

Why do some people respond to OSKA Pulse PEMF therapy faster than others?



First, a quick refresher on what the Oska Pulse is. It's a Pulsed Electromagnetic Field device that uses programmed, low-frequency, completely safe levels of electromagnetic energy — similar to gentle radio waves. Rather than just masking pain, it creates the right conditions for your cells to renew themselves. It increases blood flow, reduces inflammation, and accelerates your body's natural healing, tackling the root cause of pain rather than just the symptoms.

So why does one person feel better in days while another takes weeks? People often wonder about this, and the truth is that a handful of factors all play a part:

1. **How serious the condition is, and what type it is.** This makes a big difference. Recent injuries or milder problems often ease more quickly, while long-standing or severe issues usually need more time and steady, regular therapy.
 2. **Your body is unique.** Everyone is different. Your age, your metabolism (how quickly your body turns food into energy), and your overall health all shape how quickly you respond. Younger people, or those with a faster metabolism, may notice improvements sooner.
 3. **The health of your cells.** PEMF works by encouraging cells to repair and regenerate. If your cells are already in reasonably good condition, they tend to respond faster than those that are more severely damaged or struggling.
 4. **Other health conditions.** Some existing conditions — such as diabetes or autoimmune illnesses (in which the immune system mistakenly attacks the body's own tissues) — can make it harder for the body to heal, which may slow the response to PEMF therapy.
 5. **Everyday lifestyle.** Stress, sleep, nutrition, and staying well hydrated all influence how well your body heals and responds to treatment. Looking after these basics can genuinely improve your results.
1. **How often and how long you use it.** Consistency really matters. People who stick to a regular treatment schedule will almost always see results sooner than those who use it only now and then.

In short, a mix of biological, lifestyle, and treatment-related factors explains why responses to OSKA Pulse PEMF therapy vary from one person to the next. More than anything, **consistency and a little patience are usually the keys to achieving the results you're hoping for.**

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