

Managing Period Pain Without Medications



If period pain is something you dread each month, you're certainly not alone but there's a gentle option worth knowing about. The Oska Pulse is a small medical device that uses **Pulsed Electromagnetic Field (PEMF) therapy** — soft, pulsing waves of energy — to ease period pain and discomfort. Rather than simply covering up the symptoms the way a painkiller does, PEMF works deeper down, at the level of your cells, to support your body's own natural healing.

Here's how the Oska Pulse helps to settle menstrual discomfort:

- **Calming inflammation.** Period pain — especially those sharp cramps — is often driven by high levels of prostaglandins, natural body chemicals that trigger inflammation and make the womb squeeze harder. Oska Pulse PEMF therapy is designed to gently dial down this inflammatory response at the cellular level, helping to ease inflammation in the pelvic area and soften the intensity of those cramps.
- **Improving blood flow.** When blood can't reach the pelvic area freely, the womb and nearby tissues miss out on the oxygen and nutrients they need — and cramps get worse. PEMF is believed to encourage the blood vessels to open up and improve circulation in the tiny vessels (what's called microcirculation), delivering more oxygen and nourishment where it's needed. Better blood flow can mean faster healing and less pain.
- **Relaxing muscles and easing cramps.** Your womb naturally tightens during your period, and extra tension in the tummy and pelvic muscles only makes cramps feel worse. PEMF therapy may help these muscles relax by gently calming the nerves, easing the spasms and the ache that come with them.
- **Helping cells work properly again.** When cells are under stress from inflammation or injury, they can't do their job as well. PEMF has been shown to help restore the natural electrical balance inside cells — a bit like recharging a battery — so they can function normally again, which supports pain relief and quicker recovery.
- **Turning down pain signals.** PEMF may also quiet the pain receptors — the tiny sensors that send "this hurts" messages to your brain — so you simply feel less discomfort.

Designed to fit your life

The Oska Pulse is completely non-invasive and wonderfully discreet. It does its work silently, with no vibration and nothing to feel at all. That means you can wear it under or over your clothes and carry on with your day — or drift off to sleep — without any interruption. It's gentle, convenient therapy that goes wherever you go.

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