🌀 Florida PEMF: Quick Start & Best Practices

Optimizing Your Cellular Health at Home

1. Pre-Session Checklist

- **Hydrate:** Drink 8–12 oz of water **before** your session. PEMF works at the cellular level; hydrated cells conduct energy more efficiently.
- **Remove Electronics:** Take off your smartwatch, and keep your phone, credit cards, and car key fobs at least **3 feet away** from the mat/applicator to avoid interference.
- **Metal Check:** Remove large pieces of jewelry. Small internal implants (screws/plates) are generally fine, but if you feel unusual sensitivity near them, decrease the intensity.

2. Setting Up Your Session

- **Placement:** Lay the mat on a flat, stable surface (floor, firm bed, or massage table).
- **Layering:** You do not need direct skin contact. You can lie on the mat in comfortable clothing. A thin cotton sheet over the mat is fine but avoid thick blankets between you and the device.
- **The "North" Side:** Ensure the active side of the mat/pad is facing your body (usually marked with a logo or "This Side Up").

3. During the Session

- **What to Expect:** You may feel a slight pulsing, muscle twitching, or a sense of relaxation/warmth. If the pulsing feels uncomfortable, **lower the intensity**. More is not always better; "low and slow" is often most effective for chronic issues.

- **Relax:** This is your time to recharge. Avoid using a laptop or tablet. Deep breathing or meditation will enhance the parasympathetic (recovery) response.

4. Post-Session Recovery

- **More Water:** Drink another glass of water immediately after.
- **The "Herx" Effect:** If you feel slightly fatigued or have a mild headache, don't worry—this is a "detox" reaction as your cells flush out metabolic waste. It usually passes within an hour.
- **Frequency:** For best results with bone density (Osteopenia/Osteoporosis) or chronic pain, consistency is key. We recommend **[Insert Your Recommendation, e.g., 20–30 minutes, 1–2 times daily]**.

5. Equipment Care (The "Don'ts")

- 🚫 **No Liquids:** Do not drink coffee or juice while on the mat.
- 🚫 **No Harsh Chemicals:** To clean, use a damp cloth with mild soap or a **non-bleach** disinfecting wipe. Never spray liquid directly onto the control box.
- 🚫 **Don't Fold Aggressively:** When storing, roll the mat loosely or fold only at the designated hinge points. Never "crease" the internal coils.