

OSKA | PULSE

Guide to Using PEMF Therapy for

# PERIOD PAIN RELIEF



## INTRODUCTION

Menstrual cramps, pelvic discomfort, and fatigue impact millions of women each month. For many, pain medications are the default — but they don't always solve the problem and can come with side effects. Oska Pulse offers a drug-free, non-invasive alternative to managing menstrual pain with PEMF (Pulsed Electromagnetic Field) therapy.

**It's time to take control of your cycle with science-backed relief that fits your lifestyle.**



**Over 80% of women experience period pain monthly**

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# SIMPLE CYCLE TIMELINE (28-DAY EXAMPLE)



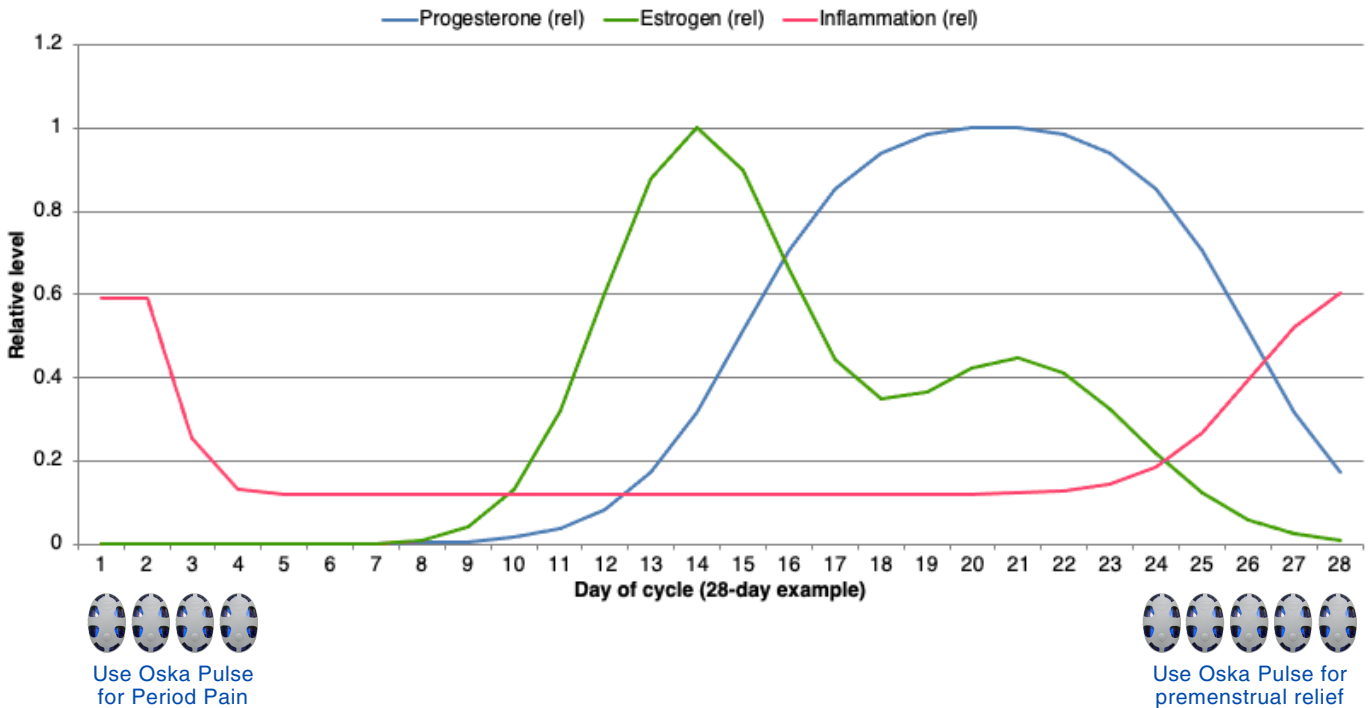
We know you ladies all know this, but by understanding your cycle and when inflammation starts,

When	What's happening	How it can feel
Days 6–13 (mid–late follicular)	Your body's rebuilding the lining after your last period.	Usually light or no symptoms.
Around Day 14 (ovulation)	An egg is released.	Some people feel a brief twinge; many feel nothing.
Days 15–24 (mid-luteal)	Progesterone is higher and keeps things calm.	Generally steady; minor bloating or mood changes for some.
Days 25–28 (late luteal / pre-period) ★ inflammation starts	Progesterone drops; your body starts the “period prep” process.	<b>Cramps may begin, bloating, back ache, headaches, low energy, mood changes.</b>
Days 1–2 of bleeding (early period)	The lining is shedding. Prostaglandins are highest.	<b>Pain often worst now: cramping, back pain, nausea, diarrhoea, headache.</b>
Days 3–5 of bleeding (late period)	Inflammation eases as bleeding lightens.	Symptoms usually reduce and settle.

