my current brand name recommendations for PEMF, Water, Exercise, Saunas, etc. I have researched, used, and owned over $500,000 worth of equipment. It is through my many years of personal experience using these devices that I believe what I recommend and sell to be the most effective and of the highest quality and best value that I have found. Because I am always researching and testing new equipment, these recommendations may change from time to time.
You probably know that food, water, sunlight, and oxygen are required for life, but there is a fifth element of health that is equally vital and often overlooked: The Earth’s magnetic field and its corresponding PEMFs (pulsed electromagnetic fields). The two main components of Earth’s PEMFs, the Schumann and Geomagnetic frequencies, are so essential that NASA and the Russian space program equip their spacecrafts with devices that replicate these frequencies. These frequencies are absolutely necessary for the human body’s circadian rhythms, energy production, and even keeping the body free from pain. But there is a big problem on planet earth right now, rather, a twofold problem, as to why we are no longer getting these life-nurturing energies of the earth. In this book we'll explore the current problem and how the new science of PEMF therapy (a branch of energy medicine), based on modern quantum field theory, is the solution to this problem, with the many benefits listed below:

- eliminate pain and inflammation naturally
- get deep, rejuvenating sleep
- increase your energy and vitality
- feel younger, stronger, and more flexible
- keep your bones strong and healthy
- help your body with healing and regeneration
- improve circulation and heart health
- plus many more benefits

Bryant Meyers, BS MA Physics, is a former physics professor, TV show host, and leading expert in the field of energy medicine and PEMF therapy. For over eighteen years, he has researched, tested, tried, and investigated well over $500,000 worth of energy medicine and frequency devices, studying with many of the world’s experts. During the past six years he has dedicated his life and research to PEMF (Pulsed Electromagnetic Field) therapy, which he feels is the crown jewel of energy medicine. He has also helped and personally assisted thousands of people in this exciting new field. Bryant currently lives in Sarasota, Florida, near the beautiful Siesta Key Beach.