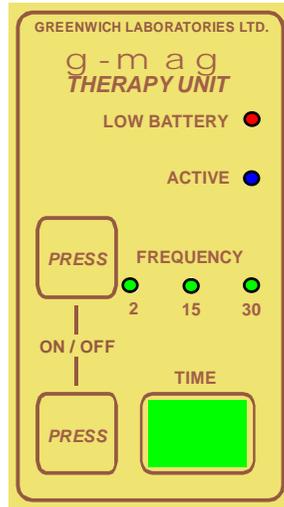




PRESS
BUTTON
TO ALTER
FREQUENCY

PRESS
BUTTON TO
ALTER TIME



WHEN
SOLID RED
REPLACE
BATTERIES

FLASHING
INDICATOR
LIGHT WHEN
ACTIVE

FREQUENCY
SETTING

TIME
SETTING



g-mag
PULSED MAGNETIC THERAPY UNIT

**OWNERS
MANUAL
FOR
HUMAN
OR ANIMAL
USE**



Cautions

It is important not to spill any liquids onto the g-mag Therapy Unit. This could damage the electronics. If this does happen it would be wise to contact your service number.

Frequently Asked Questions

- Q1/. Is it normal for a person to feel relaxed during or after a treatment. - Especially on low settings?
- A1/. The low frequency setting has an extremely relaxing effect on the body and it is common to see the person look extremely relaxed.
- Q2/. Can magnetic therapy be used in conjunction with other Therapies?
- A2/. The therapy can be used by itself or in combination with other therapies.
- Q3/. Will the g-mag Therapy Unit improve performance?
- A3/. This is possible. By utilising the therapy the person should perform closer to its maximum potential.
- Q4/. Will I have guaranteed results from using the Magnetic Therapy System ?
- A4/. No therapy or drug will ever be 100% successful in treating all conditions. As each person is different, the results can vary from one to another

Note:

The g-mag therapy does not replace any traditional medical practice and advise should be sought before any treatment is started.

Magnetic therapy is a well established treatment, which is used for both humans and animals. Suitable for treating sprains, muscle damage, joint strains, rheumatic pains even arthritis. Many of these conditions and many more could benefit from using magnetic therapy. The best magnetic treatment is considered to be a pulsed magnetic field. Modern electronics simplify the controls down to just pulse speed and time. Pulsing speed is chosen to suit the condition being treated and the time is adjustable up to 60 minutes.

It is important to understand the effects that each setting will have upon the cells of the subjects body. By knowing your subject and how the equipment works, you can more effectively use the therapy. To correctly treat most conditions and to enhance the success rate.

The therapy permeates all cells of the body down to the last molecular level and can increase or normalize circulation, enhance ion exchange and increase oxygen utilisation dependant on the setting being used. Normal cells condition has a reading of about 90mV whereas in inflamed cells the reading can be as much as 120mV and degenerated cells a reading as low as 60mV. The treatment must be such as to enhance or decrease this reading to normalise it. Ions are electrically charged particles surrounding a cell and a pulsed magnetic field will influence the the ion exchange at cellular level and greatly improve oxygen utilisation of diseased or damaged tissue thereby reducing pain.

Settings

Frequency settings on the **g-mag** Therapy Unit are 2 - 15 - 30 Hz - one for each of the three treatments. However, depending on the condition involved, different setting may be recommended. The **g-mag** Therapy Unit is designed so that you can choose the frequencies most appropriate for the situation.

Note: Frequency measures the number of pulses per second (Hertz-Hz). The frequency is by far the most important setting. Normal body magnetic energy measures at 8 - 10 Hz. A frequency setting of 2Hz is below normal magnetic energy and causes the capillaries to constrict. This is very important when dealing with "Pain and Inflammation" . Many people find that this setting is the most commonly used.

It is extremely important to always start at the frequency setting of 2 Hz for the following reasons.

- 1/. It has a very calming, relaxing effect on the body and will precondition the person to the therapy.
- 2/. It will reduce the pain and inflammation in the affected area very quickly in most cases.

You should use this low setting of 2 Hz for a minimum of three days.

As long as there is still pain in the treated area, stay on the Low (2 Hz) setting until the heat has come out of the tissue. Once any pain and inflammation have been alleviated, you can start working on "Stimulation" by using the Medium setting of 15 Hz. The medium setting is ideal for soft tissue problems. e.g. strained muscles, bruising etc. It is best to stay on these settings for 3 - 4 days. (This setting is above the normal magnetic measurement of 8 -10 Hz which in turn will stimulate glands, tissue and muscles.)

The high setting of 30 Hz will increase circulation and stimulate glands tissue and muscle to a maximum, but should **NOT** be used on an infected or open wound.

The following shows a quick reference for **g-mag Therapy Unit settings.**

	Low	Medium	High
	Reduce pain/ Inflammation	Stimulation	Increase Circulation
Setting	2 Hz	15 Hz	30 Hz

It is extremely important to be on the right setting at the right time. The setting may be adjusted each day depending on what is happening. Work the setting UP slowly and do not try to rush the treatment. If the heat returns, place the setting back to low (2 Hz)

Time:

The treatment times are up to 60 minutes, however because of the safety of the therapy, there are no maximums. Treatments can be timed for 10, 20, 30, 40, 50 or 60 minutes and a beeper will sound when the treatment is complete.

There are some exceptions to the normal treatment.

- 1/. For serious problems, the therapy should be used twice a day. This may continue for the first 7 to 14 days or longer.
- 2/. If a brand new injury should occur, the faster you can start the therapy the better. Use two one hour treatments during the first two days, then return to the normal treatment program.
- 3/. For bone damage problems, it is advisable to use one hour treatments.

Experience suggests the more often the better. With a morning and afternoon treatment more rapid results will be obtained.

Some things to watch out for when you start therapy.

- 1/. When using the **g-mag** Therapy Unit it is not necessary to stop using any creams or sprays, with one exception. When using a 2 Hz setting, **DO NOT** use any heat based lotions or sprays. Iodine induces heat and you want to take heat out of the affected part. You may use these lotions whilst on higher settings.
- 2/. The person will probably become a lot more relaxed.

Setting up and starting treatment.

When both buttons are pressed the frequency and low battery lights will light up until the unit beeps. The unit is then active. Select the desired frequency and cycle time with the individual buttons and wait until double beep when blue flashing active light will come on. The unit is now functioning automatically to those settings. On completion of the time cycle the unit will shut down automatically. If you choose to shut down the unit prior to completion of the cycle press and hold both buttons down until the unit beeps. The unit will then be off.