

How the Oska Pulse Assists Natural Healing



One of the questions we hear most often is: “How long before the Oska Pulse starts to help?” It's a fair question, and the honest answer is that it varies from person to person. As a general rule, a young, healthy body tends to bounce back sooner than one worn down by age or illness. That said, we've been pleasantly surprised many times by people who responded far more quickly than we'd have guessed — so there's always room for a happy surprise.

Here's the key thing to understand: the Oska Pulse doesn't heal you directly. Instead, it creates the right conditions for your cells to regenerate — that is, to repair and renew themselves. Whether you're recovering from an injury, healing after surgery, or managing a wear-and-tear condition such as *osteoarthritis* (a type of arthritis where the cushioning in the joints gradually breaks down), your body follows a broadly similar repair process. Damaged muscle, bone and connective tissue all need time to rebuild, each in its own way.

PEMF, made simple: *PEMF stands for Pulsed Electromagnetic Field therapy — a gentle, drug-free approach that sends soft, pulsing energy into the body to support its own natural healing. You don't feel a thing while it works.*

Inflammation is a friend, not the enemy

It helps to remember that inflammation, uncomfortable as it is, is part of healing — not something working against you. It's your immune system rolling up its sleeves to fight infection. This is one of the most important stages of recovery, and it's often when pain is at its strongest. Your white blood cells (the body's defenders) are busy tackling invaders like bacteria and viruses, and the redness and warmth you feel are simply signs that your immune system is doing exactly what it should.



What is inflammation? *It's your body's natural first-aid response — sending blood, warmth and defence cells to an injured or infected area. The swelling and redness can be uncomfortable, but they're signs of healing in progress.*

How the Oska Pulse helps, stage by stage

The Oska Pulse works through a set sequence of stages. In the first phase, it helps your body increase blood flow to the area being treated and supports the lymph system — your body's natural drainage network — in clearing away waste and toxins. This gives the early stage of healing a helping hand to move along more quickly.

The lymph system: *Think of it as your body's natural waste-clearing and drainage network — a web of fine vessels that carries away fluid and waste, helping keep tissues healthy so they can heal.*

From there, the Oska Pulse continues to support the remaining stages of natural healing. It encourages new cells to grow by creating a nourishing internal environment that helps everything recover more quickly. Think of it like feeding a tired, patchy lawn: spread a little fertiliser, water it in, and a few weeks later it's lush and green again. That's much the way the Oska Pulse works with your body.

So, how long will it take?

As with that lawn, it depends on how serious the problem is and how long you've been living with it. Short-term (acute) issues may settle within a few days or weeks. Long-term (chronic) injuries can take longer — weeks or even months. The Oska Pulse should help speed your natural healing, but it's not magic; it's science. How your body responds will always depend on the extent of the repair it's working to achieve.

Persistence is the key to success — give your body time, and let it do what it does so beautifully.

This document is for informational purposes only and is not a substitute for professional medical advice. Please do not change or stop any current medication without first consulting your doctor.

With warm regards,
The Oska Support Team
Founder & Technical Director
Medic Technology International Pty Ltd
www.medictechnology.au | www.oskapulse.au