



Better Sleep Means Better Health®

**EARTH PULSE**

BioMagnetic Field Supplementation®

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The EarthPulse  
**Sleeper**

## An Introduction to BioMagnetic Field Supplementation®

The modern era of electric power and telecommunications has created an invisible, global cloud of electromagnetic pollution (EMP) with profound, deleterious impact on your quality of life. Microwaves, power lines, cell phones, and 60 cycles per second (Hz) alternating current (AC), 120-240 volt devices are the producers of the EMP and you are enveloped in them 24/7. EMP is now so intense and pervasive that it drowns out the earth's natural geomagnetic field in the proximity of your body much of the time. It is much like trying to listen to a flute solo surrounded by a platoon of air horns.

What is the relationship between the earth's geomagnetic field and our health? W.O. Schumann, a German astrophysicist, in 1952 hypothesized that the earth acts as a resonant cavity between the earth's surface and the ionosphere. A frequency modulated (FM) electromagnetic field in the frequency range of 1 to 50 Hz is created by the approximately 200 lightning bolts that occur globally every second. The lightning bolts create a very weak magnetic field and the dominant harmonic frequencies of these Schumann resonances and are between 7 and 14 Hz. What is remarkable is that the tissues of the body respond to subtle magnetic fields at specific frequencies that fall within the range of the Schumann resonances. These healing fields are direct current (DC). In other words, our bodies expect and were designed to respond to specific and subtle DC fields that are naturally produced by the earth's geomagnetic field and its ionosphere cavity. Unfortunately, you are surrounded by 60 Hz, high voltage, alternating current (AC)—this EMP is foreign to the body and impairs its ability to function normally.

The brain's natural EEG rhythms (part of the BioMagnetic Field) also correlate directly with the Schumann resonances and other natural electromagnetic phenomena. States of deep sleep are called delta rhythms and occur between 0.3 to 4 Hz. There are strong relationships between hormonal response, healing, and immunity with the delta brain state. Theta frequencies range between 4 and 7 Hz and also occur during sleep but also happen in the awakened state under certain circumstances. You experience dreamlike mental imagery and creativity during the theta brain state; the theta brain state is a window to

insight and inspiration. Alpha frequencies lie between 7 and 14 Hz and occur when you are relaxed, calm, and in a meditative state. Alpha rhythms also occur during sleep. Notice that the most dominant Schumann resonances lie under 14.1 hz which correlate with the low beta, alpha and theta brain states—active thought, relaxed or calm respectively. This is not coincidental correlation; it is a process called entrainment. Entrainment occurs when our mind-body state locks into the rhythm of an external oscillator. The external oscillator is either undesirable EMP or the beneficial Schumann and geomagnetic field frequencies.

Normally the brain structure called the thalamus controls our brainwaves, alternatively either Schumann resonances, geomagnetic fields or EMP are 'picked up' by the thalamus, particularly the pineal gland and other magnetite-bearing brain tissues. During these intervals of entrainment the brain's pacemaker is external: the Schumann resonances, geomagnetic field or EMP. We were meant to be relaxed and meditative with natural magnetic fields being the pacemaker; but increasingly we are not.

Beta frequencies, 14 to 25 Hz and higher, are the "normal" waking rhythm and occur during intense thought but also occur when you are agitated or fearful. If you are in fight-or-flight, then you are in the mid-beta brain state. The beta brain state is required for human survival and has some physiological benefits, but excessive exposure to these higher brain frequencies at the expense of frequencies less than 14 Hz is not healthy and causes stress. If you constantly dwell in the energy draining processes of fear, anger, or mental negativity (of note these frequencies coincide with EMP) then you are locked in the mid to high beta brain state. By definition, if you are in a beta brain state then you cannot sleep and you cannot heal or maintain homeostasis (sleep and recuperation require delta, theta, and alpha rhythms). In other words, to maintain robust health, quality of life, bolster immunity, and have a happy, positive outlook on life, then high-quality, deep sleep is mandatory.

So, how do we restore our depleted mental and physical energies?... Vitamins, minerals, and essential fatty acids from your food are essential biochemical compounds required to

survive that cannot be produced by the body—they must be consumed in the diet. Our bodies also require the "geomagnetic vitamins" supplied by the earth's geomagnetic fields. Unfortunately, these "geomagnetic vitamins" are partially if not fully blocked out by EMP in much the same way as the flute solo is drowned out in the example in paragraph 1.

We have structures in our body that function like antenna that are specifically tuned to Schumann resonances—they are crippled in the presence of EMP. This is analogous to recharging a battery; a dead battery needs a flow of electrical energy of exactly the right type and strength to re-energize. If there is a short circuit or the input amperage is too high or too low, or the frequency or current type (AC vs. DC) is wrong, the entire system breaks down catastrophically. In a natural environment (considerably harder and harder to find), in addition to food, water, and sunlight, the human body is able to recharge from the nourishing geomagnetic fields between 1 and 25 Hz without interference from EMP. In an environment of propagating EMPs however, the body CANNOT function optimally and will over time break down and age prematurely.

The EarthPulse® Geomagnetic Field Supplementation Device produces a broad spectrum of "geomagnetic vitamins" from very low delta, theta, dominant Schumann resonances, alpha and low beta wave frequencies. What you can expect is deeper more restful sleep, more vivid dream states, enhanced daily energy, better aerobic capacity, better focus, less mental negativity, vastly improved recuperation, and a 10 to 15% increase in muscular strength and stamina within a few days. The EarthPulse® Sleeper® is a passive device requiring no effort on your part to realize most of its benefits: just place the electromagnet under your mattress and turn the device on to desired frequency (see illustration).