★ **Where inflammation ramps up:** usually a day or two before your period starts (late luteal phase). That's why cramps and other symptoms can start before any bleeding.

**Oska Pulse targets this Inflammation, helping to reduce your pain and discomfort.**

# 28-DAY PROGESTERONE, ESTROGEN & INFLAMMATION



## CYCLE-SYNCD RELIEF

### Day 14 - Ovulation

- If you experience pain during ovulation, you can use the Osk Pulse to relieve these symptoms.

### Day 25 - 28 - 3 days before your Period

- As symptoms typically ramp up during the days before your menstrual cycle, start using the Osk Pulse. Using Osk Pulse once per day for 180min will reduce your premenstrual symptoms. You can use the Osk Pulse more frequently if your symptoms persist.

### Day 1 - 2 of your Period

- Use the Osk Pulse as much as you need during these days as your symptoms will be at their worst.

# WHAT IS PEMF AND HOW DOES IT WORK?

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## UNDERSTANDING PEMF AND PERIOD PAIN

PEMF therapy uses low-level electromagnetic waves to reduce inflammation related to your cycle. Which helps to

- Relieve Premenstrual and menstrual symptoms
- Reduce your pain as there is less inflammation

These effects combine to ease period discomfort at the source, not just mask them.



## Hear from women like yourself.

### Chris - age 32, New mum of one

"I used it leading up to my period when I was premenstrual, as suggested by the Oska team. I noticed far less bloating, my usual headache never came, and I didn't feel nearly as run down. Once the pain started, it took about 45 minutes for Oska to kick in—and the pain stayed away most of the day. I'd just turn it back on if I felt twinges return."

### Laila - age 39, Business owner with endometriosis

"I have endo, and when it flares, it's like a sharp, hot twist in my pelvis that radiates through my legs. I use Oska a few days before my period and keep it on through the first two days. After about 40 minutes, I start to feel my body release some of that tension."

### Jenny, age 51, is experiencing perimenopause.

"I used Oska for the first time during the second half of my cycle when I noticed PMS starting. I wore it for a few hours a day and then overnight once the cramping hit. Within 60 minutes, my pain reduced enough that I could get through a full session with my clients."

# OSKA PULSE VS. COMMON SOLUTIONS



## LET'S COMPARE:

Over the Counter medications, and in store relief:

SOLUTION	DURATION	COST PER YEAR	DRUG-FREE	REUSABLE
Pain Meds	4-6 hrs/use	~\$360	×	×
Single Use Heating Pads	8-12 hrs/use	~\$420	✓	×
PMS Relief Tablets	Daily to reduce symptoms	~\$1050+	×	×
Total Cost Per Year		~\$1830+		

## Oska Pulse:

SOLUTION	DURATION	COST	DRUG-FREE	REUSABLE
Oska Pulse	Long-lasting	Once Off	✓	✓

One device. No side effects. Relief every month.

## DESIGNED FOR REAL LIFE

### YOUR NEW EVERYDAY COMPANION

- Use under or over clothing
- Wear while working, sleeping, commuting
- Silent, cordless, no sensation
- No buzzing. No heating. Just pure, effective PEMF

“I wear it all day during my period and can finally go about life without that dull, exhausting cramp dragging me down.”





## CLINICAL CREDIBILITY

**“Backed by science, trusted by clinicians and women, alike”**

PEMF therapy is supported by ongoing studies and recognized for its non-invasive, regenerative effects. Oska Pulse’s unique frequency and waveform are clinically inspired and engineered for safe, effective use.

**No prescriptions. No invasive procedures. Just better cycles.**



## READY TO FEEL THE DIFFERENCE?

YOUR PERIOD RELIEF PLAN STARTS NOW

- ✓ One-time purchase
- ✓ Unlimited use
- ✓ Zero side effects
- ✓ Drug-free, doctor-friendly

**Less than a years worth of  
coffee breaks or over the counter  
relief, and it lasts for years.**



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*Oská Pulse is a certified, non-invasive pulsed electromagnetic field (PEMF) device, registered as a CE Class IIa (Europe), TGA Class IIa (Australia - ARTG No. 369331), and FDA Class 1 (USA) medical device, designed to support healing, reduce inflammation, and relieve pain.*